



# MACR SHARK BITES

MACR Sharks  
Newsletter

Edition 3

January, 2007

## FLYING START TO 2007

67 swimmers made the trip to Muscatine for the Sharks' first away meet of 2007. Time improvements were seen by a number of Shark swimmers although the competition was tough against the Muscatine team. "It was quite a tough meet" commented coach Donald "With the kids just getting back in the water, and the increased intensity at practice a number of swimmers were adding time." "It's not unusual to see that at this time in the season cycle" Increased intensity at practice, plenty of rest, and good nutrition over the next month will be key for time drops at the sectional and state meet. Swimmers are encouraged to work hard at these practices.



### Special Announcements

If you have any announcements that you would like to make they will appear here each month!

#### BIRTHDAYS

Sarah, 15 years old on Jan 24



Happy Birthday Sarah!

#### OTHER NEWS

A new "Officials Notes" item has been added to the web-site—[www.macrsharks.org](http://www.macrsharks.org)

#### One of the building blocks of quality training is good nutrition

Believe it or not, your swimmer doesn't get fast during practice. In practice they may see their times improving, but the adaptation to training (i.e. getting faster) actually occurs while the body is at rest. Workout is the stimulus that causes this to happen.

Workouts are hard! They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient – aerobically and anaerobically. During its time off, the body WILL adapt, but only if given the proper fuels.

#### What should my child eat before practice? At meets?

The best pre-practice, or pre-meet meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb: 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise.

#### Meals that provide 100 grams of carbohydrates

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz. of skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes
- 1 serving of Gatorade and 1 bagel

#### Nutrition Quiz for Swimmers

Your swimmer may be working hard in practice, but are they supplementing their training with proper nutrition? Test your nutrition I.Q. by deciding whether the following statements are true or false.

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 are on Page 2

*"Breathing is essential for life -- but not for the 50 Freestyle"*

#### Something to add?



Do you have any swimming articles, stories, jokes, recipes, birthday announcements, or swimming tips that you would like to see included in Shark Bites?  
Email [donaldpirrie@msn.com](mailto:donaldpirrie@msn.com)

***You know that you're a competitive swimmer when...***

- . . . . . you think that getting up before the alarm clock rings is a "false start."
- . . . . . at the beginning of a test, you wait for the teacher to say "Take your mark--GO!"
- . . . . . all you can think about when you watch The Little Mermaid is whether Ariel's dolphin kick is good.
- . . . . . you make people think you're a spy sending a secret message when they hear you keep muttering to your self "Fly back, breast free."
- . . . . . you try to clean your glasses by spitting on them and rubbing it in with your fingers.

***Swimming: From the outside looking in, you can't understand it. From the inside looking out, you can't explain it.***

***Are you a pressure parent?***

The following survey has been taken from the *Amateur Swimming Association of Great Britain*. If you answer yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parents' role is critical and should be supportive at all times to ensure a positive experience for your child.

- Is winning more important to you than it is to your child?
- When your child has a poor swim, is your disappointment, such as through body language or vocal tones, obvious?
- Do you feel that you are the one to have to "psyche" your child up before competition?
- Do you feel that winning is the only way your child can enjoy the sport?
- Do you conduct "post mortems" immediately after competition or practice?
- Do you feel that you have to force your child to go to practice?
- Do you find yourself wanting to interfere with coaching and instructions during practice or competition thinking that you could do better?
- Do you find yourself disliking your child's opponents?
- Are your child's goals more important to you than they are to your child?
- Do you provide material rewards for performance?

**SWIMMER NEWS**



This month Sarah tracked down Shark swimmer Hunter Smith and asked him the following questions:

***What is your favorite Stroke?***

- Freestyle—It's the easiest stroke, and it's also my best stroke

***What's in your iPod or MP3 player at the moment?***

- I like Hip-Hop music the best.

***What's the best part of coming to swim practice?***

- I like working on the drill sets—also Sharks and Minnows on a Friday!

***What 's your favorite flavor of Ice Cream?***

- Strawberry

***Other than swimming, what do you like to do?***

- I like to read and to collect things (Piggy banks, magnets etc.)

Talk to Sarah if you would like to be

***Answers from Page 1***

- 1. True 2. True 3. False 4. True 5. False
- 6. False 7. False 8. True