

The Woodland Swim Team Newsletter

WST End of Year Banquet

WST celebrated it's End of Year Banquet on Saturday, October 29th. Former WST Head Coach Quincy Newsom organized the event and announced the award winners.

Swimmers were recognized for best times achieved, if they had swam all possible events, and for their fundraising efforts. Certificates, trophies, team bags, shirts and towels were handed out as awards.

The banquet also marked the beginning and end of terms for a few Board Members. Stepping down were Greg MacArt and Mark Stephens. Tom Bei and Dan McElligott will join the board for another term and Jeff Wiley and Kelly Newsom joined the board as new members.

Congratulations to all award winners for their hard work and determination. Thank you to all who contributed to the afternoon's festivities.

November Practice Times

As the holidays approach, practice times will change to accommodate days off and swim meets. In the future please review the calendar on page 6 for changes. This month's changes have been summarized below.



Friday 11/18: Normal practice times, except Sr and J3 will go from 4:30 - 6:00pm

Thursday 11/24: No practice: All Groups

Friday 11/25: Normal practice times *AND* Water frogs will go from 3:45 - 4:30pm

Saturday 11/26: Normal practice times, plus J1 & J2 will go from 8:30 - 10:00am

WST Newsletter

Volume 1, Issue 3

November 2005

Reminder

Woodland Swim Team will be hosting the Arctic Challenge December 9 - 11. Please contact Daron Whittle or Julie Payne to sign up for volunteer duties.

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October Meet Results

Vaca Short Course B/A+: 10/7 - <http://www.swimconnection.com/sn/exec/MeetResultsDispatch?meetSeqNo=459&teamCode=SNWOOD>

Spook- Tacular Age Group Meet - Roseville: 10/14 - <http://www.swimconnection.com/sn/exec/MeetResultsDispatch?meetSeqNo=456&teamCode=SNWOOD>

Pumpkin Meet Short Course - Lodi: 10/21 - <http://www.swimconnection.com/sn/exec/MeetResultsDispatch?meetSeqNo=458&teamCode=SNWOOD>

Coaches Corner

The focus of this month's Coaches Corner is "Meet Preparation". Below are steps that parents and swimmers can take toward having a successful meet.

PRE-MEET PREPARATION:

- Nutrition: (see the nutrition write-up on page 4)
Good nutrition plays a very important role in your swimming success. Nutrition fuels your body and should be a part of your preparation plan prior to the meet. A nutrition plan should be devised prior to the meet and then acted upon during the meet. Remember to hydrate, hydrate, hydrate before, during and after the meet!
- Mental Preparation:
Swim meets are like exams. To do well on an exam at school you must study the night before. The same is true for mentally preparing for a swim meet. Try to visualize your race, from start to finish, and be as vivid as possible. See yourself in perfect form and pace. Good visualization will provide the tracks for a successful meet. As we approach the season ending "focus" meets you should begin your mental preparation the week before the meet.
- Sleep:
Make sure to get a good night sleep before each day of the meet. A poor nights sleep will have an affect on your swimming.
- Equipment:
Make sure you have all of your equipment packed for the meet. Swim suits, goggles, towels, proper clothing for the meet. It is not a good idea to use new goggles for the first time at a meet. Although sometimes it is unavoidable it's good to practice with them before you race with them. I can't tell you how many times I have seen swimmers get "goggle" lunch with new goggles at a meet.

DAY OF MEET:

- Arrive On Time:
Part of having a successful meet is showing up on time and being prepared for the meet. We like to do group warm-ups and if you are late you will miss the group warm-up. If you have expectations of a good meet and you miss the group warm-up you have started the day on a bad note.
- Check In For Events:
Once you arrive at the meet check in for your events.
- Check In With Your Coach:
After you check in for your events, meet with your coach to confirm warm-up time and to let your coach know you're ready. This should be done 10-15 minutes before warm-up time. This will allow time for stretching prior to warm-ups.
- Warm-ups:
It is very important to do a proper meet warm-up. Don't cut corners here!
Warm-ups will vary depending on the age and workout group of the swimmer but the general rule is that if you don't get tired in your warm-up, you will get tired in your race. Have you ever done a timed swim at the end of a workout or a hard set and had a surprisingly fast time? Well, it's probably because you were very warmed up.
- Warm-up Structure:
 1. General Warm-up: Usually a long easy swim. Might involve some kicking, sculling, or drills.
 2. Warm-up Set: A set of more specific work. May involve kicking, drills, and variables in speed. A higher intensity than the general warm-up.
 3. Speed & Heart Rate Set: This is usually a short set that is used for speed work and to get the heart rate up. It's usually very intense but also very short. Kind of like revving up the engine of a car.
 4. Starts: Swimmers will do one or two starts. If you are swimming backstroke you should do a backstroke start especially if you are at an away meet. (Backstrokers should also get a stroke count from the flags to the wall at race pace).
 5. Pacing: Pacing may be done for longer events at the coaches discretion.
 6. Warm Down: Swimmers will usually swim a 200 warm down.

