

Newsletter Dec-Jan

ESJ - 2009 WINTER HOLIDAY TRAINING SCHEDULE

		<u>Pre team</u>	<u>Novice/White</u>	<u>Black</u>	<u>Gold</u>	<u>Sr2/Jr</u>	<u>Sr. 1</u>
Mon.	Dec. 21	Normal	Normal	5-6:30pm	5-7 pm	10:30-12:30	8:30-10:30/3-5
Tues.	Dec. 22	Normal	Normal	5-6:30pm	5-7 pm	10:30-12:30	8:30-10:30/3-5
Wed.	Dec. 23	Normal	Normal	5-6:30pm	5-7 pm	10:30-12:30	8:30-10:30/3-5
Thurs.	Dec. 24	OFF	Off	Off	Off	10:30-12:30	7:30-10:30
Fri.	Dec. 25	Off	Off	Off	Off	Off	Off
Sat.	Dec. 26	Off	Off	Off	Off	10:30-12:30	7:30-10:30
Sun.	Dec. 27	Off	Off	Off	Off	Off	Off
Mon.	Dec. 28	Normal	Normal	3-4:30pm	12:30-2:30pm	10:30-12:30	8:30-10:30/3-5
Tues.	Dec. 29	Normal	Normal	3-4:30pm	12:30-2:30pm	10:30-12:30	8:30-10:30/3-5
Wed.	Dec. 30	Normal	Normal	12:30-2:00pm	12:30-2:30pm	3:00-5:00	8:30-10:30
Thurs.	Dec. 31	Off	Off	Off	Off	12:30-2:30	8:30-10:30/3-5
Fri.	Jan. 1	Off	Off	Off	Off	Off	8:30-10:30
Sat.	Jan. 2	Off	Off	12:30-2:00pm	12:30-2:30pm	12:30-2:30	8:30-10:30
Sun.	Jan. 3	Off	Off	Off	Off	Off	Off

A FEW TIPS ON WHAT TO EAT AND WHAT NOT TO EAT [OR DRINK]!

I worked for a few years at the Olympic Training Center in Colorado Springs. From time to time we would eat lunch at the cafeteria on site, shoulder to shoulder with many of our then and now Olympians. Many of these resident athletes ate only lunch at the center and then cooked for themselves for other meals so they often took the opportunity to help educate by preparing different foods that are not normal in our diets.

That is where I learned about Quinoa, pronounced 'keen-wa'. Quinoa is a protein that looks and tastes like a grain. In fact they make quinoa into pasta shaped pieces, bow tie, linguini or elbow, but in its natural state it looks similar to barley or couscous. It is quite delicious and without a doubt one of the healthiest meal additives you can use. I of course came home and showed this to Cindy and

for the past five years we have not used pasta but rather have used Quinoa with our meals. Quinoa is sold in some supermarkets but definitely at places like Whole Foods and The Granary. They come boxed or you can buy it in bulk. If you have never used Quinoa I suggest going on line and reading up on it some more, especially preparation. I think you will find it quite enjoyable.

While this next note is on what not to do, it also has some root from my stint in Colorado Springs. One spring at one of the local High Schools, in a matter of two days no less than five high school students were rushed to the hospital. They were in shock, rapid pulse, incoherent with shallow breaths. It turns out that they all had a reaction to a drink they used to hyper their senses, a drink extremely heavy in caffeine. Their use was to aid in taking mid term tests, but these drinks have also surfaced within the athletic community as well. We are writing this note because the coaches have heard that athletes have taken a drink called Red Bull and others similar in nature in the hopes to improve performance. Some of the times these drinks have been supplied by their parents. Please be advised that at no time is it permissible for an Sarasota Family YMCA Shark swimmer to use such products. At an international meet an elevated caffeine level can get you disqualified from competition. We do not believe in using anything but hard work and improved technique to improve. The coaches will remove any athlete from competition they find using such aids as Red Bull. It is unhealthy in both the short and long term of both your athletics and your life.

New team T shirts will be in by Christmas. You can order team suits and parkas either through Kim Motta at the Shark shop or from Total Teamwares directly. They are at most of the meets we attend, so if you contact them prior to a meet they will have your suit there and save the cost of shipping. Kim also has team caps, goggles, buoys, paddles and fins for sale.

**It has come to our attention that individuals have gone to shops and had parkas, bags and jackets made with our team logo on it. At this time only Total Teamwares have the rights to duplicate our team logo, as well as the Sarasota Y brand. If this practice continues we will have to take legal measures to stop companies from illegally using the team & YMCA logos. Please help us by not using these companies and letting us know if you are ever approached by anyone to make such unauthorized use.

COACH KLEIN TO LECTURE IN THE MIDDLE EAST

FINA, the international swimming federation, through the American Swim Coaches Assoc., has invited Coach Klein to be a guest lecturer in the UAE and Egypt. Coach Klein will leave right after the Gator meet and spend just over 14 days in Dubai, Alexandria and Cairo.

Coach Klein has been privileged to both speak and coach USA National teams abroad before. He has lectured in Romania and the Philippines and has coached USA teams in Japan, England and Russia.

TURKEY MEET AND MORE....

I know how to say thank you in five different languages, but that is not enough say properly express to everyone what we have accomplished so far this season.

