

Fall 2011



Stingrays Splash

Fall Registration has been set for **September 12th, 5:30-6:30**. Remember, there is a discount if you register on/or before September 12th. We will also be having, **"Try Us Out"** nights on the 12th and 13th. Please spread the word to anyone that might be interested in Stingrays!



Stingrays would like to show our appreciation for our members that volunteer throughout the year. Volunteering is an important part of the Stingrays swim club. Thank you to

everyone that volunteered for the Willmar Invitational. We would not be able to host this event without everyone's assistance.



Reminder: Please be sure to sign up for your volunteer commitment for the Fall Session. There are many opportunities to help at the Girls Home Meets!

Stingrays Board Members

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SPEEDO TIP OF THE WEEK

FUELING ON A BUDGET BY KATHLEEN WOLF, PHD, RD

In today's economy, household finances are tight and sticking to a budget is essential. Successful athletes still require healthy meals and snacks to fuel their bodies. How can you get the most nutrients for the best price? Here are some tips to help stretch your food dollar.

Eat "out" less and "in" more Prepare more food at home. Keep a selection of staples in your cupboard/pantry (tuna, dry or canned beans, peanut butter, brown rice, whole grain pasta, canned tomatoes, spaghetti sauce, canned fruits/vegetables and soups) so that you can easily prepare a meal or snack without going to the store. Take food with you to eat before/after swim practice and school. Avoid the temptation to rely on restaurants, fast food chains and convenience stores. The selection may not be as healthy and your food dollars will run out.

Shop wisely Plan your meals/snacks in advance. Use a shopping list and compare prices. Most store brands cost less than name brands but provide the same ingredients and nutrients. Budget more to fruits & vegetables, whole grains, low-fat dairy and lean meats. These foods provide more nutrients for your money. Spend less on empty calorie foods such as sweets, salty snacks and soft drinks.

Buy fresh fruits and vegetables when in season. The quality is higher and the price is right. Try shopping at a farmer's market to find local produce at a reasonable price. Buy frozen or canned fruits and vegetables when out of season.

Eliminate energy bars & beverages Energy bars and beverages may be convenient. However, they are expensive and can easily be exchanged for real food. Replace these items with fruits & vegetables, fig bars, bagels, granola, nuts, low-fat dairy products or a PB&J sandwich.

Drink more water Eliminate soft drinks, energy drinks, sugar-sweetened beverages and specialty coffee/tea products from your lifestyle. Sports drinks should be reserved for events lasting longer than 60 minutes. Depending on your local water, refill your sports bottle with tap water to stay hydrated throughout the day.

"Be yourself;
everyone else is
already taken."
— Oscar Wilde



Willmar Varsity Girls Home Swim Meets

September 8th Rocori
September 15th Fergus Falls
September 27th Marshall
October 6th St. Cloud Tech
October 13th Brainerd

Stingrays Swim Meets

October

Oct. 8th Southwest State-Marshall
Oct.15th St. John's ABC- St. Cloud

November

Nov. 19th Hutchinson

December

Dec. 3rd St. Catherine's

February

February 4th St. Michael's Albertville
February 11th Alexandria



2011-2012 Stingrays Swim Club Dates
Mark your calendar for these upcoming dates!

September

Sept. 8th No Practice: Girls home meet

Sept. 12th Fall Session Begins

Sept. 12 & 13th "Try Us Out" nights

Sept. 15th No Practice: Girls home meet

Sept. 27th No Practice: Girls home meet

October

Oct. 6th No Practice: Girls home meet

Oct. 8th Stingrays Swim Meet: Marshall

Oct. 13th No Practice: Girls home meet

Oct. 15th Stingrays Swim Meet: St. John's

Oct. 19, 20 & 21st No Practice: Fall Break

November

Nov. 19th Stingrays Swim Meet: Hutchinson

Nov. 24 & 25th No Practice: Thanksgiving Break



ENERGY NEEDS OF THE GROWING SWIMMER

BY JILL CASTLE, REGISTERED DIETITIAN & CHILD NUTRITION EXPERT

Calories provide the energy your young swimmer needs for everyday activity, swim performance and growth. With hints of calorie intakes in excess of 10,000 calories per day, Michael Phelps blew the competition away in 2008 and blew our minds with his over-the-top calorie consumption. And it produced the nagging question in parents' minds, "How much does my young swimmer need to eat?" Children aged 9–13 years need about 1,500-2,400 calories each day, depending on age and gender, to support the demands of normal growth and development. Add the energy burn of a regular two-hour swim practice, and the energy needs can skyrocket to the tune of 2,700 – 3,600 calories or more per day. Impressive.

Martinez and colleagues (Journal of Strength & Conditioning Research 2011) recently found that young, amateur swimmers on semiprofessional teams (year-round club teams) had low energy consumption compared to what they needed. They also found these young swimmers were overdoing protein and missing the mark on other important vitamins and minerals. What happens if kids don't get the calories they need? Fatigue, impaired focus and concentration, low physical performance and perhaps a delay in physical development (lag in muscle building, slowed height growth and/or delay in adult development) may occur when calorie intake is less than needed over time. As parents, it's our job to make sure that kids get the energy they need, and from the proper food sources. Avoid the mistake of delivering high calorie, nutrient-poor foods from the fast food drive-through. Not only are they excessive in fat, salt and sugar and under-deliver important nutrients like iron, calcium and B vitamins, they set the tone for future food cravings and selections that won't support good health when swimming is over. Sound complicated? It's not. Here are some ways to assure your growing child gets the right amount and type of calories he needs as an active swimmer:

- Stock your kitchen with good quality nutrition: whole foods in their natural state, such as low fat dairy products, lean meats and other protein sources, vegetables, fruits, whole grains and healthy fats. These are the foods that should be a part of every healthy, growing child's diet.

- Make sure your child gets three nutritious meals a day. No skipping! A meal should include at least 3-4 of these foods: a protein source, dairy, fruit, vegetable, healthy fats and/or a whole grain food source.

- Aim for two snacks each day that include a protein source. Meats, beans and bean dips, nuts and nut butters, cheeses, yogurt, milk or milk substitutes, and protein-rich whole grains such as quinoa are great sources of protein for the swimmer. Unsweetened cereal and milk; yogurt, fresh fruit and nuts; whole-wheat toast and peanut butter are all examples of a healthy protein-rich snack for your school-age athlete.

- Timing is everything. Kids perform best in all aspects of life when they eat regularly. Try to provide a meal or snack every 3-4 hours, and avoid sending your swimmer to practice on an empty stomach.

With a little bit of planning, it's easy to assure your young swimmer gets enough nutrition to cover all his needs. The benefits of that are worth it, keeping your swimmer healthy, growing and energized for performing in the pool.