



The Splash



Check it out...

- Winter session starts March 1st.
- Fuel for swimming? See page 3 to learn why carbs are critical for a swimmer's engine.

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2010...Off the block with a great start!

Winter swimming is for the dedicated – dedicated swimmers, coaches and parents. For our stud muffin WAC swimmers, dark gray skies and rain just mean bundle up quick after practice!



WAC participated in its first IMX Challenge meet in January! This meet is run differently than others so we've included information on what it's all about. And because we know that proper fueling for swimmers is always a question, you'll also find an article on nutrition. Finally, because coaches do have a special way with words when motivating their swimmers, you'll find "5 Favorite Coaches Quotes".

Spring will be here someday soon!



Punxsutawney Phil's February 2, 2010 Weather Prognostication says 6 more weeks of winter. *What do you think?*

Spring Session (March 1 – May 28, 2010)

Pre-Comp. Group:	5:45-6:30 PM	Mon/Wed
W Group:	4:30-5:15 PM	Mon/Tues/Thur
A Group:	4:45-5:45 PM	Mon-Thur
A+ Group:	5:15-6:30 PM*	Mon-Fri
C Group:	4:45-6:45 PM*	Mon-Fri

* Dryland:

There will be Dryland Training for the A+ and C Groups from 6:30-7:00 PM Tuesdays and Thursdays each week.

Hi to all the W and A+ Families **by Coach Tracy**

I want to thank you all for my I-pod. It is really fun. Taylor and Grayson (my kids) think I am much cooler now that you have launched me into the 21st century! THANKS!



The W group is doing great; this is where the kids get their foundation for all the strokes and hopefully a love for the sport. We work diligently at learning and we have a great time doing it. When one of the W's becomes proficient in all four strokes they may move to the next group. In the spring, Eric and Cate will be moving to the A group. They will be missed, but we are excited by their progress.

The A+ group has been really focusing on underwater work. There are two main benefits to underwater training. First and foremost, the streamline is the fastest position in the water (like a torpedo) without exertion. You are moving as fast as someone above the water but not raising the heart rate by moving the big muscle groups (legs, arms, etc.). This allows you to swim faster than the person that is already tired from the exertion they have expended. The second is the hypoxic benefit (without air). I am trying to teach the kids to need less air in the underwater work, which will translate to less air while swimming. This will help body positioning while swimming and breathing. So our goal is to decrease resistance (streamline) and increase propulsion (kicking and swimming fast). If you hear murmurs that it's hard and that we do it everyday - It is and we do! Perfect practice makes perfect!

Always Learning! **by Coach Christie**



Recently the coaches of WAC attended a coach's clinic in Napa Valley, where we heard from top names in the swimming world about stroke technique, training opportunities, and the psychology involved in coaching elite athletes.

Many of the themes we heard we have been incorporating into our practices already. One of the speakers talked for about an hour and a half solely on the dolphin kick. It's that important. We watched videos of Misty Hyman racing 100 yards butterfly taking a total of about three good strokes per lap, the rest being underwater dolphin kick. The WAC coaches have therefore been emphasizing more dolphin kick, so if you hear your kid complaining that their belly hurts, it's probably not the tacos they ate, it's just that they're getting a good ab workout at practice.

We also heard from one of the Beijing women's U.S. Olympic coach, Sean Hutchison, who hammered home distance per stroke, meaning the number of strokes swimmers take per lap. (Usually the fewer the better). So I have also been incorporating stroke-counting into our training, hopefully to improve their strokes and ward off day-dreaming.

I have only been with this team for half a year, but I feel like I've grown so much already. As much as I learned from the clinic, I learn the most from your kids everyday. They are my most powerful teachers. They train me almost as much as I train them.

That training paid off for some swimmers at the Bear River meet last month. Megan Dear took 10 seconds off her 100 free. Katie Heikka attended her first year-round meet ever and did awesome! I look forward to more meets this spring and in warmer weather! Thanks to all the parents who toughed out the winter; it really is these winter months that separate the good swimmers from the great swimmers!

Nutrition: Fueling Your Stroke

(copied from www.usaswimming.org)

Six 200's descending on five minutes. Twenty-five 50's on :50. Whatever your swimmer's "favorite," every set during every workout and dryland session requires energy.

Nutrients are the "chemicals" that supply the body with energy. Carbohydrate, protein and fat supply energy in the form of calories. These are "Energy-Yielding Nutrients." Vitamins, Minerals and Water don't supply energy in the form of calories, but their presence is required in order for the body to access the energy provided by carbohydrate, protein and fat.

