



By: Madison Spiotta, Emma Carrigg, Max Verheyen, Nicholas Poulos,
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Hi guys, my name is Max Verheyen and I will be your senior athlete rep for the 2018-2019 season. I am on Eagle Swim Team in Owings Mills and I have been club swimming since I was 8. I, just like many of you, thought that club swimming was just going to practice and swimming in meets but after attending the USAS (United States Aquatic Sports) convention in September of 2017, I saw everything that goes on behind the scenes. During convention, we learned about everything it takes to run a successful LSC and I am super excited for this upcoming year. With 8 athletes having attended convention and more attending a retreat in July, I am super excited to be working with the rest of the board, the junior athlete rep, Kylie Kelly, and all of the other athlete reps to make the 2018-2019 season of the best that it can be.

Snacks of the Month

Coco Punch- Pour an appropriate amount (look at label) of your favorite protein powder into a bottle of coconut water. Enjoy this delicious tasting drink an hour or so before practice to give your energy and potassium for endurance and strength in muscle contractions.

There are no rules when it comes to trail mix! Mix the following in appropriate portions and amounts to meet dietary needs and desires. (Often times chocolate desires exceed needs :)

Simple and Sophisticated trail mix- Dried cherries, dark chocolate, almonds, and top with sea salt, and cinnamon.

Power Mix- Goji berries, pistachios, dried blueberries, flax seeds, dark chocolate chips.

Raw Energy- Walnuts, pumpkin seeds, sunflower seeds, cinnamon, nutmeg, sea salt, dried apricots, dried cranberries.



Mental Health

When you looked at this article title, you might have expected a scientific article about mental health that makes things like stress and time unreal. But this article is anything but that. Mental health is such a vital concept to swimmers, athletes, and all types of people all across the globe, that it deserves an article that will do it justice by explaining what mental health is and how we, as athletes, can use it to our advantage.

First and foremost, mental health is never a word you avoid or be scared of. There is so much more to being healthy and to life than having a normal BMI and blood pressure. Simply put, being mentally healthy is having your brain be able to work in a high-performance mindset. Like anything, this takes practice. Swimmers put endless hours in the pool, routinely working on strokes and techniques to achieve the impossible dream: perfection. No one can actually achieve this perfection of their mind either, which is actually great because this proves mental health training doesn't die with age or ability. One can always use training techniques to strengthen their mind. The benefits of understanding and flexing your mental health are enormous and extremely valuable. If you are finding yourself with constant mental blocks behind the racing block, or hit with waves of anxiety, or frustrated because of your lack of progress, or even just feel like you don't have the right attitude toward life and your sport, then consider looking into mental health beyond this article and see what you can do to improve your body and mind. Counseling is always an option for various types of situations and helps millions of people across the world talk things through and develop healthy emotional mindsets. Some benefits that working at your mental state daily will give you include being able to set realistic goals, help you have a healthy attitude, clear mental blocks, help you manage your stress and anxiety on race day, and help you remain focused on the important things.

The most important thing to remember when it comes to having the right mindset is that most of this training of your brain deals with perception. And the great thing about mental training is that they are often simple exercises or changes in your life that will have immediately satisfying results. Little unknown fact- getting more sleep will actually make you mentally tougher. And when you set goals, don't limit yourself, dream as big as you can. With these dreams as high as the sky, just realize the realistic amount of work that needs to be put into them to achieve them. Learn to love the process and keep your motivation alive with a clear mindset. When practicing anything, do it deliberately. Don't waste your time with garbage yards and increase your work ethic as you reach more goals and begin to master your sport. Some changes to your life that would immensely benefit you, your body, and your mind, include getting more sleep, self-talk, training journals, and setting more goals realistic to the amount of work you are willing to put it.

Mental health is not something you should shy away from, and I hope this article helped you understand some new perspectives. If you have any questions about this or Safe Sport, feel free to email me!

Emma Carrigg
Safe Sport Athlete Representative

Splashing Jokes

By: Abby Brannon



Q: What detergent do swimmers use to wash their clothes?

A: Tide

Q: How do pirates measure the distance they swim?

