

# Streamline

Lone Star Aquatic Club | Newsletter

May 2010

## Coaches Corner

Team,

Congrats to everyone who swam this past weekend at UT!!! Long Course is tough and can really make you question what you're made of. The coaches are impressed with your performances and look forward to the rest of the season.

A big thanks goes out to the board for putting together such an awesome Splash Party. The party was a blast and the raffle was a hit. Congrats to award recipients and everyone who swam this year. There are several pictures posted on our web site including a few pictures from Coach Matt's sunscreen, or should I say lack of sunscreen, incident. Happy "aloe vera" to you man!

If you have not collected your trophy, please contact me and I will be sure to get it to you.

Take care,

*Coach Adam*



## Swim Meet Announcements

Mark your calendars for June 19-21st. Lone Star will head to Corpus for our team travel trip for the Valero Invitational. Information will post on our web site next week. Teams from around the state will be in attendance therefore we are going to submit our entries early to assure we are represented. Please have your entries submitted by May 12th to me at lsaccoach@hotmail.com.

Melissa Randall has booked rooms for us at the Holiday Inn 5213 OAKHURSTDRIVECORPUSCHRISTI, TEXAS78411. To reserve a room, call (361)857.7772 and for groups mention: "LSA". Remember, space is limited, so rooms are available on a first come, first serve basis. The team plans on staying Monday to "chill" at the beach and celebrate what is to be a very successful meet.

## Swimmers of the Month

Emily Burchett

Avery Wolf

Ben Leach

# Nutrition

By Karah Sanchez, MS, RD/LD

Determining what to feed your child athlete can be somewhat tricky to figure out. And in fact, what may be a great meal for one child may not be beneficial to another. Selecting foods to eat, depends on when the race is and how long the competition will last. Continuous events throughout the day or a 30 minute race, will require more energy than a single sprint event.

The theory of the Glycemic Index, although controversial, utilizes the concept that foods can be categorized into low (0-55), moderate (56-69) and high (70-100) carb groups, depending on how those carbohydrate-rich foods/beverages affect the rise in blood glucose levels in the body. Ideally, low GI foods should be consumed about 2-3 hours before competition. Low GI foods are those that will cause the smallest rise in blood glucose over time, when compared to moderate and high GI foods. In other words, there is no reason to spike one's blood glucose level three hours before race time. Low GI foods include, milk (skim and whole), soy milk, most vegetables (tomatoes, broccoli, cucumber, lettuce), many fruits (plums, apples, cherries, grapefruit, oranges), most legumes, and All-Bran Cereal is one of the few low GI cereals. Moderate GI foods in-



clude Power-Bars, orange juice, bananas, corn, carrots, and honey. This doesn't mean that they must be eaten at an exact time on race day, but do consider that these foods will likely cause an increase in blood glucose that is greater than low GI foods, but lower than high GI foods. And lastly, high GI foods include, but are not limited to, white bread, white rice, ice cream, Gatorade, baked potato, corn flakes, cranberry juice cocktail and sweet potatoes. Again high GI foods are more likely to cause a greater spike in blood glucose levels, which would make these more beneficial to consume just before or during the competition (depending on if the sport allows for consumption). Please consider this is a very vague list provided without specific quantities of foods, used to provide the basic overall concept of Glycemic Index.

It is also important to think of practicality. If a race or competition is in the evening, consider the effects food may have on your child's body. Sure, broccoli is a great vegetable, but if it causes your child to have gas, you may consider letting that particular vegetable slide at lunch time. Fiber sensitivity must also be considered. Also consider foods your child likes. If your child really doesn't like a particular food, consider what would be a good alternate substitute. And lastly, it may be important to select foods that will keep well without refrigeration for sports that may last most of the day.



# Swimming Tips

By Adam Depmore

Swimmers, just like all athletes, need to always continually fine tune their skills. One way to accomplish this is to strength train outside of the pool. It doesn't take a whole lot to become a stronger swimmer. In fact, most of the work-outs performed by our Elite swimmers require nothing more than your body and a couple of stability balls.

20 min spin

2 x 20 wall squat + swiss ball

3 x 15 going 5 push-up claps + 10 push-up

3 x 5 jump tucks



3 X

3 X 15 second on 45 seconds off tornado ball

15 Pikes on swiss ball

3 X

10 Push-ups on swiss ball

10 Squats on Bosu ball reversed

10 Push-ups on Bosu ball reversed

10 Squats on Bosu ball Flat

While working with weights will make you a stronger swimmer, it doesn't necessarily make you a faster swimmer. Keep in mind of how your body moves through the water. It takes a lot of balance and proper body alignment to cut through the pool. Stick to what is appropriate to how you swim, and you can never go wrong.

# Upcoming Meets

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

STAGS  
at Palo Alto, San Antonio  
July 9-11

So check out Lone Star's new logo. Done professionally by Malena Davidson, our new logo will be used on all Lone Star apparel.



If you are interested in buying a new shirt or any new gear, please do so by emailing Diana Marcotte at [ddmt4@yahoo.com](mailto:ddmt4@yahoo.com) or Malena Davidson at [malena-davidson@sbcglobal.net](mailto:malena-davidson@sbcglobal.net)

## Board of Directors

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## 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  
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## Mark your calendars

No practice on May 31st. in observance of Memorial Day and June 21st. since it will be a team travel day.