

The Monthly Splash

Aquazot Swim Club News January 2026

October Birthdays

Zot	Azot	Senior
Deniz Yildiim	Albert Li	Aaron Lee
Henry Feng	Andrew Ding	Brian Bian
Noah Mobasseri	Chole Watson	Chase Valentine
Sophia Du	Daniel Xu	Ethan Ma
Yining Qian	Lizzie Wraith	Hannah Groysman
	Hoshi Aono	Johanna Godfrey
	Jennifer Wang	Karlie Choy
	Jio Aono	Miles Valentine
	Madison Chong	Steven Vu
	Xintian Wang	Taryn Nguyen
		Zara Torres



November Birthdays

Zot	Azot	Senior
Jeffrey Xin	Alla Kettunen	Carter Wilson
	Anabelle Chairunas	Claire Fan
	Bethany Kim	Emme Catanzano
	Charlise Fishburn	Gavin Rauth
	Declan Wang	Kellen Pizarro
	Elvin Hu	Raymond Jew
	Emmalyn Phan	Roger Chao
	Jacob Liu	Taylor Thongintra
	Jason Feng	Yolanda Ye
	Kingsley Godfrey	
	Luke Pipfel	
	Maxwell Chang	
	Stephanie Wu	
	Violet Bian	
	Yehia Hassan	

December Birthdays

Zot	Azot	Senior
Andrei Agrawal	Daniel Cai	Azam Masud
Ari Mobasseri	Edward Gu	Brayden Chow
Liwei Luo	Elli Kettunen	Joshua Richardson
Max Nikitin	Eva Weisberg	Kohl Tang
Moly Song	Jenna Mak	Lucas Tang
	Vasilisa Posanshenko	Julian Tang
	Lambert Zhang	
	Lucas Perkins	
	Madeleine Wilson	
	Nicholas Farnig	
	Sinan Mir	

January Birthdays

Zot	Azot	Senior
Egbert Zhang	Abraham Cheng	Austin Chen
Shawn Wong	Aldo Li	Hanyu Huang
Soline Ling	Arvin Fategh	Jaina Godara
	Chloe Li	Madeline Dew
	Hailey Alpert	Morgan Vu
	Hannah Xin	
	Joseph Hsu	
	Julian Tang	
	Kevin Hu	
	Marco Redko	
	Mason Nguyen	
	Nicholas Lacson	
	Tuna Gurpinar	
	Yicheng Wang	



Welcome to our new Aquazot families!

Sept 2025

Corabelle and the Adams Family (Zot 1)

Timfei and the Khodus Family (Zot 1)

Deniz and the Yildirim Family (Zot 1)

Xinye and the Zhou Family (Azot 1)

Ryan the He Family (Azot 1)

Michelle and the Heniger Family (Azot 1)

Daniel and the Kim Family (Azot 1)

David and the Qin Family (Azot 1)

Amelia and the Henderson Family (Azot 3)

Daniel and the Diachenko Family (Senior 1) Jianjun and the Chen Family (Senior 1)

Riley and the Nguyen Family (Senior 2)

Eunhoo, Aaron and the Lee Family (Azot 3 and Senior 3)

Jason, Henry and the Feng Family (Zot 1 and Azot 1)

Daniel, Evelyn and the Xu Family (Zot 1 and Azot 1)

Oliver, Brian and the Liu Family (Zot 1 and Azot 1)

Kevin, Carl and the Wang Family (Azot 1)

Oct 2025

Elli, Aila and the Kettunen Family (Azot 3)

Sophia and the Starr Family (Zot 1)

Max and the Nikitin Family (Zot 1)

Nov 2025

Timothy and the Wang Family (Senior 2)

Aaron and the Zhang Family (Zot 1)

Dec 2025

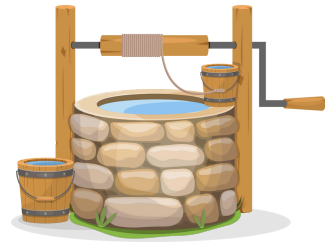
So and the Kasahara Family (Zot 1)

Jiaqi and the Duan Family (Zot 1)

Malek and the Abdelhaleem Family (Azot 1)



The Wellness Well with TC



Aquazot swimmers know staying motivated can be challenging. Not everyone faces the same challenges but here are some ways to keep on track.