A: In YARRRRRds

Q: Which kind of swimmer makes a good gardener?

A: The ones with great seed times

Q: Why would the boy only do the backstroke?

A: He just had lunch and didn't want to swim on a full stomach

Q: What kind of stroke can you use on toast?

A: Butter-fly

Q: Why can elephants swim whenever they want?

A: They always have trunks with them

Q: What kind of exercise is best for a swimmer?

A: Pool-ups

How many words can you make out of *SWIMMING*?

RISE ATHLETES

I had the pleasure of reaching out to Caroline Burckle, a past Olympic swimmer. Her and Rebecca Soni co-founded a business called Rise Athletes. Rise Athletes is a mentoring program where Olympians work with athletes like you and I to help us develop the “Athletic mindset.” Caroline and some of the Olympians she works with answered some questions that most swimmers wonder.

-Madison Spiotta



What is the best advice you have gotten regarding mental health that you could apply to swimming?

To always, always remember you are not alone, and that you have SUPPORT. Period. Coach, parent, best friend, mentor, leader. There is always a community of love behind you when you really look. -Caroline Burckle (2008)

How do you keep your mind “fit”?

I keep my mind fit by incorporating other hobbies and passions in my life. I play violin and piano, so whenever I need a break from my athletic persona, I go straight to playing music. It’s a great way to tap into my creative mindset and keeps things fresh and sharp. - Elizabeth Beisel (2008, 2012, 2016)

What is one thing you like to do, other than swimming, which helps you cope with stress or pressure?

Besides swimming I like to meditate and do yoga to destress and relax, daily meditation helps me balance my life in and out of the pool. - Kim Vandenberg (2008)

When I’m feeling stressed or pressure I like to get the anxious thoughts out of my head through journaling. I write what I’m stressed about - acknowledging that some things are real and some pressures may be imagined. Then I write what I can control/solve and a plan for addressing the things and the things I can’t control. Once that’s all on paper, I take a break to do something I love - usually go for a run or exercise, make a new recipe in the kitchen, hang out with friends and draw. That break recharges me and helps bring fresh, less emotional perspective to the pressure I was feeling.

Gil Stovall By: Nicholas Poulos

It's easy for a swimmer to remember the 2008 Olympics; that was where Jason Lezak swam the most incredible anchor leg in Olympic history, where Dara Torres won three silver medals at the age of forty-one, and where Michael Phelps won his eight gold medals. But when there are so many great swimmers receiving so much (deserved) praise and attention from anybody and everybody, some can get lost in the shadows. That's what happened to Gil Stovall. In 2004, Gil Stovall was 18. He swam for a small team called the Memphis Tigers. He wasn't built like what is considered the "typical swimmer". He was muscular, sure, but he stood just 5-foot-9 and weighed only 150 pounds. However, the fact that he was smaller than many of his competitors didn't faze him much. In Long Beach he swam the 200 fly at Olympic Trials. He got 9th in the semi, missing the final by 0.3 seconds - his time was 2:00.23. In Omaha, four years later, Gil was in a much better position to make the Olympic team. He now swam for the University of Georgia. That spring he had broken Mel Stewart's legendary 17-year-old NCAA record in the 200-yard fly. The only person that had ever been faster than Gil in the short course pool was a certain man named Michael Phelps. It was hard to imagine anyone could beat Phelps in the 200 fly that summer. But Gil dreamed about it. And anyway, at Olympic Trials, 2nd place is just as good as 1st place; both get you on the plane to the Games. Gil lined up behind lane three for the final of the 200 fly. He had already done much better than he had four years ago in making that final. But better wasn't his goal; Beijing was his goal. "Take your mark," intoned the starter. Silence. Then the beep. Gil dove in, less than two minutes from achieving his goal, or from seeing the last four years of training be spent in vain. At the first 50, Gil turned in 7th, but he wasn't far behind the leaders. By the 100 he had moved into 3rd, a position he maintained at the 150. With one length to go, Gil had to gain 0.58 seconds on the second place swimmer to make the team. He came off the wall with a long underwater and dug deep - very deep. At the finish, he looked up and saw the scoreboard; he'd done it! He'd dropped nearly 1.5 seconds from his best time and became, at the time, the second fastest performer ever in the history of the event (1:53.86), behind only Phelps. Flash forward to the Games. Gil was in a good position to earn a medal. But he contracted dysentery the day before his race. In the semi-final he placed 9th, missing the final by only one one-hundredth of a second. In 2018, ten years after he made that Olympic team, Gil Stovall is still the third-fastest American ever in the 200 fly: only Olympic gold-medalists Michael Phelps and Tyler Clary have been faster. Gil keeps his place in history, if only a 5-foot-9 high one, for his story - his grit, his determination - because beyond all else, he believed that he could make the Olympic team, and that belief goes a long way in making a dream reality.

