

# AQUAJAG NEWS

Fall 2011  
Volume 2, Issue 1

Genesee Valley Swim Team  
1 Jaguar Drive, Belmont, NY 14813

## Welcome to the Pool!!!

**Everyone, welcome to the start of the 2011-2012 swim season!!** For some of you welcome back!

Our next parent meeting will be Thursday, October 20, 2011 at 6 pm.

We are also welcoming back our coaches from last season; see page 4 for pictures! Coach Ed – Brian is our “founding coach” and has more years in the pool than the Bills have winning seasons! Coach Deb – Deb is our beginner/intermediate coach and does a fantastic job with the young swimmers. Coach Joe – Joe helps with all levels and brings a military presence to the pool deck. He also ALWAYS has treats up his sleeve!

We are looking towards another GREAT season!

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## Officers for 2011-2012

At the annual GVST awards banquet in June, new officers were elected into office. The following positions will be in effect for one year: Tina Edmister, Co-President; Tim Hand, Co-President, Patrice Haskell; Treasure; Kera Mariotti, Secretary; Kelly Lynch, Registrar. As always, if you would like to run for a position on the board, elections will be held at the end of the winter 2011/12 season.

Policy on Deposits – Patrice has decided that any funds given to her will be deposited twice every

month, the 1<sup>st</sup> and 15<sup>th</sup>. If either of those days falls on a weekend or holiday, the deposits will be completed on the Friday BEFORE.

As the secretary, I will be attempting to publish these newsletters monthly during the swim season and as needed over the summer. These newsletters will arrive via email; hardcopies will also be at the pool. If anyone has any Aquajag news that should be included, please email me at [themariottis@verizon.net](mailto:themariottis@verizon.net). I love pics of our team!



## Excerpt from Splash Magazine

### Energy Needs of the **GROWING SWIMMER**

By Jill Castle  
registered dietitian & child nutrition expert



**C**alories provide the energy your young swimmer needs for every-day activity, swim performance and growth. But many parents struggle with the nagging question, "Exactly how much does my young swimmer need to eat?"

Children aged 9–13 years need about 1,500-2,400 calories each day, depending on age and gender, to support normal growth and development. Add the energy burn of a regular two-hour swim practice, and energy needs can skyrocket to 2,700 – 3,600 calories or more.

Martinez and colleagues (Journal of Strength & Conditioning Research 2011) recently found evidence that young, amateur swimmers had low energy consumption compared to what they needed.

As parents, it's our job to make sure kids get the energy they need, and from the proper food sources. Avoid reliance on the fast food drive-through and heavily processed foods. Not only can these foods be excessive in fat, salt and sugar, they also under-deliver important nutrients like iron, calcium and B vitamins. They also set the tone for future food cravings and selections that won't support good health when the swim team is over.

Here are some ways to assure your growing swimmer gets the right nutrition:

- **STOCK YOUR KITCHEN WITH GOOD QUALITY NUTRITION:** whole foods in their natural state, such as low fat dairy products, lean meats and other protein sources, vegetables, fruits, whole grains and healthy fats. These food groups should be a part of every healthy, growing child's diet.
- **MAKE SURE YOUR CHILD GETS THREE NUTRITIOUS MEALS.** No skipping! A meal should include at least 3-4 of the above food groups.
- **AIM FOR TWO SNACKS EACH DAY THAT INCLUDE A PROTEIN SOURCE.** Unsweetened cereal and milk; yogurt, fresh fruit and nuts; whole-wheat toast and peanut butter are all examples of a healthy protein-rich snack for your school-age swimmer.
- **TIMING IS EVERYTHING.** Kids perform best in all aspects of life when they eat regularly. Try to provide a meal or snack every 3-4 hours, and avoid sending your swimmer to practice on an empty stomach.
- **WITH SOME PLANNING,** it's easy to assure your young swimmer gets enough nutrition and is healthy, growing and energized for performing in the pool.



