

NEWSWAVE



We're BAAAAACK!

Hello Seals!

We have had a great start to the season! Our practice attendance has been through the roof, swimmers are swimming lifetime best times in the first two meets of the season, and we are working harder than ever. Your hard work will continue to pay off in the meets and practices to come. Until then, let's acknowledge a couple of extremely hard-working Seals that have gone above and beyond to start their season.

Swimmers of the meet: **Jonathan Fahey** and **Jake Shumaker**

Jonathan dropped 3.7 seconds against Villa Aquatic to win 9-10 boys breaststroke and had another best time in his fly. Jake is a new Seal and he dropped 3 seconds to get 2nd place in 8&U boys breaststroke Did I mention it was his first A meet as a Seal?! Way to go boys!

Age group of the meet: 8&U boys AND girls

Our littlest Seals won 6 of their 8 individual events and their relays to score 55 points for the Seals. That's over 30% of our total team score! Way to go Laura, Jake, Taeryn, Sammi, Ben, Mia, Russell, Andrew, Caleb F., Caleb B., Tia, Nick, and Quan!

The moment my watch told me I should open my Mindful Breathing app (aka the most exciting win of the meet): 13-14 Boys Medley Relay

Grey, Nate, Allan, and Will had to fight off a strong Villa Aquatics relay to pull off a blazing victory with 4 close-to lifetime best splits in their respective swims. Way to go, boys!

Tune in next time as we recap our meets against Orange Hunt and Fair Oaks. Keep up the great work, Seals! You know how to make your coaches proud!

Go Seals!

Callie

VolunHeros!

For a swimmer, there's nothing like reaching into your family folder and finding a ribbon with your name on it. How did it get there?

A ribbon's path into a swimmer's hand has more steps than you realize, so we'd like to thank our dedicated staff of parent volunteers who man the "data" positions at every swim meet. From data coordinator, to verifier, time recorder, and the ribbons volunteer, Seals are thankful for the team that works its magic very much behind the scenes. Interested in volunteering? Bonus: the data team is almost always located in the shade! You're also one of the first to know how your swimmer did!

Fin Facts



Check here each week for some fun (or FIN) facts related to our favorite sport!

- Although Japan gets credit for holding the first swimming races in 36 B.C., England gets credit for turning it into a competitive sport in the 1800s.
- Swimming made it into the Olympics in 1896.
- On average, 1,850 U.S swimmers will make it to the Olympic trials. Of those, only about 50 will actually make the U.S. Olympic swim team.
- Women were not allowed to swim in the Olympics until 1912. Australian swimmer Fanny Durack became the first woman to win a gold medal in freestyle that year.

PICTURES, PICTURES, PICTURES: To see all of our SHBR Seal pictures, visit www.shbr.smugmug.com



Nutrition Notes



One of the building blocks of quality training is good nutrition. Each week we'll offer some quick tips regarding nutrition for swimmers.

Breakfast

It can be challenging to get swimmers to eat breakfast, especially as they get older and busier. They say no. They run out the door. They aren't hungry. However, all swimmers can benefit from a routine that includes eating a healthy breakfast, especially one that includes protein. Researchers highlight protein as a powerful influence on blood sugar and weight control, particularly when it shows up in the earlier part of the day.

University of Missouri researchers suggest teens eat a high protein breakfast (containing around 30 grams of protein) to improve blood sugar control after eating, temper fat gain, and encourage a healthy body weight.

Swimmers can get a variety of quality protein at breakfast by using foods such as milk, soymilk, Greek yogurt, regular yogurt, eggs, cheese, cottage cheese, tofu, beef, poultry, fish, beans, lentils, soybeans, nuts and nut butters. So put down the bagel and doughnuts and power up with protein!