



ISSUE #14 | NOVEMBER 2019

## DEL NORTE AQUATICS NEWSLETTER

### Food — It's In Our DNA!

*You know the saying, “you are what you eat”?* In a way, it's true. Our bodies need certain nutrients to be healthy. The tiny cells that make up our body parts all have their jobs to do. If we get the right amount of carbs, fats, and proteins (the macronutrients), plus vitamins and minerals (micronutrients) from our food, then our cells — and yes, even the DNA in our cells — can do their jobs right!

Food also makes us who we are because it shapes our families and the

cultures we belong to. For example, in my family we've made it a tradition to bake our own pizza on the weekends. The weirder the toppings, the better, and extra points for finishing off a container of leftovers. Sliced okra and shredded beets? Yes, please. Kiwi and tuna? Well, yuck, but my swimmers like it. Pizza night brings us together.

What foods are part of your family or ethnic culture? How about our shared culture as a swim team? At evening practices it can be fun to check out



what people bring for snacks or dinner. Do you have a signature dish you make for special gatherings or Thanksgiving? Will you try something new this year?

Cheers, DNA swimmers and families!  
— Susan Herman

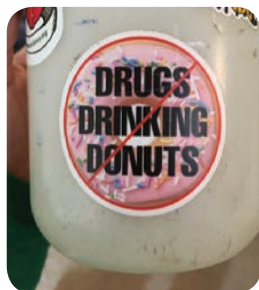
### Donuts — Yes or No?

*As a fundraiser earlier this year our team sold water bottle stickers.* One says Drugs-Drinking-Donuts with a big red NO slash through all three words. “No donuts before meets/practice” is a rule for our team...sort of. It's also a joke...sort of. Basically, if you're eating a donut by the Del Norte pool, look over your shoulder first in case someone \*accidentally\* shoves you in.

But seriously, abiding by this rule can be a struggle. Are donuts always a NO food?

Can they be a yes or a sometimes food? I asked Karen Miller, an expert in the area of eating and body image (and stepmom to the Sperber girls), for her advice.

Here's what she said:



In the eating disorder world, we have a saying that “all foods fit.” We also like to think of food as fuel and from a perspective of

energy in and energy out. When thinking about long days of swimming and performance, well-rounded nutrition is key to maintaining energy. As my dietician friend puts it, “Donuts are delicious, who would ever want to live without them?! They're one of the tastiest sources of carbohydrates; donuts replenish glycogen stores in a delicious fashion!”

Children develop healthy relationships with food and their bodies when others model it for them. The only time a



Karen Miller, PhD

food should be “banned” in a person's daily intake is for medical necessity (e.g., diabetic insulin regulation, severe allergy). In short, swimmers, have donuts and other foods to keep your energy up. Parents, have a donut with them!

### Fall/Winter Meets

**November 22-24**

SMST Gobbler at Folsom

**December 6-8**

EGAC Matt Casto Memorial Meet  
at Sac City College

**January 18-19**

Arctic Challenge at Woodland

**January 24-26**

Bud Meyer Memorial Meet  
at Rio Del Oro

## Coach Corner

**As a former Del Norte Dolphin for 12 years,** I have experienced swim meets that left me beaming with pride. On the other hand, I have left swim meets feeling disheartened. At 13 years old, I began to realize that drinking water and eating healthy food greatly enhanced my performance during practices and meets. As I increased my water intake, I cramped up less during practices.

I also noticed I felt tired, unmotivated, and unfocused during a swim meet after eating doughnuts or pancakes for breakfast, and a hamburger for lunch. Toward the end of the season leading up to Championships, I began eating an egg, bacon, and cheese burrito for breakfast. During the meet, I had an ice chest supplied with specific foods such as peanut butter and jelly sandwiches, bananas, watermelon slices, grapes, unsalted nuts, yogurts,



pretzels, protein bars, chocolate milk and orange juice. These foods are great for replenishing nutrients (protein, carbohydrates, vitamins, and minerals) needed for energy and recovery. Eating right paid off when I won high point 2 years later for the 13-14 Boys at Championships.

Now that I swim competitively, I've seen how nutrition is vital to performing your best. Not only do I eat healthy on race days, but I eat healthy every day to perform well at practice, too.

The most important thing to remember is that not all foods work for everyone. It is important to try different foods to see what makes YOU feel energized.

— Keven Sahs

## Distance Swimming: Pool vs. Open Water

**One of the best parts of Fall swim is that we have the opportunity to swim different events from summer swim.**

I chose to swim two long distance events this year and still want to do one more. The first was a 3,000 meter open water swim at Beal's Point in Folsom Lake. The second distance event was a one-mile swim at the STAS meet at Rio Del Oro on October 18.

