

In The Dawg House



Fueling For Performance

Compiled by Charlene Boudreau, Formerly of USA Swimming

Fueling for Performance is...

- Always having a full tank of gas.
- Getting the most economical fuel.
- Fueling at the right times and places



The Basic Nutrients are:

- Carbohydrate
- Protein
- Fat
- Vitamins
- Minerals
- Water



What are Carbohydrates?

- The primary fuel source for aerobic athletes!
- Carbohydrates are NOT fattening.
- If taken in reasonable amounts, carbs are used for energy, leaving little to be converted to body fat.

What about Protein?

- Protein builds and repairs muscle.
- Protein produces hormones.
- Protein supports the immune system.
- Protein replaces red blood cells.
- Protein provides energy only when other sources are no longer available (starvation, malnutrition).



Inside this issue:

Fueling Performance	2-3
Banquet Award Winners	3
Reminders	4
Top Dog for Meets	4
A Volunteer's Advice	5
Mission Statement & Team Sponsors	6

Announcements:

- Testing Days June 27th and July 11th
- If you have any questions, please contact the office at (219) 838-DAWG (3294) anytime between 9 am - 4 pm, Monday - Friday.

(Continued on page 2)



Fueling For Performance (cont.)

(Continued from page 1)

- What about extra protein?
 - ...“Most athletes do not need ‘extra’ protein, but should focus on the timing of nutrient ingestion.”
 - ...Post-exercise CHO reduces protein breakdown.
 - ...Protein post-exercise optimizes anabolic response.
 - ...Pulse the system.
 - ...Essentials better than mixed.
 - ...Source has minimal effect.
- Extra protein does not build muscle bulk...exercise does.
- Your need is based on body weight and current training intensity.

What about Fat?

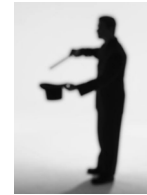
- Our ability to make certain fats limits our requirement to consume them.
- Fats are also known as “Lipids.”
- Fat is a substance in many hormones.
- Fat helps control satiety (fullness after eating).
- Fat stores our fat-soluble vitamins (A, D, E, K).
- Fats deliver our essential fatty acids.
- I need Fat, but...
- Limit Fat intake to 25% of total calories.
- Trade high-fat foods for low-fat substitutes:
 - lean cuts of meat instead of meat with visible fat
 - angel food cake instead of chocolate cake
 - frozen yogurt instead of ice cream
 - low fat salad dressing instead of regular
 - 2% or skim milk instead of whole milk
 - baked anything instead of deep-fried!

THE AEROBIC ATHLETE’S DIET.

In terms of calories...

- 60%* should come from Carbohydrate
- 15%* should come from Protein
- 25%* should come from Fat

*Note: +/- 5% depending on seasonal variations in training and intensity. The aerobic athlete’s carbohydrate intake should never drop below 50%, protein should not go above 25%, fat should not go above 30%.



Nutrition Foundations...

- Eat a Variety of Foods from all Food Groups:
 - No magic foods.
 - No magic food groups.
 - Vitamins and Minerals.
 - Servings grow as YOU grow.
- Eat Colorful Foods for vitamins, minerals, antioxidants, carbohydrates, recovery and general health
- Eat Early and Often:
 - The first 2 hrs post-workout are the most critical.
 - Glycogen repletion can occur 2-3x faster than normal.
- Drink Early and Often

“After exercise, the dietary goal is to provide adequate energy and carbohydrates to replace muscle glycogen and to ensure rapid recovery.....Protein consumed after exercise will provide amino acids for the building and repair of muscle tissue. Therefore, athletes should consume a mixed meal providing carbohydrates, protein and fat soon after a strenuous competition or training session.”

(ACSM, ADA, Dietitians of Canada Joint Position Statement on Nutrition and Athletic Performance, 2000, p 2131)

(Continued on page 3)

Fueling For Performance (cont.)

(Continued from page 2)

RECOVERY NUTRITION: TIPS & REMINDERS

- Start the replenishment process IMMEDIATELY! The “window of opportunity” for maximizing glycogen repletion starts to close as soon as exercise stops...it lasts for about 2 hours. Pulse the system. Try to eat something substantial every hour versus waiting for the large meal or eating only every 3-4 hours.
- Adjust post-exercise fuel intakes accordingly. Focus on maximizing glycogen repletion when practices are exhaustive. You might not need to replenish as long when workouts are not as intense.
- Most replenishment periods should continue for at least 2 hours, but may last as long as 5 hours if the workout was completely exhaustive.



Something is better than nothing. If you just can't meet the 1.0 g/kg/hr for at least two hours recommendation, consuming some carbohydrate fuel immediately after workout will do more to help prevent chronic or long-term glycogen depletion than consuming nothing at all.

Winter Banquet Award Winners



Kelsi Artim - The Spirit of Excellence



Moran Hegyi - True Spirit of Sportsmanship



Top Performers of the Season:

Eliza Nuet, Jason Bagnara, & Caroline Kruit

Not Pictured: Nolan Cook & Kirsten Verdegan



Most Improved Swimmers:

Alex McCormick, Ryan Kozlowski, Molly Kubal, & Andrew Gianfermi

Not Pictured: Nick Huls



Dedicated Dogs (80% Attendance or better)

Joe Sullivan, Marlee Christofanelli, Morgan Hegyi, Jordan Artim, MacKenzie Artim, Holly Schuster were tops.

REMINDERS

REPORT CARDS

Please do not forget to bring in a copy of your swimmers report cards so they can also be recognized for the academic achievements from the school year at the season ending banquet.

