

FLORIDA ELITE

WARRIORS

www.swimelite.org



NUTRITION FOR MEETS by Head Coach Guerby Ruuska

Swimmers should focus on eating balanced and nutritious foods all of the time. This article will give you some guidelines to following when eating before, during, and after the meet. Eating at swim meets is difficult, the timing and run around at a meet makes it tough, but you must try to eat a healthy breakfast, lunch and dinner even while you are constantly on the go. In order to ensure that your body has the right levels of fuel, you need to plan in advance what and when you will eat during the meet.

BEFORE THE MEET

Swimmers should not rely on the pre-meet meal to supply the energy for the meet, as the energy that will be used during the events should already be stored in the muscles from nutrient-rich meals eaten during the previous two to three days. However, the swimmer should not skip the pre-meet meal even if there is every early start to the meet.

GOOD EATS BEFORE THE MEET

- Cereal --- Toast
- Bagel ---- Pancakes
- Juice ---- Fruit
- Protein Bar

Ideally the pre-meet meal should be eaten 2-4 hours before the first event to allow the food to be digested and leave the stomach. If there is still food in the stomach when it comes time to swim, oxygen-rich blood will be going to the stomach to aid digestion instead of the muscles where it is needed. The meal should be about 500-1000 calories and should be high in complex carbohydrates and low in fat and protein. The most important thing to remember about the pre-race meal is to eat--and eat mostly carbohydrates. AVOID processed sugars and "Energy" drinks.

DURING THE MEET

The most important thing to remember when eating during the meet is to drink plenty of fluids and eat small amounts of carbohydrate-rich foods.

If you have less than an hour between events, stick to water, diluted sports drinks and fruit juices, part of a high carbohydrate energy bar, fruit or a few low-fat crackers.

If you have 2-4 hours between events you can eat something more substantial such as a bagel, toast, fruit and granola bars, or dry cereal. Avoid anything that has too much fat, fiber, or protein as these nutrients slow down digestion. Remember, that if there is food in your stomach there is blood aiding in digestion that could be supplying the muscles with oxygen.

GOOD EATS DURING THE MEET

- Cup-o-soup
- Dry Cereal
- Fruit & Fruit Juices (Diluted)
- Fruit Smoothies (Small and avid sugar filled)
- Breads - bagels - muffins
- Oatmeal in a cup
- Pretzels
- Sandwiches of turkey or other low-fat meat • Trail Mix
- Vegetables
- Jerky
- Yogurt

Do not rely on concession stands at meets to provide you with food during the meet. They often do not provide very nutritious selections. Stay away from the pizza, nachos, hot dogs, and candy and go for the bagels, vegetables, water, and fruit. Never rely on the concession stand to provide healthy choices; always plan ahead and pack nutritious foods that you are familiar with. Meet days are not times to try something new. AVOID processed sugars and "Energy" drinks.

RECOVERY NUTRITION AT THE MEET

Recovery nutrition is about planning an eating and drinking strategy that helps your body: 1. Recover from the physical stresses of swimming and 2. Prepare for the swimming to come. This is also called the REPAIR - PREPARE approach to Swim Meet eating.

Recovery nutrition is a technique which provides the swimmer's body with what they need to recover ... e.g. carbohydrates to replace used up energy, proteins for muscle building and repair ... and prepare for the next day of competition. In between races, recovery nutrition is about replenishing energy stores quickly and effectively so that the next race can be completed at maximum speed.

FOODS THAT AID IN A RECOVERY NUTRITION PROGRAM BETWEEN RACES INCLUDE

- Fruit
- Fruit Smoothies
- Dried Fruits
- Sports Drinks
- Chocolate Milk

To maximize the impact of these "recovery foods" they need to be eaten or drunk as soon as possible after swimming in small amount! Do not fill yourself up!

AFTER THE MEET

To speed up recovery after meets, be sure to drink 16 to 24 ounces of fluids such as water or diluted sports drink or fruit juice before your last race. Also, within a half hour after your last race eat a high-carbohydrate snack with some protein. This will aid in your recovery. Then within two hours of the end of the meet, eat a full balanced meal.

