



FRONT RANGE BARRACUDAS

CHARACTER • RESPECT • INTEGRITY

Short Course 2019,
November
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NOVEMBER
2019
NEWSLETTER

MID-SEASON RACING

I know it feels like short course season just began, but the calendar is telling us that the meat of the meet schedule for the first half of the short course season is right around the corner! This November marks the 32nd Annual Cuda Pentathlon. It's our team's longest running and most tradition rich meet, and annually is one of the largest meets, based of athlete participation in the State of Colorado! Which is good, because we've got plenty of shiny trophies to hand out, hopefully a lot of them end up in the hands of our very own Cuda swimmers.

Then comes the end of the first half of our short course season. We'll wrap up with a couple of meets that put our athletes in their best spots to have rested and fast swims! I'll start with the CSI Pioneer meet. This meet has traditionally been very successful for us. We head down I-25 to Denver University to swim what's essentially a winter state meet. Meet information is currently up on teamcudas.com. Please check it out and see if your swimmer makes any of the qualifying times. If they do, your group coach would love it if you clicked the 'commit' button.

If your swimmer does not qualify for the early December meet at Denver University, no sweat! We have a meet the following weekend at VMAC against Foothills SwimTeam. This annual event vs our friendly rivals from Lakewood is a fantastic way to conclude the first half of our short course meet schedule for many of our young athletes. It's a great meet to wrap up the first half of our short course season before many of your schedules get crazy with travel and family.

As always, if you have any questions with any of these meets, definitely reach out to your group coach.

By Coach Andrew

TRUESPORT: TIPS FOR FUELING VEGETARIAN TEEN ATHLETES

BY TRUESPORT | TUESDAY, MARCH 12, 2019

Being a vegetarian might seem at odds with also being a competitive athlete, but it's becoming far more common, even at sports' highest levels.

Martina Navratilova, one of the best tennis players of all-time, credits a plant-based diet as the reason she was able to win majors into her late 40s. NBA champions Glen Davis, James Jones, and John Salley are also vegetarians, as was Ironman Hall of Famer Dave Scott when he was training for his six Ironman World Championships. And five-time Wimbledon champion Venus Williams, 300-pound NFL lineman David Carter, and American champion Olympic weightlifter Kendrick Farris are not only vegetarian, but vegan.

Regardless if your athlete participates in an endurance, strength, or even combat sport, eating a vegetarian diet and still performing to their potential can be done. Figuring out what exactly to feed an athlete on a plant-based diet isn't always easy in the beginning, but following these tips will help them cover all their nutritional bases so they can then cross them on the field.

Tip #1: Get Enough Protein

The macronutrient vegetarians need to deliberately seek out most is protein. While plant and vegetable proteins repair muscle the same way animal proteins can, the American Dietetic Association (ADA) recommends vegetarian athletes increase their protein intake 10% to help account for plant proteins that don't get fully digested by the body. For endurance athletes, this makes the daily protein recommendation 0.55-0.64g per pound of bodyweight and 0.73-0.77g per pound of bodyweight for more strength-based athletes. Vegetarian athletes can account for this inherent deficit by consuming beans, nuts, seeds, whole grains, and lentils. For athletes that are ovo-lacto vegetarians (meaning they still eat some non-meat animal products), eggs and dairy are abundant sources of protein. Shakes can also be an easy and tasty way to supplement the protein normally consumed through meat. A shake recipe almost any athlete will enjoy involves blending ice, frozen fruit, chia seeds, peanut or nut butter, and protein powder with milk, coconut milk, or water.

Tip #2: Diversify the Diet

For new vegetarians, it can be easy to find a few foods that 'work' then become overly-reliant on them. While convenient, eating the same handful of meals can lead to deficiencies in certain vitamins and minerals. These deficiencies can be harmful to an athlete's health and their athletic performance, causing fatigue, poor bone density, and the inability to properly repair and strengthen muscle. The simplest way to make up for the lack of zinc, magnesium, and other micronutrients the modern diet leaves even many non-vegetarians deficient in is to 'eat the rainbow.' Simply, this just means to eat a wide variety of fruits and vegetables and avoid sticking to the same week in and week out. Perhaps more than any other micronutrient, vegetarians should take particular care to eat food containing Vitamin B12, which is not found in plants but can be taken in by eating B12-fortified foods such as cereals, soy milk, vegetable stock, and eggs and dairy products if your athlete is an ovo-lacto vegetarian.

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Tip #3: Estimate What They're Eating

Except for maybe 1% of the most-devoted athletes, the average teen doesn't have the dedication to count calories, macronutrients, or plan and record their meals. But even just getting a rough estimate of their protein, fat, carbohydrate, and calorie intake while also keeping an eye on their mood, energy level, weight, and athletic performance can give a good estimate as to which areas their diet is sufficient and deficient. Since most teens are on routine schedules and many of their meals are either prepared or eaten at home, parents themselves can log what their athletes are eating (asking when needed to fill in the gaps), then determine macronutrient and calorie counts on a site or app like MyFitnessPal or Cronometer. Logging these daily counts and simply asking your athlete how they feel for even just two to three weeks can go a long way in figuring out how to make small adjustments to a veggie athlete's diet and help them feel and perform their best.

