



San Diego Aquatic Club, Inc.

Swim Times

Volume 4, Issue 6

February 2010

It's Championship Time!

You've worked long and hard to be your best.

This is why you do it.

This is why you get up early on Saturday mornings, while most "normal" people are still in bed. This is why you're still in the pool, while most "normal" people are having dinner, knowing that you still have homework to do before you crawl under the covers. This is why your coaches spend MANY weekends throughout the year with YOU, instead of spending time with their families and friends. This is why you said "no thanks" to countless sleepovers and parties. This is championship time!

Our swimmers and coaches have had a terrific short course season so far, filled with great swims and fun times. Now, it's time to show everyone what makes SDAC so special.

You have worked hard. You have made improvements in your training, your technique, and your mind. You have made yourselves stronger and more flexible. You have struggled and broken through to new levels. You have accepted many awesome challenges and have conquered.

Your body and mind come together for this part of the season: Championship time. This is the time of the Champions! So rise Champions, and UNLEASH your heart and your training on EVERY ounce of swimming that you do in the upcoming meets.

Believe and trust...No holding back!

*Adapted from Carmel (Carmel, Indiana) Swim Club's **Splashpad**, 3/2005*

Welcome to Swim Times!

Swim Times is published monthly and posted on the SDAC website: www.swimsdac.com.

The purpose of **Swim Times** is to provide our SDAC families with information about our team, as well as timely articles about nutrition, training, etc.

How to Reach Us

Tim Oelgoetz
timoelgoetz@sbcglobal.net
858-254-2233

Amy Hartford
amyhartford2000@yahoo.com

Mitch Kohlbecker
medac@pacbell.net

The 2009-2010 Short-Course Meet & Event Schedule

Date	Meet & Location	Information
Feb 5-7	12 & Under ABC Meet, Loma Verde Pool, hosted by SBA	All 12 & under
Feb 12-15	Senior Classic, San Diego Imperial—Poway Community pool	Senior Groups
Feb 19-21	SI Short-course Junior Olympics —Coronado	All Qualifiers 14 & unders
Mar 4-7	Speedo Sectionals, Texas A & M University, College Station, TX	All Swimmers who qualify
Mar 5-7	JO Max North, ICAC, Palomar College	Swimmers with less than 5 JO cuts
Apr 8-11	Far Western Championships	All Qualifiers

What event involves great friends,
delicious food, free clothes, AND
FUNKY socks? It's the:

2010 Short Course Championship Dinner



Date: Thursday, February 11th

Place: Graziano's Restaurant

Time: After practice (of course!) at 6:30 pm — 8:30 pm

Cost: \$7 per person (includes pizza, salads, drinks, dessert) Cash is appreciated!

RSVP: By Tuesday, February 9th (envelope in swim office)

Everything you need to know about Secret Psychers!

What is a secret psycher? Secret psychers is a fun activity that SDAC initiates 2 times per year, usually before short course and long course championships. The program involves each swimmer drawing a name of a teammate out of a hat. After everyone has selected a teammate, each swimmer needs to create 2-3 different gifts for the teammate whose name they drew.

Why do we do secret psychers? Because it's FUN! AND, it's a great team-building activity. Many people consider swimming to be an individual sport, but that's not really true. The success of every swimmer on this team is dependent on their teammates who train with them daily. Secret psychers is a way to celebrate being a team and to provide motivation and support for fellow teammates.

