



# Storm Report

December 07

## Upcoming Events

Senior PNS Champs @ Federal Way	Dec 14-16
Holiday Gift Exchange	Dec 19
No practice	Dec 24-25
Alternate practice time 10-12	Dec 26-28
No practice	Dec 31-Jan 1
Alternate practice time 10-12	Jan 2-4

## Storm Birthdays

Jeyda Thomson:	12/3
Nicole Stainer:	12/17

## Storm Advances

Congratulations to the Storm swimmers who advanced in November and welcome to our newest members!

Drew W.:	Red to Blue	Kara L.:	Dev
Michele M.:	White to Red	Jennifer M.:	Red
Amanda S.:	Dev to White	Parker R.:	Dev
Josh D.:	Dev to White	Jenna S.:	Dev

## Storm Swimmer of the Month

Red/Blue/Sr: Swimmer of the Month:

Drew W.

Drew is the swimmer of the month because of his meet performance at the Age Group Invitational. He had not yet qualified for the PNS Champs meet, but at the Invitational he swam his very hardest and qualified for three PNS Champs events in one meet. He made it in the 50, 100, and 200 Freestyle. Way to go Drew!

Dev./White: Swimmer of the Month:

Josh D.

Josh is the swimmer of the month because of his hard work and great attitude. He was practicing in the Developmental Group but has been doing so well that he has moved up to the White Group. Keep working really hard at practice and you'll soon be in the Red Group!

## Presidential Notes

Our first Bring-A-Friend Day was a complete success! All the swimmers, our guests included had a terrific time and several are interesting in joining the team! We had well over one hundred kids in the water and the staff at the pool said they hadn't seen the pool that full in a very long time. As this was such a success, we will be sure to have a repeat event! Thank you all for participating and inviting your friends!

The Raffle and Cookie Exchange was also a great success! There were many different kinds of delicious cookies to choose and bring home. It was fun getting to pick and choose different types of cookies and getting to enjoy them without having to bake all of them. The cookie exchange was enjoyed by everyone especially the swimmers as they got out of the water. Thank you to everyone who donated items for the raffle! We collected \$3277. Some of the money was collected prior to the night because some swimmers bought out. The amount collected on the night of the raffle was \$2497. A special thanks to Kim Bergesen for printing all our fliers, many of them at a moments notice and Mari Lozensky for finding many if not most of the prizes.

Lastly, we have had one anagram created for our anagram contest. Please submit your responses to Renee Stober or Doug Libra by the last practice of the year!





## New and Noteworthy

### New Secretary Elected

Congratulations to Sheri Spainhower (Hannah's mom) on her election to the secretary position!

### White Group Schedule Change

A change was approved at the December Board meeting concerning the White group. The White group is now allowed to swim on Friday's, from 6-7pm. This group still swims 3 days per week.

### Holiday Gift Exchange

On Wednesday, Dec 19<sup>th</sup> SA will have a holiday gift exchange for our swimmers! Please limit the gifts to \$5 and appropriate for any swimmer. Wrap them up and we will all enjoy a fun holiday event! Developmental Group opens their gifts at 6pm. All other Groups open their gifts at 7pm.

## Fitness Tips

**Stretching Quiz: True or False** (BoeingWellness Health Letter 12/2007)

- 1. If you only have time to stretch once, it's better to stretch before your workout. T or F**
- 2. Stretching should not be painful. T or F**
- 3. The recommended time for holding a stretch is 15 seconds. T or F**
- 4. It's best to hold your breath during a stretch. T or F**
- 5. You should avoid locking your joints. T or F**
- 6. Bouncing is a good way to get more from a stretch. T or F**

*1. False. It's a good idea to stretch between your warm-up and your workout and again after your workout, but if you only have time to do it once, stretch after your workout when your muscles are warmed up.*

*2. True. You should feel a mild tension but not pain.*

*3. False. The recommended time for holding a stretch is at least 30 seconds. For a tight muscle or problem area, hold it for up to a minute.*

*4. False. Relax and breathe freely while stretching.*

*5. True. Your arm and leg joints should be slightly bent during a stretch.*

*6. False. Bouncing can cause tears in your muscles, causing problematic scarring.*

## Nutrition Notes

Swimming and the Art of Recovery posted on the Swimming USA Website:

The primary fuel source for most swimmers during training is carbohydrates. During high intensity swimming, such as racing and completing tough sets, this carbohydrate comes from circulating blood sugar and glycogen, the storage form of carbohydrate. Long-term failure to replenish glycogen can lead to tissue breakdown.

The most effective ways to make the most of your recovery time and maximize the training adaptation are:

- Start the replenishment process during practice if workout is longer than an hour.
- Eat a substantial carbohydrate snack with some protein immediately after practice or within 20-30 min of finishing a workout.
- During hard training, add another post-workout snack 45 minutes to 1 hour later.
- Eat a main meal within 2 hours of finishing workout.
- During meets, eat a high-carb /moderate-protein snack immediately after your prelims race and immediately after your finals race, then again after cooling down.

## Meet Minute

Storm had six swimmers go to the **Age Group Invitational Swim Meet** at the Kamiak Pool on November 17th and 18th, four boys and two girls. The girls had 80% best times and the boys had 76% best times. Storm had a total of 31 races of which 24 were best times, that's 77% best times! Three swimmers had all best times, Drew Wall, Kyle Stober, and Athens Slater. Way to go Storm Aquatics!!

Storm had 19 swimmers compete at the **Fall Grand Pentathlon** on December 1st. Four swimmers had their very first meet, Elijah O'Hearn, Josh Diaz, Connor Loth, and Trevor Allred. The girls had 64% best times and the boys had 56% best times. Storm had a total of 85 races of which 52 were best times, that's 61% best times! Four swimmers had all best times, Trevor Allred, Angelah Harper, Hannah Jewett, and Jeyda Thomson. Two of our swimmers won the meet in their age groups, Felicity Speirs was the fastest 11 year old girl and Miles Slater was the fastest 8 year old boy. Congratulations meet winners!