1. Show Up → Feel Momentum

Getting in the water stimulates important positive hormones.

2. Small Wins → Build progress, build confidence, which strengthens motivation.

Belief turns into fuel.

3. Coach Feedback → Internal Drive

A coach connects with intrinsic motivation (mastery).

The two combine, and motivation deepens.

4. Consistency → Identity

Consistency in both training and racing turns discipline into identity.

That identity-driven motivation stays while external rewards fade away.

5. Team Energy → Shared Motivation

Motivation is also social.

When teammates push each other, racing and supporting, energy multiplies. Each swimmer's effort fuels the group's motivation, and vice versa.

The Swimmer's Motivation Drives the Motivation Cycle:

Show up, small wins, feedback, consistency, and team energy.

These are solid strategies for the next season. Good luck!

Thomas C. (T.C.) Valentine

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Look who is Improving!



2025 Azot Home Meet

12/6-7th

Age Group

Aaron Cheng, Abigail Zhang, Abraham Cheng, Andrei Agrawal, Albert Li, Alex Chen, Alyssa Luwiharto, Anabelle Chairunas, Andrew Wang, Andy Wan, Anna Wang, Ara Lee, Ari Mobasser, Arvin Fategh, Asha Cook, Asher Chong, Ava Lam, Bada Lee, Bailey Luu, Beckett Zinn, Bella Luu, Bernie Yu, Bethany Kim, Brian Liu, Brian Xiang, Brieleigh Adams, Bryan Hu, Bryce Alpert, Brycen Tsai, Caleb Liu, Charlie Chen, Chloe Watson, Corabelle Adams, Daniel Cai, Daniel Zhang, David Qin, Declan Wang, Deniz Ucar, Drew Stout, Edward Gu, Elvin Hu, Elyse Santos, Emmalyn Phan, Eren Doker, Ethan Luwiharto, Eunhoo Lee, Evelyn Chen, Frederic Liu, Gemma Wagener, Grady Yang, Hana Kasahara, Ho Kwan Wong, Hoshi Aono, Isla Henderson, Jacob Liu, Jason Feng, Jasper Ye, Jeffrey Xin, Jimmy Lu, Jio Aono, Jordan Wu, Joseph Hsu, Kai Durham, Kareem Zohny, Katherine Chow, Katherine McCrea, Kevin Hu, Kevin Kubasik, Kyle Henry, Kyle tang, Lambert Zhang, Lana Cook, Levi Bouhbot, Liam Pennisi, Liwei Luo, Lizzie Wraith, Lucas Perkins, Luke Fan, Madeleine Wilson, Madison Chong, Marcus Lin, Marcus Nguyen, Mason Nguyen, Mia Lam, Michelle Heninger, Michelle Li, Michelle Zhang, Mila Doker, Miranda Lee, Moly Song, Muhammad Ahmed, Muxian Wu, Naay Gandotra, Nicholas Farng, Noah Mobasser, Oliver Liu, Penelope Nguyen, Ray Yu, Reagan Nguyen, Reese Williams, Riku Kasahara, Russell Choy, Ryan Huang, Shiman Zhang, Sinan Mir, Sophia He, Sophia Starr, Sophie Yu, Stephanie Wu, Steven Lau, Sumire Kafrawi, Summer Williams, Tayden Zhang, Tina Tang, Tuna Gulpinar, Vasilisa Shcherbakova, Vicky Li, Victor Zhong, Wesley Moh, Xintian Wang, Xinye Zhou, Yanheng Lin, Yanji Li, Yicheng Wang, Yirong Du, Zhuo Chen