- Spaghetti with Meat Sauce
- Bean Burritos with rice
- Low-fat beef or chicken with potatoes or rice
- Milk
- Yogurt
- Fruit & Vegetables
- Chocolate Milk



Upcoming Meets/Events

December 10-12 @SPA-St.Petersburg (ALL PRACTICE GROUPS)

December 15 HOME -MINI MEET

December 18th - January 1st- Winter Training Schedule (See email from Coach Guerby coming soon)

January 15 @HOME 3rd Annual Polar Splash

****Changes to practice groups and schedule coming in January
(Watch for separate email)**

****We utilize the app called Remind to communicate weather-related changes as well as other important team information. Please download it and sign-up for the appropriate group.**

REMIND GROUPS:

Beginner Warriors- @FEBegin
Rising Warriors- @FERising
Junior Warriors- @FEJunior
MSC & HSC- @FEBlue
Perf, High Perf & Elite - @FESilver
Homeschool- @FEHome

Swim Schedule as of November 1st

Competing

All Groups:

team cap
team suit
team shirt
parka and team
backpack
recommended

Green Practice Groups

All Groups:

goggles
long blade fins
kickboard
pull buoy

Junior Warriors:

snorkel
paddles

Blue Practice Groups

All Groups:

Green group equipment
and
snorkel
paddles

Silver Practice Groups

All Groups:

all Green & Blue group
equipment and
short blade fins
mesh & finger paddles
recommended

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Team		6:45-7:45					
Beginner 1	5:00-5:45		5:00-5:45	5:00-5:45			
Beginner 2		6:00-6:45	6:00-6:45	6:45-7:30			
Rising 1	5:45-6:45	5:00-6:00	5:00-6:00	5:45-6:45			
Rising 2	4:00-5:00	4:00-5:00	4:00-5:00	4:00-5:00			
Junior	5:00-6:15	4:30-5:00* 5:00-6:15	6:00-7:15	5:00-6:15			
Performance & High Performance	6:15-7:45	5:30-6:15* 6:15-7:45		5:30-6:15* 6:15-7:45	6:15-7:45	9:00-10:30 AM	
Elite	5:15-6:30 AM 3:00-5:00 PM 5:00-6:00 PM*	3:00-5:00 PM	5:15-6:30 AM	3:00-5:00 PM	3:00-5:00 PM 5:00-6:00 PM*	7:00-9:00 AM	
MSC	4:00-5:00	4:00-5:00		4:00-5:00			
HSC	3:00-4:00	3:00-4:00		3:00-4:00			
Beginner - Homeschool	8:45-9:00 AM* 9:00-9:45 AM	8:45-9:30 AM		8:45-9:30 AM	8:45-9:00 AM* 9:00-9:45 AM		
Rising - Homeschool	8:45-9:00 AM* 9:00-10:00 AM	8:45-9:45 AM		8:45-9:45 AM	8:45-9:00 AM* 9:00-10:00 AM		
Junior - Homeschool	8:45-9:00 AM* 9:00-10:15 AM	8:45-10:00 AM		8:45-10:00 AM	8:45-9:00 AM* 9:00-10:15 AM		
Performance - Homeschool	8:45-9:00 AM* 9:00-10:30 AM	8:45-10:15 AM		8:45-10:15 AM	8:45-9:00 AM* 9:00-10:30 AM		
Masters	5:15-6:30 AM 8:45-10:30 AM 1:00-3:00 PM 6:45-8:30 PM	8:45-10:15 AM 6:45-8:30 PM	5:15-6:30 AM 3:00-5:00 PM 6:45-8:15 PM	8:45-10:15 AM 1:00-3:00 PM 6:15-8:15 PM	8:45-10:30 AM 1:00-8:00 PM	7:00-1:15 PM	9:00-10:30 AM
TRY OUTS BY APPOINTMENT	6:15PM Silver Groups	6:15PM Green & Blue Groups					
	* Dryland						

When shopping for your equipment through our Team Store, SwimQuik, you will receive 20% off all arena products, including the team suit. arena also provides benefits and incentives to our athletes and the club for certain achievements. For additional details email feaquaticsdirector@gmail.com.

