

NEWSWAVE



SHining BRight, Seals!

Hello Seals!

It was a hot one on deck for our meet against Orange Hunt! Despite a final score of 186 - 234, we had some hot races in the water! Out of 120 individual races, 65 swimmers had personal best times. That is quite an accomplishment when the air **and** pool temperature are well over 85 degrees! In addition, 9 out of 12 relays dropped over 4 seconds off their times from the previous week. We fought hard all the way until the end, and I couldn't be prouder of all of the hard work the Seals put into the meet last week.

Brightest Seals of the Meet

Tia Andersson had two best times, dropped 1.5 seconds to win 8&U girls breaststroke, and had her fastest 25 free split in her winning relay!

Annie Engstrom had her Wheaties for breakfast on Saturday! Annie dropped time to win 9-10 girls freestyle and dropped even more time to secure 2nd place in 9-10 girls butterfly. Not to mention her flying split to help her relay get the victory!

Age Group of the Meet

11-12 Girls scored 30 out of 41 possible points and recorded 6 personal best times in their individual events, plus a best time with their relay! Way to go, **Claire, Emma, Fiona, Campbell, Caroline, Sarah,** and **Reagan!**

Meet highlights:

Reagan Kampschror's time drop to out-touch for 3rd place in 11-12 girls breast, **Hayden Kusic's** 2.8 second time drop to sneak in for 3rd in 9-10 boys fly, and **Garrett Woodworth's** 2.8 second time drop in backstroke to get 2nd!

The moment when my watch told me to open my Mindful Breathing app (aka most exciting win of the meet):

The 15-18 boys medley relay swam neck and neck the entire 200 meters, but with stellar splits from **Steven, Tal, Quinn,** and **Jacob,** they were able to hold off Orange Hunt to get the victory!

Keep swimming hard, Seals! Your hard work will start paying off soon (if it hasn't already)! Your work ethic and positive mindset make your coaches proud! **You'll make us even more proud if you start bringing water bottles to practice :)**


Go Seals!

Coach Callie

VolunHeros!

What's black and blue, and hungry all over? The SHBR swim team family!

Whether it's a 7:45am report time that makes breakfast tough, or squeezing in dinner at the pool on a Monday night, food plays an important part of any swim meet. Actually, food is huge.



We've been without a formal concessions lead this year, so we'd like to extend a huge thank you to the group of parents who have pitched in to keep our Seals (and volunteers) from getting hangry. From setup, to healthier food choices, to hawking those Chick-fil-A sandwiches like a boss, our team is much stronger with the help of these volunteers. Other quiet heroes include the families who donate food and drinks.

And don't forget, food sales help fund our team. So go Seals, and go buy something at concessions!

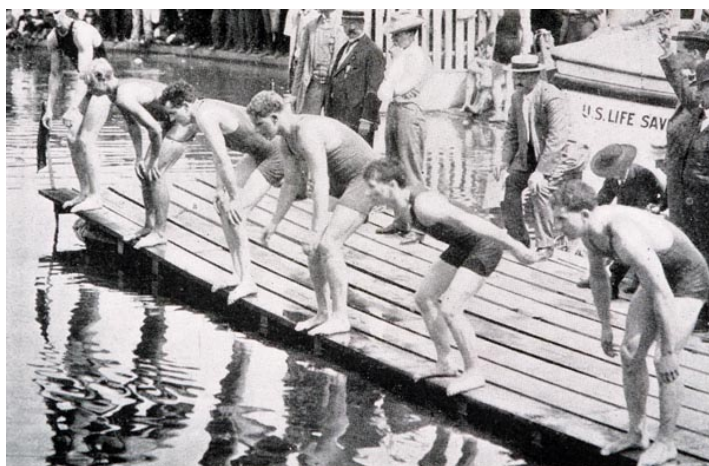
Fin Facts



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

- The slowest Olympic swim stroke is the breaststroke.
- The fastest and most efficient swim stroke is the crawl/ freestyle.
- The turbopump on the Space Shuttle's main engine is powerful enough to drain an average-sized swimming pool in 25 seconds.
- Most swimmers at the highest levels of competition train from four to five hours per day and five to seven days per week. They will typically swim about six to twelve miles per day along with weight training and flexibility training.
- The Olympics are swum in a 50-meter pool or long course pool. Pools used by the NCAA and high school swimming programs can be 25 yards to 25 meters. These pools are called short course pools.
- An Olympic size pool depending on its size (50 meters X 25 yards or meters) can hold from **700,000 to 850,000 gallons** of water.

- Swimming made it into the Olympics in 1896.



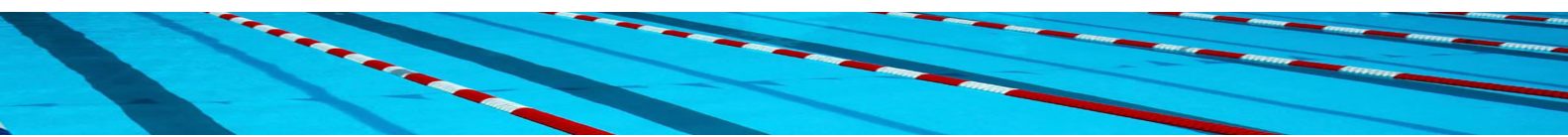
Nutrition Notes

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



Carbohydrates are the essential fuel for high performance athletes.

As an athlete, carbohydrate is your body's preferred fuel, especially for high intensity swimming. Eating carbohydrate foods at regular intervals throughout the day will top up your muscle fuel and allow you to push yourself harder



in training. All of your meals and snacks should be based on carbohydrate foods. However, not all carbohydrate foods are created equal. The quality of your carbs counts! Good quality carbohydrates will energize you, promote good health and help you perform at your best. Good carbohydrate choices are whole grain breads, whole grain breakfast cereals, oats, pasta, brown rice, quinoa, baked potatoes, sweet potatoes, sweetcorn, chick peas, beans, lentils and fresh fruits.

Protein is essential for muscle repair and growth.

Your body also needs a regular intake of protein for ongoing muscle repair and growth. It is not necessary to consume high amounts of protein as any excess protein will not turn into more muscle, but will be burned as fuel or stored as fat. Each of your meals should include a moderate serving of lean protein, the size and thickness of the palm of your hand or one-quarter of your plate. For snacks, include some protein with your carbohydrate food. Convenient, easy protein sources for snacks are milk, cheese, yogurt, boiled eggs and nuts.

PICTURES, PICTURES, PICTURES:

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

Password = our cheer