Seniors

Amelia Henderson, Amy Wong, Anika Corpus, Azam Masud, Bode Encheff, Brayden Chow, Brian Bian, Carter Wilson, Chase Valentine, Claire Fan, Claire Zhan, Collin Pajer, Daniel Ahn, Darren Wu, Diane Xu, Emma Catanzano, Eric Wang, Ethan Ma, Gavin Rauth, Gui Friggi, Haylee Pramono, Isla Stout, Jackson Nguyen, Jiajun Chen, Johanna Godfrey, Joshua Richardson, Juwon Choi, Kareem Ezzat, Karlie Choy, Kellen Nguyen, Kellen Pizarro, Liam von Schonfeldt, Leah Wong, Lucas Wang, Madeline Dew, Matthew Cai, Matthew Chiang, Miles Valentine, Mubai Wu, Naiyin Wang, Nathan Brown, Noah Huang, Olivia Nguyen, Olivia Efimenko, Porter Zinn, Raymond Jew, Samuel Kiem, Sara Luna, Serena Ye, Shibli Luna, Souhardyo Sara, Soujonnyo Saha, Summer Shaves, Swarli Mate, Sydney Santos, Taylor Alva, Timothy Wang, Toby Kao, Zara Torres, Zoey Lacson

Winter Age Group Champs 12/12-14th

Age Group

Aaron Cheng, Abraham Cheng, Albert Li, Alyssa Luwiharto, Andrew Wang, Annabelle Chairunas, Ari Mobasser, Arvin Fategh, Ashton Kao, Ava Encheff, Ava Lam, Bailey Luu, Beckett Zinn, Bella Luu, Bethany Kim, Bryan Hu, Bryce Alpert, Caleb Liu, Callahan Espiritu, Charlise Fishburn, Chloe Li, Chloe Watson, Clara Cough, Daniel Cai, Daniel Zhang, Declan Wang, Deniz Ucar, Drew Stout, Elyse Santos, Emmalyn Phan, Eren Doker, Ethan Luwiharto, Hana Kasahara, Hannah Xin, Hoshi Aono, Jacob Liu, Jasper Ye, Jimmy Lu, Jio Aono, Jordan Wu, Julian Tang, Katherine Chow, Katherine McCrea, Kevin Kubasik, Kyle Tang, Liam Pennisi, Lizzie Wraith, Madeleine Wilson, Marcus Lin, Marcus Nguyen, Mason Nguyen, Michelle Zhang, Naaya Gandotra, Nicholas Lacson, Noah Mobasser, Oliver Liu, Ray Yu, Russell Choy, Ryan Chu, Ryan Huang, Sophia He, Stephanie Wu, Steven Lau, Sumire Kafrawi, Summer Williams, Tina Tang, Tuna Gulpinar, Violet Bian

Seniors

Aaron Lee, Amelia Henderson, Anthony Chen, Azam Masud, Bode Encheff, Claire Fan, Claire Zhan, Collin Pajer, Ethan Ma, Gui Friggi, Isla Stout, Johanna Godfrey, Joshua Richardson, Juwon Choi, Karlie Choy, Kellen Pizarro, Kohl Tang, Kynsley Espiritu, Lucas Wang, Madeline Dew, Matthew Cai, Miles Valentine, Morgan Vu, Mubai Wu, Naiyin Wang, Nathaniel Lacson, Niccolo Troccoli, Nicholas Kubasik, Noah Huang, Olivia Efimenko, Olivia Nguyen, Porter Zinn, Raymond Jew, Serena Ye, Shibli Luna, Taylor Alva, Toby Kao, Zara Torres, Zoey Lacson

Sectionals 12/19-22nd

Austin Chen, Chase Valentine, Ethan Ma, Haylee Pramono, Holly Fishburn, Jiashi Pan, Johanna Godfrey, Kareem Ezzat, Katherine McCrea, Liam von Schonfeldt, Madeleine Szymanowski, Marco Pablo Tirado, Matthew Chiang, Raymond Jew, Samuel Kiem, Serena Ye, Summer Shaves, Taylor Thongintra

Coaches Corner with Coach Matt



Go for the W.I.N.

