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In The Dawg House



Being a GREAT Teammate

While many of us say or think we are acting like a good teammate, there are certain traits that will always define a GREAT teammate. But first and foremost, supporting each other in every thing and every way is where it always will start. Every athlete that has been in a situation of having teammates cheering for them knows how great that feels. Just being there for a teammate when it is their turn to perform, whether that be in competition or at practice, to encourage, to help



them be their best, will help make the team become stronger and faster. It will help each member become stronger and faster.

A perfect example of a GREAT teammate can be found in our military units. If you want to know what makes our military so great

ask a soldier how they work together as one unit. You will never get an answer of, "Well, I made sure I had what I needed first." or "I'm all that matters." or "They aren't my problem." Each member of a unit genuinely cares for and is concerned for each others welfare. They make sure they do everything they are asked to do for the overall benefit of the unit (team). Everyone has a task to do and it is always done to the best of their ability, without question, without regard for self. You could actually say they put others over self while still supporting the whole.

GREAT teammates work hard to make the whole team GREAT!!

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Announcements:

- Please make sure to sign up online for jobs for our home meets to help make each meet a success.
- If you have any questions, please contact the office at (219) 838-DAWG (3294) anytime between 9 am - 4 pm, Monday - Friday.



Best Ways To Handle Sugar For Young Swimmers

By Jill Castle, MS, RDN

Sugar, the sweet stuff added to foods in baking and other food processing techniques, is something young swimmers should have a handle on. After all, sugar (or sucrose) is a carb, but it doesn't have a lot of nutritional power, nor does it offer the long-lasting energy found in complex carbs, like bread, beans, and fruits and veggies.



According to the Center for Disease Control (CDC), American youth are eating too much added sugar. In a 2012 study looking at the consumption of added sugar in youth from 2005 to 2008, researchers found the following:

- Overall, intake of added sugar was down, slightly, from previous years
- Boys ate more added sugar than girls
- Much of the added sugar was from food sources, rather than beverage items

Most of the high-sugar foods were consumed in the home

When it comes to the calorie dent from added sugars, here's the low down:

6-11 year olds: males consumed an average of 345 calories from added sugar per day; females consumed 293 calories from added sugar per day.

12-18 year olds: males consumed an average of 442 calories from added sugar per day; females consumed an average of 314 calories per day from added sugar.

That's a lot of calories from sugar! The recommendations from the 2010 Dietary Guidelines for Americans (DGA) are 5-15% of total calories eaten each day from what they call discretionary calories, or foods with added sugar and solid fats.

Where can I find added sugars?

You can find added sugar in many foods. Added sugar is used as an ingredient in foods like desserts, soft drinks, ice cream, candy, chocolate and jelly. Sugar can be eaten separately, as in the case of sugary candy or syrup, or can be added to foods in processing or baking, like in cookies.

The following foods are considered added sugars: white sugar, brown sugar, raw sugar, honey, syrup, molasses, corn syrup, corn syrup solids, high fructose corn syrup, fructose sweetener, dextrin, and more.

Added sugar can be found in beverages such as soda, fruit drinks or cocktails, ades, sports drinks, flavored milk, sweetened bottled water, bottled smoothies, energy drinks, and fruit nectars.

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Best Ways To Handle Sugar For Young Swimmers (cont.)

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Food with added sugar include breakfast cereal, flavored and fruited yogurt, dairy-based desserts (chocolate, ice cream), grain-based desserts (cookies, cakes, pies), and candy.

How much should swimmers eat?

I advise shooting for no more than 10% of the total caloric intake coming from added sugar food sources, which is in line with the World Health Organization (WHO). This ends up being about 150-250 calories per day, depending on age, with the higher calorie level appropriate for older teens.