### **SUIT & EQUIPMENT CARE**

All equipment and practice suits should be rinsed out with plain water after every practice. The suits usually get this when the swimmers shower and before they change, but the goggles and caps are usually forgotten about! Try to remember these also need care – the goggles anti-fog coating will last longer with proper care.

Team suits are similar to ladies nylons, they snag! When swimmer sit and slide, their bottoms will snag and stretch out! Try to keep pants or shorts on younger swimmers when we go to meets. The size tags for the team suit are white and "built in" on the inside; BE SURE to put initials there with a sharpie!! Swimmers in the locker room, sometimes pick up the wrong suit by mistake.

*Strength  
Endurance  
Character*





Agonswim.com is the company that makes our team suits. You can order items directly from them by visiting their website or calling them directly. Be sure to tell them that you are with GVST!



T-Shirts, hoodies, window decals and other items will be ordered sometime at the beginning of November. Keep in mind; they make great Christmas Gifts!



We have put an information area at the pool containing some important pieces of information. This information is: Next Meet Time/Place, RSVP Date, and Family Volunteers. All parents MUST RSVP Yes or No for each swimmer for the meet posted. Coach will then pick events and/or relays. Family volunteers to work at that meet will also be listed. Remember, if you can't make your meet, find another family to switch with. Volunteering at meets is easy and fun!

You may be timing, clerking young swimmer to their event, or just keeping our swimmers out of trouble. Don't worry, you WILL be able to see your swimmer's events!

### ***TIPS FOR A PARENT'S FIRST MEET!!***

If this is your first meet, we have come up with a list to help you be prepared.

Items to bring:

- Pencil to keep track of your swimmers times.
- Extra towels to dry off your swimmer.
- Sweatpants/shirt or robe to wrap wet swimmers in between events. They usually get chilly.
- Blanket to sit on in the staging area.
- Quiet entertainment for between events  
Books, crayons, game boys, etc.
- Change of clothes for after meet.
- Money for snack bar or bring your own healthy snacks. Don't forget water!
- CAMERA!!!
- Check bag for team suit before and after meet!

### ***TIPS FOR A SWIMMER'S FIRST MEET!!***

***Have fun!!!***

### **Websites of Interest**

[www.niagaraswim.org](http://www.niagaraswim.org)

<http://www.usaswimming.org/NI/GVST.club>

[www.usaswimming.org](http://www.usaswimming.org)

[www.agonswim.com](http://www.agonswim.com)

[www.swimoutlet.com](http://www.swimoutlet.com)





Coach Ed & Coach Joe discussing who has better handwriting!



Coach Joe and Coach Deb OBVIOUSLY on the same page during a race!



Coach Ed with some nervous swimmers!



GVST Summer Camping!!



GVST Summer Camping!



## 2011-2012 Meet Schedule

League meets (L) are no cost to swimmers and the coach picks the events for each swimmer. As our handbook states, “All swimmers are expected to attend a minimum of three NISL (League) meets and in the NISL Championship Meet if they qualify.”

District meets (D) are optional and there is usually a small “splash” fee for events.

Type	Date	Host Club
L	November 5 <sup>th</sup>	Franklinville
D	November 26 <sup>th</sup>	Turkey Splash @ TWST (Orchard Park)
L	December 10 <sup>th</sup>	<b>Genesee Valley*</b>
L	December 17 <sup>th</sup>	EMAC (Olean/Allegany)
D	December 26 <sup>th</sup>	Holiday Meet (TTAC)
L	January 7 <sup>th</sup>	<b>Genesee Valley/Franklinville*</b>
D	January 14-15 <sup>th</sup>	Bronze Meet
D	January 20-22 <sup>nd</sup>	IMX Challenge @ (FAST)
L	February 11 <sup>th</sup>	EAST (East Aurora)
L	February 18 <sup>th</sup>	Franklinville
D	February 24-26 <sup>th</sup>	Silvers
L	March 3 <sup>rd</sup>	Last chance meet (if needed)
L	March 10 <sup>th</sup>	CHAMPS @ Fredonia
D	March 15-18 <sup>th</sup>	Golds

\*BOLD meets are in Belmont!