Everyone wants the win, but in any race there can only be one first place. Following these steps we can all get our W.I.N.

What do we mean by that?

W - Work hard. Take every opportunity to challenge yourself. Just making the interval on a specific set is ok, but being great is only achieved by working hard. Progress comes in many ways, slow and steady or intense and focused. It is up to you to bring the best you have to offer to every practice (and really to everything you do).

I - Improve. Hard work is great but it has to be with intention. Just doing the same old thing over and over will get you somewhere, but taking the time to really allow yourself to be coached and applying that direction to improve will help get you to your goals that much faster.

N - Never stop trying. We all have ups and downs. You could always swim faster, and not being the first to touch the wall should not stop you from trying. Every opportunity you use to improve, and then get back in the water and chase your goals is a win.

So, find your ways to W.I.N., and bring them to the pool everyday. Not only will it help you and your goals but it will bring your teammates along with you.

Look whose moving up



2025 Azot Home Meet 12/6-7th Age Group

Aaron Cheng - 200IM WAG, **Abraham Cheng** - 50BK SpringJO, **Albert Li** - 200FR WAG, **Alyssa Luwiharto** - 100BR SpringJO, 50BR JAG, **Andy Wan** - 100BR JAG, 50BK SummerJO, **Ara Lee** - 100BR WAG, 50BR JAG, **Arvin Fategh** - 200IM SpringJO, 50BK SpringJO, **Ashton Kao** - 500FR SpringJO, 50FR JAG, **Austin Huang** - 200IM Nat AA, 50BR Nat AA, **Bada Lee** - 100IM Nat A, 50BR JAG, 50FL Nat A, **Bailey Luu** - 100IM SpringJO, **Bella Luu** - 100FR Nat A, 100IM SpringJO, 50FR JAG, **Bethany Kim** - 100BK WAG, **Brieleigh Adams** - 200FR JAG, 50BR SpringJO, 50FR JAG, **Bryan Hu** - 100FR JAG, **Caleb Liu** - 50BR JAG, **Charlie Chen** - 50BR Nat A, **Deniz Ucar** - 50FL SpringJO, **Drew Stout** - 100BR SpringJO, 100FL SpringJO, 50BR Nat A, **Elyse Santos** - 500FR WAG, **Emmalyn Phan** - 100BK JAG, **Eren Doker** - 200FR Nat, 50FL SpringJO, **Ethan Luwiharto** - 100BR JAG, **Isla Henderson** - 100BK JAG, **Jacob Liu** - 200IM SpringJO, 50BR SpringJO, **Jasper Ye** - 50FR JAG, **Katherine Chow** - 100BK JAG, 200FR JAG, **Katherine McCrea** - 50BR SpringJO, 50BR Nat AAAA, **Lambert Zhang** - 100BR SpringJO, **Levi Bouhbot** - 100BR JAG, 50BK JAG, **Liam Penissi** - 50BK SummerJO, **Lizzie Wraith** - 200FR SpringJO, **Marcus Lin** - 50BR JAG, **Mia Lam** - 50BR JAG, **Michelle Zhang** - 100IM Nat AAA, **Miranda Lee** - 50BR JAG, 50FL WAG, **Naaya Gandotra** - 50BR Nat A, **Noah Mobassari** - 100BR JAG, **Reagan Nguyen** - 100BR SummerJO, 100IM Nat A, **Ryan Huang** - 500FR JAG, 100IM Nat A, **Stephanie Wu** - 50BK WAG, Steven Lau - 100FR JAG, 200FR Nat A, 50FR JAG, **Sumire Kafrawi** - 100BR SpringJO, 200IM SpringJO, 50BR JAG, **Summer Williams** - 100BR SummerJO, 50BR JAG, **Tina Tang** - 100BR SpringJO, **Yichen Wang** - 100FL Nat A, 100FR JAG, 200IM SpringJO, 50BK SpringJO, **Zhuo Chen** - 50FL SpringJO

