



Storm Report

March 08

Upcoming Events

Officials Training	March 4
Board/Parent Meeting	March 13
Age Group Sectionals (Qualify Meet)	March 14-16
Spring Pentathlon entries due	March 14
Spring Pentathlon (Port Angeles)	March 22
Swim a Thon	March 28

Storm Birthdays

Trevor A.	Feb. 17
Logan B.	Feb. 25
Kyle S.	Feb. 26
Kara L.	Feb. 27

Storm Advances

Congratulations to the Storm swimmers who advanced last month!

Felicity Speirs	Blue to Senior
Kara Libra	Dev. to White
Jenna Sampson	Dev. to White

Storm Swimmer of the Month

Red/Blue/Sr: Swimmer of the Month: Jeffrey L.

Jeffrey is the swimmer of the month for January because of all of his hard work at practice and at meets. He loves coming to practice and always wants to swim more yards. He likes to have a challenge by swimming against the senior kids. He ALWAYS had a great attitude at practice and it is a pleasure to be his coach. At the January Challenge he had a great meet and almost made PNS Champs for 10 and under. At the Snowflake Classic he got best times in all of his events. Keep up the great work Jeffrey!

Dev./White: Swimmer of the Month: Emily J.

Emily is the swimmer of the month for January because of her great improvement over the last several months. She has been coming to more meets and swimming her very hardest. She also got best times in all of her events at the Snowflake Classic. At practice she is competitive and tries very hard to swim well and fast. She has been doing so well that she will be moving up to the Red Group starting in March. Way to go Emily!

Did You Know?

Relays are a fun and exciting part of every swim meet! For each day of a meet Coach David will select attending swimmers for each relay. Relays are held each day of a meet; when a swimmer signs up for multiple days, they have an opportunity to swim in multiple relay events. Also, relays are paid for and are not included in the per event charge on the sign up sheets. So don't forget, you don't need to sign up for relays, Coach David will take care of that and sign up for both meet days to have more opportunities to swim in relay events.

The PNS and USA Swim websites are a valuable resource for both swimmers and their parents. They contain swim times, event information, nutrition information and even what your favorite Olympic swimmer is up to. Visit often to keep up to date with what is going on in the swimming world!

It's getting closer to summer and Aquafest will be coming soon. Look for a survey in your file soon that will be used to determine our involvement with the event this year.

We will have a Stroke and Turn Officials Training event the first week of March. It will be located at the Lake Stevens High School in room 416 on March 4th from 6-9 pm.





New and Noteworthy

Fitness Tips

Local Sponsorship

Storm Aquatics is interested in having a local sponsor. If anyone knows of a business that would like to sponsor our team please contact Chris Thomson and he will formally contact them.

Summer League

Summer time is on the way! If you know anyone who would like to see what a swim team is like, the summer league is a great introduction. Many of our present swimmers started the team during Summer League. Start thinking about your friends who would like to swim this summer!

Long Term Absences

Please make sure that a board member, Coach David or Josh or e-mail at info@stormaquatics.net knows when your swimmer will be absent for an extended time.

Nutrition Notes

Excerpt from USA Swimming website: Fluids-Water vs Sports Drink

There are 2 reasons to drink fluids: (1) to stay hydrated, and (2) to provide the body with fuel.

During Workout - Regardless of age or length of workout, all swimmers need fluids during practice to stay hydrated. This is easily accomplished with a couple of sips from the water bottle every 15-20 minutes. As swimmers progress, workouts get longer and tougher. It's well established that exercise beyond 90 minutes benefits from a supplemental fuel source. The sports drink can provide it. But we still have hydration to think about. Drinks that are too strong, or "concentrated," can provide the fuel but also inhibit fluid absorption and often lead to cramping. Drinks that are 6-8% carbohydrate by weight provide the perfect balance. Enough carbohydrate to provide a fuel source during long exercise, but not so much that will inhibit fluid absorption. A couple of sips every 15-20 minutes keeps the body fueled, helps prevent unnecessary tissue breakdown, and maintains hydration. Today, only Gatorade and Powerade meet the 6-8% criteria. Most other drinks are too strong to be effective during workout.

After Workout - Water is an excellent choice to replenish fluids after practice. It's always wise to drink at least one cup. But after a tough workout, replenishing fuel stores is equally important. Competitive swimmers need a little over 1 gram of carbohydrate for every kilogram they weigh (lbs/2.2) each hour after workout. And they need it within the first hour, but beware of the high protein drinks, as they often forgo the carbohydrate, and carbohydrate is what you are trying to replenish within that first hour after workout.

Meet Minute

Storm sent 21 swimmers to the January Challenge on January 12-13th. This meet is the third of five "Challenge Series Meets" that Storm competes in with other local swim teams. At the end of the season all of the points scored at the "Challenge Series Meets" are added up and all teams in the Pacific Northwest (PNS) are ranked in order of most points scored. The girls had 80% best times and the boys had 73% best times, for a total of 76% best times. Five Storm swimmers swam best times in all of their events (Allison, Felicity, Jeyda, Kara and Chris), one of which, Kara Libra, swam in her very first meet. Felicity Speirs qualified for PNS Champs in three events, the 100 and 200 Free and the 50 Fly. All Storm swimmers swam very well and should be proud of their effort at the January Challenge.

Storm had 8 swimmers compete at the Snowflake Classic on January 27th at the Hazen High School in Renton. This was a fun meet for kids "9 years old and under" only. Of the 8 Storm swimmers that competed, 6 swam best times in all of their events (Emily, Jenna, Allison, Jeyda, Jeffrey, and Kara), one of which, Jenna Sampson, competed in her very first meet. The girls had 100% best times at this meet! The boys had 67% best times for a total team percentage of 88, which is great. Way to go "9 and under" Storm swimmers!

Swimming and the Art of Recovery from the Swimming USA Website:

Sleep and Recovery

The majority of the body's muscle rebuilding occurs while the body is at rest. Therefore, in order to benefit the most from the work done during practice and to perform optimally, it is important for athletes to get sufficient sleep during their time away from the pool.

Getting too little sleep can hinder recovery from exercise by impairing glucose metabolism, decreased tissue repair and growth, and compromising immune function. Not only is protein breakdown reduced during sleep, growth hormone is released during this time. Sleep also helps maintain optimal emotional and social function during the day.

Due to individual differences in recovery time, there is no set duration of sleep that every athlete should get. Every athlete has a different optimal amount of sleep (7 hours of sleep may be optimal for some, while 9 hours is optimal for others).

Athletes should keep a sleep log that tracks the number of hours of sleep per night. Over time they will be able to determine their individual optimal amount of sleep based on their daily sleep log.