TESTING DAYS

We will have testing to move up from White to Black Groups and Black to Gold Groups on both Wednesday, June 27 and Wednesday July 11 at the evening practices. **These are the ONLY two days that we will offer the testing days.** Swimmers in the Black and Group groups need to retest

every season in order to remain in their respective training groups. Anyone that does not pass or even take the tests will automatically be moved back down to the lower training groups the following season and be allowed to retest at the end of that season. Please see Coaches Packet for Parents on the website for further details.

PARENTS ON DECK

Just so everyone understands, parent are not allowed on deck at any time during practices or away swim meets. Parents are only allowed on deck during a home meet if they are volunteering in a role that needs them to be on

deck. If a parent violates this policy, they are putting the club at risk of losing it's insurance. Please do not come on deck during practices.

If you need to meet with a coach for some reason, after practices are over, please ask them (from the stands) to meet you out in the hallway to discuss whatever it is you need to discuss.

If you have any questions about this policy, please contact Coach John at 219-838-3294 Monday through Friday from 9am - 4pm.

Thank you for your help!

TOP DOGS for the Championship Meets



Quad Meet vs LSO/LDSC/MMSC - **Kaitlin Phillips** - 21.77 second average time drop

CPSC Spring Spectacular Invitational - **SydneyAnne Hamelin** - 10.02 second average time drop

Munster Memorial Day Invitational - **Joey Karczewski** - 18.48 second average time drop

CPSC vs DUNE Dual Meet - **Ryan Czarnecki** - 9.10 second average time drop

To date, the team has posted 37.94% best times, 36.77% best times, 77.29% best times and 58.62% best times (sequentially) in the four meets so far.

AWESOME JOB DAWGS!!!!!!

A Volunteer's Advice by Coach John

While I do not get on a soap box often, I will on occasion take the opportunity. Let me just start by saying that I do LOVE the effort that our club volunteers give each and every swim meet we put on. Our parents are the very best at what they do. I guess I am asking for help from our parents in a different way with this.

Last year, one of our swimmers who showed a lot of enthusiasm for the sport all of a sudden decided she didn't like it any more. I could never seem to get the answer as to why. Her parents were making her come to the practices but she no longer signed up for meets and she told me she didn't like practices. When pressed further, all she would say is...."Just cuz." It did take some time and effort but I finally found out what the issue was. Apparently, at our fall invitational, when the swimmer exited the water (after her last race of the day) and asked a timer how she did (since she could not see her time), his response was "Not very well."

WOW! What an amazingly shortsighted thing to say to a child after they just put forth their best effort they had for that race. Just because a race isn't a personal best time doesn't mean it wasn't good. I have seen best times that are TERRIBLE races and, vice versa, not so good times that are GREAT races. Please don't ever judge a swimmer's efforts by their time. There are a tremendous amount of factors that go into a GREAT RACE. The end result isn't always a best time. The other issue, besides destroying a child's self-esteem, is that every race isn't going to be a best time. If that were the case, eventually a swimmer's time would be zero and that is not physically possible. Parents should always expect that 85-90% of their child's swims will NOT be best times. That is what is realistic. What is most important is if the child is giving their best effort and trying to improve. If that happens, then the response to that treacherous question, "How did I do?", should always be "You did amazing!" PERIOD. No analysis....nothing negative.....just ..."good job""I'm proud of you." Whether it is your child or not.

What you may or may not realize is that every child will be extremely harsh on themselves. They are their own worst critic. What we do not want to do is add to that criticism. We want to always provide them with encouraging comments and positive feedback so as not to add to any stress. Stress will only do one thing and that is to keep athletes in the wrong state of mind.

Please know that not only are we as parents examples to the kids for how we want them to act in public, we are also examples to the children on how we want them to talk to others.

Please take this advice as it is intended....I am trying to build our program up in numbers so that not only can we be more powerful as a swim club but also so that the statistic of children drowning decreases. Help me keep these kids in the sport by being only supportive of their efforts. Thanks!





Phone: 219-838-DAWG (3294)
E-mail: coach.john@sbcglobal.net

Committment, Pride, Sportsmanship, Character

www.crownpointswimclub.org

Mission Statement

The Crown Point Swim Club is an aquatics program established to provide opportunities for our community through the sport of swimming. We are a USA Swimming and Indiana Swimming member committed to building excellence in athletes through the sport of swimming at the highest levels of competition. We are dedicated to the members of our not-for-profit organization to help provide our services at very little cost to all.

Vision Statement

Building the future of the community through safety in the water, healthy lifestyles, and physical development while achieving excellence in swimming, academics, and life.

Philosophy

Commitment, Pride, Sportsmanship, Character

We stress being committed to excellence both athletically and academically. We take pride in our organization, our athletes, and their families. We teach sportsmanship both in and out of the pool at all times. We build character through life lessons that will take our swimmers past their athletic ca-

2012 Club Sponsors

GOLD LEVEL

Orthopaedic Pediatric &
Spine Institute

SILVER LEVEL

Artim Industrial Properties
Kwik Kopy
Bret A. Bologna DDS - Distinctive
Dental Solutions

BRONZE LEVEL

NIKE®

Kast-a-way Swimwear, INC.
Peoples Bank
City of Crown Point-David Uran, Mayor
Indiana Spray Foam
White/Peterman Properties, Inc.
Hektoen Homes
Psi Iota XI Sorority - Crown Point
Naylor Pipe Company
True Pro Services
Mullen & Associates, PC
The McCormick Family
All About Vacations
Gineris & Associates, LTD
Kevin E. Werner, Attorney at Law
Eli's Golden Apple
Centier Bank
The Nuet Family
Louis Stratton, CPA
Toyota of Merrillville
Media Violence Resource Center
Microworks, Inc.



swim 