Tip #4: Be Mindful of The GI Index

It's important to remember that not all vegetarian foods are created equal. Many of the foods most readily available to vegetarians also rank high on the glycemic index, a scale measuring how much influence carb-heavy foods have on the body's blood sugar. High GI foods are better immediately following an endurance workout as they are quickly absorbed by the body. At any other time, however, these foods spike the body's blood sugar and promote hunger as well as fat storage. Conversely, low GI foods are digested more slowly. This leads to feeling full longer and less unwanted weight gain. For quick reference, here is a table showing the glycemic load^[1] for several common vegetarian foods. A load of 10 or below is considered low, while anything 20 or above is considered high and should be eaten sparingly.

Food	Glycemic Load(Serving Size)
Hummus	0 (30g)
Peanuts	1 (50g)
Carrot	4 (80g)
Apple	5 (120g)
Black beans	7 (150g)
Whole wheat bread	9 (30g)
White wheat flour bread	11 (30g)
Oatmeal	13 (250g)
Brown rice, steamed	16(150g)
Spaghetti, whole grain	17 (180g)
Instant Oatmeal	21 (30g)
Sweet Potato	22 (150g)
Bagel (white)	25 (70g)
Raisins	28 (60g)
White rice, boiled	29 (150g)
Russet Potato	33 (150g)

The glycemic indices and loads for more foods can be found at Health.Harvard.edu

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Tip #5: Making A Calculated Transition

If your athlete is merely just interested in the idea of vegetarianism or wants to try it out and see how it affects their athletic performance, it might be easier for everyone involved to make it a gradual transition as opposed to a wholesale, overnight change. If you and your athlete eat meat every day, a first step could be to try and incorporate 'meatless Mondays' (or any other day) as a first step in experimenting with recipes and the new logistical challenges that come with making the switch. From there, veggie-only days could be expanded to two days a week and so on, until a groove is hit where it becomes easier to not have to think about preparing meatless dishes.

A Sample Meal Plan for Vegetarian Athletes

Keeping in mind the above, a daily meal plan for a vegetarian teen participating in a cardiovascular-demanding sport could look like some combination of the following:

Breakfast:

- Oats with yogurt and fruit
- Smoothie with frozen fruit, chia seeds, peanut or nut butter, protein powder, coconut milk
- Potato and broccoli frittata (ovo-lacto)

Lunch or Dinner:

- Rice or pasta with tofu, vegetables, and sauce
- Quinoa bowl with lentils, beans, salsa
- Cauliflower and chickpea curry, side salad, and baked sweet potato
- Black bean burgers with grilled peppers and hummus
- Margherita pizza with stuffed Portobello mushrooms
- Baked penne pasta with roasted vegetables

Snacks/Anytime:

- Fruits
- Nuts
- Hummus/lentil/chickpea/black bean dip
- Dark chocolate
- Coconut ice cream
- Fruit 'crumble' bars
- Popcorn

Like with anything diet-related, figuring out what's best for your vegetarian athlete is going to be a matter of trial and error. Ultimately, it will be steady small changes that lead to the big ones they are looking for from a diet change.

NOVEMBER **BIRTHDAYS**

McKayla Adams
Lily Crotzer
Nicholas Dolan
Ellianne Effland
Zinedine Guezmir
Matthew Harveson
Tyler Herbert
Skye Lamos
Samuel Lindberg
Stella Madrid
Robert McEachen
Cody Mills
Jack Moran
Samreen Nain
Harper Pecosky
Elizabeth Schroeder
Sidney Shadrick
Surabhi Sharma
Alexander Zou



STRENGTHEN YOUR MENTAL MUSCLE TO SWIM STRONG, FAST AND CONFIDENT RACES



That's our mental skills "theme" for this short course season. How you choose to apply it is up to you!

Everyone wants to be strong, swim fast and feel confident. But not everyone is willing to do the work to make it happen. And as we've talked about a lot in the past, that work isn't just about the physical, it's about the mental too. Your mental muscle has to be worked out daily along with your body, breathing, endurance and stroke technique. Because a strong body with a weak mind doesn't make for a very effective or successful competitor.

How do you strengthen your mental muscle? By using your productive self-talk when things aren't going well. By visualizing your upcoming races and seeing and feeling how you want to swim. By using The 4 R's to bounce back from your struggles. By starting out training and meets reminding yourself that you are a mentally tough athlete. By setting powerful goals and remembering to work on your daily action goals every practice. And these are just a few of the mental tools you have in your tool box.

Your mental muscle isn't going to grow on its' own. You have to choose to make mental conditioning a consistent part of your training. What we do in the classroom has to be taken to the pool, to dryland, and sometimes home to work on. The choice is yours...mentally tough or mentally wimpy?

Let's have the best season ever. Wouldn't it be awesome for the CUDA swimmers to be known as the strongest, fastest, most confident AND most mentally tough swimmers in the pool!

By Coach Gail

HIGH-POINT WINNERS

Fletcher Schwartz- 1st place 8 & U Boys

Reese Hopper- 2nd Place 8 & U girls

Julia Raskay- 15th Place 11-12 girls

Valerie Tu- 14th Place 11-12 girls

Ellie Foulke- 12th Place 11-12 girls

Marissa Inouye- 13-14 girls

Sabrina Rachjaibun 13-14 girls

Sam White- 13 -14 boys

Sydney Bales- top 6 15 & O girls

If anyone was missed, it was not intentional!

Please send future pictures of accomplishments to secretary@teamcudas.com

