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TEAM MISSION STATEMENT

SWAT is a swim team that empowers young people to excel in life through dedication, discipline, and teamwork while having fun.

Parent Information:

The following articles were taken from USA Swimming Web Site for your information. If you want to learn more about this or other topics you can visit their web site at www.usaswimming.org.

Swim Parent Tip of the Month (10/1/2006)

Provide Support for Your Swimmer

One resounding theme coming from kids is that parents increase the fun in swimming by providing unconditional encouragement and support. A physical presence at meets and interest in what the child is doing both go a long way toward enhancing swimming enjoyment. Kids enjoy swimming when they feel their parents support them regardless of the performance outcome. Your main job is to feed, shelter and transport your swimmer while showing love and support!

You may be wondering what are some things to say to your child after practice or a meet that show support and interest without pressure?

Here is a partial list of appropriate questions to ask your child:

- Did you have fun?
- Did you swim better this week?
- What did you learn today?
- What do you need to work on in the future?
- Did you talk to the coach? What did she emphasize?
- Were you a good sport?
- What was your favorite part of the race/meet/practice?
- Were you nervous? If so, why?
- Was there anything that you didn't like?
- Is there anything I can do to help you?

(This article on nutrition was taken from the USA Swimming web site www.usaswimming.org and I thought it will be helpful to share with all of you).

You Are What You Eat

Your swimmer may be working hard in practice, but is he supplementing his training with proper nutrition? Test your nutrition I.Q. by deciding whether the following statements are true or false and comparing with the answers below.

1. Fruit is an excellent source of carbohydrate. True / False
2. Generally speaking, the more colorful and varied your fruit and vegetable platter, the healthier it is. True / False
3. It's best to wait about an hour after a tough practice to fuel your body with carbohydrates and protein. True / False
4. It's important to stay hydrated because it can directly affect athletic performance. True / False
5. If you become very dehydrated, your body may require two to four hours to replace fluid loss. True / False
6. Skipping breakfast will keep your energy levels stable throughout the day. True / False
7. The primary fuel source for swimmers is protein. True / False
8. Eating early and often throughout the day helps you avoid the blood sugar highs and lows (high energy, then sleepiness). True / False

Answers

1. True. Fruit provides carbohydrate in the form of natural sugars (versus refined sugar). Fruit is a tasty, nutritious and easy snack, especially for swimmers on the go.
2. True. The bright colors of fruits and vegetables indicate high levels of vitamins, minerals and anti-oxidants. Having a variety of nutrient-rich fruits and vegetables all bring something different to the table. Good examples include apples, pineapples, berries, bananas, oranges, kiwi, melons, grapes, mangoes, papayas, apricots, peppers, broccoli, cauliflower, carrots, avocados, zucchini, squash, corn, peas, beans and tomatoes.
3. False. Try to eat a carbohydrate and protein snack within the first 30 minutes after practice. The sooner, the better. This will replenish your body's depleted blood sugar levels and glycogen stores, and repair muscle tissue. If you have trouble eating solid food after a hard workout, try liquid foods such as chocolate milk or a fruit smoothie. Then aim for eating a substantial meal within two hours after practice to maximize recovery.
4. True. Drinking early and often (every 15 minutes during practice) keeps you hydrated and provides your body with fuel. Without fluids, you decrease your work capacity, which can have a negative impact on exercise performance.
5. False. It could take up to 24 to 48 hours to totally replace fluid loss after dehydration sets in. Drink frequently throughout the day. Clear to pale yellow urine is a good indicator that you are staying hydrated. If you don't want water, fruit juices and milk shakes are great nutrition choices, more so than sports drinks. Orange juice has 20 grams more potassium than Gatorade.
6. False. Make it a habit to eat a hardy breakfast every morning. You'll eat less junk food later in the day, and it will enhance your daily energy levels and athletic performance. Try this for a good breakfast: Oatmeal, multi-grain bagel with peanut butter, yogurt with granola, fruit and milk.
7. False. The primary fuel source is carbohydrate. Protein and fat also help make up the fuel source, and depending on your body chemistry and type of training, the amounts needed may vary. But carbohydrate comes into play the most when you are maximizing your efforts during practice. Aim for at least 50 % of your daily caloric intake to be carbohydrate. Whole grains, brown rice, beans, wheat bagels, fruits and vegetables are some excellent choices.
8. True. Eating smaller amounts of carbohydrate frequently throughout the day helps keep blood sugar and insulin levels closer to normal. You'll be able to pay better attention at school or work, have no hunger pangs and feel stronger at workouts.

If you answered at least five questions correctly, you're on the right path. If not, try to learn more about proper nutrition and making informed food choices.

