

Streamline

Lone Star Aquatic Club | Newsletter

April 2010

Swimmers of the Month

Michael Duplessie

Eryn Hauser

Brent Schaefer



Glossary

Long Course:

A 50-meter pool.

Short Course:

A 25-yard or 25-meter pool.

Coaches Corner

The Lone Star Coaches would like to congratulate all the swimmers on a successful 2009-10 swim season. Through hours of arduous and sometimes grueling practices, Lone Star prevailed. From Georgetown's two trophy meets to crowning our newest TAGS champion, our team continued to step up to the plate. Through it all, Lone Star swimmers performed at the highest competence. Great job this season everybody and keep up the good work!

With the Long Course season already in full effect, we are starting a monthly newsletter to help keep families more informed with what is going on with the team. As you read, you will notice different topics from exercise and diet info to team functions and meet dates. Our hope is that we can better serve you by streamlining, no pun intended, what is going on with Lone Star.

During the LC season our training hours will remain the same for all Junior and Senior level swim groups. For the Elite swimmers your practice time will switch to the AM on M-W-F at the YMCA from 6-8 am. For Tuesday and Thursday, we are reserving 8 long course lanes at the Northwest swimming pool in Austin. This year, we have it reserved from 6-8 am and are inviting all Senior level swimmers to swim at that time as well.

Our LC meet schedule is posted on our web site at www.lonestaraquatics.com. There you will find meet dates with the location and a map to help guide you to the location. The Long Course season is much shorter, so take every opportunity you can to compete at each meet. We are doing a team travel meet to Corpus Christi June 19-21. Our plan is to compete that weekend, and stay till Monday so that we can kick it at the beach. Further information will be provided as the date draws near.

So as we move forward to the Long Course season, take the time and reflect on how far along you have come. The past is never too big for the present to hold, so consider how hard you have worked and always be willing to take the next step forward. Every race is another lesson to be learned, so keep doing what you do and always remember a moment of perfection is always worth the effort.

Take it easy, Coach Adam

Upcoming Meets

TXLA Long Course Kick Off
at UT Swim Center
May 2

TXLA End of School Splash
at UT Swim Center
May 21-23

Senior Circuit
at SMU
June 4-6

BEAT Valero
at CCISD Notatorium,
Corpus Christi
June 19-20

Texas Open
at UT Swim Center
July 2-4

Senior Circuit #4 TXLA
at UT Swim Center
July 8-11



Energy

By Karah Sanchez, MS, RD/LD

The word calorie is a word tossed around in so many ways. I wonder how many calories that has. I need to cut back on my calories. This meal is loaded with calories. So, what is a calorie? Well, when used in the food context, a calorie is “a unit equivalent to the large calorie expressing heat-producing or energy-producing value in food when oxidized in the body.”¹ In other words, we eat foods so our bodies can break them down and use them for energy. As we ingest foods on a daily basis, there are three sources of energy that provide fuel to our bodies. These sources are known as carbohydrates, fats, and proteins. The breakdown of each of these macronutrients yields a specific amount of energy. Carbohydrates, which include breads and starchy foods, provide our body with 4 calories/gram. Fats, like oils, provide 9 calories/gram. And proteins, like lean meats and beans, provide our bodies with 4 calories/gram. Notice that the major difference in energy provided is that fat contributes more than twice as many calories for the same amount of volume, when compared to carbohydrates and protein.

The food label provides the consumer with information on the amount of carbs, fat, protein, cholesterol, sodium, fiber and other various vitamins and minerals contained within a serving of food. The serving size is the most important component of the food label. Without a serving size, the information on the food label is virtually meaningless. Although the specific quantity of nutrients are listed on the label (i.e. 12 g total fat), percent daily values are also listed. Percent daily value (% DV) is the percentage of the total recommended daily amount of each nutrient in each serving, based on a 2,000 calorie per day diet. As a general rule, a % DV of 5% is typically regarded as low, while 20% is high. The serving per container is also useful in determining the number of servings in the whole package. For example, if the number of calories in a serving was 120 and there were 4 servings in a container, the container would contain 480 calories. The ingredient list can also be located on the label with the ingredients listed in descending order by content. For example, if an ingredient list stated: Enriched flour, sugar, salt, then enriched flour would be the ingredient with the highest content within the food while salt would have the lowest. Generally, ingredient lists with greater than five ingredients are largely processed and less wholesome.

The food label is a great tool to make educated decisions about which and how much of certain products to consume. With this knowledge, actively begin to read food labels, whether at the grocery store or in a restaurant, and make conscious efforts to make healthy selections for yourself and family.

¹ <http://www.merriam-webster.com/dictionary/calorie>. Accessed March 26, 2010.

Short Course Splash Party!

Mark your calendars for Saturday,
April 24th – 7:00–11:00 PM

End of the Short Course | Welcome back to Long Course Splash Party Details.

- This event is for swimmers and their immediate family members.
- Pizza and drinks will be provided by the LSAC Board.
- Each family is requested to bring one dessert to share.
- Food is to be eaten only under the covered patio...do not take food into the Natatorium per YMCA rules.
- Please park in the back lot on the Mays Street side and enter through the back of the YMCA through the garage doors.
- All pools and the sauna are open for our use, except for the warm water therapy pool.
- The YMCA will provide certified life guards to monitor the pool areas.



Approximate Timeline

7:00 pm—Pool is open for free time/food and drink table open

8:00–8:10 pm—Fundraising Talk with Coach Adam and Ranko Johnson

8:10 pm—Board General announcements and Short Course participation trophies and Individual Awards

9:00 pm—All Team Relay**

9:30 pm—Free Time
Enjoy the evening!

