



STITTSVILLE VICIOUS FISH

WINTER 2008

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NEWSLETTER

We hope you all enjoyed the holidays and wish you the very best for 2008!

News & Events

Mike Foley from our evening program and Liliana Rusu (our Monday evening Coach) were our only two swimmers to brave the snow storm and travel to Carleton Place on December 16th to attend the Zebra Mussels Fun Meet. They both combined to come away with seven firsts: Mike in the 100 Free, 50 Back, 100 Breast, 100 Back, swimming in the 45-49 year age category and Liliana in the 100 Breast, 50 Fly, 100 IM, swimming in the 50-54 year age category. Congratulations to both and many thanks to Liliana for the photos of Mike and herself below!



Congratulations go out to Darcy Blais from our Monday night program. He was the only SVFM swimmer to participate in the *Swimmers in Heats -Allo-a-l'eau 2008* swim meet put on by Rideau Speedeaus Swim Club-Technosport. He had an excellent day and came away with four firsts (200 IM, 100 Breast, 100 Back, 100 Fly) and one second place finish (50 Free) in his 30-34 year age category. **WAY TO GO, DARCY!**

Ten SVFM swimmers participated in the Nepean Masters Long Course Swim Meet held on Saturday February 23rd. Mornings: Janet Lefebvre, Martha MacLeod, Lesley Scharf and Fiona Wirtanen. Evenings: Brent Dixon, Michael Foley, Heather Lowthian and Igor Raspopovic. Monday evening: Darcy Blais and Steve Monkhouse. Our Monday evening Coach, Liliana Rusu also attended the meet, swimming with the Carleton Place Zebra Mussels. Although the results are not yet posted, all our swimmers swam well, we had two teams that placed in the mixed relay event and fun was had by all.

From the SVF Executive

SVFM Feedback Survey

Based on various discussions with members during and following the Annual General Meeting, the SVFM board felt it was important for everyone in the morning and core evening groups to complete a survey on coaching feedback. The objective of this survey was to determine the frequency and type of feedback swimmers would like to receive from the coach.

The results are summarized as follows:

		Percentage of Members	Evening %	Morning %
Total Responses	36	67%	63%	71%
Total Not Submitted	18	33%	37%	29%

Category	#	% of Total Responses	% of Evening Responses	% of Morning Responses
I receive just the right amount of feedback	21	58%	68%	47%
I do not receive enough feedback	15	42%	32%	53%
I receive too much feedback	0	0%	0%	0%

Frequency of Feedback	# of Responses	% of Total Responses	% of Evening Responses	% of Morning Responses
Whenever the coach feels it is necessary	32	89%	95%	88%
When working on specific development	3	8%	5%	6%
Only when requested	1	3%	0%	6%
Only as part of group feedback and not individually	0	0%	0%	0%
Never	0	0%	0%	0%

Specific Items for Feedback			# of Responses	% of Total Responses	% of Evening Responses	% of Morning Responses
Improving speed	Improving endurance	Improving technique	16	44%	47%	41%
Improving speed	Improving endurance		1	3%	5%	0%
Improving speed		Improving technique	4	11%	0%	24%
	Improving endurance	Improving technique	1	3%	0%	6%
Improving speed			1	3%	5%	0%
	Improving endurance		1	3%	5%	0%
		Improving technique	10	28%	32%	24%
No Selection			2	6%	5%	6%

These results have been reviewed with Matt and he will use the information as appropriate during practice. On behalf of the SVF board, we would like to thank everyone who completed the survey.

Our next initiative is to survey all SVFM members on the training programs of each group. Like the feedback survey, this one will be short and easy to complete and we encourage everyone to participate. Look for this survey to be announced over the next week.

The SVFM Board

NUTRITION BITES

Keeping Hydrated - inside!

Submitted by Lesley Scharf from our morning group

Swimmers are always wet, but hydration on the inside applies to ALL athletes!

The role of water in the body:

- Transportation of nutrients/elimination of waste products
- Lubricating joints and tissues
- Temperature regulation through sweating
- Facilitates digestion

Our bodies cool off by sweating. This sweating can lead to dehydration, especially when exercising in the heat. Even a small amount of dehydration can significantly affect performance. Studies have found that a loss of two or more percent of one's body weight due to sweating is linked to a drop in blood volume. When this occurs, the heart has to work harder to move blood through the bloodstream. This can cause muscle cramps, dizziness, fatigue and even heat illness (heat exhaustion/heat stroke).