1. We put on the most successful triathlon in our teams history. Both for the athletes as well as financially the success of the 2009 Siesta Key Triathlon was out of the stratosphere. Congrats to all of our team members, parents and swimmers. You are the best.
2. High School season, we put on three championship meets, not counting all of the tri meets as well as Tri County and County Champs. Parents, acting as officials and timers, crossed divisional lines to support each other schools, after all that is the Shark way.
3. Turkey Meet – what can we say, the meet had over than 400 swimmers more than last year, nearly double. And yet it went off without a hitch. The praise from teams from around the state was unequivocal; SYS put on the best meets in the State, maybe in the country. We could rest on our hospitality alone, but it is the willingness to support your children and others that makes this program so special. Again, thank you.
4. Our New Scoreboard; well it is almost a reality. You all have been wonderful in your support for our new board and the blocks and new pads that will be needed as well. We plan to be operational by Area 3/5 in March. It isn't just the large donors, but just as much those of you who have come forward with \$20, \$30 and \$50 donations. Even the coaches as a group have donated to this worthy cause. We are just a few thousand dollars shy of our total, so if you still want to participate please contact Kim Motta, either with a check or a credit card number. Thank you all again for your support.

From USA Swimming, I thought this would be good to include in a newsletter and possibly as bullet points for recruiting flyers.

Participation in Activities Offer Benefits

- High school athletes have higher grades and lower dropout rates and attend college more often than nonathletes.
-Women's Sports Foundation Survey
- Students who participate in activities average 3.32 GPA while non-participants average 2.48. Further, participants miss an average of 4.9 days of school (including .7 for activities), while non-participants miss 10.8 days per year.
-North Dakota High School Activities Association

- Grade-point averages of athletes improve the grade-point average of the general student population in every school in every category (in-season, out-of-season, minority).-South Bend, IN Community Schools
- “High-activity” students (those involved in four or more activities) average 3.05 GPA, while “low-activity” students averaged 2.54 GPA.-Indiana University study
- Athletes averaged 86 percent compared to 79 percent for the general population (based on 4.0 GPA as 100 percent). Athletes averaged four absences versus seven for the general population. Eleven percent of the athletes had discipline referrals, compared to 25 percent of the general population. No athletes dropped out of school, while 3.7 percent of the general population dropped out.-Randolph County (N.C.) Schools
- University of Chicago research suggests: A) By a two-to-one margin for males and a three-to-one margin for females, student-athletes do better in school, do not dropout and have a better chance to get through college. B) Student-athletes take average and above average courses. C) Student-athletes’ parents are more involved with their educational process. D) Student-athletes tend to focus more on long-term life accomplishments than short-term goals. E) Student-athletes are more self-assured. F) Ninety-two percent of participants do not use drugs. G) Ninety-five percent of school principals believe activities programs contribute to the development of “school spirit” among the student body.
-Indiana University study
- Extracurricular participation is a school’s best predictor of an adult’s success.-”Fulfilling lives-Paths to Maturity and Success” by Douglas H. Health, based on a 40-year survey

Ira Klein
 Head Coach
 Sarasota YMCA Sharks Swim Team
 8301 Potter Park Dr.

From Coach Terri:

Swimmers are training well and the coaches are seeing steady improvement and strengthening in strokes and technique!

Some upcoming dates to remember:

Ribbon Races – 11/14 at 12:30. The participation in the ribbon races has been fantastic! Swimmers are gaining experience in competition and in racing with good technique! The next step is USS meets (Turkey Meet is a great meet in which to start)!

Turkey Meet – 11/20 -22. We have a large group of age group swimmers planning to compete. Should be a great meet!

Practice schedule over the holidays:

Thanksgiving: White, Varsity and Novice will train Monday through Wednesday,

Nov.23- 25. No practice Nov. 26 or 27. Practice resumes Nov. 30.

Christmas Break: Practice will be held Dec. 21, 22, 23 and Dec. 28, 29, 30. There will be no practice Dec. 24, 25 or Dec. 31

From Coach Watts

I want to also thank all the parents who helped with the Turkey Meet. You-all are an inspiration and your giving makes me want to give more. Thank you all for my birthday cards and gifts and BD greetings. 55 is tough and you-all make it ez.

Stonewood will give the Sharks 20% of all gift cards purchased over the Holidays. You may pick them up from Kim Motta upstairs – she has them. Make the check out to Stonewood, not the YMCA

Moving the Gold Practice starting Monday Dec 7th from 5:45pm (in the water) to 6:00 pm. I am not able to effectively coach two groups at one time. That will let the Gold group out at 7:45 pm Mon thru Thurs. Friday will remain the same as well as Saturday.

Dryland will then start 15 min later Mon & Wed 5:30 to 5:55 pm, Weights on Tues & Thurs can move 15 min later also

Dryland for the Black Group will start again over the Christmas break and hopefully will continue when we get back to school in January. More on that later

Stroke Clinics Monday Dec 21 & 28 from 7:00 pm to 9:00 pm We will be in the indoor pool and in the conference room.

Looking at the White group down and some of the newer Black group. We will focus on the four strokes. We will have snacks and water only. No dinner will be provided.

Please help support the Sharks and help your kids also

Sign up at the front Desk or with Kim Motta. Cost is \$25.00 for one clinic or \$40.00 for both

Massage Therapist Did you no Wayne McKenna is across the street (main building) upstairs. I was in much pain and he took care of me. I was delighted to have that resource right across the street. His Phone # is 928 8713

College training is coming we will have 12 colleges training over the holidays.

Keep Training Hey gang, make sure to stay in shape. Please keep you practice attendance up and if traveling, fins a pool to train. I will provide practices or better yet – train with a team. I would be happy to set that up