<https://swimquik.com/collections/florida-elite>



Upcoming Meets/Events

December 11 @HOME Frosty Florida Figure Meet

December 18 to January 1st-Winter Training Schedule (Watch for email from Coach Camille)

January 9 @Lakeland - Jump on in Clinic & Meet -NOVICE ONLY

January 29-30 @Orlando Mary Rose Invitational

Monthly Quote

"Being nervous isn't bad. It just means something important is happening"

-Michael Jordan

Synchro Schedule as of November 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Intro (1 or 2 days)		4:15-5:00			4:15-5:00	
AWD	4:45-5:30					
Show Team		5:00-6:00			5:00-6:00	
8&U Novice			4:00-5:00		4:00-5:00	
9&O Novice		5:00-6:00			5:00-6:00	
10&U Intermediate		5:30-7:00	5:00-7:00	5:30-7:00		
11&O Intermediate		4:30-6:00	5:00-7:00	4:30-6:00		
Green Team (12&U Age Group)	5:30-7:45	5:30-7:45	5:30-7:45			8:00-11:00
Blue Team (13-15 Age Group)	6:00-8:30	6:00-8:30			6:00-8:00	8:30-12:00
Silver Team (16&O Age Group)			5:45-8:15	5:45-8:15		9:15-1:15
Masters		6:45-7:45pm			9:00-10:00am	
	*Age Group Small Routines see Coach Camille for your additional practice times					

We utilize the app called Remind to communicate weather-related changes as well as other important team information. Please download it and sign-up for the appropriate group.

Group

Code

Intro

SynchNov

Novice

SynchNov

Intermediate

SynchInter

Silver, Blue, Green

SynchAG

Equipment Needed:

Synchro athletes need certain equipment to properly train. Any equipment that touches the face cannot be shared between athletes or borrowed from FE. Goggles, caps, and nose clips are available for purchase from your coach.

Intro and Novice: Mat

Intermediate: Mat and Jump rope

Green, Blue, Silver: All Intermediate equipment + running shoes, bands, weights

Athletes of the Month!!

SWIM



Allison Booza

Allison is a tremendously hard worker and has been progressing so much in her swimming! She demonstrates kindness and leadership in practice and is such a pleasure to have in the Middle School Conditioning group. Allison can always be seen with a smile on her face and will take on any challenge you throw at her. We look forward to seeing her continue to be amazing and growing in her swimming career.

SYNCHRO



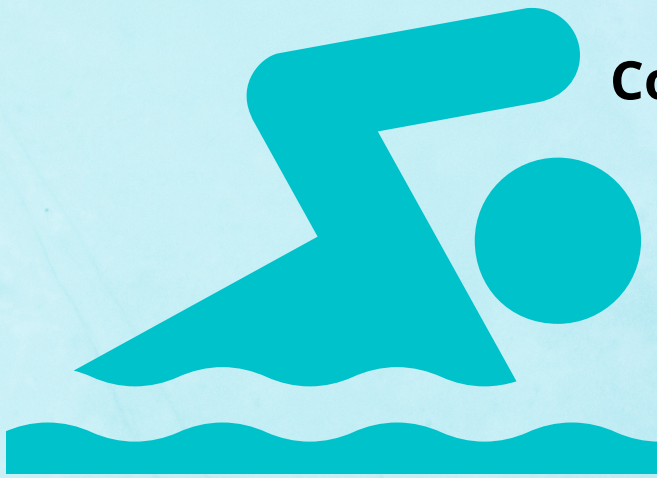
Cynthia Valuch

Cynthia is our age group athlete of December! We are so proud of her hard work and growth in the sport. She has come so far mentally and physically in the sport and we want to celebrate her achievements. Cynthia is in her second year with the Warriors. She is "all in" at every practice. Her passion for performing makes her such a fun swimmer to watch, which is one of the skills that helped her secure an invitation to the 12-u All-Star camp that was held in Ohio with USA artistic swimming last month. We are excited to see all she achieves this competition season.

