

# Flip Turn



**In what year did swimming first become an Olympic event?**

**Congratulations!** to all of our swimmers that competed in their final meets of the short course yard season -

It is the culmination of a season of dedicated dryland training, swimming, and racing!

*What have you learned from this season? Please go back to your coaches and review your short course season. It is time to set goal times and put a positive plan in motion for the lcm season.*

We hope you followed all the wonderful racing during last month's National Championships! The D1 meet is the fastest short course meet in the world, and the times posted were incredible. The team spirit and bonding are life events!

## Nutrition

**María Inés Flores**  
**Olympic gymnast Certified**  
**nutritional coach**

Last month we talked about the dangers of eating disorders as they pertain to girls, but boys are at risk, too. Men and young boys can feel pressure to look a certain way, reach a specific weight or gain muscle quickly. Some things I have heard from young male athletes are:

- I don't eat bread because it makes me fat
- I want to work with a nutritionist to lose fat right here
- If I gain 30 pounds, Coach said I'll make the team next year
- Cutting weight starts tomorrow. I need to drop 7 pounds or I won't make weight for State
- I'll never have muscles like X person
- I have to drink two protein shakes a day because I'm too skinny

Here is what is really going on.

- a. Whether "eating bread makes you fat" or not will depend on many things including how much you eat (total food), how much of each macro, your metabolism, your sensitivity to carbohydrates, whether you are having a growth spurt, how much you are training and how intensely.
- b. You cannot spot reduce fat. Well, you can through mechanisms such as surgery, but that's not our topic now. If you eat, rest, train, and supplement in a certain way that's conducive to fat burn, then you will burn from the fat deposits in your body in general, not just "right here"

click link for entire article: <https://adobe.ly/3JZMauG>



## Reminders for April:

### OFFICIAL VISITS—

In our recruiting manual PAGES 29-35 there are great reminders of how to handle, and what to expect on an official visit.

*This is a job interview and you must act accordingly. There are eyes everywhere.*

Be on your best behavior and use your best manners. Dress conservatively. Have several well thought out questions for coaches. Be kind and show leadership when appropriate.

Do not get drawn into activities that you know you should not be doing. No drugs, vaping, smoking, or drinking.

### PARENTS and OFFICIAL VISITS—



Yes, you can and should go investigate the school your child may be residing in for the next four years. Expect to pay your own expenses.

Find the financial aid office, and ask what it will cost for your child to go to school there. Have all academic paperwork to support aid. Be observant, but say little. Remember this is your swimmer's journey, not yours.

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### DON'T FORGET TO



**Season is over and we need to send out UPDATES!!!!**



**As always...we really appreciate REFERRALS**

**Trivia Answer: 1896**

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### May Flip Turn Issue—

- Focus on preparing for June 15th "Official day for 2025's to receive calls from coaches
- Suggestions on switching gears from SCY to LCM