(Continued on page 3)

Coaches Corner...continued

(Continued from page 2)

RACE TIME:

- Pre Race Routine: Swimmers should have a pre race routine that they do before every race. The pre race routine should include the following:
 1. Warm-up for your race 10-15 minutes before your race. Ask your coach about how much you should do.
 2. Talk to your coach about your race.
 3. Go behind the blocks and prepare to race (stretch and perform your mental preparation skills).
- Post Race:
 1. Talk to your coach about your race. This is an excellent time to learn about areas that you need to work on to improve and to also get reinforcement on things that you did well.
 2. Warm Down: Most swimmers do not warm down after a race as much as they should. If you don't warm down enough it will probably have an effect on your races later in the day. Ask your coach how much you should do.
 3. Talk with your coach to determine the order in which you should practice your post-race routine.

AT THE MEET:

- Swimmers:
 1. Swimmers should stay in the team area at the meet. This makes it easier for coaches should they need to look for swimmers.
 2. Conserve your energy. Don't use all of your energy playing around at the meet. Save it for your race.
 3. Make sure you eat properly and hydrate.
 4. Cheer for your teammates
- Swimmers Attitude:

It is very important that swimmers have a good attitude at the meet. Your attitude affects your swimming and your teammate's swimming. It is alright to get upset after a poor race, it's natural, but you need to get over it quickly and move on. A good way to deal with it is to use the "5 minute rule". You can get upset about your race for 5 minutes but after that be finished with it. I have seen swimmers who had a bad swim their first race of a meet and were done for the weekend because they couldn't get over it. Don't be "one and done". If you need help dealing with a race, talk to your coach. I have always felt that good swims are contagious. If a swimmer has a good swim and gets excited, other swimmers see that and get excited and then they swim fast. Pretty soon the whole team is swimming fast! Poor swims can also be contagious. So, it's important to have a positive attitude not only for yourself but also for your teammates.
- Parents:

A parent's role at a swim meet is very important. Parents need to monitor the following:

 1. Make sure your swimmer gets enough sleep.
 2. Make sure your swimmer packs the proper equipment.
 3. Make sure your swimmer gets to the meet on time.
 4. Make sure your swimmer is eating properly and is hydrated.
 5. Monitor your swimmer's behavior in the team area.
 6. Help your swimmer monitor the timeline of the meet so they can start their pre race routine on time.
- Parents Behavior:

Parent's behavior at swim meets is vital to the success of their swimmer. It is important for the success of their career. It is also important for the success of the team.

 1. Don't Coach. Leave the coaching to the coaches. This includes pre race strategy, psyching, and motivating. This also includes post race critiquing and setting goals...
 2. Support the Coach. They need your support for everyone to "win".
 3. Be Your Swimmer's Best Fan. Support your child unconditionally. Do not get upset and withdraw love if your child performs poorly. Your child should not have to perform well to win your love.
 4. Support and cheer for all swimmers on the team.
 5. Take your concerns directly to the coach in an appropriate manner. Do not go to parents to discuss concerns.

Coach Bret

Nutrition

These notes were taken by Bret while at the American Swim Coaches Association (ASCA) World Clinic held September 4-7, 2002 in Las Vegas.

Speaker: Charlene Boudreau, USA Swimming

Regular Maintenance— How we eat on a regular basis (daily) affects our energy and production at workout. It is important to eat a variety of foods that allow you to show up to practices fueled and hydrated. Being thirsty means you are likely dehydrated.

Below is a description of carbohydrates, protein and Fat.

- Carbohydrates (carbs) should make up 60-65% of your diet. Carbs gives energy throughout the day and practice. This helps in recovery (have snack within two hours after practice ends).
- Protein makes up 10-15% of your diet. These repair muscle tissue from workouts. They aren't used for exercise but for recovery instead.
- Fat should equate to about 20-25% of your diet. A well-trained body learns to utilize fat as a fuel source during prolonged exercise.

Examples:

Use low fat over high fat

Lean meat
Frozen yogurt instead of ice cream
Non fat, 1% or 2% milk
Baked instead of fried
Angel food cake rather than chocolate cake

It is important to read nutrition labels. Look at the serving size. You might be surprised how small a serving size is.

