



SHARK BITES

Newsletter for Columbia Swim Club swimmers and parents

Vol. 2, No. 1

November 2009

Ramblings from the President

Jeri Doty, CSC President

As I write this we are in the middle of our short course season. Our swimmers, coaches, board members and volunteers are working very hard and anticipate a very successful championship season. CSC is hosting our Fall Invitational Nov. 20-22. PLEASE VOLUNTEER! Your role as a volunteer is critical to the success of our club and important to your child and the sport of swimming. In addition to the impact you have on your child's athletic environment, you also meet new people and make new friends while supporting the greatest kids in Columbia. Please say, "yes" when you get the request to help.

Last May we welcomed three new board members: Lisa Hanks (assistant meet director), Renee John (fundraising) and Diane Nicks (at-large board member). They bring much energy and enthusiasm to their roles and are making great contributions. In addition to new board representation, Coleman Hodges and Katherine Caldwell, both seniors at Rock Bridge High School, are the elected swimmer representatives.

The board has designated Subway as the official sandwich provider for the Columbia Swim Club. This new and innovative partnership with Subway will provide fundraising opportunities for our club. Any money we raise from this project and others will help keep membership dues down while providing the high-quality club swimming program all have come to expect. Stay tuned for more details from our fundraising chair.

In October, we were honored to celebrate Breast Cancer Awareness month with our friends at the Mid-Missouri affiliate of the Susan G. Komen Foundation. As part of our Keeping Friends Afloat (KFA) program, CSC raised \$3,491.50 for the Komen Foundation. KFA was started after we lost to breast cancer two mothers of our swimmers. The Lightner and Ash families were on hand to assist in presentation of these funds to the Komen Foundation. Kudos to Heather Flanagan for her hard work and support of KFA on behalf of our club.

As we approach the holidays, I hope you will take time to reflect on our many blessings and enjoy some down time with family. 2010 promises to be a busy and exciting year. I hope you will find a way to become involved with CSC.

The coaches and board welcome your ideas, suggestions and comments. Please feel free to contact coaches or board members to provide input. Remember, your involvement is critical to the success of our club and your swimmer. Please keep in touch.

See you at the pool ...

Coach's corner

Phil Garverick, CSC Head Coach and Club Manager

Now that we are officially into the fall season, I want to go over some items that I feel are important to the success of your swimmer and more importantly the success of the Columbia Swim Club. First, the great thing about the sport of swimming is that swimmers learn very quickly that success and hard work go hand in hand. This sport is proof that you get out of it what you are willing to put in to it. With this being said, each group coach has a set of requirements that they feel will help your swimmer improve to their potential. This sometimes is even different from swimmer to swimmer who are in the same group. So find out from your coach what they think your swimmer needs so that you can help facilitate your child's success in the pool.

Speaking of practice attendance, there has been a lot of illness in Columbia recently. There probably will be a time in which your swimmer is sick this year. When this occurs, there are a couple of things to remember. If they are contagious or have a fever, they should not be at practice. Once they are not contagious, please contact their coach to find out how long your swimmer should be attending practice. It is better for an athlete to attend a partial practice then not come at all.

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Coach's corner

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Three days out of the pool followed by two days of partial practice are far better than five days out of the pool.

As all of you know, our Annual Fall Invitational is fast approaching. I want to explain to everyone why our hosted meets are vital to our club's success. The amount of money we make at our hosted meets is a solid percentage of our budget. It allows us to keep our quarterly dues down and provides opportunities for our swimmers to compete in their home pool. These meets require an intense amount of work from ALL families, but the payoff is well worth it. If we do not host a meet we will be attending another meet. That means that you and your family will be spending hundreds of dollars to travel to a meet as well as the loss of revenue for the club. As the year

goes on, this can add up to thousands of dollars out of your pocket. We need volunteers to run successful meets. This is why volunteering for our upcoming meet is so important. If you have not signed up to volunteer or have more time to offer at our Fall Invitational, please contact Brenda Walker ASAP so she may find a place for you to help.

The last thing I want to discuss is what my expectations are for my top swimmers. I think it is important for each swimmer/parent/family to understand what I want out of an elite swimmer in this club. This does not mean that every swimmer will want this or get to this point. But if you understand this top-level concept, you can apply it in a smaller scope to your own athlete. The top swimmers on the Columbia Swim Club hold themselves to the same standards on a regular basis. They should have complete ownership and accountability with their swimming.

They should not ask, "Do I have to?", but "What do I need to do to get better?". They know that they have to make sacrifices on a daily basis that include time management, nutrition, social events, etc. But they understand the result of their sacrifices and hard work is well worth the effort. I expect them to make decisions that represent themselves, their family and the swim club at the highest level. Also, they understand the lessons that they learn in the pool will carry over into their adult lives both personally and professionally. I always say that swimming does not define your life, it helps you live your life. That is why I coach and that is why I love being involved in your child's life.

