



# Storm Report

November 07

## Upcoming Events

Fall Grand Pentathlon entries due	Nov 15
Age Group Invitational @ Kamiak, Mukilteo	Nov 17-18
Raffle Sales	Nov19-Dec7
No Practice - Thanksgiving	Nov 22
Bring a Friend Day	Nov 30
Fall Grand Pentathlon @ Kamiak, Mukilteo	Dec 1
Raffle Drawing and Cookie Exchange	Dec 7
14 & under PNS Champs @ Federal Way	Dec 7-9
Senior PNS Champs @ Federal Way	Dec 14-16

## Storm Birthdays

Hannah Jewitt:	11/27
Amanda Stainer:	11/30

## Storm Advances

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

Felicity Speirs:	Red to Blue
Joshua Diaz:	Dev
Elijah O'Hearn:	Senior
Nicole Stainer:	Dev

## Storm Swimmer of the Month

Red/Blue/Sr: Swimmer of the Month: Kyle Libra

Kyle is the swimmer of the month for October because of his hard work and dedication at practice. Kyle is always happy to be at practice and ready to swim hard whenever I ask him to. He always wants to swim more yards and do extra work. He had a great meet at the October Challenge, getting best times in all of his events. It is great watching Kyle swim and a joy to coach someone that loves to swim. Keep up the good work Kyle!

Dev./White: Swimmer of the Month: Amanda Stainer

Amanda is the swimmer of the month for October because of her attendance and willingness to swim well. Amanda always comes to practice and is happy to be swimming each day. She swam at her first meet at the October Challenge and did a great job. She even won a ribbon! It has been great coaching Amanda and pushing her to do better everyday. Great Job Amanda!

## Presidential Notes

Due to the boiler being replaced at the Lake Stevens High School Pool, we are going to have a temporary practice location for up to two weeks, starting the week of Nov 5. We are going to practice at Kamiak from 4-6pm on Tuesday and Thursday, and from 9-11am on Saturday. We will have the whole pool to ourselves on Tuesday and Thursday's from 4-5pm, but sharing with the Dolphins Swim Team the rest of the time. Many thanks to the Dolphins for allowing us to swim with them! We would like all levels to show up at 4pm, if at all possible, since we have the whole pool at that time.

We're hoping that the boiler will be replaced within one week, and we can get back into our pool sooner. We will let everyone know if this happens. Thank you all for your patience.

Debbie Speirs has been elected as Vice President.

Becky Mosca has been elected as Treasurer.

Debbie Speirs has the Raffle information.

Barb Fallstrom's term as Secretary is expiring. We want to thank Barb for all her hard work and dedication to Storm over the years! We're taking nominations for Secretary until 12/3. Send nominations to [info@stormaquatics.net](mailto:info@stormaquatics.net). Vote 12/7 at the Raffle drawing.





## New and Noteworthy

### Anagram Contest

What does Storm mean to you? Brush up your anagram skills and put together an anagram for STORM. The best anagram submitted to David or Doug will be used on team gear and will receive a prize! Example: **Strong Team Of Racing Might**.

### Heidloff Outreach Fund

Heidloff Outreach Fund's goal is to provide more swimmers with opportunities to compete by reducing some of the financial stress on their families. PNS/USA swimming "outreach" swimmers are eligible to have fees waived for five PNS sponsored meets for individual events and surcharges during the year. Any one interested should talk to Doug or David.

### Albertson's Contributions

Albertson's contribution to Storm Aquatics was \$345 for the quarter ending 7/31/07! Each time you use your Albertson's card, a small percentage is donated to Storm Aquatics through the Community Partners program. There's no out-of-pocket expense to participate in this program, and it only helps our team! You can call Customer Service (1-877-932-7948) and add your card to the Storm Aquatics account (49001006993).

## Fitness Tips

Most of us associate increases in training load with increases in fitness level. What we often overlook is the fact that the real gains in exercise capacity occur when the body and muscles are at rest. While practice is where we see times improving, the underlying adaptations to this training actually occur while the body recovers from this workload. So, while workout is the all-important stimulus that initiates the adaptation process, the majority of the body's "metabolic rebuilding" occurs while the body is at rest.

### Cool Down – Eat – Stretch – Massage – Sleep

These are the five key components to an optimal recovery that all swimmers should understand, believe in, and most importantly, practice on a regular basis.

This excerpt is from the article [Swimming and The Art of Recovery](#) posted on the Swimming USA Website. Each section of the article will be highlighted over the next few Storm Report newsletters

## Nutrition Notes

Excerpts from USA Swimming Nutrition Tips:

The best pre-practice or pre-meet meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, breads and cereal are easily digested and absorbed. Rule of thumb: 0.5 - 2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise. Meals that provide 100 grams of carbohydrates are listed below:

- 1 bagel with peanut butter and 2/3 cup of raisins
- 1 cup of low-fat yogurt, 1 banana and 1 cup of orange juice
- 1 turkey sandwich with 1 cup of applesauce
- 2 cups of spaghetti with meat sauce and 1 piece of garlic bread
- 8 oz. of skim milk, 1 apple, 1 orange, 2 slices of bread and 3 pancakes
- 1 serving of Gatorade and 1 bagel

## Meet Minute

We had six kids get all best times at our last swim meet:

Michele Mosca, Taylor Villalon, Logan Brown, Kyle Libra, Monroe Shindelar, Kyle Stober

We had 90 best times out of 124 swims at the October Challenge, which is 73% best times! The girls had 68% best times and the boys had 78% best times!

We also had a total of 13 PNS qualifying times at this meet. Three swimmers swam qualifying times, Athens Slater, Kelsey Fallstrom, and Kyle Libra. Kyle had the most, with 6 PNS times.

Congratulations to our Storm Swimmers!