Seniors

Amelia Henderson - 50BK WAG, **Azam Masud** - 50FR SpringJO, **Chase Valentine** - 200FR WAG, **Isla Stout** - 200FR JAG, 50FR JAG, **Johanna Godfrey** - 200IM WAG, **Karlie Choy** - 500FR JAG, 200BK Nat A, 200FR SpringJO, 400IM SpringJO, **Leah Wong** - 100BR WAG, **Lucas Wang** - 100FR SummerJO, **Madeline Dew** - 100FR WAG, 50FR WAG, **Matthew Cai** - 1650FR SpringJO, **Mubai Wu** - 50FR SummerJO, **Noah Huang** - 100BR SpringJO, **Sydney Santos** - 500FR Nat A, **Taylor Alva** - 100BK JAG, 100BR Nat A, 200IM WAG, **Timothy Wang** - 100BK JAG, 100BR WAG, 100FR JAG, **Zoey Lacson** - 100FL JAG

Winter Age Group Champs 12-12-14th Age Group

Abraham Cheng - 50Br Nat A, 50FR SpringJO, **Albert Li** - 100BK Nat AA, 50BR Nat AA, 50FR JAG, **Alyssa Luwiharto** - 100BK JAG, 100FL Nat AAA, 50FL Nat AAA, **Andrew Wang** - 200FR Nat A, 200IM Nat A, **Annabelle Chairunas** - 100BR JAG, **Arvin Fategh** - 100BR Nat A, **Ashton Kao** - 100BR SpringJO, 100IM SpringJO, **Ava Encheff** - 200FR SpringJO, **Bailey Luu** - 100BK JAG, 50BR JAG, **Beckett Zinn** - 200IM Nat A, **Bella Luu** - 50FR SpringJO, 100FL Nat AA, **Bryan Hu** - 50BK JAG, **Bryce Alpert** - 50FL Nat AA, **Caleb Liu** - 200IM JAG, **Callahan Espiritu** - 100BR JAG, **Chloe Li** - 50BR Nat A, **Chloe Watson** - 200FR JAG, 50FL JAG, **Clara Cough** - 100FL Nat AA, 50FR JAG, **Daniel Zhang** - 100IN Mat AAA, **Declan Wang** - 200FR Nat AAAA, **Deniz Ucar** - 100BK Nat AA, 200FR Nat A, **Elyse Santos** - 100FR Nat A, 100IM Nat A, **Emmalyn Phan** - 100BR SpringJO, 100IM Nat AA, 200FR Nat AA, 50BR JAG, 50FL SpringJO, **Eren Doker** - 200IM SpringJO, **Ethan Luwiharto** - 100FR SpringJO, 50BK SpringJO, **Hana Kasahara** - 100FL SpringJO, 500FR SpringJO, 400IM JAG, **Hoshi Aono** - 50FL Nat AAAA, **Jacob Liu** - 100FL SpringJO, 50BR Nat A, 50FR SpringJO, **Jasper Ye** - 100FL Nat AAAA, 100IM Nat AAAA, 50BK Nat AAAA, **Jio Aono** - 100FL Nat AAA, **Jordan Wu** - 100FR Nat AAA, 200IM Nat AAAA, **Katherine Chow** - 100FR SpringJO, 50BR JAG, **Liam Pennisi** - 100FR JAG, **Madeleine Wilson** - 100BR Nat A, 50FR JAG, **Marcus Nguyen** - 50FL JAG, **Mason Nguyen** - 50BK Nat AAAA, 50FR JAG, **Michelle Zhang** - 200IM Nat AAA, **Nicholas Lacson** - 50BK nat AAAA, 50FR JAG, **Noah Mobassari** - 100FR SpringJO, 200IM SpringJO, 50FR SpringJO, **Oliver Liu** - 50BR Nat AAA, **Ray Yu** - 50BK Nat AA, **Russell Choy** - 100BK Nat AA, 50BK SpringJO, **Ryan Huang** - 100BK SpringJO, 100FL Nat A, 200IM SpringJO, **Sophia He** - 100BK SpringJO, 50BK SpringJO, 50FL SpringJO, **Stephanie Wu** - 100BR WAG, 50BR SummerJO, **Sumire Kafrawi** - 100FR Nat AA, 200FR SpringJO, **Summer Williams** - 100BK JAG, 100IM Nat A, 50BK SpringJO, 50FL SummerJO, **Tina Tang** - 100IM Nat AAA, **Tuna Gulpinar** - 200IM Nat AA, **Violet Bian** - 100FL JAG

