



November 6, 2022 | Issue 20
Charger Aquatics Santa Fe

Dear CAQ Swimmers and Families,

It has been great to see so many swimmers attending our meets these last couple of months and doing so well! A true testimony to the dedication of each swimmer and our fabulous coaches!

Make sure to read our **Swimmer Spotlight** in this issue featuring **Raylee Hunt and Ethan Manske** (currently swimming for Kenyon College) for making USA Swimming Academic All Americans for 2021-2022. We are so proud of them!

I hope you are all noticing a big change to our newsletter format, which is due to our volunteer Margaret Martine, who has offered her design skills to spruce it up. Thank you, Margaret!

Carol Tyroler
President



CALL FOR VOLUNTEERS

If you have a talent or desire to help our team, we can always put your efforts to good use AND you get required volunteer points for this. Please reach out and let us know how you'd like to help: cetyroler@gmail.com.



HIGHLIGHTS

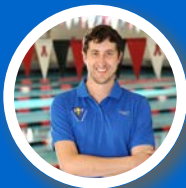
- Coaches Corner
- Swimmer Spotlight
- Call For Volunteers
- Spooky Practice
- Recipe Of The Month

IMPORTANT DATES

- Upcoming Meets
- Board Meeting
- November Birthdays
- 2023 Swim Season Registration



COACHES Corner



Happy November Team!

I hope that everyone has settled into the routine of school and swimming by this point. Balancing academics and athletics is hard, but **being involved in athletics has been shown to help academic performance**. Swimmers especially tend to have higher GPAs than those in other sports, and have historically graduated at higher rates than those not involved in athletics. People may think the chlorine has some sort of magical effect, but it really comes down to the time management skills and work ethic that swimmers develop. Having to practice multiple hours a day, sometimes morning and night, swimmers are forced to learn how to manage their time in order to still make those practices while also maintaining their grades.

I personally swam at an NCAA Division III school where we worked out either in the pool or weight room close to 20 hours per week, and this was on top of a large academic load and part-time job. Thanks to swimming in high school and my participation in youth sports though I knew how to manage it all. Was it easy? No! Was it worth it? A thousand times yes.

Congratulations to Ethan and Raylee!

I hope our younger swimmers see the example they have set and know it's possible to achieve success both in the pool and classroom at an elite level. They may be our first Academic All Americans but I know they won't be the last.

Lee Romero Taylor
Head Coach

HALLOWEEN PRACTICE



Thanks Mario and Luigi for cooking up a super fun Halloween practice!





SWIMMER Spotlight

Raylee Hunt & Ethan Manske

Let's join our coaches in congratulating our recently graduated, Ethan Manske, and current swimmer, Raylee Hunt for being named **USA Swimming Academic All Americans for 2021-2022!**

To be named an Academic All American they had to achieve Junior Nationals cuts or faster as well as maintain a 3.5 GPA or higher. There were 7 total recipients in New Mexico so I feel very fortunate to have had 2 come from our club. You both make our team so proud! Special shoutout to CAQ swimmer **Nolan Arnholt** out of the ABQ branch who was named an Academic All American as well.

OLDER AND WISER!

Happy birthday to all our swimmers who are having or had a birthday recently! If we missed any please let us know!

October Birthdays:

- Camille Allen (11)
- Hanbi Park (16)

November Birthdays:

- Kemper White (14)
- Rinchen Rotto (16)
- Coach Erin (34)
- Coach Lee (34)



Congrats Raylee and Ethan!



Have questions or news to share?

Send them to SFAquaticsBusiness@gmail.com

RECIPE OF THE MONTH

NEW

We are very excited to help our swimmers improve their fitness, athletic performance, and confidence. One area that is just as important as their fitness, is their nutrition. To get you started, we'll be sharing simple, healthy eating recipes, that even the pickiest of eaters will love.

Stuffed Acorn Squash

Acorn squash gets roasted to perfection and tossed with protein packed turkey, mushrooms, apples, and melty cheddar cheese for the perfect salty and sweet combo. **Enjoy!**

Ingredients:

- Acorn squash
- Chicken stock
- Baby bella mushrooms
- Ground turkey or ground italian sausage
- Apples
- Olive oil
- Spices
- Cheese



1. Cut, prep + roast the squash halves on a parchment lined baking sheet.
2. While the acorn squash halves cook, cook your turkey, apple, mushroom filling.
3. When the acorn squash is finished roasting, scoop out the filling to create 'boats' and add to the turkey mixture.
4. Stir the filling together so it's evenly mixed.
5. Stuff the acorn squash
6. Top with cheese and bake on the parchment lined baking sheet!

UPCOMING EVENTS

Nov 17-20	CAQ High Dessert Classic
Dec 10-11	CAQ Candy Cane Races
Jan 7-8	CAQ Santa Fe Winter Open
Dec 7	CAQ Santa Fe Board Meeting 5:30 PM - this is a virtual Zoom meeting and everyone is invited to join the call .

Team Holiday Party

Stay tuned for the info about our Team Holiday Party! The date (sometime in December) and details still to come.



IT'S REGISTRATION TIME!

Register for the 2022-2023 Swim Season.

All swimmers must renew their membership to remain eligible to swim.

Instructions were sent out by John Weigle, so please check your email. Questions? Reach out to John at weigle@lanl.gov or call (505) 500-7506.



Step 1.

Register with Charger Aquatics Santa Fe via Team Unify



Step 2.

Register with USA Swimming

MAKING GAINZ

Senior swimmers getting in some serious work, and learning good technique in the weight room under the guidance of Coach Erin.



APPS

Once your swimmer starts participating in swim meets these apps will help you track your athlete:



Meet Mobile

For a small annual fee track your swimmers times and placement during meets, view records and time standards, team scores and more.



OnDeck

This free app allows you to view your swimmers best times, events, and past meet results.

TEAM GEAR

All swimmers and their families are encouraged to sport our team's official apparel. Show your team support in and out of the pool!

CHARGER is SPONSORED by **SPEEDO** and **Ski Pro** is your provider!



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[visit](#)



To make practice go as smoothly as possible it is important to send your swimmer with the equipment they need to be successful. Visit **JUSTGT** for team swim bags, goggles, caps, training aids, and all your other swim needs.



This is a locally owned business and our team will get 5% back on every purchase when [this link is used to access the website](#).