



Stingrays Splash







2010 Board Members

 President- **Becky DeJong**

 President Elect- **Paula Arnold**





 Past President- **Stacey Zondervan**

 Treasurer- **Julene Bredeson**

 Registrar- **Kim Stenglein**

 Secretary- **Sue Kuchta**



 Member at Large- **Leslie Kelly**

 Thank you to new board members for volunteering ! Special thanks to outgoing board members Lynn Shuldes, Julie Danzeisen, and Jill Stevens for your hard work and dedication to the club!




STINGRAY BOARD MEMBERS

- PRESIDENT**
Stacey Zondervan 235-9614
- PRESIDENT ELECT**
Becky DeJong 214-1656
- PAST PRESIDENT**
Lynn Shuldes 231-2361
- TREASURER**
Julene Bredeson 235-4367
- REGISTRAR**
Julie Danzeisen 382-8043
- SECRETARY**
Jill Stevens 231-1790
- MEMBER AT LARGE**
Leslie Kelly 231-1430
- COACHES**
Steve Crow 235-3660
Cell 905-4185
Larry Laingen 235-3304
Donna Brau 235-9252
Sarah Jagow
Carl Shuldes 231-2361
Anita Nelson

 Please be sure to sign up for your 3 volunteer commitments if you have a swimmer swimming this winter season. Sign up sheets are hanging up in the pool!



 Thank you to everyone that volunteered this fall season! Every meet was a success because of each and everyone of you!

BY KATHLEEN WOOLF, PhD, RD//Correspondent

As a swimmer, you spend your workouts surrounded by water. Surprisingly, swimmers are at increased risk of dehydration. Adequate fluid is needed *inside* your body to function as a coolant. Consume fluids before, during and after exercise to ensure success in the pool. Follow these guidelines to ensure that you are always well-hydrated.

HOW MUCH AND WHEN?

- Drink at least 2 cups (16 ounces) of fluid, preferably water, about two hours before exercise. Fifteen minutes before exercise, drink one-half to a cup of water.
- During exercise, drink about 6-12 ounces every 15-20 minutes. An average "gulp" is about one ounce. When your workouts are less than an hour, plain water will keep you hydrated. When your workouts are more than an hour, consume a sports beverage that contains fluid, carbs and electrolytes. Soda and fruit juices should not be consumed because they contain too many carbs for hydration during exercise and may lead to stomach discomfort.
- After exercise, replace fluids as quickly as possible. For every pound of body weight lost during a workout, drink three cups of fluid.
- Drink fluids at regular intervals throughout the day.

HOW DO I MONITOR HYDRATION?

- Check your urine color first thing in the morning. When well-hydrated, urine is pale yellow and does not have a strong odor. Dark yellow, infrequent urine suggests dehydration.
- Don't rely on thirst. Instead, drink before you feel thirsty. If you are thirsty, it is too late.

ENERGY DRINKS: NOT A GOOD CHOICE!

Energy drinks are popular among teenagers and young adults. They are marketed as a quick way to boost mental energy and improve performance. These beverages are NOT appropriate for fluid replacement during exercise. They are full of caffeine and other stimulants that may make you feel jittery and lead to dehydration. They also contain too many carbs to be used for fluid replacement and may lead to stomach distress if consumed too close to the beginning of exercise.



Stingray Swim Meets

December 5th & 6th Hutchinson

January 30th & 31st St Michael/Albertville

February 27th & 28th C Finals
Hopkins

March 5th-7th A/B Finals ??



*Ability may take you to
the top, but it takes
character to stay there.*

Please remember to turn swim meet sign up sheets in as soon as you can! Also remember we need them returned even if you are not going. Thank you!



**Willmar Varsity Boys
Home Swim Meets**

Thursday December 10– Sauk Rapids
 Tuesday December 15- Montevideo
 Thursday January 7- Apollo
 Thursday January 14- Fergus Falls
 Thursday February 4- Sartell
 All meets start at 6pm. Timers be there by 5:40.



Reminder: All unpaid balances and returned checks must be paid in full before your child can swim the next season.

09-10 Stingrays Swim Club

Dates

Mark your calendar now for these upcoming dates!



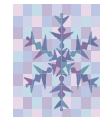
December

December 5 & 6- **Stingray Meet** Hutchinson
 December 7- Winter season begins
 December 10- **NO PRACTICE** Boys home meet
 December 15- **NO PRACTICE** Boys home meet
 December 23-30- **NO PRACTICE** Winter Break



January

January 4- Practice resumes
 January 7- **NO PRACTICE** Boys home meet
 January 14- **NO PRACTICE** Boys home meet
 January 18- **NO PRACTICE** No school
 January 30 & 31- **Stingray Meet** STMA



February

February 4- **NO PRACTICE** Boys home meet
 February 15- **NO PRACTICE** No school
 February 27 & 28- **Stingray Swim Meet** C Finals Hopkins



Golden Goggles Banquet

April 25th, 2010

Watch for more info! If you would like to be part of the planning committee please let a board member know!



The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move.

-Alexsnadr Popov





Setting Task Goals

Outcome goals tell you where you want to be which can help motivate. But, on a daily basis, they do not tell you what you need to DO. Goal setting not only involves having an end of season goal, but also creating little stepping stone goals to help you reach the time you want to achieve. Think about the things you want to accomplish in practice that will help you achieve your big goal....these are called Task Goals,

1. Start With an Outcome

Choose an upcoming meet, and pick a challenging but not impossible outcome goal (win, place, get a certain score or time, etc.).

Write that goal down in detail here:

2. Moving From Outcome to Task Goals

How can you maximize your chances to achieve this goal? Write down three things (i.e. pacing, stroke count, concentration, good breakfast, plenty of sleep) **you can do at the meet** in order to increase your odds of achieving the outcome goal.

- 1. I will: _____
- 2. I will: _____
- 3. I will: _____

[You have just gone from goal setting to task goal setting.]

3. Practicing the Task Goals in Training

What can you do in practice between now and your competition to increase your chances of achieving your three competition tasks? Write down two things to focus on in practice that will gear you towards your competition task goals.

For example, if your competition task goal is to hold a specific stroke rate, you might focus on specific stroke rating sets in practice.

- 1. In training, I will _____
- 2. In training, I will _____