

# SWAT FLYER

Southwest Aquatic Team

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Issue 2 Volume 2

## Championship Season

### Is Upon Us

Once again coaches and parents are preparing the kids for the Championship season. This means we should make sure our kids are getting plenty of sleep. According to sleep experts, if you fall asleep as soon as your head hits the pillow and need an alarm clock to wake you, you are not getting enough sleep. Hold off on sleepovers if they mean the kids go to sleep late and get up early. Start now and make going to bed a priority. Try to go to bed at the same time every night. Try getting up at the same time every morning. Kids need nine to ten hours of good sleep every night.

### Eat Healthily

Make an effort to make sure the kids are eating as healthily as possible during this time to get the best race results they can. Carbohydrates provide the fuel necessary energy required during moderate exercise. Up to 40 to 50% of the energy needed is provided by carbs. Although eating a high carb diet constantly is not advised, according

to a study of Olympic athletes conducted by The University of Colorado, a high carb diet two to three days before the event will help build the stores necessary to help endurance.

### Activity Levels

Keep the activity levels of the kids to a minimum. This means, get the kids to every practice. Our coaches are known for the quality tapering they provide our swimmers. Going to every practice will ensure that your child is getting the most from their experience. Hold off getting skiing lessons for your kids please! Sledding, skiing, snowboarding, all fun right? Not when a sprain or break means all the hard work your kids have put into this season is wasted with them sitting out during their most important meets of the season. Further, make sure the whole household keeps hands washed and steers clear of sick people.

### Shave and Taper

Have you been hearing this term for the first time, or is this “old hat” for you? Either way, tapering is imperative for peak performance. During the season our coaches have prepared our swimmers by using the right mix of recovery and speed work during their training. This helps our kids achieve far higher levels of fitness than they ever could on their own. The major benefit to taper is the recovery and restoration that it produces. Taper appears most effective for those swimmers that have trained hard and over a long period of time.

Taper differs depending on the age of the athlete as well. It may be different depending on the amount of yardage that has gone into this season. If your child swims three days per week, their taper may be different than those who swim six days per week. Trust that our coaches are prepared for this time of

the season and take into account what the kids have been able to swim leading up to this point.

Your coaches have also encouraged your swimmers to shave for the big meets whether it is Regionals or State. The purpose of shaving is not to rid the body of excess hair, it is to remove the thin layer of dead skin cells on the outer layer of the epidermis. It leaves a refreshing sensation that can translate into feeling faster in the water according to "ACTIVE" at Active.com.

## Big Thanks

A big thanks goes to the Lennertz family. They won the "Splash of Cash" raffle and graciously donated the money back to the club. The money was used on equipment for our athletes. Our team now has a solid supply of swim parachutes to be used for resistance training. These will be utilized mainly by our senior swimmers. Thank you again Rick and Jenny Lennertz.

## Banquets

Our Novice Banquet is set for March 8<sup>th</sup> to be held in the Muskego High School Cafeteria. Swimming will follow the recognition banquet.

Age Group Gold, AGP, JG, SG, and SP banquet will be held at Cotton Exchange in Waterford on March 23<sup>rd</sup>. Donations for gift baskets are

still being accepted. Contact Karin Oleniczak at [koleniczak@wi.rr.com](mailto:koleniczak@wi.rr.com) with any donations. Money, gift cards, items...all are welcome.

## New Meets Added to the Schedule

SWAT will added two meets to our schedule of meets we host. This will provide additional opportunities for all of our families to fulfill your volunteer requirements. A Relay Meet is on the schedule for April 12<sup>th</sup> to be held at Greenfield High School Pool. On Sunday June 22<sup>nd</sup> we will host a one day meet at Schroeder Aquatic in Brown Deer. More details to follow regarding both meets.

Next month we will begin the planning for the 12 and Under Long Course State Championship Meet. If you would like to be on a committee or have ideas for the meet, please contact any of the board members ASAP. We are in need of a chairperson for the decorations committee.

## SWIM AMERICA

If you are interested in keeping your kids in the pool during the break between Winter and Spring seasons, Swim America will be offering swim lessons at Muskego High School pool over several sessions. Please refer to our web-site for registration information. Registration will be on a first come first served basis

with the first session beginning February 24.

## SWAT Tryouts

Team tryouts will be March 29<sup>th</sup> at Muskego High School starting at 12:30. If you know of someone wanting to join our team, encourage them to attend.

## Spring Session

The practice season for the Spring Session begins the Week of March 23 for AGG, AGP, JG, SG and SP groups. It will begin the week of March 31 for AGS, AGB and S8's. Registration and Schedules will be posted soon.

## Awards

Every meet host decides on how to recognize heat and race winners. Generally this information is explained on the "Meet Information" page. It seems that many of the host clubs choose to bag the awards and get them to the coaches at the end of the meet. This means hundreds of ribbons may need to be sorted. This is not a job that any single coach or parent is responsible for. Ribbons are generally sorted at Whitnall High School by parents waiting for their swimmers. The ribbons remain there unless someone brings

them to another pool. Look for awards there and be respectful of the process. They are generally laid out alphabetically to keep things a little more organized. Try to keep them that way.

## Word Play

**Alternate Breathing:** In freestyle swimming, breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing to the right side, etc.

**Circle Swim:** Done when there are more two swimmers in a lane. Swimmers swim up on one side of the lane, staying close to the lane line and return on the other in the same fashion.

**Swim-Off:** In a Heat/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals.

**Taper:** The resting process in training for swimming competition. As major competition draws near, the swimmer will “taper” off the distances swum each day. A perfectly designed taper will enable the swimmer to compete at their peak capability and is one of the most difficult aspects of swim coaching.

**Warm Down:** Used by the swimmer to rid the body of

excess lactic acid generated during a race.

## Recipe of the Month

### Granola

#### Ingredients:

- 4 cups old-fashioned rolled oats
- 2 ½ cups sliced almonds (1/2 lb.)
- 1 ½ cups sweetened flaked coconut
- ¼ tsp salt
- ½ cup vegetable oil
- ½ cup honey
- 1 cup dried cranberries (5oz)
- 1 cup raisins (5 ½ oz)

#### Preparation:

Put oven rack in middle position and preheat oven to 375 degrees. Line a large shallow baking pan with foil, spray with cooking spray.

Toss together oats, almonds, coconut and salt in a large bowl. Whisk together oil and honey, then stir into oat mixture until well coated. Spread mixture in baking pan and bake, stirring occasionally until golden brown, 25-30 minutes. Stir in cranberries and raisins. Cool completely in pan on a rack.

Yield: 10 Cups

Calories 551 per cup

Fat 28g

Cholesterol 0g

Protein 10g

Carbohydrates 72g

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If you have anything you feel should be shared for upcoming editions, please feel free to contribute ideas to Jennifer Mioduszewski. Her email address is [jhomba@yahoo.com](mailto:jhomba@yahoo.com).