During exercise, the body gets its energy primarily from carbohydrate and fat. It likes to save protein for other things (building and repairing muscle tissue, hormones and red blood cells, and supporting the immune system). The only time the body uses protein as an energy source during exercise is when carbohydrate and fat are not present in sufficient quantities. This happens when the total caloric intake is too low over a period of months, and or the bout of exercise is so long that the body's accessible sources of carbohydrate and protein become exhausted. Neither of these scenarios is desirable for swimmers.

Think about money. When you have lots of it, you don't mind paying full price for things. But when money is scarce, or there is just too much you have to buy, you look for bargains. You're not being cheap, just thrifty. Simplified to some extent, your body knows how to shop.

Now instead of dollars, think of your currency as oxygen. When swimming is "easy," say during warm-up or your easiest sets, there is plenty of oxygen available to support the exercise. The body perceives itself as "rich" and doesn't mind splurging on fat (1 gram of fat costs 9 oxygens). In fact, it automatically does so because it knows it might need carbohydrate at a later time.

When exercise is hard (we're talking *tough* sets, definitely your *hardest* sets), oxygen is not plentiful. In fact, the body needs every bit it can get to support the exercise, but even *that* is often not enough, and the body is forced to derive energy in ways that do not require oxygen (i.e. *anaerobic* metabolism). In this situation, the body perceives itself as very "poor" and becomes very thrifty with its "purchase" of fuel. Since carbohydrate costs less than fat (1 gram of carbohydrate costs 4 oxygens), the body chooses to rely primarily on carbohydrate for its energy.

Keep in mind that this entire fuel burning process is never a case of "all or none." In other words, the body is always using some combination of carbohydrate and fat, but the **intensity** of the exercise dictates which fuel source will be the *dominant* one. When swimming is easiest, fat is the primary fuel source. When swimming is toughest, carbohydrate is the primary fuel source. When swimming is about 50% of maximum effort, carbohydrate and fat contribute about equally.

Let's face it – the majority of workouts are hard. Above 50% for certain. If you consider the typical swim workout, it's pretty safe to say that **the primary fuel source for swimmers IS carbohydrate.**



Lots of carbs were enjoyed at the WAC Winter party!

What is the IMX Challenge?



The IMX Challenge, with its two components, IM Ready and IM Xtreme, is a motivational program where swimmers are scored on their performances in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. By encouraging swimmers to swim a variety of events, we hope to avoid any tendency to specialize in narrow selection of events at a young age.

Program Description

Swimmers participate in a designated combination of five or six events and, based on the power points scored for each of those swims, earn a combined score that is called the IM Ready or IMX score.

IM Ready (IMR)

The first phase in the IMX Challenge is called IM Ready (or IMR) and is comprised of a series of five events at shorter distances. The following single age groups and event combinations are tabulated and scored for both male and female:

9 & Under; 10-year olds:

100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds:

200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IM Xtreme (IMX)

The second phase in the IMX Challenge is called IM Xtreme (or IMX) and is comprised of a series of five or six events at longer distances. The following single age groups and event combinations are tabulated and scored for both male and female:

9 & Under; 10-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds:

400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds:

400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Congratulations to the following WAC swimmers who competed in the January 2010 IMX Challenge Meet!

DEAR, MEGAN E	REIMERS, HALEY A
FIRENZI, ALEXANDRIA M	SPEECE, CLEVELAND K
HEIKKA, KAITLIN G	SPEECE, ELIZABETH D
LEE, KAITLYN A	SPEECE, LOGAN M
REIMERS, DYLAN W	SPEECE, TEAL M

7 days of no swimming makes one weak. Author unknown.

My Favorite Coach Quotes

(copied from www.swimnetwork.com and written by Mike Gusafson, Senior Analyst on 02/03/10)

Coaches are among the more quotable personalities, behind politicians, celebrities, and Chad Ochocinco. To this day, I'm convinced that the sole purpose of the T-30 (timed 30-minute swim) is to allow coaches ample time to conjure infamous quotations. Unfortunately, most of my absolute favorites are inappropriate to post here. But here are my favorite (censored) 5 quotes from previous coaches I've had:

5) "My 90 year-old Gramma can swim faster than that, and she's dead." Most coaches have a 'dead Gramma' quote up their sleeves, but I like this one. This was in response to a particular 200 butterfly (long course) when I was 14. My 1st 100 was 20 seconds faster than my 2nd 200. I blacked out at the flags and barely finished. A poor timer had to pull me out of the pool.

4) "100 easier." After a set, this particular coach would never say "easy." Just "easier." "How easy?" we'd ask him. He'd smile and just say, "Easier." Oh, the mind games.

3) Coach: "Give me the worst CDs you have."

Store Clerk: "Why?"