What do we have to do to participate? There are a few simple steps:

1. Print out the Secret Psycher flyer posted on the website.
2. Fill out the information requested and give the slip of paper to your coach by Wednesday, February 3rd.
3. Come to practice on Friday, February 5th, where we will draw names for the secret psychers. (if you cannot attend, please tell your coach and they will draw a name for you) **DO NOT TELL ANYONE WHO YOUR SECRET PSYCHER IS!!! We will have white socks available on Friday for your first secret psycher gift.**
4. Come to the dinner on Thursday, February 11th at Graziano's. Bring a pair of crazy socks that you've decorated for your secret psycher. The crazier...the better. Make sure you wrap them up in a brown paper bag with the name of your secret psycher written on it—but don't reveal your identity...yet!
5. Follow the rest of the directions listed on the flyer for your appropriate group. Senior Classic participants will only be doing the socks and the goodie bag, while JO and JO Max swimmers will do socks, posters, and goodie bags.
6. For the goodie bags, you can include anything you think your secret psycher might enjoy: power bars, trail mix, Gatorade, little toys, etc. Be sure to include a short, motivational note in the goodie that reveals your identity!

We hope all the swimmers will participate in this very fun event. If you have any questions, please feel free to contact Joyce at anderson7795@sbcglobal.net, or ask your swimmer's coach.

The Life of the Competitive Swimmer

By, Mike Gustafson, Senior Analyst, Swimnetwork, swimnetwork.com, 1/28/10

Age 2: You realize if you venture near the big blue thing, people pay attention to you. Thus commences your life-long fixation with the big blue thing.

Age 3: For the first time, you are slowly lowered into the big blue thing. It is colder than you thought. You squeal with joy. It is weightless. It is freedom. It is bliss. You are surrounded by strange pink and green noodles and yellow ducks, and yet you shed the confines of gravity and hysterically giggle as your toes dance wildly in the depths below. You like this.

Age 5: After months of pleading, you begin swim lessons. Your teacher is a 26 year-old starving artist who exists on ramen noodles. He teaches you life survival skills. You will one day understand "irony."

Age 8: You join the summer recreational league. You realize swimming outside in the cold morning summer's air is a violation of the senses, but spazzing-out on pixie sticks and fun dips at the swim meet makes it all worthwhile. You embrace the bribery.

Age 11: Your summer league friends join a year-round swim team: you do too. In addition to swimming, you play soccer, basketball, baseball, football, tennis, hockey, track, cross-country, handball, pinball, volleyball, foosball, and golf. Your swim team's added commitment is no match for your 24/7 metabolism. You are the Deion Sanders of Youth Athletics.

Age 14: You are not the Deion Sanders of Youth Athletics. You retire from all other sports and decide, due to lack of coordination, to swim full-time. Also, in swimming, no rubbery balls fly toward your face and split open your lips on account of your huge metal braces. You become a swim geek. You begin learning the names of the sport, the legendary records and times, and you enthusiastically explain the difference between long-course and short-course to your utterly confused and befuddled parents, who smile and nod.

Age 15: High school swimming begins. You depart your club team nervous, unsure what to expect. On the first day, your swim training rapidly changes from timed 2000 freestyle repeats to timed 25 freestyle sprints from the blocks. You enjoy high school swimming.

Age 16: You get your license and then you learn to drive, in that order. Consequently, you skip practice and purchase Shamrock Shakes at McDonalds with two other teammates equally enthused about being 16. But you fail to understand that Swim Moms are a modern-day Gestapo and any and all of your actions are secretly documented and reported. Your car is taken away. You are grounded. And you learn, the hard way, not to skip practice for something stupid like Shamrock Shakes.

Age 17: Your high school friends switch lunchroom cliques for the billionth time. But you still have sleepovers with the same group of swim friends since you have had since age 11. It is understood amongst all the friends in your life that you have two equally distinct yet mysterious lives: your swim life, and your school life. They are separate. They are unique. You never mix the two. Doing so could potentially devastate your fragile ecosystem of swim friends vs. school friends. You do not combine these two ecosystems, ever.

Age 18: You graduate high school. You leave your club coaches, high school coaches, middle school coaches, swim school coaches, and all other coaches in your life were like a second family. You are sad, but you aren't mourning, either. Reporting to two sets of parents day-in and day-out became cumbersome, and, after all, you're 18! Time for fun! College swimming will be much more laid-back, you think! Yeah... college!