See you at the pool!

CSC Coaching Staff

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Coleman Hodges, swimmer rep	sevenwatches@aol.com

We'd love to hear from you

The CSC Newsletter will be issued each quarter. If you have feedback, an idea for an article or photos for the newsletter, please contact a Newsletter Committee member:

Stephen Stanton, board liaison	stantons@missouri.edu
Lara Florea, co-chair	florea4@gmail.com
Karen Hendrix, co-chair	hendrixk@health.missouri.edu
Bob and Jenny Visalli	bvisalli@centurytel.net

We need you to volunteer for the CSC Fall Invitational!

CSC Fall Invitational meet volunteer facts:

- 415 volunteer slots need to be filled.
- If all 128 CSC families fulfill their three-slot requirement, we will fill 384 slots.
- 31 extra slots need to be filled by our families and some community members.
- As of October 23, 72 families have filled approximately 230 spots.
- 56 families have still not signed up by turning in a Fall Volunteer Form. If you do not have a form, please contact volunteer@cscsharks.org for a form.
- Volunteer spread sheets will be sent out periodically as more people sign up for volunteer spots. This way you will know what you are doing and when. Plus you may just see an open spot someone you know is really hoping to fill.
- Please check in at the volunteer desk early. This is an important step in making sure the meet runs smoothly. Check-in is located in the Rec Center vestibule area just to the right of the main outside doors.
- To support our Keeping Friends Afloat (KFA) Program, meet volunteers are asked to wear a KFA t-shirt when working Friday and Sunday. If you don't have a KFA t-shirt, you may either wear the gold volunteer shirt from previous meets or purchase a KFA shirt for \$15 during volunteer check-in. Free gold volunteer shirts will be available for those who haven't received one over the last year.
- To support the Tigers, you may wear a Mizzou t-shirt or a gold volunteer shirt on Saturday!
- Saturday and Sunday afternoon sessions will run approximately 4.5 hours each.

To volunteer at the meet, please contact one of the following Volunteer Committee members:

Julie Boyle, board liaison	boyle190@yahoo.com
Brenda Walker, chair	walkerd@mchsi.com
Shannon Beahan	shannonbeahan@hotmail.com
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2009 CSC Fall Invitational meet information

It's almost time for the CSC Fall Invitational meet. The weekend of our meet is also the last home football weekend for MU, so this will be a very busy weekend in Columbia, especially on Saturday. Below is some information to help you during the meet:

Parking: Parking will be available in the Virginia parking garage. There is no charge for parking in the garage after 5 p.m. on Friday and all day Saturday and Sunday on levels 1-3 and at the metered area east of the garage.

Admissions: The admission fee will be \$5 per day for spectators age 13 and older (no charge for swimmers). There is no charge for volunteers the day they are volunteering.

Psych/Heat sheets: A set of psych sheet/heat sheets will be available for \$10, which includes a psych sheet and all heat sheets for the entire meet. Individual heat sheets will be \$5 per session.

Spectator area: The spectator area is for spectators only. Swimmers are not allowed to sit in this area.

Crash area: A crash area for swimmers and families is located in the gym adjacent to the pool behind the diving well. Please bring folding chairs and blankets to sit on. Also located in the crash area will be concessions (food and drinks), Action Accents (swim suit apparel), Fine Design (meet t-shirts), Maui Wowi (smoothies), STL Digital (photographer) and a Keeping Friends Afloat table.

Helpful hints at meets

This column will include helpful hints from “veteran” swim parents about upcoming meets.

Tsunami Meet

Location: Henley Aquatics Center, 18200 E State Route 78 Highway in Independence. The pool is adjacent to the west side of Bridger Middle School.

Parking: Plenty of parking is available as the pool is adjacent to a school.

Seating: Bench seating is available but minimal as swimmers are allowed to crash in the spectator area. No coolers are allowed in the spectator seating or pool area.

Crash area: A crash area is available in the school’s cafeteria, which is down the hall from the pool. Take camp chairs and towels to sit on. Coolers are allowed in this area.

Concessions: Available at the pool. In the past, the selection was decent.

Timers: The Tsunami Club is requesting each club provide back-up timers during the sessions. Swimmers competing in distance events are required to provide timers for their swims.

Vendor: Action Accents will be selling swim apparel at the meet.

Attractions: Nearby is the Truman home and library.

Restaurants: A Subway is located about 1 mile from the pool at 2650 S. Hub Drive in Independence. From the pool, turn left (west) on Highway 78, go through the 291 intersection and turn left on Hub Drive.

A good choice for dinner is Zio's at 3901 Bolger Road in Independence (Zio’s is on the south corner of 39th Street and Bolger Road, just west of the 39th Street/291 intersection.)

For more details, such as warm-up times and a schedule of events, go to www.missourivalleyswimming.com/meets/TST-FallRoundUp.pdf.

