



February 2023, Newsletter

Flip Turn

One of the most important things a potential college coach likes to see is video of your races, and we do too ! They like to see your starts, turns and underwaters, stroke technique and how you race!

Please make sure these are current and best races (not practice video)

Uploading the video properly is imperative. Attached are the instructions at the bottom of this newsletter. Please download and save on your desktop.

Our videographer is wonderful, but to benefit from his expertise, your video must be submitted properly.

TRIVIA QUESTION

Who is the only man in the world to hold the 100 Fly, 100 back and 100 free American records simultaneously?

Conference Championship Watch

The month of February is incredibly exciting, with all of the conference championships underway.

- ★ Please make sure you are following them on SwimSwam, or Swimming World. They do a very thorough job, and sometimes are able to offer live feed.

This is an opportunity to follow your favorite schools, and to see where you may fit in within their roster. Keep in mind, most college coaches begin their active recruiting , if you can score in the top 16 of their conference meet. Depending on the school, some schools may look at the potential of swimmers who are in the 'C' heat finals.

For many swimmers, this meet is the highlight of the year. They are rested, shaved, tapered and suited, and ready to swim lifetime bests 🍌

- Wherever you are in your recruiting journey, we suggest you pay close attention to these conference championship meets !



CLASS of 2023 Reminders:

Most of you are committed by now, and we hope you have been accepted to your school of choice.

Be sure you are keeping up to date with the NCAA eligibility center with your choice of schools and your transcripts.

~ Your new school compliance director/swim coach should have a list for you to make the academic transition simple. If not, ask.

If you are still struggling with your decision, please reach out to your ACC advisor to talk it over.

CLASS of 2024 Reminders:

Most recent transcripts on desktop.

Senior class schedule on desktop.

Consistent updates to coaches * every 3 weeks* Be sure you are emailing the whole staff.

This ensures you do not get 'lost' in their recruiting pool. (lost email, lost text, lost voicemail) Everyone has your contact and your ACC updated profile



COMMUNICATION REMINDERS:

Many students are not emailing us on a regular basis. You are 'too busy, or you forgot'.

College coaches will drop you, if you are not staying up with your communication with them. Please be vigilant with your emails to all of us. Put an alarm on your phone to email your advisor the first of every month, or as often as you want; **we want to hear from you !**



TEAM MEMBER SPOTLIGHT

Assistant Director of Swimming

Lori Payne



Lori is originally from South Florida, and joined our ACC team eight years ago, after wearing many hats in the swimming world.

As a distance swimmer at UNC- Chapel Hill, she loved the sense of family and friendship that college swimming gave her.

Helping high school students find that same feeling, attracted her to the ACC team.

She has experience with all levels of swimmers and schools, and has successfully placed hundreds of athletes.

Opening doors to schools they never thought of, that is the perfect fit, makes Lori the happiest.

Knowing and learning about her kids, working together with them, has helped her and her families make educated college decisions.

Lori stays in touch with many of her swimmers through their college career, and loves knowing she was part of their successful recruiting journey.

In her free time, she travels to open water swims, fishes, hikes, bikes, downhill and cross country skis, and attempts to play golf.

Staying in the pool, and a little bit of volunteer coaching, has always been a priority and Lori has been an active member of US Masters swimming for over 30 years !

You will not find anyone more passionate about swimming and always eager to help young people find their dream schools than Lori.



We at American College Connection take pride in the work we do and the best compliments we can receive is for any and all referrals from our client families. We will accept those all day long! Don't forget to pass our company name onto your friends and teammates.



Along the same lines as referrals, please feel free to get on facebook or any of the social media platforms:

"Parents of College Swimmers and HS Swimmers Who Want to Swim in College" or "College Swimming Recruiting" and give us your best review. There is a lot

of information out there, but not all of that information is correct. Please do not hesitate to provide your experience with ACC online.

NUTRITION

TIP:

BEFORE & BETWEEN RACES

How much time do you have?

- **<30mins before or between races**
 - Water, sports drinks, juice, banana, lollies, glucose tablets or dried fruit
- **30-60mins before or between races**
 - Sandwich with jam/honey/vegemite
 - Fruit toast + jam/honey/peanut butter
 - Winner's bar/Carman's muesli bar
 - Fruit - banana, grapes, sultanas
 - Homemade food or bakery food e.g. banana bread, muesli slice, apple scroll, fruit scone
 - Up & Go or Sustagen Sport
 - Creamed rice
- **1-2hrs before or between races**
 - Peanut butter sandwich
 - Pasta with tomato-based sauce
 - Rice with soy sauce & peas/corn
 - Fruit & yoghurt
 - Fruit smoothie or Up & Go or Sustagen Sport
 - VitaBrits + honey + milk
 - Quick Oats
 - Fruit & nut bar
 - Vegemite & Cheese sandwich/wrap
- **More than 2 hrs before or between races**
 - A more substantial meal, dinner leftovers
 - Meat/Egg & salad wrap
 - Classic Burger (skip the cheese & bacon)
 - For the vego's: Egg & salad 'burger'
 - Sushi rolls
 - Rice & tin of tuna/salmon



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TRIVIA ANSWER:

Tom Jager from Collinsville IL. He is a two time Olympian (with 7 medals) and was inducted into the International Swimming Hall of Fame in 1991