

Streamline

Lone Star Aquatic Club | Newsletter

June 2010

Coaches Corner

Congrats Seniors,

School is out and yet again we have sent a humble farewell to our outstanding class of 2010. It's hard to see such a stacked class move on, but at least it's comforting to know you are heading to bigger and better places. Your hard work and utmost commitment to excellence has opened new doors for you.

This year, every one of our Seniors is off to compete for their respective University.

Graduating this year:

Kerrington Hill - University of Texas (Swimming)
Phillip Welch - Texas A&M University (Water Polo)
Nate Slota - Texas A&M University (Water Polo)
Kyler Wood - The University of Texas of The Permian Basin (Swimming)
Trevor Diellman - Texas A&M University (Swimming)
Joey Reeves - University of The Incarnate Word (Swimming)
Michael Duplessie - Henderson State University (Swimming)

Best of luck on your endeavors guys, enjoy the college experience and remember to wash your hands.

Coach Adam



Welcome Coach Megan

Megan recently moved to Austin after spending the past four years at the University of Mary Washington in Virginia, having graduated in May with a B.A. in Geography. Originally from Rhode Island, she swam for Providence Aquatics Club for 5 years after swimming for Kent County YMCA for six as well as swimming for her high school. She has remained involved in the sport by beach lifeguarding, competing in open water swims, teaching swim lessons and coaching. In addition to swimming, Megan also loves skiing, sailing and travelling. She looks forward to a great experience with LSAC.

Swimmers of the Month

Gabe Wheeler

Logan Patrick

Isabella Davidson

Eating Before Exercise - Foods for Athletic Competition

Meal planning and eating before athletic competition

By Elizabeth Quinn,
About.com Guide

What an athlete consumes before, during, and after exercise is important for comfort and performance during exercise. While eating soon before exercise doesn't provide the bulk of the fuel needed for the activity, it can prevent the distracting symptoms of hunger during exercise. The major source of fuel for active muscles is carbohydrates which gets stored in the muscles as glycogen in the days before exercise. This is one reason that the post-exercise meal is critical to recovery and being ready for the next exercise session.

When To Eat

Exercising on a full stomach is not ideal. Food that remains in your stomach during an event may cause stomach upset, nausea, and cramping. To make sure you have enough energy, yet reduce stomach discomfort, you should allow a meal to fully digest before the start of the event. This generally takes 1 to 4 hours, depending upon what and how much you've eaten. Everyone is a bit different, and you should experiment prior to workouts to determine what works best for you.

If you have an early morning race or workout, it's best to get up early

enough to eat your pre-exercise meal. If not, you should try to eat or drink something easily digestible about 20 to 30 minutes before the event. The closer you are to the time of your event, the less you should eat. You can have a liquid meal closer to your event than a solid meal because your stomach digests liquids faster.

What To Eat

Because glucose is the preferred energy source for most exercise, a pre-exercise meal should include foods that are high in carbohydrates and easy to digest. This include foods such as pasta, fruits, breads, energy bars and drinks.

Planning

Planning is essential if you are competing in an all-day event, such as track meets or other tournaments. Consider the time of your event, the amount of your meal and the energy required. Also, be aware of the amount of fluid you consume. You should plan ahead and prepare meals and snacks that you have tried before and know will sit well with you. Do not experiment with something new on the event day.

Suggested Pre-Exercise Foods

Eating before exercise is something only the athlete can determine based upon experience, but some general guidelines include eating a solid meal 4 hours before exercise, a snack or a high carbohydrate energy drink 2 to 3 hours before exercise, and fluid replacement 1 hour before exercise.

1 hour or less before competition

- fresh fruit such as apples, watermelon, peaches, grapes, or oranges and/or
- Energy gels
- up to 1 1/2 cups of a sports drink.

2 to 3 hours before competition

- fresh fruits
- bread, bagels, pasta
- yogurt
- water

3 to 4 hours before competition

- fresh fruit
- bread, bagels
- pasta with tomato sauce
- baked potatoes
- energy bar
- cereal with milk
- yogurt
- toast/bread with a bit of peanut butter, lean meat, or cheese
- water





Swimming Tips

By Adam Depmore

Maintaining balance is imperative when it comes to competing in any sport. When initiating a strength training program or a sports season, it is the first thing you as an athlete want to establish. Here are a couple of exercises that directly correlate with swimming.



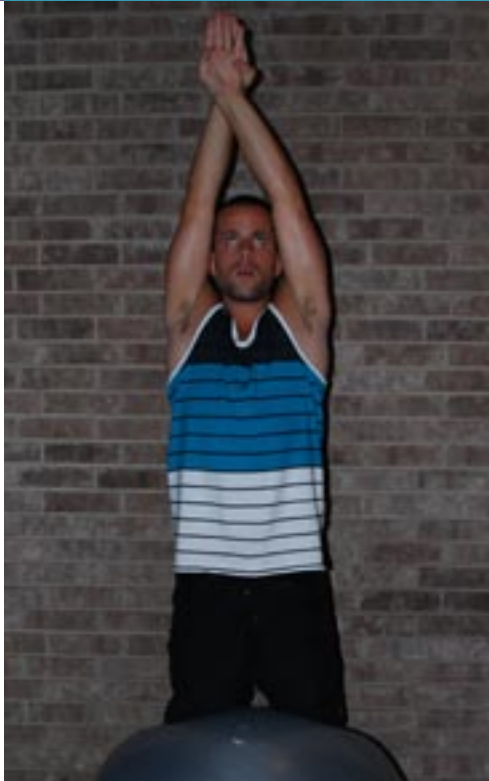
Sugar and Performance

If you are an endurance athlete, evidence suggests that eating some sugar (glucose) 35 to 40 minutes before an event may provide energy when your other energy stores have dropped to low levels. However, you should experiment with such strategies before competition because some people do not perform well after a blood glucose spike.

Foods to Avoid Before Exercise

Any foods with a lot of fat can be very difficult and slow to digest and remain in the stomach a long time. They also will pull blood into the stomach to aid in digestion, which can cause cramping and discomfort. Meats, doughnuts, fries, potato chips, and candy bars should be avoided in a pre-exercise meal.

Keep in mind that everyone is a bit different and what works for you may not work for your teammate or training partner. Factor in individual preferences and favorite foods, and an eating plan is a highly individualized thing.



1. Swiss ball Pike Press

Notice the similarities to dolphin kicking. Since our body isn't used to doing this motion outside the water, we tend to bend our knees. Lock your legs and press your hips up.

2. Kneeling Streamline

Trickier than it looks. Start on all four and slowly come up. It's a static exercise so hold any where from 20-30 seconds.

3. Ball Crawl

Use with weights or go commando. To goal is to keep your elbows and in motion without allowing the ball to slip from under you.



Upcoming Meets

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 8-11

Senior Championship
at Northside Block, SA
July 8-11

TAGS
at UT Swim Center
July 21-25

Glossary

Lap Counter:

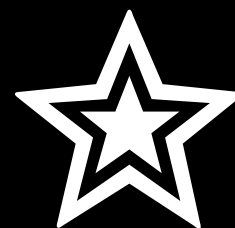
The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are "odd numbers" only with the final lap being designated by a bright orange card.

Stroke Judge:

The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.

Pull Bouy:

A flotation device used for pulling by swimmers in practice.



LONE STAR
aquatic club

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**Hard Work
combine
with Fun at
Northwest
Pool**

