



Winter 2011/2012

Stingrays Splash

Winter Registration has been set for **November 28th, 5:30-6:30**. Remember, there is a discount if you register on/or before November 28th. There will be a **parent meeting** in the cafeteria at this time. **We will be holding an election for new officers. There are two positions that need to be filled: President Elect and Registrar.** Please consider volunteering in this capacity to help keep this swim club a successful program for your children.

THANK YOU!

Thank You!

Thank You!

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In Appreciation of Our Great Volunteers, the

Stingrays Board has decided to begin a drawing. Each time a person volunteers, his/her name will be added to a drawing. Names will be collected until the awards banquet in May. One lucky person will be chosen at the banquet to win the prize!!!



*Boys Home Swim Meets:
Volunteers Needed. Check
with Willmar Varsity Home
Meets on page 2, for best
opportunity to help out!*

Stingrays Board Members

President

Paula Arnold 214-9475

President Elect

Karen VonKlumpenberg 995-6719

Past President

Stacey Zondervan 235-9614

Treasurer

Julene Bredeson 235-4367

Registrar

Lynn Shuldes 231-2361

Secretary

Sue Kuchta 403-3503

Member at Large

Kelly Kennedy 222-2282

Coaches

Larry Laingen 235-3304

Julie Danzeisen 894-2394



Willmar Varsity Boys Home Swim Meets

December 8th Sartell
December 13th Montevideo
December 15th Sauk Rapids
January 5th St Cloud/Apollo
January 19th Fergus Falls
February 24th Sections
February 25th Sections



This week's Speedo Tip of the Week comes from sport psychologist Dr. Alan Goldberg. Goldberg offers advice on how to focus mentally on your race.

Goldberg's Tip: In relays, swimmers tend to focus more on having fun and their teammates, rather than on their time or who they need to beat. As a result, they tend to stay calm and relaxed. However, in their individual events, their concentration unknowingly shifts to the outcome or the competition. When this happens, they begin to get nervous, physically tighten and lose their confidence. Since the secret to swimming fast is being relaxed pre-race, it is absolutely critical that you learn to control what you focus on *before* and *during* your individual races. This means that No. 1: You need to stay in your own lane and just focus on YOU. Forget who you're racing, how big or fast they are, and instead keep your concentration on *what you are doing* in between your two lane lines. No. 2: Keep your focus in the NOW. When you mentally stay in the now before and during your individual events, you will remain calm and confident. This means that you want to *focus on your race*, one stroke at a time.

Finis Front Mounted Swim Snorkel

Stingrays Coaches are implementing the swim snorkel in practice for lanes 1-6. The snorkel is a great training tool. It allows swimmers the ability to focus on stroke technique, head position, body rotation, balance and alignment without the interruption of breathing. Stingrays are splitting the cost of the snorkels with the swimmers. Cost to the swimmer is \$15.00. The snorkels will be available at Winter Registration on November 28, 2011. The snorkel is a tool that should be brought to each practice, along with goggles. For more information, a board member can assist you at registration night. Coaches are also available at the pool.

Stingrays Swim Meets



December

Dec. 3 & 4th St. Catherine's

January

January 7 & 8th Maple Grove

February

February 11th Alexandria

February 25 & 26th St. Catherine's
C Finals



“The difference between stumbling blocks and stepping stones is how you use them!”

Stingrays Swim Club Dates



December

Dec. 3 & 4th Stingrays Meet: St. Catherine's

Dec. 5th Winter Session Begins

Dec. 8th No Practice: Boys Home Meet

Dec. 13th No Practice: Boys Home Meet

Dec. 15th No Practice: Boys Home Meet

Dec. 25-31 No Practice: Christmas Break



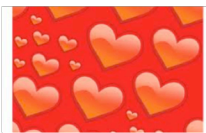
January

Jan. 2nd No Practice: Christmas Break

Jan. 5th No Practice: Boys Home Meet

Jan. 16th No Practice: No School

Jan. 19th Practice: Boys Home Meet



February

Feb. 11th Stingrays Swim Meet: Alexandria

Feb. 20th No Practice: No School

**Feb. 24 & 25th Boys Sections Willmar Hosting
Volunteers Needed**

**Feb. 25 & 26th Stingrays Meet: C-Finals St.
Catherine's**

Feb. 27th Spring Registration: Pool Balcony



PROTEIN FOR THE GROWING SWIMMER, UNPLUGGED

BY JILL CASTLE, MS, RD, LDN

Do you believe protein is the “magic pill” of sports nutrition, or are you just making ends meet, trying to get enough protein in your diet? Boasting benefits like enhanced sports performance, muscle gain and improved post-event recovery, protein seems to have magical powers, and swimmers are looking for more. Protein is a necessary part of every child’s diet. It is fundamental for organ function, new tissue development and the repair of muscle damage. Children need protein to stay healthy and grow. The average child, aged 9-13 years, needs about 0.5 grams of protein per pound of body weight. Youth swimmers and other young athletes have a slightly higher protein requirement and need about 0.5-0.7 grams per pound of body weight, depending on age and gender. Most Americans meet or exceed their protein needs without trouble and few are lacking this nutrient. In fact, if a young swimmer’s energy needs are met throughout the day with a balanced diet, it’s most likely that protein requirements will be met as well. Food sources of protein include meats such as poultry and red meats; fish; eggs; dairy products such as milk, yogurt, yogurt drinks, cheese and cottage cheese; legumes such as edamame, black, kidney, white, pinto and garbanzo beans; nuts and nut butters; and high protein grains such as quinoa. Small amounts of protein are also found in cereal, crackers, bread and bread products, and other processed foods. Some young swimmers are consuming extra protein sources such as protein-enhanced energy drinks, energy bars and supplemental powders to build more muscle tissue, and/or enhance recovery from training. According to the American Academy of Pediatrics (AAP), the regular use of these protein-enhanced foods and beverages is not recommended for young athletes. Also, the US Anti-Doping Agency (USADA) and USA Swimming considers dietary supplements “take at your own risk,” placing full responsibility for any effects and repercussions on the athlete. Eating real food sources of protein in a well-balanced diet throughout the day is optimum. The AAP also promotes the use of natural protein foods for recovery from prolonged vigorous exercise, such as low fat milk. Are there negative effects of getting too much protein? Excess protein intake can be potentially dangerous for the young swimmer, resulting in dehydration, calcium losses in the urine, weight gain, and stress on the liver and kidneys. Also, if the focus is on eating a high protein diet, the swimmer may lack the preferred fuel source for training and racing: carbohydrates. Tips for getting “real food” protein in the young swimmer’s diet:

Eat protein sources at each meal. An egg and milk for breakfast; peanut butter on a sandwich and yogurt at lunch; and lean meat and milk at dinner are ways to add natural protein to the diet. Eat protein with snacks. Fruit and cheese kabobs; peanut butter crackers; nuts and dried fruit; and hummus with pita chips are all healthy snacks for the swimmer. Including protein at snack-time will keep blood sugars normal, help meet overall nutrition needs and reign in excess hunger before meals. Eat food to recover from training sessions. Plain or flavored low-fat milk, low fat yogurt and nut-based trail mix are examples of good protein-rich choices.

~USA SWIMMING~