



**JULY - AUGUST  
2016**

## Team News



Troy Spratley and Robbie Wilson made us so proud at the Junior Olympics in Stuart! Robbie swam the Age 13-14 50m Free in 26.05s and

placed 3<sup>rd</sup> overall; and the 100m Free in 57.01s for 4<sup>th</sup> place. Troy swam the Age 11-12 200m Free in 2:16.81, placing 4<sup>th</sup> overall; and the 200 Fly in 2:56.62 placing 6<sup>th</sup>. Way to go, Cyclones!!

The opening of the Splash Pad was a big success! We had an excellent turnout which translated to brisk sales for our team's food booth. Thanks to all the wonderful volunteers for your hard work to help the team's fundraising efforts.

Please feel free to submit suggestions and comments to any board member on ways to improve our Cyclones Team. Your feedback is always welcome!

## From Our President

As President of the Cyclones Booster Club it is my goal to support the team and coaches so that every Cyclones swimmer has the best opportunity to excel in and out of the pool.

Congratulations to all the Cyclones who have been practicing so hard and performing so well at the recent meets. Keep up the hard work, it always pays off in the end!

Thank you to all the parents for their continued support to the team. I encourage those that don't currently volunteer to come on out and get involved. Active parental involvement will have a positive impact on your child and on our Cyclones family. Ask around, we have a lot of fun and we can always use the help!

**Bill Evans** bevans682@gmail.com

## Team Calendar

- August 6-13 – Rio 2016 Olympic Swimming Events
- August 12 - Movie night/potluck and Parent meeting
- August 13 – MEET - Sizzler@ Sunrise**
- August 13 – Fitter and Faster clinic @ Sunrise  
\$139, register at fitterandfaster.com
- August 20 - Beach swim followed by picnic
- August 26 - Marlins game (see flyer on page 2)
- August 27 - Open House
- September 4 - Pompano open water swim
- September 9 – MEET – Sizzler @ Sunrise**
- September 10-11 – MEET – Sunrise Invite @ Sunrise**
- Sept 30- Oct1 – MEET – Age Group Invite @ Plantation**
- October 7 – MEET – Sizzler @ Sunrise**
- October 8 – MEET – Sunrise Invite @ Sunrise**
- October 14 - Swim-a-thon
- October 27 - Halloween Party
- November 17-20 – MEET – Winter Champs @ PST**
- November 22 - Turkey swim
- December 4 - Holiday party
- December 22 - Popcorn party and gift exchange
- December 29 - Ice skating



- |                              |                              |
|------------------------------|------------------------------|
| July 1 – Lucy Whitney        | July 29 – Victoria Lumelski  |
| July 3 – Emily Acosta        |                              |
| July 15 – Nicolas Christakis | July 30 – Max Xu             |
| July 22 – Keira Reilly       | August 9 – Giancarlo DaSilva |
| July 23 – Carly Kaplan       | August 12 – Kate Kaplan      |
| July 26 – Troy Spratley      | August 14 – Chase Connor     |
| July 29 – Coach Jill         | August 28 – Jason Xu         |

# COOPER CITY CYCLONES



FRIDAY, AUGUST 26 | 7:10PM

---

## **\$25** SPECIAL EVENT PACKAGE

---

- BULLPEN RESERVED TICKET
- TICKETS INCLUDE ONE BURGER AND ONE PEPSI/  
AQUAFINA WATER
- FIREWORKS FRIDAY - ENJOY A FIREWORKS SHOW  
FROM THE COMFORT OF YOUR SEATS

DEADLINE TO ORDER: AUGUST 12TH  
CASH AND CHECKS MADE PAYABLE TO  
COOPER CITY CYCLONES ACCEPTED

---

FOR MORE INFO, PLEASE CONTACT

**SARAH EVANS**

**SARAH6EVANS@GMAIL.COM | 954.892.3788**



## Nutrition & Fitness Corner with Coach Lee

**“Let thy food be thy medicine, and thy medicine be thy food.” - Hippocrates**

Practicing during the school year presents many challenges for families of competitive swimmers. The foods your child consumes and fluids your child drinks greatly impact their mental and physical health. The majority of school cafeterias offer poor food choices, including processed foods with minimal nutritional value. Your child's nutrition directly influences their concentration and performance in school and in the pool.