Seniors

Amelia Henderson - 100BK SpringJO, 200IM WAG, **Bode Encheff** - 100FR SpringJO, 200FR JAG, **Claire Fan** - 200FL JAG, 400IM Nat A, **Claire Zhan** - 100BR SpringJO, **Ethan Ma** - 200FL Nat AAA, 100FL Nat AAA, **Isla Stout** - 200BK Nat AA, 100BK Nat AA, 100FL SpringJO, **Joshua Richardson** - 100BR JAG, **Juwon Choi** - 1000FR JAG, 200BK WAG, 400IM JAG, **Karlie Choy** - 200FL Nat AAA, 100FL Nat AAA, **Kellen Pizarro** - 400IM Nat AAAA, 100BR Nat AAA, 100FL Nat AAAA, **Kynsley Espiritu** - 100FR JAG, **Matthew Cai** - 200IM Nat AAAA, **Miles Valentine** - 100FR WAG, 1000FR Nat AA, 500FR JAG, **Morgan Vu** - 100FL JAG, 200IM SummerJO, **Mubai Wu** - 200FL Nat AA, 100FR JAG, **Naiyin Wang** - 100BR WAG, **Nathaniel Lacson** - 1000FR JAG, 100FR JAG, 200FL Nat AA, 200FR JAG, **Nicholas Kubasik** - 100FL WAG, 200FR JAG, **Noah Huang** - 200BK SpringJO, 200BR SpringJO, 100FL NatAA, 100FR SpringJO, **Olivia Efimenko** - 200BK Nat AAA, 50FR SpringJO, **Zara Torres** - 100FR Nat An 200FR WAG, **Zoey Lacson** - 1000FR WAG

Sectionals 12/19-22nd

Austin Chen - 400IM Nat AAAA, 50FR Nat AAA, **Chase Valentine** - 200FL Nat AAA, **Haylee Pramono** - 100BK Nat AAAA, **Kareem Ezzat** - 200FR Nat AAA, **Madeleine Szymanowski** - 200IM Nat AAA

Now a word from the Doctor



Athletic Sleep Training

Mastering sleep will make you a faster swimmer.

After you're tired from a hard practice, sleep is important so your muscles can repair and regenerate. During sleep, your body produces androgens and growth hormones which help with muscle repair, bone growth and oxidation of fat. Also during times of darkness at night your body produces melatonin which has antioxidant properties.

Sleep strengthens the immune system so you will be less likely to get sick.

You can also improve your cognitive function and reaction times after a good night's sleep. Your brain needs time to rest because it controls all your muscle functioning during the day. With enough sleep you can make better decisions during your races and have faster starts and turns. Student athletes have a challenge to balance their sleep schedule with the demands of practice hours, school, social and family time. Time management is vital to prioritize getting enough sleep. Children aged six through twelve should aim for 9-12 hours of sleep. Teenagers should aim for 8-10 hours of sleep.

