

TIGERSHARKS COACHES CORNER

May 31, 2010

We're off to a great start, Tigersharks! We'd like to thank each and every one of you for coming to practice and working hard right from the start! It's going to be another great Tigershark season.

Hope you all had a wonderful Memorial Day weekend and are looking forward to our first swim meet of the season against Chaparral next Saturday. The meet will be at Chaparral's pool on Saturday, June 5th. There is a map to the pool on our website. You will need to be at the pool no later than 7 am to get settled and ready for warm up around 7:25 for most away meets. Home meets you will have to arrive at the pool earlier by 6:45 in order to start warm up at 6:50 for some groups. We will have more information on home meets in next newsletter.

The following is important MEET ENTRY information: To refresh your memory, Coach Ruthie has a meet entry book that she will keep at the pool during practice. You will need to enter all meets by the Tuesday before every meet. The way to do that is to come to practice and indicate in the meet entry book what 3 events you would like to swim at the meet. If you have questions, please ask your coaches. If for some reason you have to leave the meet early or are unable to swim at the meet, please indicate that on your meet entry and/or e-mail coach Ruthie by Tuesday afternoon of every week. If you cannot be at practice on Tuesdays, then have your parent stop by the pool and indicate your entry OR e-mail Coach Ruthie with your entries.

The following is important PRACTICE SCHEDULE information: Practice schedule will be the same this week with the exception of Fridays. We will now hold two practices on Friday mornings, instead of three. All Tigersharks ages 10 and under will practice from 8:00 to 8:45 am. This way the 6&Unders, 8&Unders and 9&10's can get to know each other and have fun getting ready for the meet on Saturdays. All Tigersharks ages 11&Older will practice from 8:45 to 9:45 am. This will allow 11&12, 13&14 and 15-18 time to have fun getting ready for Saturday's meets! You need to arrive at practice on time so that we can get to work and have some fun!

Tigersharks, we want your help to be the very best you can be. In order to do that, we need your help. You can help by taking great care of yourselves this summer. Try to get the rest you need by going to bed at a reasonable hour and by understanding proper nutrition.

Consider yourselves great athletes. In doing so, you need to eat like an athlete! It's not hard to do. Swimmers need to fuel for success. Fuel=Fluids + Food. You all know that you need to stay hydrated throughout these hot summer days. Drink fluids BEFORE you get thirsty in order to prevent dehydration. Stay away from Soda. Sports drinks are good as they contain minerals and electrolytes you need. Try to eat a small breakfast before you practice in the morning. You need only consume about 250 to 300 calories with mostly healthy carbs. A piece of fruit (banana, apple, orange, peach, grapes or melon) and some toast or a bagel with jelly is a great breakfast before you swim and it shouldn't give you a tummy ache. Then as soon as you can recover after you practice by eating another small meal consisting of protein & carbs in order to replenish your "muscle glycogen" stores. This will help you repair muscle tissue and make you feel better for your next practice. That is the key to improvement is being able to practice well the next time around. Excellent choices for recovery fuel include chocolate milk, a bagel with peanut butter, power bar or smoothie with protein or even oatmeal or a bowl of cereal. You don't have to overeat in order to replenish your glycogen stores. However, it is important to eat within a half hour of your practice in order to receive the benefits of recovery nutrition. Then, eat a normal, healthy lunch and dinner.

This summer, try to stay away from unhealthy fast food because it is usually fried and high in fat. Healthy fast food is great and can include sandwiches, salads, bagels, smoothies and even frozen yogurt. Eat healthy snacks such as fruit, low fat granola bars, cereal, pretzels and low fat yogurt. Coach Nicole will provide you with more nutritional information in a separate newsletter however you now have basic information with which to base your food choices.

It's going to be a great week Tigersharks. See you at the pool!
Love your Coaches ~ Nicole, Ruthie, Jenny, Marcy, Eric & Kirsten