Continued on next page

The Life of the Competitive Swimmer continued

Continued from page 4

Age 19: Unfortunately, no. Your College Coach is Santa Claus' evil twin: he knows when you are sleeping, and he knows when you are awake. He will find you when you skip practice, even when you hide on the 5th floor of the library in the part no one knows about near the Native American artifacts and the comfy couch. Your coach knows everyone, everything, everywhere. Worse than that -- He doesn't understand your taper methodology, and he absurdly makes you sprint during your once hallowed taper-time, disrupting your "Nothing-Is-More" mentality. As soon as you can, you flee back to club swimming that summer, your tail far between your legs. You soon forget the horrors, because you are back with the club-swimming teenagers again, where you are king, boss, and immortal.

Age 20: College Coach once again doesn't understand your taper methodology, despite your charts and diagrams and your well-articulated thesis. "This is it," you think. "Death by misguided taper." Nevertheless, you swim fast -- faster than you could have imagined -- and you are humbly reminded that 20 year-olds don't know diddly about squat.

Age 21: Morning practice attendance abruptly ends.

Age 21.00001: 8x800s butterfly, because morning practices haven't yet ended.

Age 22: After 11 years of competitive swimming, you swim your last meet, hang up the suit, and call it a career. You hug the coach you once cursed. You vow that you learned a lot, and you reflect on a wonderful and rewarding career. Three days later, you heckle your former still-swimming college teammates as they trudge to the pool for morning practice, as you sit in an inflatable hot tub at 5:30am with a cold beverage. Post-swimming life is good.

Age 23: You gain 15 pounds.

Age 24: You gain 15 pounds.

Age 25: You gain 15 pounds.

Age 30: In response to your doctor's exercise inquiries, you mention your "NCAA days." He laughs in disbelief.

Age 35: You dust off the goggles. You hop back in. Your three-times-per-week swim workout is always capped-off with a sprint 25 butterfly for time. You always swim fast. Finally -- at long last -- you taper how you want.

Age 40: You join a masters team. You once again have two lives: swim friends, and then everyone else. You drink Shamrock Shakes without fear.

Age 100: You slowly, very slowly, kneel down poolside, your knees cracking, your back somewhat shaped like a question mark. You strap on your goggles, the same ones you've used for years. You stare at the mirrored surface, that perfect smooth glass, and you smile. It's just how you like it. You've made it this far -- the big blue thing has been good to you, you think -- as your toes dance wildly in the depths below.

Behaving Like a Champion

Speedo Tip of the Week, from usaswimming.org

BY JENNY SUSSER, PhD//Sport Psychologist

Dealing with distractions is something we all must do on whatever level we compete, whether it be the Olympics or sectionals. The higher the competitive level, the higher the pressure of the distractions.

Making good decisions when under pressure is a life-long challenge. You will still make mistakes, but that's part of being human.

An important part of making mistakes is how you deal with them and then trying to learn from them.

Being a competitive athlete offers daily opportunities to "behave like a champion," not just during a meet, but also in practice and in everyday life.

How about while you're having a bad set or workout, and you know you need to act one way when you'd much rather throw a tantrum and cry?

What about when you've been taken off the relay because someone swam faster than you? Again, is this a perfect time to get angry or feel sorry for yourself, or should you figure out how to swim faster by working harder or smarter in practice and then cheer louder than anyone else for the relay.

How about when you miss that cut by .01 of a second in the mile?! Sure, you will be disappointed. Who wouldn't? But is it "champion" behavior to throw your cap and goggles and quit swimming?

No. A champion would get upset (for a short time), dust themselves off, get back to training and try again.

Behaving like a champion shouldn't be reserved for those who are winning and only when you are competing. Sport is about many things, and winning is only one of them, no matter how important it might seem at the time.