While we cannot always control what our children do when they are in school or away from home, we can strive to make the home environment healthy with good choices.

Here are a few tips:

1) **Keep junk foods out of the house.** If it's not there, they can't eat it. And neither can you, for that matter! Save treats for special occasions, not every day. Processed foods like cookies and chips are designed to be addictive. The mouth feel, the texture, the sugar, the salt, and the fat content are all carefully formulated to make you want to eat more of them.

2) **Pack the good stuff.** And pack enough. Swimmers eat an incredible amount of food. They need a snack before swimming and a snack after swimming.

Fruit	Veggies	Nuts	Trail mix	Protein bars	Sushi rolls	Dried fruit	Pita
Nut milk	Cows'milk	Hummus	Bagels	Low sugar oatmeal cookies	Peanut butter		

3) **Read the label:** If you can't pronounce it, you shouldn't be eating it. Long names indicate processed foods, additives and preservatives that are not good for anyone.

4) **Fresh is best:** Buy as much as you can from the perimeter of the grocery store. Buy produce from farmers' markets. There are many great ones nearby on Flamingo Road.

5) **Model healthy eating patterns.** You are your child's first and foremost teacher.

6) **Don't shy away from high fat food-** that is, foods that are naturally high in healthy fats like avocados, nuts, and coconut. Plant-based fat and protein provides exceptionally high quality nutrients. Fats are vital for neural functioning and long-term energy. Eating healthy fats keep you from getting hungry. They keep you full. What's more, eating fat helps you stay lean.

7) **Meats should be “organic” “pasture fed” “wild caught”.** Spend more to get higher quality. The cheaper the meat, the lower quality it is...meaning it comes from a CAFO (Concentrated Animal Feeding Operation) CAFO is an animal feeding operation (AFO) that (a) confines animals for more than 45 days during a growing season, (b) in an area that does not produce vegetation, and (c) meets certain size requirements.

8) **No GMO.** It's banned in Europe for many reasons. Buy only non-GMO corn and soy products. If it doesn't say non-GMO, then it is.

9) **Avoid high fructose corn syrup.** It spikes the blood sugar, triggers abrupt insulin release from the pancreas, which makes you sleepy, crave more sugar, and triggers you to eat more. Over time, this can lead to Type 2 diabetes. If you provide a drink such as Gatorade for your swimmer, it's best to dilute by half with water.

10) **Minimize sugar and white flour intake.** Yes, that means traditional pasta. White flour spikes the blood sugar, which creates the vicious cycle of insulin overload, sleepiness, and then returning hunger. There are many whole grain pastas, edamame or black bean pasta, and spelt pasta. Try quinoa, farrow and other whole grains. And put good stuff on the pasta!

11) **Send your child out with a refillable water bottle.** They should be drinking water throughout the day. And especially during swim practice. Swimmers don't notice they are sweating in the water, but they are! Having the water bottle by the pool reminds them to drink!!

12) If you need ideas on healthy meals and snacks, please contact **Coach Lee** at [coachleebrennan@gmail.com](mailto:coachleebrennan@gmail.com) or check out Pinterest. You will find everything under the sun!







## Money Matters

- Monthly fees are due on the 1<sup>st</sup>.
- Meet fees are billed by invoice, then charged to your credit card if you have one on file. Please make sure you update your credit card info on our website, if you choose to auto-pay meet fees.
- For accounts with credit cards on file, we have always billed the exact amount that we pay for meet fees. Beginning on September 1<sup>st</sup>, we will start adding the processing fees that we pay to C&H Financial Services (more details to come).
- Our Annual Team Fee is \$75 and is billed on March 1<sup>st</sup> or September 1<sup>st</sup>, depending on when your child joined the team.
- Each swim family is required to complete 10 volunteer hours per year, April 1<sup>st</sup> – March 31<sup>st</sup>. If your volunteer obligation is not met by the end of the year, your account will be charged accordingly at a rate of \$10 per volunteer hour (\$100 max).
- Volunteer hours are given for actual hours worked or in-kind donations. It's important that you use the job signup on our website so we can track and credit hours correctly. Please see Kim Reilly if you have any questions about your hours or donations.