Carmel Fall Frenzy

Location: IUPUI Natatorium, 901 W. New York St., Indianapolis.

Parking: Garage is attached to the natatorium. There is a fee.

Admission: Charged for spectators. In the past, meet passes available for purchase.

Seating: Stadium seating. Swimmers are not allowed in the stands.

Crash area: On deck. Parents are not allowed on the pool deck and cannot easily communicate with the swimmers at this meet. It is a good idea for swimmers to have cell phones and any snacks they will need with them.

Concessions: Snack bar available.

Attractions: Close to many attractions in downtown Indianapolis.

For more details, go to www.csctigersharks.org and click on Carmel Fall Frenzy Meet Information.

Upcoming swim meets

Nov. 6-8	Tsunami Fall Round-Up	Henley Aquatic Center, Independence	Swordfish, Dolphin and Barracuda Groups
Nov. 6-8	Carmel Fall Frenzy	IUPI Natatorium, Indianapolis	Senior Group
Nov. 20-22	CSC Fall Invitational	Mizzou Aquatic Center	All Groups
Dec. 5-6	MVC Level II Championships	Gladstone Community Center	Qualifying swimmers
Dec. 10-12	Short Course Junior Nationals	Columbus, Ohio	Qualifying swimmers
Dec. 11-13	MVC Level I Championships	Garvey Aquatic Center, Wichita	Qualifying swimmers
Jan. 8-10, 2010	Polar Bear Invitational	Lee’s Summit	All Groups
Jan. 15-18	Longhorn New Year’s Classic	Austin, Texas	Senior Group
Jan. 17-18	Midwest LSC All Stars	Indoor Aquatic Center, Lawrence, Kansas	Selected swimmers
Jan. 22-24	FAST Invitational	Lindbergh High School, St. Louis	All Groups

Please check the CSC Website for schedule changes and future meets.

Six tips for better post-workout recovery

This is an excerpt of an article regarding post-workout recovery food. To read the entire article, please go to www.swimnetwork.com and search for the title.

Swimmers looking for the perfect post-workout recovery fuel may need to look no further than their kitchen. Ordinary foods can yield extraordinary results. University of Texas researchers studied post-exercise physiological effect of foods on athletes and compared the benefits of common foods to more expensive sports drinks. Their results yielded a few interesting surprises:

1. **Grab the cereal and milk.**

Breakfast food, such as whole-grain cereal, is as effective as popular carbohydrate-based sports drinks for recovery after moderate exercise.

2. Combine carbohydrates with protein. Athletes benefit from consuming protein and carbohydrates

rather than just carbohydrates or only protein after a workout.

3. Body mass matters. There is a slight relationship in body size to the amount consumed. Larger individuals benefit from a proportionately larger serving of recovery food and drinks.

4. Eat and drink sooner rather than later. The key to optimal recovery is consuming carbohydrate and protein within 30-60 minutes after you complete exercise. Ideally, eat as soon as you get home from practice.

5. Age is a critical factor. A swimmer's age matters mostly because of differences in total caloric intake needed rather than type of food. Young, growing swimmers also need more protein right after practice for optimal recovery.

6. Don't rely on the bottle. Neither Gatorade or Powerade contains protein. Swimmers need to eat something with protein after every workout, as it speeds up absorption of the glucose in a sports drink.

Swimsuit rules

The USA Swimming House of Delegates passed a motion making the new swimsuit rules effective on Oct. 1, 2009, three months earlier than the FINA effective date. The new swimsuit requirements are very specific and technical in nature, but the most obvious restrictions/rules are as follows:

- Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee.
- Material used for swimsuits can be only textile fabric which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding.
- No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

Battling the flu bug

Below are excerpts of two articles about the H1N1 flu and how to stay healthy during flu season. To read the articles in their entirety, please go to www.swimnetwork.com and search for the title.

Don't let H1N1 destroy your season

As the H1N1 flu spreads around the world, swimmers are unfortunately coming down with the flu in high numbers. Athletes are more likely to be physically and mentally stressed, making them more susceptible to illness. But the flu doesn't have to put a damper on your swimming season, especially if you have a mild

case. If you come down with the flu, you may be able to lessen the impact by following a few of these tips:

- Stay hydrated.
- Eat small, healthy meals.
- Sleep it off.
- Do not share towels, water bottles, snorkels, etc.
- Wash hands with soap and water frequently.
- Ease back into your workout after having the flu.

Tips to avoid flu in the water

Nothing can put a damper on your training program faster than a bout

with the flu or another contagious disease. Swimmers who workout in the pool can be susceptible to a swarm of different bugs ranging from the common cold to flu viruses. Besides following the Centers for Disease Control's recommendation of frequent hand washing, what should swimmers do to stay healthy?

- Eat your fruits and vegetables.
- Dry off after practice.
- Get an annual flu shot.
- Rest, rest, rest