Remember to eat a variety from all the food groups, eat colorful foods and eat and drink early and often.

Healthy foods offer nutrients that supply the body with energy. A good diet helps improve energy levels for training, concentration and recovery rates after hard workouts. It can profoundly impact swimming performance and general well-being.

UPCOMING EVENTS:

- **Del Norte Meet Oct. 7 Shower Pool (Loop 375 & Yarbrough).**
- **SWAT Short Course Fiesta Meet, Tigua Pool (11200 Santos Sanchez) October 13-15.**
- **Please register online or contact Jose Alcoreza, dues to be paid by registration deadline on all events.**

More Information:

Speedo's tip of the week.

Making Stroke Adjustments

This week's Speedo Tip of the Week comes from USA Swimming's biomechanics coordinator Russell Mark. Mark offers some advice on the importance of working on technique in practices and provides some helpful guidelines for making stroke adjustments.

Mark's Tip:

What makes technique such a great part of swimming? It's something that every swimmer can always improve and work on to get faster.

Even the members of the U.S. Olympic Team – the best swimmers in the world who make it look so easy and so smooth – constantly think about and work on their stroke to make themselves better.

There is not a single swimmer in the world that has a "perfect" stroke, which means that swimmers of all levels can get a lot out of technique improvement.

So what are you waiting for? If you're racing against swimmers with better technique, it could be like driving a big truck when everyone else is driving sports cars. You have to work harder than everyone else just to keep up.

Good technique is so important because it wastes little energy or strength to move you forward in the water.

Many swimmers incorrectly think that you have to be doing drills or slow swimming in order to work on technique. The truth is that every time you swim – whether it is warm-up, a main set, or even warm-down – is an opportunity to improve your strokes.

In fact, the most important time to think about good technique is when you're tired and swimming hard in practice. Holding your stroke together during those tough times in a workout make it easier to have good technique on the last lap of a race when your body hurts a lot. That's when it matters the most.

Here are some helpful tips when making stroke adjustments:

- Changes take time, so be patient. Bad habits need a lot of focus and work to turn into good ones.
- Every swimmer is different, so what works for someone else might not work for you.
- Listen and learn from your coaches because they see you swim every day and know your stroke best.
- Watch yourself swim on video if you have the chance. It's easier to make changes if you can see what you're doing right and wrong.

Social Events (Birthdays) HAPPY BIRTHDAY!

Quiñones, Rebecca (10-03), Matamoras, Jorge (10-07), Martinez, Daniela (10-12), Seymore, Morgan (10-21), Portilla, Jose (10-25), Calvillo, Sam (10-29).

From The Board:

Effective with the September 1 dues statement all team dues categories will be increased \$5 per month. Example: Pre-Competitive will increase from \$35 to \$40 per month; Senior dues will increase from \$55 to \$60 per month. At the same time we will adjust monthly dues for improvements in ability and/or aging up. Rafael's group is based on swimmer ability (lane), and Polly's group is based on age - Black 13 to 14 years old, Senior is 15+.

The dues increase has become necessary to improve the Club's cash reserves. Our dues have remained the same since the Club's inception October 2000, but it has finally become absolutely necessary to address our financial requirements. While the number of swimmers has increased year after year, we also now have four coaches. Because of more swimmers, we rent more lanes for practice.

The good news is we have established a quality swimming program with over 90 swimmers. Thanks to the hard work of our coaches, parents and board.

Tom Lore

SWAT Treasurer

More Information from the BOARD

Due to the low turnout in swimmers at swim meets, seasonal plans will be made with families to encourage more meet participation. There will be changes to the current way parents sign up the kids to a meet. At this current time the board and coaches are looking for new ways to register kids at swim meets. If you have any questions please talk with the coaches after practice. Also **SWAT** will like to emphasize that pre-competitive and competitive (Layra's swimmers and some of Amy's swimmers) swimmers need to enter all the Del Norte meets. All other swimmers are expected to attend the DSSC, EPAP, FBB, etc meets. These meets are approximately one per month. Remember that meets are done for the purpose of the swimmers to improve their performance and skills; they also serve as fund-raisers to the hosts teams. Without swim meets, swim clubs can not exist.

To all the Parents, the upcoming **SWAT** meet is mandatory for all swimmers (entries are due this Wednesday, Oct 4 by 9pm). Also, parents please remember that we are still looking for volunteers (timers are always needed, hospitality and merchandise sales). Remember that if you don't help a \$25 charge will be assessed to your monthly dues. The board is encouraging 100% participation at the **SWAT** meet. If you are having problems with the online registration please call or email Jose Alcoreza or any board member for help.

SWAT Board of Directors

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Events: Armando Licon / ALICON2@elp.rr.com