HOLLA IT'S TACO NIGHT!!

Want a savory meal in under 20 minutes? Fish tacos provide a smoky, delightfully warm tasting dinner. If you aren't a fish fan, try variations of these tacos with shrimp, chicken, ground beef, or even fajita vegetables.



Crema:

- 1/4 cup thinly sliced green onions
- 1/4 cup chopped fresh cilantro
- 3 tablespoons fat-free mayonnaise
- 3 tablespoons reduced-fat sour cream
- 1 teaspoon grated lime rind
- 1 1/2 teaspoons fresh lime juice
- 1/4 teaspoon salt
- 1 garlic clove, minced

Tacos:

- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder
- 1 1/2 pounds red snapper fillets
- Cooking spray
- 8 (6-inch) corn tortillas
- 2 cups of shredded cabbage

Step 1 Preheat oven to 425°.

Step 2 To prepare crema, combine the first 8 ingredients in a small bowl; set aside.

Step 3 To prepare tacos, combine cumin and next 5 ingredients (through garlic powder) in a small bowl; sprinkle spice mixture evenly over both sides of fish. Place fish on a baking sheet coated with cooking spray. Bake at 425° for 9 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness. Place fish in a bowl; break into pieces with a fork. Heat tortillas according to package directions. Divide fish evenly among tortillas; top each with 1/4 cup cabbage and 1 tablespoon crema.

<http://www.myrecipes.com/recipe/fish-tacos-with-lime-cilantro-crema>

Competition Swimming Word Search

Swimming is a big sport and one that virtually anyone can do. But those who do it for competition use a lot of terms that most others are unfamiliar with. Here are some terms swimmers would know like the back of their hand. How many have you heard before?

VJBELYTSEERFCME
LNRKKCOLCEAPPM
PMEKYROSCOPEOXE
PJAQYNMSKRHRSSD
QSSGGOMTAPTQLEA
RBTPLIUCORBKALL
CESRLRTBAUIVNGS
LLTEOIPTLCCGIGV
OJRNCKSAKLHHFOG
SPOEUEEBDCUDPGN
ERKMSOOJTDPPIAI
DLELLACAUWLTHCD
CQARRHRPLDVESRE
OFYDYCDWAKGKNE
MKTMSJVCJLDEOBS
PUNOFFICIALTIME
EJXZJUNIFORMPYL
TTAEHSUNOBBDMHC
INVITATIONALAPR
TXEPORLLACERHOI
IJRLANELINESCRC
OMBACKSTROKEYTEL
NZMMGYLFRETTUBJ
SEMITGNIYFILAUQ
LLKDUALMEETDKNR

BACKSTROKE
BONUS HEAT
BREASTSTROKE
BUTTERFLY
CHAMPIONSHIP FINALS
CIRCLE SEEDING
CLOSED COMPETITION
DUAL MEET
FALSE START ROPE
FREESTYLE
GOGGLES
INVITATIONAL
KICK BOARD
KYROSCOPE
LANE LINES
LAP COUNTER
MEDALS
PACE CLOCK
PADDLE
PRACTICE
PRELIMS
PULL BUOY
QUALIFYING TIMES
RECALL ROPE
SCRATCH
TOUCH PAD
TROPHY
STROKE JUDGE

UNIFORM

UNOFFICIAL TIME

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