If added sugar is a problem for the swimmer, here are four ways to cut back:

1. Allow no more than one to two sweet foods or beverages per day as long as the swimmer is healthy, growing and physically active on most days. If the swimmer is overweight, set an average limit for one sweet food or beverage per day. Restricting all sweet foods and beverages can backfire, as research shows that strict elimination can feel like deprivation to children, driving them to want the absent food more, and even seeking it out. It's best to have moderate exposure to sweets with limits in place so swimmers know how to live with them.
2. Nix the soda and other sugary beverages. Athletes don't need these in their diet, and they don't offer much nutrition anyway. Keep a cap on sports drinks and only allow them during exercise or competition. If your swimmer has a soda or an extra sports drink (outside of practice or competition), count it as a sweet.
3. Be selective about sweets. Choose sweet food or beverages that contribute nutrition, such as ice cream as a source of calcium, or oatmeal raisin cookies as a source of fiber. If juice is included in the swimmer's diet, make sure it is 100% juice and limit the daily amount to 8-12 ounces.
4. Purchase lower-sugar items. When shopping for cereal, granola bars or yogurt, look for brands that have around 6 grams of added sugar per serving or less. Hint: these won't be the sugary cereal brands. Another way to manage sugar content is to look at the ingredient label. Sugar ingredients should be at the end of the list, not the beginning.

*Jill Castle, MS, RDN is a childhood nutrition expert and co-author of *Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School* (www.fearlessfeeding.com). She is the creator of *Just The Right Byte* (www.justtherightbyte.com), and is working on her next book, entitled *Eat Like a Champion: Performance Nutrition for Your Young Athlete*. She lives with her husband and four children in New Canaan, CT.*

IF

By Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;

If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat these two impostors just the same;

If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;

If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings - nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;

If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!



Cody Miller: Rising Above The Pressure

By Mike Watkin / USA Swimming Correspondant

Cody Miller knows he's in good company sharing a special connection with fellow swimmer Nathan Adrian and pop superstar Janet Jackson. Unfortunately for the University of Indiana senior, it's not a gold medal or a Grammy Award.

Just like Adrian did at an Arena Grand Prix meet last season and Jackson did at the Super Bowl a decade ago, Miller experienced the sheer terror and embarrassment of a wardrobe malfunction – his coming in the form of a ripped swimsuit at the 2012 Olympic Trials. Relatively unfazed, Miller took the rip in stride, running into the stands for a quick behind-the-towel suit change and returning to take the blocks to swim his heat.

"I was doing a couple of squats, loosening up before taking the blocks, and felt the fabric of my suit rip right down the backside," Miller said. "Funny enough, it wasn't the first time it happened. It also happened at Big Ten Championships, although that was a small rip. I had to change at Trials or I would have mooned the audience."

Miller admits the experience caused a slight distraction but he still swam fast enough to make the top 16 and live another day toward achieving his Olympic dream. And while he didn't make it into the event finals, he did learn a lot about himself as a competitor and person: he's pretty fearless.

"Swimming at an elite level is all about handling pressure, so if you can handle the pressure of your suit splitting at the biggest meet of your life, you can handle pretty much anything," said Miller, who hails from Las Vegas. "I could have let it distract me, but I chose instead to focus on the event and laugh it off. There weren't too many alternatives."

Now more than a year removed from his Trials "experience," Miller is ripping through the water rather than swimsuits.

Upcoming Deadlines for the Meets



Since we have no meet results yet in this season, we like to take this opportunity as a reminder to not miss the sign up deadlines as they will not be altered.....when they pass so does the opportunity to be in the meet.....

CPSC vs HHSC Dual Meet - Midnight October 9th

Lyons Pride Invitational - PASSED

UTSC Beginner Meet - Midnight October 1st

Munster SYOA Invitational - Midnight October 13th

CPSC Fall SYOA Invitational - Midnight October 23rd

LCB Winter Invitational - Midnight October 31st

DO NOT MISS SIGNING UP!!!!!!



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

Commitment, 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-

2014 Club Sponsors

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