

June 20, 2008

Volume 2



# DOLPHIN TALK



[http://www.oldorchard1.org/Dolphin\\_Swim/swimteam.htm](http://www.oldorchard1.org/Dolphin_Swim/swimteam.htm)

Editor: Tina Bulmer

## Week 2: 2<sup>nd</sup> Time Trials

Saturday, June 21, 2008

OO1 Pool

8:30 a.m. WARM UPS

9 - 11 a.m. TIME TRIALS

*Donuts and juice afterwards!*

We'll also have coffee for the adults and donuts for sale.

*Meet schedule posters are located at the clubhouse entrance.*

*Please sign your name next to any dates you are unable to attend.*

*This info is crucial for the coaches in planning the meets.*

*We need donations for Bingo prizes! If you have any toys, gift cards, DVDs, etc. please bring them to practice and drop them off at the office window.*

### COACH'S CORNER

By: Celina Ramirez

Congratulations to Emma Osowski, Adam Osowski, Hayley Good, Robby Good, Megan Schultz, Ally Schultz, Eric Schultz, Alex Cardia, Skylar Miller, and Melanie Onnen for participating in the 2008 SWIMFest at the Aquatic Center!!!! They represented the Dolphins and walked away with 5<sup>th</sup> place! Krissy, Caitlyn, Luke, CJ, and I are very appreciative of the families and swimmers who participated in this event.

The coaching staff would also like to congratulate Megan Mekelburg and Garrett McGrath again on their Dolphin of the Week awards last week. We will award Dolphin of the Week every Saturday to one boy and girl who encourage sportsmanship, a good work ethic, and overall positive attitude of swimmers.

Time Trials will be this Saturday beginning at 9:00 a.m. Please have swimmers at the pool at 8:30 a.m. for warm-up. We will be swimming all events, beginning with the individual medley (IM). We want to make sure that every swimmer knows the time they swam last week and try to improve.

**\*\* Note to Swimmers:** Please remember that coaches need your attention during practices. We want you to succeed at our swim meets and to accomplish this goal, we need you to focus on coming to practice on time and being in the right mindset.

## Nutrition 101 - The Eight Lessons

Something every swimmer should know before learning about good nutrition is this: **Food does NOT make you swim fast.** That's right. Food does not make you swim fast. What **DOES** make you swim fast? Training. Training makes you swim fast. Better yet, **QUALITY training makes you swim fast.** And part of quality training is good nutrition!

Believe it or not, you don't get fast during practice. Practice is where you might see your times improving, but your *adaptation* to training (i.e. getting faster) actually occurs while your body is at rest. Workout is the **stimulus** that causes this to happen.

Workouts are hard. Yes they are. They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient – aerobically and anaerobically. During its time off, the body **WILL** adapt. But only if you give it the **proper fuels**.

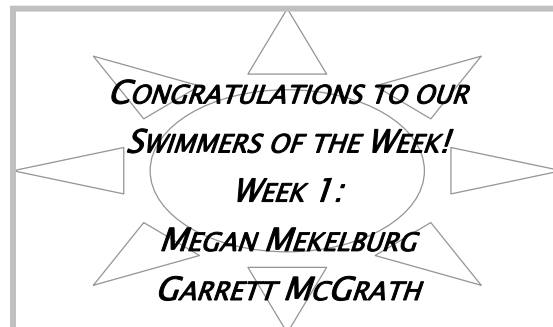
Learning about good nutrition can be simple. Conduct your "Nutrition Course" over the season with eight easy-to-read (*and learn*) educational and practical tips.

- Lesson 1: Fueling Your Stroke
- Lesson 2: Eating Colorful Foods
- Lesson 3: How Much Is Enough?
- Lesson 4: Timing is Everything!
- Lesson 5: Choosing the Best Cereals
- Lesson 6: What is a Serving?
- Lesson 7: Water vs Sports Drink
- Lesson 8: Analyzing Your Diet

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# For Your Information

- The final day to register for swim team is 6/25/08.
- The Dolphin Store will be open this weekend with **new** backpacks, ribbed tank tops and cheer shorts, along with the beach towels and tanks from last week.
- Pasta Night is set for July 17<sup>th</sup>. Watch for sign-up sheets to be posted soon.



## JUNE

23	24	25	26	27	28
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤		7 – 9 a.m. Practice (11 & up)		◀ ◀ ◀ ◀ ◀ ◀	
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤		3 – 4 p.m. Practice (6 & under)		◀ ◀ ◀ ◀ ◀ ◀	
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤		3 – 4:30 p.m. Practice (7 & 8)		◀ ◀ ◀ ◀ ◀ ◀	
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤		4:30 – 6 p.m. Practice (9 & up)		◀ ◀ ◀ ◀ ◀ ◀	
otter pops*	otter pops*	otter pops*	otter pops*	otter pops*	
	7 –8:30 pm Movie night (10 & under)	Bingo 6:30 – 8 p.m.			Meet #1 001 @ 002
				*after p.m. practice	