



July 1, 2025

Hurricane Penguins Newsletter

Upcoming Events

July 11-13

Grizzly Summer Sizzler

July 18-20

MAGS 14&U State Meet

July 25

ULTRA State Meet

July 31 (tentative)

Team Fundraiser - Car Wash



Summer Hydration Tips for Swimmers

Just because you are in the water doesn't mean you don't need water in you to perform at your best and stay healthy! We'll share some tips on what and how much to drink!

In the heat of summer, aim for about 1 cup of water (8-ounces) every 15-20 minutes of activity. Most sports water bottles are larger than 8-ounces, so mark your bottle at 1-cup intervals so you will know how much to drink. A less precise method is to count the number of swallows...a large swallow is about an ounce, so take 8 swallows of your drink when you get a break. Cold fluids are best, and with the advances in water bottles, keeping fluids cold is easier than ever.

Dehydration of just 3-4% of your body weight can reduce muscle strength by about 2%. So, if you are losing power in the pool, check your hydration intake to make sure you are maintaining body fluid levels.

It seems odd that dehydration can occur when you are surrounded by water, but anyone who exercises in the heat can be at risk for heat illnesses. The good news is that heat illness is 100% preventable by paying attention to the early warning signs such as dizziness, cramps, lightheadedness, and fatigue. Drink cold fluids and seek some shade until the symptoms pass.

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Mark Your Calendars

August 23, from 3-5p for the End of Season Party! Use this signup genius link to RSVP and contribute:

<https://www.signupgenius.com/go/9040C49AFAF28A1FF2-57323873-2025>

We are hoping to host another fun and successful car wash on July 31. Details to come!

Resources

*Website: www.penguinssc.com

*Sports Engine Motion App: [iOS](#) or [Android](#)

*Parent Facebook Group:

facebook.com/groups/hurricanepenguinparents

*Team Facebook Page: facebook.com/HurricanePenguins

*Contact us! [-Click Here -](#)

Hydration continued..

What to drink is simple. USA Swimming nutrition columnist, Jill Castle, suggests the “over/under rule:” for activities over an hour, drink sports drinks, and if exercising less than an hour, drink water. A good strategy for a swimmer is to drink sports drinks and then drink water. So, it isn’t always either/or, just a bit both can be effective and your taste buds happy.

And, what about energy drinks? Energy drinks are not recommended for young swimmers, and can sometimes be dangerous. Caffeine is a drug, widely consumed, but still a drug. Energy drinks deliver quite a punch of caffeine. Unlike coffee, energy drinks can be consumed quickly, so a swimmer may not know how much caffeine he or she is truly getting. Don’t be fooled by the new breed on energy drinks that claim to be “natural,” “clean,” or made with “healthy ingredients.” They still contain caffeine and sometime other stimulants that no young swimmer needs.

So, this summer, stay hydrated with water or sports drinks, pay attention to the early warning signs of heat illness, and have fun!

This was adapted from a USA Swimming article by Chris Rosenbloom, a registered dietitian, certified specialist in sports nutrition, and professor emerita of nutrition at Georgia State University. You can view the full article here: <https://www.usaswimming.org/news/2017/06/20/summer-hydration-tips-for-swimmer>

MAGS Qualifiers

Claire Gostlin (13)

#3 Girl 13-14 100 Breast
#15 Girl 13-14 200 Medley
#39 Girl 13-14 200 Breast
#51 Girl 13-14 100 Fly
#89 Girl 13-14 400 Medley
#95B Girl 13-14 800 Free

Corinne Mayer (12)

#5 Girl 11-12 200 Fly
#13 Girl 11-12 200 Medley
#33 Girl 11-12 200 Free Relay
#49 Girl 11-12 100 Fly
#53 Girl 11-12 400 Free
#57 Girl 11-12 200 Medley Relay
#87 Girl 11-12 400 Medley
#95A Girl 11-12 800 Free

Brooke Lindsey (11)

#9 Girl 11-12 100 Free
#33 Girl 11-12 200 Free Relay
#45 Girl 11-12 200 Back
#53 Girl 11-12 400 Free
#57 Girl 11-12 200 Medley Relay
#83 Girl 11-12 200 Free
#91 Girl 11-12 50 Fly
#95A Girl 11-12 800 Free

Charlotte Collar (11)

#33 Girl 11-12 200 Free Relay
#57 Girl 11-12 200 Medley Relay

Harper Owen (11)

#33 Girl 11-12 200 Free Relay
#57 Girl 11-12 200 Medley Relay