Meet time Maintenance—As we approach our meets it is important to begin preparing ourselves for optimal meet performance via our diet. Here are a few tips on how to accomplish this.



- 2-3 days prior to swim meet
 - Focus on carbohydrates
 - Replenish glycogen
 - Keep protein and fat consistent (don't overload)
- Night before meet snack
 - High carbohydrates
 - Water (two full bottles)
- Morning of the Meet
 - Focus on fueling for the day
 - 2-4 hours to race - high carb intake like bagels, bread, cheese, and peanut butter (see Breakfast below)
 - One hour to race - fruit, V-8, water or sports drink

Breakfast—This meal should be low in fat

- Home or at a restaurant: pancakes, bagels, dry cereal, muffins, juice, skim milk, scrambled eggs
- Fast food: pancakes - no butter or sausages, muffins - ½ because high in fat, juice, fruits
- Convenience stores (7-11): 1/2 muffin, juice, low fat milk

Lunch and Dinner

- Home or at a restaurant: pasta, breads, salads, thick pizza with veggies instead of meat, turkey sandwich, vegetables, baked potato with chili on it. (Eliminate fries or fried foods, soda and chips)
- Fast food: Look for the following or similar choices: fajitas, hamburgers without cheese, BK broiler, bean burrito, 2 slices of thick pizza.

This article should be used only as a guideline and reference.. Questions about your child's diet and nutrition should be directed toward your Physician.



Board of Directors - Members and Meetings

Board of Director meetings are held on the second Tuesday of each month at the Woodland High School pool. Each meeting begins at 6:00 pm and typically lasts two hours.

The meetings are open to the public and WST parents are encouraged to come.

Next Board Meeting:
November 8th at 6:00pm.

2005 - 06 WST Board of Directors

Daron Whittle - President
Kevin Anderson
Mark Barichievich
Tom Bei
Deanna Earley
Dan McElligott
Kelly Newsom
Julie Payne
Jeff Wiley

Swimmer Spotlight



Name: Alexis McIlvaine
Age: 13
Grade in School: 7th
Workout Group: Junior 2
Year on Swim Team: 4th

Swimming
Favorite Stroke: Freestyle

Favorite Event: 500 Freestyle

Personal

Favorite Class: PE
Favorite Food: Pizza
Favorite TV show: Laguna Beach
(The Real O.C.)
Favorite Music: Hip/Hop
Favorite Movie: Napoleon Dynamite
Hobby: Dance



What I like about swimming:
"The competition and exercise"

November Birthdays



Haleigh Bei	11/9
Anne Marie Morach	11/9
Stacey Truitt	11/16
Tyler Bohn	11/18
Tristen Bohn	11/18
Nick Barichievich	11/20
Katlyn Lee	11/22
Patrick Marr	11/23
Alyssa Torricelli	11/26

New Stroke Rule Changes

Recently FINA, the international governing body of swimming, made changes to two rules concerning breaststroke and backstroke. USA Swimming, our governing body, has followed suit and these changes now affect our swimmers. Below is an interpretation from Sierra Nevada of these changes. The rules can be found at www.usaswimming.org. WST coaches will review these rule changes with swimmers. If you have any questions please contact your child's coach.

The FINA based rule changes have already had some slight modifications since becoming effective on September 21, 2005. The interpretation is discussed below.

Breaststroke

After the start and after each turn, and, after the swimmer has started or taken that first stroke completely back to the legs or during that first stroke to start the cycle (as some young swimmers do), the swimmer is now allowed to take this first kick in one of two ways. (1) The swimmer can just do the one breaststroke kick following by the next stroke to keep the cycle continuing. This is the stroke and kick that we have all become accustomed to in our instructions to the swimmers and our observations of the swimmers. (2) The swimmer is now permitted to use a single downward butterfly kick which is followed by a breaststroke kick and then is followed by the next stroke to keep the cycle continuing. The butterfly kick has to be done before the breaststroke kick in this example. The butterfly kick can not be the only kick used during this part of the cycle.

Backstroke

FINA eliminated and USA Swimming followed their example by taking out the section in the backstroke start rule that said that the feet shall be placed under the surface of the water where they needed to remain until the starting signal. Most of the touch pads in international competition use touch pads that are anchored on the deck with the gutters not even showing. With that being the case, the feet can be out of the water, but the swimmer can not stand in or on the gutter. Their toes can not be placed above the lip of the gutter or be bent over the lip of the gutter before or after the start.

