



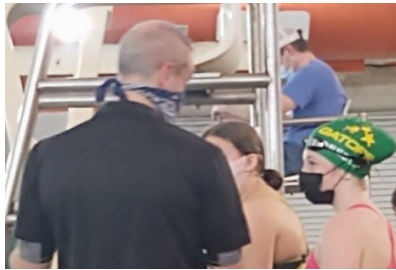
Harrisonburg Gators Newsletter January 2021



Happy New Year!

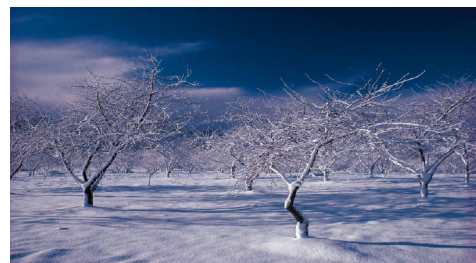
As a team, one of our New Year's resolutions is to improve communication. With this in mind, you can expect to receive a monthly newsletter highlighting important team information. You also can look forward to words of wisdom from Coach Scot along with basic recommendations for things you can do out of the pool to improve your swimming (nutrition this month). Past meet summaries, selected swimmer achievements and important upcoming meet information will be highlighted, too. **GO GATORS!**

This year has been a hard year for so many reasons. And it has been



challenging for us, as a team. Our practices have had to be modified. We cannot get together socially as a team, or have the in-person meetings we are accustomed to. For our newer and/or younger swimmers, this year is not typical, and it will be so nice when we can show you what it really feels like to be a Gator! You are amazing! You have been working hard at practice and those of you who have tried out a meet have gotten a taste of competition and how well you can do. Believe us when we say, it is only going to get better! To our older/more experienced swimmers, not being able to compete at big meets, or train as much as previous years is difficult. It is challenging coming to practice 5 or 6 times a week, pushing your bodies, maintaining your focus. Some of you have recorded great personal best swims. Some of you have not been able to attend meets yet or have not gotten back to the

place you were when this pandemic hit. Whichever is the case, it is OK. Swimming can be a tough sport. All experienced swimmers talk about challenges they have gone through, plateaus they have hit, injuries they have had to overcome. This year has been a challenge. Maybe one day you will look back and say it was your greatest challenge. But we will come through it together. Even in this crazy year, we have a lot to celebrate. Although we have limited pool time, every practice group has gotten quite a lot of time in the pool. Although meets are fewer and farther between, we have had the opportunity to go to some. And, best of all, we now have a wonderful coach who is talented, knowledgeable, caring and dedicated to our team and our swimmers. So here's to a brighter, faster, happier, safer 2021!



Coach's Corner – Words of Wisdom

What Would Coach Scot Eat Before a Big Meet?

You've trained hard. You've made improvements in your technique and race strategy. You've gotten rest. You're ahead in your schoolwork. So far, all of your boxes are checked that will help ensure success at the big meet. So, what do you eat to get that extra edge?

There is no magic food or pill that will (legally) guarantee better performance. There is plenty of research that can guide you in the right direction. But the best answer is practice. Make sure that you are not eating something for the first time before a big meet because you heard it might help. Try experimenting at practice, especially our Friday timed events practices. If you felt better with most everything else remaining consistent, then try that new thing at a high school, summer league, or mid-season meet. Practicing your nutrition routine is the best way to know what works for you and what doesn't.

Meet News

Please stay tuned for information coming soon about the following upcoming championship meets:

8 and under Districts Champs - February 6-7, 2021

Southwest 9-12 Regional Champs - February 19-21, 2021

Southwest 13 & O District Champs - February 26-28, 2021

Virginia Swimming Short Course Senior Champs - March 4-7, 2021

Virginia Swimming Short Course Age Group Champs - March 11-14, 2021