## Swimmer Spotlight

**Name** – Nick Chaimowicz, age 14

**School** – Pembroke Pines Charter High

**Joined Cyclones** – 2007, 5 yo

**My favorite thing about**

**swimming is** – Practicing every

day. It puts me in a zone where I can focus on me and how I need to train. I love Coach Jill because she pushes me hard and knows what I need to work on.

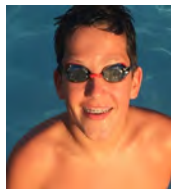
**My least favorite thing about swimming is**– waking up early for morning practices. I love my sleep!!

**More about me** -

I love to eat!!! My favorite type of food is Mexican. I love tacos, however I would prefer to eat the Quesoritto at Chipotle at least once a week.

My new hobby is fishing. I like to take pictures of the fish I catch. After pictures are taken, I throw them back in the water.

When I have spare time I like to cook/bake with my mom. I love baking cookies with her and eating them when they come right out of the oven. I love my family and my dog Max!! They are my biggest supporters!!



## Meet Results

### Sizzler @ Azura, June 3 - Top 10

*Jordan Evans, age 5 (25BK, 25BR, 25FLY, 25FR)*

*Shelby Evans, age 6 (25BK, 25BR, 25FLY, 25FR)*

*Abby Hillebert, age 8 (25FLY)*

*Carley Kaplan, age 7 (25BK, 25BR, 25FLY, 25FR)*

*Abigail Reynolds, age 8 (25FLY, 25FR)*

### NPB Summer Kickoff @ Plantation, June 4-5 - Top 10

*Alanna Arentsen, Age 14&U (100FR, 400FR)*

*Christopher Christakis, Age 14&U (200BR)*

*Kate Kaplan, Age 11-12 (50FLY, 100FLY, 200IM)*

*Nikole Lesmes, Age 15+ (400FR)*

*Celenia Lumelski, Age 14&U (400FR, 100FLY)*

*Eva Pierre-Antoine, Age 11-12 (100BR)*

*Robbie Wilson, Age 14&U (100FR, 200FR, 400FR, 100BK, 200BK, 100FLY, 200IM)*

### Area 2 Champs @ Sunrise, July 8-10 - Top 10

*Dylan Chaimowicz, Age 11-12 (50FR, 100FR, 200FR, 50BK, 100BK, 50FLY, 100FLY, 200IM)*

*Dylan Chaimowicz, Age 13-14 (400FR, 1500FR)*

*Madison Deperalto, Age 11-12 (200FR, 50BK, 100BK, 200IM)*

*Alejandro Garcia, Age 15-18 (200FR)*

*Raeana Hernandez, Age 15-18 (200FR, 100BK, 50FLY, 200IM)*

*Lucas Hussey, Age 7-10 (200FR, 200IM)*

*Kate Kaplan, Age 11-12 (100FR, 200FR, 100FLY)*

*Celenia Lumelski, Age 13-14 (200FR, 50BK, 100BK, 100FLY)*

*Jules Marmer, Age 15-18 (200FR)*

*Eva Pierre-Antoine, Age 11-12 (100FR, 50BK, 50BR)*

*Isiah Reilly, Age 13-14 (400FR)*

*Troy Spratley, Age 11-12 (100BK, 50BR, 100BR)*

*Anthony Villegas, Age 13-14 (100FR, 100FLY, 200IM)*

### Junior Olympics @ Martin County, July 15-17

Our 5 swimmers made Personal Best times in almost ALL their events!

*Madison Deperalto (50FR, 100FR)*

*Kate Kaplan (50FR, 100FR, 50BR, 100BR, 200BR, 50FLY, 200IM)*

*Celenia Lumelski ( 50FLY)*

*Troy Spratley (50FR, 100FR, 200FR, 50FLY, 100FLY, 200FLY, 200IM)*

*Robbie Wilson (50FR, 100FR, 200FR, 50FLY, 100FLY, 50BK)*