

Summer 2011



Stingrays Splash

Summer Registration will start May 1st, at the Golden Goggles Banquet.

Registration will continue through May 19th.

Summer Session

There are three choices available for summer swimming. Swimmer may choose to swim three, five or seven weeks. Practice begins at 8:00 a.m. and ends at 9:00 for Minirays. Stingrays will practice from 8:00 until 9:30. **Please note that the first two days of summer practice (June 6 & 7th) will be from 3:30 until 5:00.** Those days are workdays for teachers, so our coaches will not be available in the morning.

June 6-9th

June 13-16th

June 20-23rd

June 27-30th

July 5-7th

July 18-21st

July 25-28th



Reminder:

The Stingrays Brat Booth is Wednesday and Thursday, July 6th & July 7th from 10:00 a.m. to 6:00 p.m. Volunteers are needed for two and a half hour shifts both days. This is a great fundraiser for the club. Sign up sheets will be available at the Golden Goggles Banquet.

Stingrays Board Members

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Stingrays Swim Meets

May 14&15 ABC St. Michael's - Albertville

June 24&25 Alexandria

July 9&10 ABC Open- Hutchinson

July 22-24 ABC Finals-Richfield

July 28-31 State Finals



This week's Speedo Tip of the Week comes from USA Swimming Team Physician Dr. Jim Miller. Dr. Miller, who also writes a monthly health column for the USA Swimming newsletter, offers advice on staying properly hydrated.

While most tennis players, soccer players and runners know the importance of hydration, swimmers frequently overlook this critical key to performance. Swimmers do not see the fluid loss, so most do not think about it. Here are some questions to consider that will impact how you approach hydration during a typical pool workout.

How hydrated are you at the beginning of the training session?

How many caffeinated drinks did you consume during the day, knowing that caffeine serves as a diuretic and depletes you of total body water?

How many hours of training have you had today?

How warm is the water that you are training in?

Are you having problems with cramping as the practice goes on and on and on?

Does it seem like regardless of where you are in your season, your last set is the weakest?

Are you taking any medication that would affect hydration?

All of these questions may point to dehydration as a key factor that will affect the success of your training and performance.

So, how much should you drink during a typical practice? Typically, an athlete may lose between two to four pounds of water per two-hour training session, unless you have to offset one of the questions already posed. If any of these questions suggest that you are already in trouble, you may be even lower than two to four pounds already!

One to two large water bottles will help to keep your muscles maximize their performance. Start the first sips during warm-up and do not wait until you are thirsty. That is too late. You know that you have been successful if you need to urinate following practice and that urine is clear in color.

Finally, use only your own water bottle that you bring for your own use. Wash it out every day at home. Leave it open and let it dry out between sessions.

Swim Humor

Q: What race is never run?

A: A swimming race.

Q: What kind of fish can't swim?

A: A dead one.

Q: What kind of stroke can you use on toast?

A: BUTTER-fly!

Q. Why can male elephants swim whenever they want?

A. They always have trunks with them!

Q. What is a polar bear's favorite stroke?

A. Blubber-fly!

Q. Why did the girl have problems swimming?

**A. She didn't have boy-ancy!
(Buoyancy)**

Q. Why did the teacher jump into the water?

A. She wanted to test the water!

Q. Why wasn't Susan afraid when she saw a shark while she was swimming in the water?

A. Because it was a man-eating shark!



2010-2011 Stingrays Swim Club Dates

Mark your calendar for these upcoming dates!

June

June 6th Summer Session Begins

June 6 & 7th 3:30-5:00 Practice

June 25 & 26th Swim Meet: Alexandria

July

July 4th No Practice

July 6 & 7th Brat Booth (Cash Wise Foods)

July 9 & 10th ABC Open: Hutchinson

July 11th-14th No Practice: Sonshine Festival

July 23 & 24th ABC Finals: Richfield

July 28- 31st State Finals

August

No Practice: Summer Break



"I find that the harder I work, the more luck I seem to have." Thomas Jefferson



THE MAGIC OF AN OPPORTUNITY

BY MIKE GUSTAFSON//CORRESPONDENT

Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race." You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim? World records aren't broken every day. The opportunity is rare. You'd take advantage of it. Unfortunately; time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds. Sometimes, we don't feel like swimming. Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another day, another race, right? But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim. Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler told me that on the day she broke Janet Evans' hallowed 1500m-world record, she didn't want to swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history. But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week? What if she didn't swim that day? I was once told from the creator of "Friends" that the hardest thing to do in the entertainment industry isn't getting your foot in the door; it's being prepared when you're already in. People always get their foot in the door, but they rarely take advantage of it. It's that old "elevator pitch" theory. You should always be prepared when you live in Hollywood, because you never know who could be stuck in an elevator with. Some of my friends went from assistants to executive producers in 24 hours because they were stuck in an elevator with someone like Rosie O'Donnell, pitched her an idea they had rehearsed, and made the most of their opportunity. No joke. Swimming is similar. Any given lane at any given time is an opportunity. "Give me a lane, anywhere, anytime," one famous swimmer used to say, "and I'll aim for perfection." Sometimes, swimming is viewed in a linear path. You'd think, "Times will get faster. Races will get easier. I'll eventually get here, do this, swim that, and by this year I'll be where I want to be." Swimmers sometimes circle on the calendar, "This is when I'll swim my fastest. This is the plan." But swimming is rarely predictable. It's not this linear, easily planned calendar of time progression. It's more a chaotic fun house. It's opposite than what you'd expect. You swim fast when you expect to swim slowly. You swim slowly when you expect to swim fast. One day, you could be planning a trip to the beach, while your body secretly knows, "I could be breaking a world record right now, this very second."

You never know when the swim of your life will happen. You can't plot out the future. And unless Doc Brown swings by your house and points out the highs and lows of your future swimming career, it's best to say to yourself, "Give me a lane, anywhere, anytime – and it could be magic."

~USA SWIMMING~