Happy

BIRTHDAY

Birthday	Memb. First Name	Memb. Last Name	Roster Group
12/02/2008	Callie	Trussler	Elite
12/03/2009	Penelope	Martin	Synchro - Green (12U)
12/09/2008	Gianna	Sercu	Synchro - Blue (13-15)
12/12/2006	Chloe	Kamat	Elite
12/12/2010	John	Yi	Rising Warriors 1
12/13/2007	Joshua	Chao	Performance
12/14/2010	Nicolas	Rodriguez	Homeschool Group
12/15/2010	Styliana	Reimer	Junior Warriors
12/18/2007	Natalia	Villanueva	Middle School Conditioning
12/21/2009	Noah	Kunzweiler	Junior Warriors
12/21/2011	Ella	Todd	Rising Warriors 1
12/24/2010	Ariana	Broussard	Rising Warriors 1
12/25/2014	Peyton	Simpson	Beginner Warriors 1
12/29/2013	Grace	Mcdonald	Rising Warriors 1
12/31/2013	Sophia	Ortiz Rivera	Junior Warriors



Coaches and Board of Directors

Coaches

Darcee Redding- Aquatics Director
Guerby Ruuska-Swim Head Coach
Camille Albrecht-Synchro Head Coach

Swim

Robin Tori
Cameron Mikelle
Kayla Kara
Ashlyn
Jennah

Synchro

Zoe
Maria
Kyra
Maja
Juliana

BOD

Michael Speilberger- President
Lisa Hammond-Vice President
Steve Swenson-Treasurer
Chris Johnson-Secretary

At Large Members:
Danielle Borzor
Brent Smith
Jeanie Saunders

Contact Info

Aquatics Director-FEaquaticsdirector@gmail.com
BILLING - JEANIE SAUNDERS Billing Email: billing.floridaelite@gmail.com
TEAM ADMIN- JAMIE RADITIC-MEHALSO Email: floridaeliteswim@gmail.com
Phone - (813)279-5445

Masters Info!!

REMIND CODE: @FEAquatics

SWIM

Mon

5:15-6:30AM/8:45-10:30AM/1:00-3:00PM
6:45-8:30PM

Tues

8:45-10:15 AM/6:45PM-8:30PM

Wed

5:15-6:30AM/3:00-5:00PM/6:45-8:15PM

Thurs

8:45-10:15AM/1:00-3:00PM/6:15-8:15PM

Fri

8:45-10:30AM/1:00-8:00PM

Sat

7:00AM-1:15PM

Sun

9:00AM-10:30AM

SYNCHRO

Tues

6:45-7:45PM

Fri

9:00-10:00AM



Financial Policy

Monthly dues: In consideration of the participation of the swimmer(s) in Florida Elite's (FE) swim program, the Parent/Guardian agrees to pay the dues for the Swimmer's practice level that is set forth. Monthly payment of dues shall be due and payable on the first day of each month. Swimmers are expected to pay for the entire month no matter how many days they attend practice. Make-up days due to inclement weather are at the coaches' discretion. If the Swimmer is transferred to a different level by the coaching staff, the fees for the new level will be invoiced in the next billing cycle. If the monthly dues payment is not received in full by the 10th of the month, a late fee of \$25 per month may be assessed to the family's dues account.

Dues are paid on a per month basis, regardless of the number of practices a swimmer attends. It is possible to place a swimmer's account on hold and not accrue monthly dues. Notice must be made in writing by the 20th of the month preceding the start of the hold. Notice is to be sent to FloridaEliteSwim@gmail.com specifying which month(s) the swimmer(s) will be out of practice. A swimmer's place on the team will not be guaranteed while the account is on hold. If the practice group that the swimmer participates in is filled, the swimmer can be put on a wait-list to rejoin when a position becomes available. It is the responsibility of the Parent/Guardian to update the Secretary of the Board of Directors of these changes.