Knowing the right amount of water to drink depends upon a variety of **individual** factors including the length and intensity of exercise, sweat rates, losses and hydration levels. However, here are two simple methods of estimating adequate hydration:

1. Monitoring urine volume output and color.

- Look for a large amount of light colored, diluted urine
- Dark colored, concentrated urine probably means you are dehydrated

2. Weighing yourself before and after exercise.

- Any weight lost is likely from fluid, so try to drink enough to replenish those losses.
- Any weight gain could mean you are drinking more than you need.

<p style="text-align: center;">HYDRATION NUGGETS 250 ml = 1 cup</p> <ul style="list-style-type: none"><input checked="" type="checkbox"/> BEFORE EXERCISE (about 2-3 hours) 400-600 mls<input checked="" type="checkbox"/> DURING EXERCISE (every 15-20 minutes) 150 - 350 mls<input checked="" type="checkbox"/> AFTER EXERCISE (replace sweat losses) 450-675 mls for every .5 kg of weight lost during exercise
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Plain water is fine for athletes exercising for less than one hour. For exercise lasting longer than an hour, choose a sport drink that contains 4-8% carbohydrates along with some added sodium. If you choose fruit juice to drink during exercise, it should be diluted (one part juice to one part water). The carbohydrate provides energy for exercise over 60-90 minutes. This can also be provided through energy gels, bars and other foods.

Coaches Corner (submitted by Matt Hyne)

Congratulations to all those who competed at the meet, I think everyone who attended had a good time. Come see me or send me an e-mail if you want your splits. Sharon also videotaped all those who competed so I'm sure if you ask her nicely, she could provide you with a copy. There was lots of talk of improvement at the meet so I thought I'd take a little time to discuss measuring improvement other than timed swims.

Are you improving?

Ways to measure improvement:

Are you swimming faster?

Are you swimming longer in the same amount of time?

Are you able to swim a certain event you were unable to before?

Are you less tired swimming a distance you were before?

Are you taking less strokes to complete the same distance?

Have you noticed an improvement in your body (muscles? Weight loss?)

Have you noticed an improvement in your energy levels?

Have you noticed an improvement in your ability to concentrate, sleep better?

Is your resting heart rate lower?

If you have determined you aren't improving ask yourself these questions?

Are you attending practices regularly?

Are you training hard at practice (see below)?

Are you allowing proper recovery time?

Are you taking care of yourself (proper rest, diet)?

Are practices hard enough?

Is 8x100 Free an easy set or a hard set?

If you answered both or that depends... you are correct...

While a practice can be hard based on content, (ie fly vs free) the difficulty of any practice ultimately depends on **YOU**. For example, if I put 8x100 up on the board, you can swim 8x100's any of the following ways...

8x100 Free – little effort, lots of rest (Easy)

8x100 Free – med pace, lots of rest

8x100 Free – fast, lots of rest

8x100 Free – med pace, less rest (Harder)

8x100 Free – med pace, no rest

8x100 Free – fast pace, less rest

8x100 Free – fast pace, no rest (Hardest)

So the point is, any practice can be hard or easy... it depends on how you decide to make the practice.

So... if you are looking to make practice harder follow these suggestions:

Hard – If you see hard on the board, go HARD (full kick, long full strokes), streamline underwater past flags off each wall, quick turns. Don't save anything for the next set.

Kick – During kick sets, choose to kick without a board. If you wear fins, you should put in the same amount of effort as you would without fins.

Choice – If you see choice on the board, pick strokes you struggle with.

Free – Although free is the main stroke, you should spend lots of time doing the other three strokes and IM. The importance of cross training and its benefits should not be underestimated...

Lastly, if you truly feel you have been following all the suggestions above and feel you are not improving, come talk to me and we can discuss some action plans.

Reminder: No Swim Dates

Monday Evening Session: Mar 24, May 19

Morning Session: Mar 23, June 8

Evening Session: Mar 23, June 8