- Taken from Sierra Nevada Web Site (<http://sn-swimming.org/news.php3?newsid=41>)

November 2005

Swim Meet Schedule

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 Gobbler Classic Meet Practice: all Groups (sr & J3: 430-6pm)	19
20 Gobbler Classic	21	22	23	24 No Prac- tice—All Groups	25 Practice:all groups (Water frogs: 345-430)	26 Practice: Sr, J3 - normal J1/J2 830 -10
27	28	29	30			

- 11/18 - 20: Gobbler Classic - Folsom
- 12/9 - 11: The Arctic Challenge Swim Meet - Woodland
- 1/13 - 15 (2006) - Senior Championships

Meet sheets can be found on the web at:

Gobbler Classic: http://sn-swimming.org/pdfs/20051118_SCGobblerClassic.pdf

Arctic Challenge: http://sn-swimming.org/pdfs/20051209_SCArcticChallenge.pdf

WST Swim Meets 2005-06* Short Course Meet Schedule

MEET	DATE	LOCATION	ATTENDANCE
CCA "Spook-tacular"	10/14-16	Roseville	All
SMST "Gobbler Classic"	11/18-19	Folsom	All
WST "Arctic Challenge"	12/9-11	Woodland	All (WST Hosted)
SENIOR CHAMPIONSHIPS	01/13-15	Folsom	All qualifiers
MINDEN	01/27-29	Minden, NV	Winter Travel Meet
VACAVILLE BB±	02/17-19	Vacaville	All
WOODLAND BB±	03/3-5	Woodland	All (WST Hosted)
14 & U JO's	03/17-19	Fairfield	All qualifiers
FAR WESTERNS	03/30-04/02	Morgan Hill	All qualifiers

*Coach approved meets for 2005-06. The coaching staff would like swimmers to attend only the meets listed. Please speak with your swimmer's coach if you have questions.

Workout Schedule

Woodland High School Pool

Workout Groups	Mon	Tues	Wed	Thurs	Fri	Sat
DEVELOPMENTAL PROGRAM						
Water Frogs	3:45-4:30	3:45-4:30	3:45-4:30	3:45-4:30		
Developmental One's	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	4:30-5:30	
Developmental Two's	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	4:45-6:00	
AGE GROUP PROGRAM						
Junior One's	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
Junior Two's	6:00-7:30*	4:30-6:00	4:30-6:00	4:30-6:00	4:30-6:00	
Junior Three's	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	4:00-5:30	8-10
SENIOR PROGRAM						
SENIORS	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	4:00-6:00	8-10
MASTER'S PROGRAM						
Master's (am)	5:40-6:40	5:40-6:40	5:40-6:40	5:40-6:40	5:40-6:40	
Master's (pm)	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	
OTHER						
High School Prep	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	

NOTES:

*The Junior Two's will practice from 6:00-7:30 on Mondays until the middle of December - due to Becky's college class schedule

The Senior Group will have morning practices added to the schedule sometime in November.



Lane four - Swimmers who achieve new time standards in October

B	Emma O'Malley	Zack Anderson	Alexis McIlvaine		
BB	Anna Blake Jeff Sheldon	Katie Lee (2)	Zack Anderson	Nina Cooper (2)	John Cooper
A	Ann Claire MacArt	Nina Cooper	Marisa Hildebrand (2)	Jonathan MacArt	
AA	Tanner Bei	Jonathan MacArt (2)			

Quote of the Month

"It's all about pain, the good kind of pain"

- Becky March 10/15/05

Editor note: Be afraid, be very afraid...

Woodland Swim Team's 2005 Sponsors

The Woodland Swim Team would like to thank the following sponsors for their continued support. We really appreciate it!

Bronze

- BC and Sons
- Tazzina Bistro
- The Gifted Penguin
- The Parts Center
- Ag-Seeds Unlimited

Silver

- Dan Best Ranch
- Elm Ford

Ruby

- Wilkinson International, Inc.



Team Events, Practice Times & Notes...

Open House Stroke Clinic

WST is conducting monthly Open House/Stroke Clinics to help recruit new members. The clinic is for new swimmers who are interested in finding out more about our team. The first clinic was held in October and we had 18 swimmers attend the clinic. The next two clinics are on Saturday November 12th and Saturday December 3rd from 10:00-11:00am. If you know of anyone who might be interested in joining our team have them join us during these times or give Coach Bret a call.

Other Notes

Paperless Communication

We are now emailing information and important updates to the membership. If you haven't received any emails please let Kelly Newsom (krnewsom@aol.com) know and she will add you to the email list. There will be hard copies in the back of the files for members that don't want to receive info via email

Newsletter corrections

Send corrections, comments and suggestions to krnewsom@aol.com.

Contact information

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