Coach: "Because these guys earned it." It was swim team tradition that, if you scored a best time at a sectional swim meet, our coach would take us to a local music store and buy us a CD. His only criteria: it had to be bad. We're talking 1989-esque rap music that never went "mainstream." We'd sort through this music that was boxed in a dusty crate that the music store clerk would haul out every year with a questionable look on his face, probably on account of our giddiness. We loved earning that bad music. It was a badge of honor.

2) "Out too slow. Back too slow. It was all slow." Got this one many, many times. Self-explanatory.

1) "No matter what you do in this race, no matter how fast you go, you should always know that there's a 12 year-old girl in Australia that is faster than you." Throughout my career, I was plagued by this mysterious 12 year-old girl who was always faster than me. It didn't matter what I did. It didn't matter how fast I swam. I could have won Olympic gold, and my coach would come up to me after my race, congratulate me, and notify me that this mysterious Australian pre-teen just swam a faster time. The worst part was, she never aged. She was always 12, and she was always faster. Always.

Meets: Why do them?

By Coach Chris

1- Practice Makes Perfect

In order to improve your race times, you have to work on racing. Preparation for racing is a learned skill. Being nervous is a natural response to racing. Understanding how to handle it and channel it is a learned skill that comes with experience. Ever wonder how Olympians stay so calm seconds before the most important moments in their lives? ... Maybe it is because they have raced 1000s of times before!

2- Give Your Coaches Something to Do

Coaches need to see their swimmers swim fast. Although we ask for fast swimming in practice, a race setting cannot be duplicated. Coaches see more in one day of racing than in a whole week of practice. Therefore, help you coaches figure out what you need to work on by letting them watch you race.

3- Celebrate Your Hard Work

Sometimes we loose the focus and reason that the Wolverines do what they do. Although swimming is a great workout, and practice is a fun place to see your friends, let's not forget we are out here to go fast! We train racers and there is nothing better than swimming best times. This is a true testament to hard work and dedication.

I need to congratulate Haley Reimers and Teal Speece for their swims at the IMX Challenge Meet. They swam the first 100 Flys of their careers in competition. Great job! Congrats also to Kaitlyn Lee as she makes her comeback to competitive swimming! Logan Speece also did a great job and continues to improve. Keep up the good work!

See you at the pool!



WAC Loves All Volunteers!

Be a Volunteer!

Do you have a skill that you would like to put to use helping WAC? If so, we would love to use you and your skills! Your help would be greatly appreciated in the following areas:

1. Marketing/Advertising
2. Social Event Coordinator

Timers needed at every meet!

Please sign up at the pool deck the week before a meet. Timing is fun, easy, includes free food and the best race viewing at the meet. And the meet doesn't go on without them.

Why do we need Officials?

Each club team is required to provide a specified number of certified officials for each meet the club enters depending upon the number of swimmers entered. If the club fails to fulfill its obligation, the club's swimmers will not receive awards for the meet.

If you are interested in becoming a USAS certified official, please email us!



Remember to check in with your coach before and after your event – Look for your coach near the WAC banner!

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Please let us know if your email
address changes so we can update
your information!

The WAC Calendar at a Glance

March 2010

Mar 1: 1st day of Spring
Session

Mar 5-8: SMST Last
Chance JO Qualifier

Mar 19-21: SASO Short
Course Junior
Olympics*

* Must qualify

April

Apr 8-11: Far Western
Camp Meet*

Apr 11: Lodi Swim Club
Meet

Apr 23-25: SMST Long
Course Meet

May

May 1-2: Davis B
Champs Meet

May 21-23: Woodland
Long Course Meet

Check the calendar on the TEAM page at
www.WolverineAquaticsClub.com for more
upcoming events.

What is USA Swimming?

www.usaswimming.org

USA Swimming is the National Governing Body for competitive swimming in the United States. USA Swimming was conceived in 1978 with the passage of the Amateur Sports Act which specified that all Olympic sports would be administered independently. Prior to this act, USA Swimming was the Competitive Swimming Committee of the Amateur Athletic Union (AAU) located in Indianapolis, Indiana. USA Swimming Headquarters office was established in Colorado Springs, Colorado, in 1981 and is located at the Olympic Training Center.

As the National Governing Body for the sport, USA Swimming is responsible for the conduct and administration of swimming in the United States. In this capacity, USA Swimming formulates the rules, implements the policies and procedures, conducts the national championships, disseminates safety and sports medicine information and selects athletes to represent the United States in international competition.

About Wolverine Aquatics Club

MISSION STATEMENT:

Through sports and competition, Wolverine Aquatics Club's mission is to create a healthy learning environment that inspires confidence and promotes growth of all athletes, coaches, and parents.

Useful Links:

www.usaswimming.org

www.sn-swimming.org

<http://ome.swimconnection.com> (online meet entries and results)

www.sccomed.org (online registration)