Behaving like a champion and being mentally tough is a much greater challenge when you are NOT winning, which might mean more and make you an even greater *champion*...in and out of the pool.

Upcoming Events

- ◆ 2/3 Polo match
- ◆ 2/6-2/7 12 & under meet, SBA, Chula Vista
- ◆ 2/11 SDAC Championship Dinner, 6:30 pm, Graziano's Restaurant
- ◆ 2/11 start of secret psychers
- ◆ 2/19-2/21 Junior Olympics, Coronado HS

<i>February 2010</i>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

• **Proper Dietary Consumption - Championship Month**

by, Coach Mitch

-
- We're closing in on that critical time of year when swimmers are approaching their big meet and we as parents (or swimmers), want to do everything we can to provide the best diet possible. Let's start with how a diet should change about 2 weeks prior to a meet.

2 Weeks - A significant reduction in processed sugar consumption should start at this point. Candy bars, cookies, Ice Cream, heavily sugared cereals, *sugared sodas, anything with high fructose corn syrup, etc* should either be removed from the diet, or if it is a major cornerstone of the diet (which hopefully isn't the case), significantly reduced. This will require some home-work because most foods, even those that claim they are "healthy", usually have some level of fructose corn syrup in them, even bread. High protein/medium carb dinners after workouts, this aids in muscle recovery, refueling the body, and gives carbohydrates plenty of transports (protein is a support food for carbs). An example post-workout dinner would be chicken and rice with water or milk. A good ratio for the diet during this time is about 70% carbs/25% protein/5% sugars (fruits, etc). Also if you aren't taking a daily vitamin and don't have any allergies, start taking one (Centrum or some other general vitamin supplement will do).

1 Week - Up the carbs and reduce protein intake slightly. Good percentages to follow would be:

- 50% breads, pasta, potatoes, certain grains
- 30% vegetables and fruits
- 15% beans, fish, meat, eggs
- 5% nuts, cheese, butter

continued on page 8



San Diego Aquatic Club, Inc.

Head Coach: Tim Oelgoetz
Age Group Coach: Amy Hartford
Age Group Coach: Mitch Kohlbecker
See us on the web!
www.swimsdac.com

Webmaster: Joanne McCoy
Newsletter Editor: Joyce Anderson
Please e-mail any articles to:
anderson7795@sbcglobal.net

**To Education, Inspire, Motivate,
Believe and Succeed!**

San Diego Coaches Association Annual Basket Auction

Once again, the San Diego Coaches Association will be holding a silent auction during Junior Olympics. Each team in San Diego-Imperial Swimming is asked to donate a basket for the auction. Proceeds from the auction are used for scholarship programs for swimmers, ribbons/awards for novice meets, and coach training.

SDAC will once again be donating a basket to this worthy cause. We are asking each family to **donate \$5 for the basket**. Donations will be collected during the Championship Party, or can be sent in with your swimmer to practice. Thanks for your support!

Proper Dietary Consumption for Championship Month

Race Day(s) - There are debates about this, but I always felt a small pre-raceday meal was acceptable. Cereal (not too sugary) w/ skim milk, orange wedges, bananas, water (12oz) are all acceptable as long as they are consumed 2 hours prior to the start of your first race. If you are eating closer to race time then a smaller portion of the suggested is advised or wheat crackers, fresh fruit or whole wheat bread. If you make finals and need lunch...nonfat, low sugar yogurt, nuts and fruits, hummus and a small amount of pita bread, 2-3 oz of fish or meat, toast, dried fruit, or raw vegetables should do the trick anything fried is an absolute energy killer. **STAY HYDRATED**. This is so important. Don't drown yourself in water, but sipping a 12oz water every few hours certainly won't hurt.

Mark your Calendars Now!

Our next community service project will involve participating and volunteering in the San Diego Walk for Autism to be held on **Saturday, March 27th** in Balboa Park. You can register now at www.NFAR.org and follow the instructions under the team name "SDAC."