Swimming in open water is different because you can just focus on swimming. You don't have to think about what lap you are on or do flip



turns. There are a lot of flip turns when you swim 66 laps in a pool. That takes more core strength and endurance. The finish of the open water race was also different. You have to swim into shore and then stand up and walk or run across the finish line. I prefer open water distance to swimming distance in the pool.

### Editor's note:

Elizabeth's favorite fuel-up food is the Mesa taco plate from Dos Coyotes: Chicken tacos with lettuce, cheese, and salsa and beans and rice.

— Elizabeth Sweet



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## Folsom Lake Meet, September 28

*I have been swimming at the lake before with my family,* but never so far out in the middle. I decided to try this swim because my mom suggested I try something different, because I might really like it. I didn't know what to expect but I was intimidated when I saw the course. It looked really big and it was a little cold. The water wasn't as cold as I thought it would be, but it was a little scary not being able to see what was in the

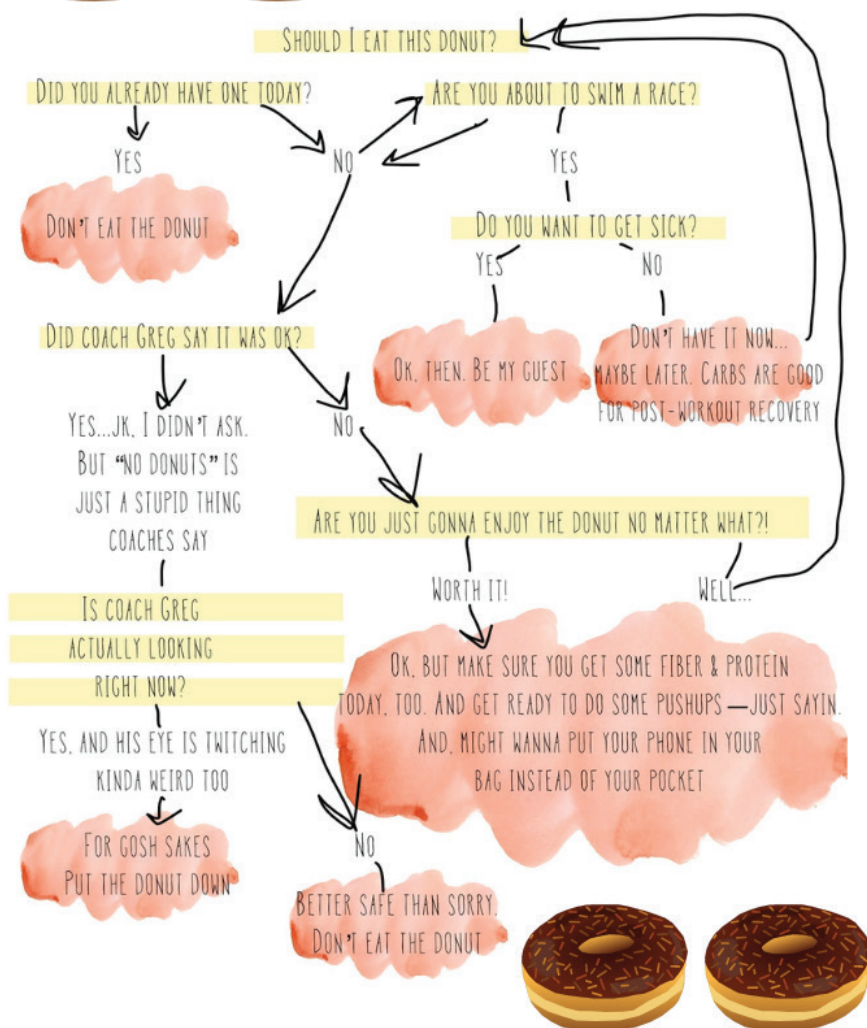


Yuta at a summer meet

water. I definitely thought about what could be underneath me. It was different to swim fast and hard in the beginning to warm up your body. I want to do it again next year and finish!

— Yuta Kobayashi

## Comics



## Spook-tacular, October 4-6

**DNA took 25 swimmers to the CCA Spook-tacular meet in Roseville.** Several of them tried on the 500 free for size, and a few even did the 1650 free. In the photo, Miranda Ferguson is holding a device called a lap counter, which is an essential piece of equipment for long swims.



To work the lap counter, a person who is not swimming positions themselves at the end of your lane and uses the long handle to dunk the numbers into the pool at an appropriate depth for you to read them. This person then flips the panels to

display the number of laps you have remaining, and keeps changing them as you complete each 50, until you are about to complete your final 25 yards back to the block. At this point the lap counter flips the panels to show the red squares. You're done!



## 2019-2020 COACHING STAFF

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### Age Group Coach

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### ASSISTANT COACHES

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### SWIMMER COACHES

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