

American College Connection

helped both of our daughters find the right colleges and swim programs for them. Searching for a college is expansive and stressful, and can be even more so for an athlete. ACC guided our girls, and us as parents, every step of the way and helped us to understand what to expect. Their guidance really helped our family narrow down what was important to our family and how to proceed. Their knowledge of the process, the schools, school programs and swim programs is so helpful in streamlining the search for the right college. Thank you, ACC!
The Wilke Family

Flipturn

**Academic Calendar****August 1:**

- Common App opens for 2023 admissions
- Work on your application essays

SAT dates for 2022

- August 27
- October 1
- November 5
- December 3

ACT dates for 2022

- September 10
- October 22
- December 10

It takes more than Talent (part 1)

While it is easy to get caught up in the sheer technical talent and abilities of swimmers, college coaches are looking for more than just what is quickly seen in competition. Below are four qualities a coach looks for in a student-athlete.

CHARACTER: Athletes that can represent their team and teammates in a positive way, will make an impact with the coaching staff... Character strengths such as hope, perseverance, creativity, and zest are but a few traits which provide sport participants the greatest opportunity to improve performance. All character counts and to find the balance between social and moral character is very important. When you display yourself in the best possible way any university would be proud to have you as a member of the school and swim team. One of the simplest definitions of character is who you are when no one is watching.

ABILITY: It is obvious that this would be one of the attributes on the list. Even though it is not the only factor in determining if a student-athlete is going to be recruited. College coaches want to bring those people who are going to help lead the team to championships and be national contestants. They want athletes that are exceptionally talented now or have the potential to be exceptionally talented with a little more practice and determination. They are looking for swimmers who can perform consistently at speed, under fatigue and in competition.

STRENGTHS: Exhibiting numerous strengths can be a plus for many coaches; Along with if you aren't afraid to talk about your strengths, "painting your picture of potential", shows the confidence you have in yourself. Everyone has both strengths and weaknesses, so be always aware of yours. Your strengths can be amplified through extensive training and it is those strengths that offer you the opportunity for greatest success in the pool.

WORK ETHIC: Athletes that don't get defeated easily and will keep working hard no matter what and who don't give up after a setback or two. Someone who is going to push through and persevere no matter what the situation or outcome. Work ethic is your dedication to the responsibilities laid out to you by our coach and the value placed on them that guide you in your daily routine. A good work ethic isn't about getting the work done, but doing it to the best of your ability and willing to go above and beyond expectations.

Kevin Weldon
Director of Club Relations
American College Connection

Nutrition Niche

How Much PROTEIN Does Your Young Athlete Need?

You obviously know that protein is important, but exactly how much and from which sources may not be as clear. Proper nutrition can help teens thrive both academically and physically, especially in sports, but

First, how many calories:

Teen athletes need more calories than active teens. The Academy of Nutrition and Dietetics reports that teenage male athletes need 3,000 to 4,000 calories per day and female teen athletes need 2,200 to 3,000 calories per day. And according to Teens' Health, some teens may need up to 5,000 calories per day, depending on how long and intense their training sessions are. Once you have determined the amount that's optimal for your child (click [here](#) if you need help), you can estimate his or her protein needs.

Second, the ABCs on Protein

Protein is essential to help build, repair, and maintain muscle mass in teenage athletes. It's vital for a strong immune system. And it plays a key role in their mood and mental health (a lack of protein in their diet could cause their body not to make enough neurotransmitters, which impacts how their brain makes chemicals and they could, for example, feel more depressed or aggressive).

Most young athletes need 1 to 1.5 grams of protein per kilogram—or *about 0.45 to 0.68 grams per pound of body* weight each day (1 kg = 2.2 pounds).

Therefore, a 100-pound athlete needs 45-58 ounces of protein each day, while a 150-pound teen athlete needs 68 to 102 grams.

Third, how to get their Protein

Some young athletes may need to supplement, but many do not. Most young athletes can get all the protein they need from foods such as lean meats, seafood, poultry, eggs, milk, cheese, yogurt and butter, soy products, legumes, nuts, seeds, and peanut butter.

1 egg	= 6 g
1 serving (3.5oz) chicken	= 25 g
1 cup of Greek yogurt	= 20 g
1 cup of black beans	= 15 g
1 slice whole-grain bread	= 4 g

Remember: nutrient deficiencies can lead to illness, fatigue, and reduced bone and muscle growth, while healthy eating may optimize a teen's health, boost his mood, and have a **powerful impact** on his or her performance.

By María Inés Flores
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Academics

One of the easiest ways of applying to college is through the Common Application (which opens August 1 of each year). Through the common app, you can apply to multiple schools without having to fill out separate applications. While more than 900 schools accept the Common App, not all schools do, so be sure to check to make sure your dream school is on the list.

<https://www.commonapp.org/>