



# MACR

## Shark Bites

MACR Sharks  
Newsletter

Edition 4

February, 2007

## READY FOR STATE

The Section 3 YMCA meet, held at the HGN was a fantastic meet for MACR Sharks swimmers. A grand total of 67 swimmers qualified for individual events at State to be held Mar 4&5. "The swimmers looked really strong" commented Coach Paul. "We (the coaching staff) are excited for a good state meet. The Sharks have typically done very well at State. "Our biggest competition will be from the Des Moines team" said Coach Donald. "The next few weeks of training will be crucial to further improve the times that the swimmers achieved at the Sectional Meet" Training moves into the taper phase this week and next. Swimmers are asked to attend 2 sessions per week and get plenty of rest between swim days.



### Eating To WIN!

#### Lots of Carbohydrates

A swimmer gets most of their energy from their body breaking down food that is rich in this. A carbohydrate is like a wick on a candle. It burns slowly for long lasting energy to give you the power to perform at long meets or practices. You should eat as much as possible daily, but always eat a lot more a week before a meet. Don't wait until the night or day before the meet.

*Examples: potatoes, pizza, spaghetti or pasta, pancakes, bread and cereal*

#### Eat light snacks at swim meets

When you have long waits before you swim or just FEEL hungry, its good to have nutritious snacks on hand. Things like a 1/2 of a bagel, a small box of dry cereal, fruit (apples or oranges are great), granola or power bar are good choices. It is not a good idea to eat too close to your race, so give yourself time to digest the food. Sports drinks (watered down) or water are great if you are thirsty.

#### **AVOID SODA!**

It is a quick sugar high that only makes you feel tired when it wears off. The same goes for candy. It is the sugar that gives you all the energy, but it doesn't last long enough to give you energy for your race!

## State Meet: Success Tips For Swimmers

Swim meets can be long and grueling ordeals if you are not mentally and physically prepared to do your best. You may be swimming up to three events (not counting relays) at maximum effort. When you include your warm-up and cool-down of several hundred yards, taking proper care of yourself is essential for your state meet success.

### Here are some tips to help you succeed.

#### 1. Conserve energy

Try to stay off your feet as much as possible between events. Remember that you are there as a participant and not a spectator or socialite. Stay warm and comfortable—wear shoes and socks, hat, and clothing appropriate to the air temperature in the holding area.

#### 2. Eat and drink properly

It is vital to eat and drink the proper things before, during, and after the meet. Avoid dehydration by drinking small amounts of water constantly during the meet. Try to eat a small snack after each event you swim to keep your energy level high. Even if you are not thirsty or hungry, it is important to keep your swimming machine well fueled.

#### 3. Be prepared mentally (Before the meet be sure to know the following:)

Know what time warm-up begins. Plan to be at the pool at least 15 minutes before the start of warm-up so you will not be rushed.

Know what the order of events for that day is and which events you will be swimming.

Have a game plan for each race you will swim. Your coach can help you with this. Take things one event at a time so you can focus properly on each swim and do your best.

Check the heat sheet so you know what heat and lane you will be in for each event. You may want to write this information on your hand if you have trouble remembering. This will allow you to concentrate on your game plan for the race.

#### 4. Come prepared to do your best!

**MACR Sharks—2006/07 Award Winners!**

Congratulations to the following swimmers:

*Newcomer of the year (Boys)*  
**Matt Jackson**

*Newcomer of the year (Girls)*  
**Brinley Milbrath**

**Character Awards**

*Caring*  
**Alex Stephens**

*Honesty*  
**Caleb Pfeil**

*Respect*  
**Brennan Urbi**

*Responsibility*  
**Meg Kelly**

*Most Improved (Girls)*  
8&U **Reina Adams**  
9&10 **Erika Fagerbakke**  
11&12 **Abby Carpenter**  
13&14 **Erin Gerken**

*Most Improved (Boys)*  
8&U **Nolan Butkowski**  
9&10 **Jonathan Tripp**  
11&12 **Nathan Greve**  
13&14 **Alex Peters**

**Time Drop Awards**

8&U **Raquel Green, Olivia Kline, Alex Coleman, Hannah Steinke, Jake Kraemer, James Fitzgerald**

9&10 **Kayla Thompson, Anne Riley, Myah McCoy, Kari Tanberg, Jack Ramsey, Justin Arebaugh, Tim Zange, Harlan Owen**

11&12 **Jessica Arebaugh, Lauren Dalecky, Madeline Turner, Emma Thompson, Matt Ramsey, Gene Nassif, Matt Zange, John Richardson**

13&14 **Bailey Strausser, Carmen McCoy, Alyssa Tripp, Katey Storey, Alec Belin, Sam Raiche**

15-18 **Katie Kramer, Amanda Ickes**

*Swimmer of the Year (Boys)*  
**Carter Starr**

*Swimmer of the Year (Girls)*  
**Alexandra Scharmer**

**SWIMMER NEWS**

This month Sarah tracked down Shark swimmer **Brennan Urbi** and asked him the following questions:

*What is your favorite stroke?*

– **Backstroke**

*Other than swimming, what is your favorite hobby?*

– **Football**

*What is your favorite color?*

– **Pink**

*If you could have any car, what would it be?*

– **Lamborghini**

*What's your favorite flavor of ice-cream?*

– **chocolate**

*What is your favorite part of swim practice?*

– **cool down**

***“Practice like your in second place, Swim like your in first”***

*In which direction does a chicken swim??*

– *cluck-wise*