



January 08

Upcoming Events

HS Swim Meet / practice time 5-6	Jan 24
Kamiak Duel Meet entries due	Jan 25
Snow Flake Classic 9 and under meet	Jan 27
Kamiak Duel Meet	Feb 8
PNS Age group Invitational entries due	Feb 8
PNS Age group Invitational @ Kamiak	Feb 23-24
March Challenge Swim Meet @ Kamiak	March 1-2

Storm Birthdays

Izel T. 1/24

Storm Advances

Congratulations to the Storm swimmers who advanced last month and welcome to our newest members!

Angelah H	White to Red	Angelique G	New
Jeyda T	White to Red	Natalie P	New
Taylor V	White to Red	James	New

Storm Swimmer of the Month

Red/Blue/Sr: Swimmer of the Month:

Felicity S.

Felicity is the swimmer of the month because of her tremendous effort at EVERY practice. She doesn't always like what we are doing, but she always does it. She has improved so much as a swimmer in the last several months, and it is great to see her grow. Thanks for trying so hard and being such a great swimmer to coach Felicity!

Dev./White: Swimmer of the Month:

Angelah H.

Angelah is the swimmer of the month for December because of her hard work and dedication to trying to get better as a swimmer. She recently learned how to do a great start off of the blocks. She has been doing so well that she has now moved up to the Red Group. Keep up the great work Angelah!

Presidential Notes

Thank you for everyone's participation in the holiday gift exchange; it was a great way to close out the year! Over twenty-five of our swimmers exchanged gifts and holiday greetings and everyone left practice with a smile!

Storm Aquatics will be submitting articles to the Lake Stevens Journal after swim meets to include in the sports section of the paper. Our first article will be posted in the January 30th edition and will cover the Pacific Northwest Swimming (PNS) 2007 14 and Under Short Course Championships. Thank you to everyone who contributed to the article, this is sure to get the team great publicity and more swimmers!

Pictures are a great way to show how much our swimmers enjoy themselves! Any pictures taken at meets, special events or practice can be given to Doug Libra or any member of the Board and can be posted in the newsletter, website or submitted to the Lake Stevens Journal with a meet article. Thanks to all our amateur, or semi-professional, photographers out there!

Lastly, we have a duel meet coming up Friday, February 8th at Kamiak High School. There will be no practice that day, so it would be great if we could have everyone participate in the meet! We also need parents to volunteer to be timers; each team needs to provide six timers.





New and Noteworthy

Fundraising Commitment Change

Swimmers who have joined Storm Aquatics after Sept 30th will have the total yearly Fundraising obligation prorated. The period of the Fundraising obligation is Sept 1 - May 31. Contact Becky Mosca for more information.

Swim-a-Thon

The Swim-A-Thon date has been set! Mark your calendars for Friday, March 28. All swimmers will swim 2 hours, from 5-7pm, or 200 laps, whichever comes first. Food and drink for the swimmers will be provided.

Nutrition Notes

Excerpt from USA Swimming website:

When it comes to nutrition, athletes are often tempted to turn to supplements to enhance the nutritional value of their diet. In most cases this is highly unnecessary. If an athlete is maintaining body weight with an adequate caloric intake of food, coming from a variety of sources, they should have all of the vitamins and minerals required to perform day-to-day and at competition time. If it's not, there are resources to help.

The first step in determining an individual athlete's need for nutrient intake is determining the current nutrient status. Start with a simple dietary intake assessment. All swimmers (and coaches) who are members of USA Swimming can use [Nutrition Tracker](#), an online diet analysis program offered free of charge by USA Swimming. The program will tell you, based on your age, gender, body weight and daily activities, what your nutrient requirements actually are. Once you have entered your daily food intake, the program will then compare your requirements to your actual intake. Any deficiencies in intake are easily identified and pointed out. Intake deficiencies may warrant further exploration, including an assessment of deficiency symptoms by a licensed professional. If these assessments reveal a deficiency in dietary intake of one or more nutrients, then the second step is to increase the intake of that nutrient by increasing the intake of normal foods. This process holds true for every single nutrient, from the basic energy nutrient (carbohydrate, protein, or fat) to the most specific vitamin.

Meet Minute

Storm sent three swimmers to the regional championship meet in Federal Way. Pacific Northwest Swimming (PNS) 2007 14 and Under Short Course Championships was held Friday December 7th through Sunday December 9th. Kyle Libra, Athens Slater, and Drew Wall, put forth a terrific effort at the meet. Drew Wall swam three events and dropped 2 seconds in his 100 Free. Athens Slater swam six events and placed 18th in the 50 Free, and almost made Finals. Kyle Libra, who also swam six events made Finals in two events and scored all of Storm's points at the meet by placing 12th in the 100 Free and 9th in the 50 Free. Congratulations to these dedicated and hard working Storm swimmers!

At least eight of our nine and under swimmers have signed up for the Snow Flake Classic meet next weekend! This nine and under meet will be a great way to get our younger swimmers a chance to meet and compete with other swimmers in their age group!

Go Storm!

Fitness Tips

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

Cool Down and Recovery

Swimming at high intensities, such as during racing and tough sets, can cause metabolites to accumulate in the muscles. A build-up of these metabolites can compromise your swimming performance.

Cool down facilitates the removal of metabolites after a race or tough set. The intensity of the cool down influences how quickly this removal occurs. Too high an intensity may produce additional metabolites, while too low an intensity may not create enough circulation to remove them any faster than standing around would.

Because sprinters tend to have and engage more fast-twitch muscle fibers than distance swimmers, they tend to produce larger amounts of metabolites than distance swimmers. This also means that it tends to take longer for sprinters to remove accumulated metabolites after races and other tough swims.

Recommended intensity and duration of a swimmer's cool down depends on the individual's distance orientation and event.

Even on land active stretching, light jogging, arm rotations and other land-based exercises that engage the same muscle groups used during the swim will remove metabolites better than standing around.