Here are some tips to maximize your sleep:

Limit screen time at night. The lights from phones, video games and television make it harder for your brain to get into sleep mode and limits melatonin production.

Avoid large meals right before bed.

Keep the room temperature cool and dark.

Establish a regular sleep schedule (go to bed and wake up at the same time daily) even on the weekends.

Sleep plays a vital role in your training. It's important to prioritize your time to maximize the benefits you get from sleeping.

Heidi Cough, MD

The Feed Zone with Janice Dada

The Importance of Iron-Rich Foods for Athletes



Iron deficiency can be a health problem, which is common among adolescents and athletes. It progresses in three consecutive stages:

Stage 1: iron stores become depleted; lab test will show low serum ferritin

Stage 2: decreased transport iron (transferrin) and reduced iron supply to the cells.

In these first two stages, iron deficiency is present without anemia.

Stage 3: low hemoglobin from insufficient iron supply, which results in anemia.

Iron deficiency is a common problem among endurance athletes, including swimmers. Athletes often have higher iron needs and higher iron losses for a variety of reasons. Iron is an essential mineral that's an important component of oxygen transport and energy production. Iron deficiency anemia is strongly related to reduced athletic performance.

Iron's many important jobs include:

It's a crucial part of hemoglobin, which carries oxygen to muscles (via the red blood cells) during exercise. Without adequate iron, the body can't produce enough hemoglobin and thus, the muscles receive less oxygen.

It is essential for cellular processes that produce energy (ATP)

Iron aids in repair and regeneration of muscle tissue

It keeps the immune system strong by producing antibodies and aiding in other cellular activity. Optimizes performance by increasing exercise tolerance, stamina and cognitive function.

Some symptoms of Iron Deficiency:

A decline in athletic performance

Weakness and fatigue

Decreased endurance

Iron in Food

There are two types of iron in food: heme and non-heme. Much of the iron in meat is heme iron, which is more easily absorbed from food and used by your body. Plant foods contain only non-heme iron. Although many plant foods are high in iron, it is often attached to compounds that reduce its absorption. These compounds are called phytates and are found in whole grains and dried beans.

Calcium found in dairy foods or supplements and compounds in coffee and tea also reduce iron absorption. However, eating vitamin C-rich foods alongside iron-rich foods can help to increase iron absorption. Good sources of vitamin C include citrus fruits, melon, berries, pineapple, tomatoes, green leafy vegetables (kale, collards, Swiss chard), broccoli, potatoes, winter squash, Brussel sprouts, bell peppers (yellow, red, and green), and cauliflower.

The following ideas may help to increase iron absorption and/or add more iron to meals:

-Include vitamin C-rich foods in meals

-Cook using cast-iron cookware or other iron made products can be used when cooking on the stovetop. Some of the iron from these products transfers to the food, making whatever you're cooking a richer source of iron.

Heme Iron Sources:

Beef, poultry (especially the dark meat, tuna, sardines, chicken or beef liver and other organ meats.

Non-Heme Iron Sources:

Beans, lentils, dark leafy greens (spinach, romaine lettuce), dark chocolate (greater than 45%), fortified breakfast cereals, fortified breads and rice.

Here are some delicious iron-rich meal ideas (with Vitamin C enhancers) for athletes:

Bean burrito loaded with salsa and green peppers to enhance iron absorption from the beans.

Tuna sandwich served with orange slices or a glass of orange/pineapple/tomato juice.

Beef stir-fry with iron-rich vegetables like broccoli and peas, served with enriched white rice. Opting for white rice with added iron ensures better absorption.

Beef or Turkey (dark meat) burger paired with vitamin C-rich tomato slices to boost iron absorption.

Oatmeal with strawberries and a side of eggs.