Payment Method: FE will only accept credit card or ACH through the automated process on our website. Cash or personal checks are not accepted for monthly dues, annual fees and swim meet fees. It is the Parent/Guardian's responsibility to keep their FE account information current on FE's website.

Ineligible to Participate Due to Non-Payment: The Secretary of the Board of Directors will notify Parent/Guardian of payment failure on the 6th day of the month by email.

New swimmers will be ineligible to participate with the team when their FE annual registration, any applicable USA Swimming Membership fees, and first dues payment are not completed within ten days of registration.

If the monthly dues payment is not received in full by the 10th of the month for all existing swimmers, along with the \$25 late fee per month assessment to the family's dues account, the swimmer will be ineligible to participate. If Parent/Guardian becomes delinquent in payment of dues or assessments because of financial hardship, he/she may apply to the Board of Directors through the Secretary for a waiver of late fees and request reinstatement. A waiver may be granted if satisfactory arrangements are made for payment of the delinquent amounts.

Annual FE Swimming Registration Fee: All families are responsible for an annual team registration fee of \$100, which is withdrawn from your FE account **quarterly at \$25.00**. These fees will be charged with the monthly billing in March, June, September, and December. New families will be charged \$25 at registration and then follow the above cycle. The annual registration fee is non-refundable.

Annual FE Synchro Registration Fee: All synchro families are responsible for an annual registration fee which will be determined yearly by the head coach. For the 2020-2021 season the fees will be \$300 for Age Group, \$250 for Intermediate and \$200 for Novice and Show Team, and will be billed over the first three months of joining the team on the 15th of the month. This fee includes various items necessary for participation on the synchro team including the team suit, personalized team cap, white cap and team shirt. The USA Artistic Swimming Membership is included in the yearly registration fee. Age Group athletes will receive the "Competitive Athlete" membership, and all other athletes will receive the "Athlete" membership. This fee is non-refundable.

USA Swimming Membership: In order to swim with FE, all swimmers must register with USA Swimming and maintain an active membership which runs from January through December. As of 2020, the **annual USA Swimming Membership Fee of \$85 per swimmer** and is due upon joining FE and will be automatically renewed in September and reflected in your October bill. There is a modest increase in this fee yearly, which will be reflected in the October billing. USA Swimming Membership provides insurance coverage in the unlikely event something were to happen to your swimmer while on-deck either at practice or at a swim meet. There are numerous other benefits to membership which can be explored at usaswimming.org.

USA Artistic Swimming Membership: See Annual FE Synchro Registration Fee. USA Artistic Swimming Membership provides insurance coverage in the unlikely event something were to happen to your swimmer while on-deck whether at practice or at a meet. There are numerous other benefits to membership which can be explored at usaartisticswimming.org

Swim Meets: Meet fees can be found in the meet packets which are posted under the Events tab on the FE website. There are various fees for a swimmer to participate in a meet. In addition to the fees imposed by the facility, FE, may at its discretion add additional fees to cover the costs associated with processing charges for the meet and coach attendance. Parents are responsible for all fees and charges for events they have committed their child(ren) once the meet deadline has passed. Additionally, the Parents give permission to the Coaches to enter their child(ren) into a relay(s) and assume all costs associated with the relay. Relay assignments happen during the meet. By entering their child(ren) in a meet, the Parent assumes the cost associated with any relay(s) a coach may assign.

Team Unify is the system of record and it is the parent's responsibility to ensure it is correct before the meet deadline. All fees associated with meets are non-refundable.

Synchro Meets: Meet fees can be found in the Meet Announcements which will be emailed to the applicable groups upon receipt from the host teams. There are various fees for an athlete to participate in a meet. In addition to the fees imposed by the host team/facility, FE, may at its discretion add additional fees to cover the costs associated with processing charges for the meet and coach attendance. Novice Swimmer Parents must communicate to the head coach if their child will not be attending a meet 30 days prior to the meet, and are otherwise responsible for all fees and charges for events the coach has placed the athlete in. Intermediate and Age Group Parents are responsible for all fees and charges for events the coach has placed the athlete in by their child(ren)'s placement in these competitive groups. All fees associated with meets are non-refundable.