



Seahawks Swim Team

January Bulletin

Swimmer of the Month – Michael Jones

Michael is our swimmer of the month!!! He is 6 years old and attends 1st grade at Presley Elementary School. His favorite food is hot dogs and favorite restaurant is BoJangles. His favorite hobby is football and role model is Steve Smith. As far as swimming, his favorite stroke is Breaststroke. Congratulations Michael Jones for your continued hard work and dedication. We look forward to watching you continue to improve throughout the season.

Coaches Corner

Now that we have competed in our first few meets of the 2007-2008 Short Course season, it is very evident that the great efforts we have witnessed in practice are already paying off in a big way. We can't keep track of all the personal best times!

With Christmas coming up, please keep in mind that continued success depends on keeping up with all of the hard work in the pool. Practice schedule is as follows: Off 24-25-26, Practice resumes 27 & 28 **for everyone**, Meet in Rock Hill on the 29th for those attending, and return to practice on Jan 2nd.

Once again, the success we are enjoying in the pool wouldn't be possible without everyone's support of our mission to test ourselves and truly find out who we can be both in and out of the pool. Thank you for all of your continuing support of our teams goals!!!

See you at the pool!

ISYS Home Meet – March 7 & 8

As I promised last month, a list of job vacancies is posted in this newsletter. The master sheet will be held with the coaches. Every parent is required to volunteer and absolutely necessary for this meet to be a success! Please e-mail me and let me know what job vacancy you can fill or sign up yourself at practice. We will have a mandatory meeting to discuss how the meet will be conducted and your exact job duties in early February. Please remember that once you have

committed it is your responsibility to find a substitute should you not be able to meet your obligation. Thank you in advance for your help and cooperation.

Happy Birthday!!!

Jessie Cromie – 13 years old
Austin Dotzel – 10 years old
Peyton MacDougall – 8 years old
Bree Samson – 18 years old



Eat & Compete – Wrote by Coach David

1. Plan ahead for practices and meets, keep grab food on hand
 - Fruits, veggies, trail mix, dry cereal, yogurt, string cheese, rice cakes, peanut butter, granola bars, ½ sandwich peanut butter and jelly, sports bars
2. Pre-practice / Pre-meet meal – consume 3 to 4 hours prior to practice or meets
 - eat a balanced diet, incorporate most food groups, choose familiar foods, avoid heavy high fat diets
3. Carbohydrates are digested faster than fat or protein and are a primary food source. One to two hours prior to practice or a meet choose easy to digest foods
 - toast, low fat muffin, cereal, ½ bagel, granola bar, fruit, some dairy (depends on the athlete)
4. During practice and in between meet events
 - small amounts of fruits with high water content are well tolerated (melons, oranges, and grapes)
 - pretzel and swedish fish (handful) are also helpful
5. Fluids – Hydration
 - two gulps = approximately 3 ounces (8 ounces = 1 cup)
 - two to three hours prior to practice drink 12 to 20 ounces
 - during practice and meets drink 6 to 12 ounces every 15 to 20 minutes (a couple of gulps)
 - after workouts drink at least 24 ounces

Please parents remember that every child is different. Eating properly and wisely can greatly enhance your child's performance at practice and meets. Eating hot dogs and drinking soda will only hinder your child's performance at the event. Please supply your swimmer with the proper fluids at practice. Far too many of our swimmers are not bringing fluids to practice. We must keep them hydrated in the pool! Thank you for your support.

8 & Under Time Standards

New team caps will be offered for all swimmers acquiring a BB or better time. Team caps will display your child's time standard. The 8 and under standards are as follows:

8 & Under	Girls		Boys	
	A	AA	A	AA
50 FR	32.39	31.09	31.89	30.69
100 FR	1:12.29	1:09.09	1:10.79	1:09.69
200 FR	2:36.39	2:29.09	2:31.89	2:25.59
50 BK	38.19	36.39	38.39	36.59
100 BK	1:22.19	1:18.29	1:21.69	1:18.09
50 BR	41.99	40.09	42.49	40.59
100 BR	1:33.39	1:28.89	1:32.69	1:28.69
50 FLY	37.29	35.29	36.69	34.89
100 FLY	1:26.69	1:21.59	1:25.69	1:20.69
100 IM	1:23.19	1:19.39	1:21.29	1:17.89

Upcoming Events

January 5 – RAC-Y One day quad meet (All 12 and under swimmers)

January 12 – Blue Ridge swim league – Winter Chill

January 19 & 20 – Blue Ridge swim league – Frosty Invitational

January 26 & 27 – MOR 8 & Under Winter Snowflake Invitational

February 1-3 – STAR Aquatic Age Group / Senior Invitational; Seniors only or those needing 3 Y meet GYSSA qualifiers

Practice

I realize with Christmas everyone has been busy and it has been difficult to get you swimmers to practice. However this hinders their performance. They work so hard to build up their endurance and only a few days off results in weeks to catch back up. Please do your best to get your swimmer to every possible practice in the New Year. Also we are starting bring a friend Friday's so lets try to recruit some more swimmers!

Team Players

Coach Eric Orders - derteo@excite.com

Coach David Jones - seahawksswimming@yahoo.com - (828) – 228 - 4207

President, Teresa Hoke – teresashoke@aol.com

Secretary / Treasurer, Rochelle Dotzel – rndotzel@bellsouth.net

YMCA CEO – Tipp Nicholson – ymca@statesville.net

If anyone is interested in adding anything to our newsletter please contact me by the 20th of each month.

Swim Meet Manpower Worksheet March 7 & 8

Meet Referee: Sam Choate

Meet Director: David Jones

On Deck Coordinator: Eric Orders / David Jones

	Session 1 - Friday PM	Session 2 - Sat AM	Session 3 - Sat PM
Head Timer			
Heat Winner Awards			
Heat Sheet Sales			
Concession			
Concession			
Hospitality			
Hospitality			
Awards			
Clerk of Course	N/A		N/A

