

News & Swim Views



TIGER SHARKS

"Tiger Sharks"

July 2003

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Hello Everyone!! It is hard to believe that the summer season has already past the half way point and now there are only six weeks left to go. It is important that everyone continues to push themselves so they can finish the season successfully at the championship meets. A lot of parents have been asking me lately about nutrition at swim meets. So I thought that I would tell you what I would eat if I was competing at a Prelims/Finals meet.

Breakfast at Hotel

Bowl of Cereal with Skim Milk Toasted Bagel or Toast with Jelly
Banana Water or Juice or Sportsdrink (I prefer water)

At Prelims

At this point everything depends on the time between events and the events that are swam. A safe way to go is to make sure that you are always hydrated. If you get to the point where you are thirsty it is too late. Next, if I am hungry I will eat dry cereal like frosted mini-wheats or part of a powerbar. At the meet, do not eat too much at one time. Small portions more often is the way to go.

Lunch

I will normally have a Gatorade or a Powerade on the way to lunch.
Large cold sandwich. (Eat most of it at lunch and the rest later before leaving for finals)
Peach and/or Banana
More water

At Finals

Just keep hydrated and maybe have a small snack at the meet. Same as prelims.
Dinner
It is very important to have a hot meal.
Chicken Parmesan with red sauce, sometimes steak.
Salad with light dressing. Normally the house dressing.
More water or lemonade.

As you can see there is not one time where the word soda or junk food is in the equation. No fries, no ice cream, no candy, and no chips. Everything I used to eat at a meet was healthy. So if you want to take a chance and eat junk then go ahead. But, if you are going to dedicate yourself to the sport make sure you are doing everything possible to be successful. If you have any questions please let me know.

*See you at the pool!!
Coach Phil*

*Capital City Invitational
Jefferson City*

Individual Results

<i>Swimmer</i>	<i>Best Swims</i>	<i>Top 3</i>	<i>Top 6</i>
Kal Baker	8	2	5
Jacob Beck	2	0	4
Connor Chrisman	6	0	5
Katie Dicks	4	1	1
Tracy Fetterly	1	0	2
Tyler Gilmore	4	1	2
Nick Harl	2	5	8
Matt Hendren	5	1	2
Grant Hunter	5	4	7
Leah Hunter	4	1	4
Mohamed Johnson	3	0	2
Nick Powell	5	0	1
Avery Wagner	5	0	3
Natalie Walker	3	0	3
Eric Wetz	2	4	6

Dues Increase this Fall

The board has approved an increase in dues for the 2003-2004 season. We want to emphasize that this increase will bring us BACK to the levels we paid for the 2000-2001 season. Those of you who have been with the club that long may remember that the fees were reduced in the 2001-2002 season as an incentive to convert to the quarterly payment method.

The need to increase dues is based on across the board increases in expenses that have been experienced over the past few years. These increases were offset in the past by the additional revenue that was received by a growing membership. However, membership growth this past year leveled off, partly due to a membership cap which was implemented this past fall.

The quarterly fees will be as follows: Minnows and Dolphins - \$150; Piranhas - \$175; Tigersharks - \$200; Seniors - \$225. Deduct \$15 for the 2nd and each additional swimmer in the family. Please note that the annual USA Swimming fee has also increased to \$45 for 2004.

*John Wetz
Membership Chair*

*Rock'n Out at the Birthplace of Rock'n Roll
Memphis, Tennessee*



New Fins for the Minnows!

Look out for speedy minnows! The team recently purchased 12 pairs of children's and x-small adult sized fins for the minnow group per coach's request. Using fins during stroke work helps teach effective flutter kick and dolphin kick. Fins are also a valuable tool for teaching the butterfly. Most swimmers in the minnow group have small feet that grow very quickly and many of them are new to swimming so they are not yet ready to purchase their own fins. Having these fins accessible to this group will help produce a strong base of young swimmers who really know their kicking! This group of swimmers can always use more than 12 pairs of fins so please donate unused or outgrown fins to the minnow fin collection. This is the first equipment purchase for the minnow group. Other types of equipment, such as medicine balls, bands, and water polo balls have been purchased for the older swimmers. We expect these fins to help the minnows develop solid strokes for fast swimming as they move up through the ranks.

Coach Sarah

*Terri Sax Invitational
Memphis*

Individual Results

<i>Swimmer</i>	<i>Best Swims</i>	<i>Top 8</i>	<i>Top 16</i>
Alec Diaz-Arias	2	2	7
Danny Diaz-Arias	7	0	2
Lucas Diaz-Arias	3	1	4
Kayla Durnil	1	2	5
Josh Holman	4	0	0
Grant Hunter	6	0	7
Leah Hunter	3	0	0
John Jerry	3	2	3
Lindsey Kirchoff	1	5	6
Natalie Kirchoff	4	4	8
Derek Kriegshauser	6	0	0
Jessica Loesing	5	0	4
Bob Markie	4	1	5
Corey Murphy	6	2	7
Holly Payne	2	0	0
Leah Pierce	2	5	7
Claire Piester	2	2	4
Jordan Powell	2	0	0
Sam Rainey	4	4	6
Fritz Schenker	1	1	3
Julie Schenker	2	8	9
Mary Sheahen	5	7	9
Michael Sheahen	3	2	8
Valerie Sheahen	4	0	0
Kristen Silvey	1	6	8
Dave Timmons	2	0	0
Eric Wetz	2	2	6
Mary Wetz	3	4	8
Peter Wong	3	4	8

*Meet Me in St. Louis
St. Peters*

Individual Results

<i>Swimmer</i>	<i>Best Swims</i>	<i>Top 8</i>	<i>Top 16</i>
Connor Chrisman	5	0	4
Alec Diaz-Arias	6	4	8
Danny Diaz-Arias	5	0	0
Lucas Diaz-Arias	7	0	0
Kayla Durnil	6	2	2
Tracy Fetterly	3	0	0
Tyler Gilmore	5	0	0
Wyatt Hodges	7	0	1
Grant Hunter	5	1	5
Leah Hunter	7	0	0
Lindsey Kirchoff	0	3	4
Natalie Kirchoff	5	5	10
Jessica Loesing	6	0	0
Bob Markie	5	0	2
Corey Murphy	5	1	1
Cameron Olson	3	0	0
Holly Payne	7	0	0
Leah Pierce	5	6	7
Claire Piester	0	2	3
Jordan Powell	1	0	0
Nick Powell	4	0	0
Sam Rainey	5	0	6
Fritz Schenker	0	0	4
Julie Schenker	3	5	7
Mary Sheahen	2	2	3
Michael Sheahen	0	0	3
Kristen Silvey	5	4	9
Dave Timmons	1	0	0
Natalie Walker	5	0	0
Eric Wetz	7	5	5
Mary Wetz	3	2	4
Suzanne Wetz	1	0	0
John Willett	2	1	1
Rachel Zemke	2	0	0



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