** Coaches will randomly place all ages groups together to form 8 relay teams. All swimmers can be on a relay. Open spots will be filled by other siblings and willing parents.

Board of Directors

President: Marilyn Hill
mshill926@yahoo.com
(512) 388.0712

Secretary:
Lauren & Michael Leach
mleach@austin.rr.com

Treasurer: Rob Moser
rmoser28@hotmail.com

Director of Operations:
Diana Marcotte
ddmt4@yahoo.com

Art Direction: Malena Davidson

Practice Location

Rabb Family Natatorium
at the Chasco Family YMCA
1812 N. Mays St.
Round Rock, TX 78664
(512) 615.5511

Contact LSAC

P.O. BOX 851
Round Rock, TX 78680
(512) 388.0712



YMCA Health Kids® Day

Chasco YMCA—Saturday, April 17, 2010

Join Lone Star Aquatics Club and come put play in your day! Enjoy fun and relaxing active family time by visiting the Chasco YMCA on Saturday, April 17th for YMCA Healthy Kids® Day. The nation's largest health day for children and families, YMCA Healthy Kids Day offers families a chance to play together and learn more about ways that can prolong wellness and healthier living. YMCA Healthy Kids Day events are free and open to all. Lone Star Aquatic Club will be participating in the YMCA Healthy Kids Day with our own team booth. If you would like to be a part of our Lone Star Aquatic Club booth team that day, please contact Marilyn Hill at mshill926@yahoo.com or (512) 388.0712.

YMCA Healthy Kids Day will be celebrated across the country at more than 1,700 YMCAs. Last year, more than 700,000 people participated in YMCA Healthy Kids Day events nationwide, enjoying games, demonstrations, arts and crafts, educational resources, healthy treats, giveaways and more.

Some simple ways to put more play in kids' day, and to get the family moving more, too!

- Make physical activity a regular part of family play time—the more active kids are the more likely they are to continue being physically active later in life.
- Allow kids to have unstructured playtime. All play is not created equal—kids need different types of play, including indoor and outdoor, active and inactive.
- Reintroduce your kid to the basics of active play: play hopscotch or basketball, jump rope, or enjoy games such as “Red Light, Green Light” and “Simon Says.”
- Limit screen time and use of electronic media to allow more time for play.



Lone Star Aquatic Club

Our Swimmers

Alcantar Caitlin	Hopkins Sydney	Ritthaler Thomas
Auffant David	Hoskins Forrest	Rodriguez Victor
Auffant Gabriel	James Dylan	Ryan Shannon
Bender Evan	Johnson Michael	Sadam Akhil
Bolger Sam	Kasarla Rohit	Sadjadi Navid
Burchett Emily	Kim Mina	Schaefer Brent
Cao Allen	Korapala Mohan	Seibert Kirby
Chiu Jessica	Korapala Tanmai	Shafi Adam
Chiu Katie	Leach Ben	Shafi Yusuf
Dallo Kathryn	Leach Brendon	Shortes Zoi
Davidson Isabella	Lin Danny	Sihalla Zachary
Davidson Stephen	Macias Alexis	Smith Jason
Davis Alexandra	Maldonado Gabriela	Smith Justin
Do Taylor	Maldonado Octavio	Steed Megan
Donald Jasmine	Manry Meredith	Stratemann Madeline
Duplessie Michael	Marcotte Matthew	Sullivan Ross
Ellis-Hobbs Lucy	Marcotte Thomas	Sylling Sarah
Erwin Joey	McLeod Emily	Tank Adrienne
Estes Amelia	McLeod Megan	Tank Nicole
Fanous Andrew	Molina Mauro	Tully Chad
Fanous Caroline	Moser Jake	Unland Christa
Fischer Logan	Moser Sam	Vujosevic Marko
Galvan Marisa	Moser Zach	Waiwaiolo Caroline
Garrett Amber	Neff Alejandro	Waiwaiolo Edie
Garrett Autumn	Nelson Andrew	Waiwaiolo Mary
George Kyle	Nguyen Anthony	Wang Annie
Gonzales Anthony	Nguyen Emily	Wang Michelle
Gonzales Joseph	O'Brien Adam	Warkentin Claire
Gutierrez Addison	Osip Sean	Wheeler Gabe
Guzman Samantha	Patch Jed	White Abby
Hardy Abigail	Pavlovsky Joe	White Patti
Hauser Eryn	Perkins Katie	Wolf Avery
Hernandez McKaylie	Pleuthner Zain	Wolf Jacob
Hertzog Nick	Prasetyo Jessica	Wolf Tori
Hertzog Tanner	Rajaram Isha	Wong Dayon
Hill Kerrington	Randall Caleb	Wood Kyler
Hillegass Jordan	Randall Samuel	Xiang Lilli
Hoang Celeste	Reid Kovi	Zlatkin Allie
Hofmann Alex	Ritthaler Amelia	

Swimming Tips

By Adam Depmore

Anaerobic threshold, when the demand of O₂ becomes too great for your body to deliver. Typically happens when you hit ~80-85% of your max HR (220-age). A good athlete can continue to perform about 10 min before needing to recover. World class can go about 15 min.

That is a big reason why most of our sets never go longer... If sets like 10 x 200 or 20 x 100 are what you are looking for, you came to the wrong place. I'd rather see an athlete do a broken 4 x 200 above race pace than see that. The greater the volume, the harder it is to maintain technique, and the Coaches are all about our athletes looking good!

