

# SR SWIMMING

Strive , Rise , Succeed | *Strive together, thrive together.*

## First Issue!

Welcome to the 1st ever issue of Snake River Swimming's Athlete Newspaper! We want to feature what you want to read - from showcasing swimmers in our LSC to featuring articles on topics that you care about. Have any requests/ideas for the upcoming issues? Email us at [srsathlereps@gmail.com](mailto:srsathlereps@gmail.com).

## Follow us on Social Media!

Instagram - @srswimmers  
Facebook - Snake River Swimming

If you have any photos or announcements you would like us to post on social media, DM your suggestions to us!

## Contact us

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## USA Swimming Convention *by Vanessa Wong*

Hey all! From September 29th to October 3rd, Chiloé Spelius and I had the amazing opportunity to go down to Kansas City, Missouri for USA Swimming's Annual Athlete Convention. While we were there, we learned about the inner workings of USA Swimming and its governance, spoke about the state of Snake River Swimming, helped at the local food bank Harvesters (pictured above), voted on important pieces of legislation, and





## Staying tough during the Mid-Season doldrums

by Dr. Alan Goldberg

### THE PROBLEM – A MOTIVATIONAL CRISIS

The days are so much shorter now. It gets dark so early, and, if you're living in certain places around the country, like I am, it's also gotten pretty darn cold. Brrrr!

The thought of having to drag yourself out of a nice warm bed to go and freeze your butt off while training seems so painfully unappealing. This is the time of the season when it feels like you've been pushing yourself forever. You're tired, broken down and your motivation has done a disappearing act. You get up early, train, then go to school, train, then go to bed and then you have to turn around and do it all over again. Is this fun or what? It just seems so difficult to keep yourself focused, excited and working hard, set after set, practice after practice under these circumstances.

So what can you do to make the most out of these “dog days” of winter training when you are so tired and far removed from the excitement of the taper meet? How can you keep yourself pushing forward and maintain a high quality of training when there is such a strong gravitational pull to quietly do just the opposite, to mentally slide into an unconscious, just-going-through-the-motions state?

### THE SOLUTION

met other USA Swimming Athlete Reps from all over the nation. Here are some of the things we learned over the weekend:

- *What does LSC stand for?* LSC stands for Local Swimming Committee. There are 59 LSCs in the United States, and Snake River Swimming is one of them.
- *What do Athlete Representatives do?* Athlete Representatives' main job is to be the voice for the athletes. We are your liaison to Snake River's Board of Directors, and if you have any ideas or recommendations for Snake River, let Chiloé or I know!
- *What is voted on at convention?* At the annual USAS convention, athletes, coaches, and officials, as well as other at-large representatives vote on rules and regulation to the USA swimming bylaws. For more information on the changes that were made at this last years' convention, go to <http://www.teamunify.com/wzsrslsc/UserFiles/File/2015HODRulesChangesImmediate10615v2.pdf>.

*What else is done at convention?* Those that attend convention are also eligible to apply for a position on a national committee. Examples of committees include Governance, Diversity and Inclusion, Rules and Regulations, and Disability. These committees help to promote inclusion in the sport and help to facilitate the smaller tasks that USA swimming as a whole is in charge of.

*Why do athletes get to go to convention?* It is a USA swimming rule that athletes must comprise 20% of the voting legislative body.

## House of Delegates Fall Report

by Vanessa Wong

On October 17, 2015, Senior Athlete Rep Vanessa Wong and Junior Athlete Rep Chiloé Spelius as well as athletes from Caldwell Swim Club, Idaho Falls Swim Team, Voltage Aquatics, Boise Y Swim Team, and Sun Valley 5B met together to discuss what the LSC would like to accomplish. The athletes' committee met beforehand and discussed various ways to improve communication and bolster LSC cohesion in the Snake River swimming region. Following are various items that were discussed at the meeting and brought up in front of the House of Delegates:

staying excited and focused enough to consistently work hard, it also can potentially present you with the GREATEST OPPORTUNITY, a chance to truly separate yourself from the competition. What am I talking about?

Well, while you're seriously struggling with staying motivated, guess who else is? That's right! Everyone else who you have to compete against! You are not the only swimmer in the pool who's tired and having trouble maintaining your enthusiasm at this time of the season. Just about everyone around you is also struggling with the very same thing. If you can keep this fact in mind, then you can use it to energize your own motivation and training.

The swimmer who can mentally handle these tough weeks in mid-season the best, that is, the athlete who can stay focused and personally invested in their training every day, is the swimmer who will eventually get much more out of their training and eventually come out on top at taper time!

**HOW DO YOU STAY FOCUSED AND PERSONALLY INVESTED?**  
Keep in mind that it is not simply enough for you to just show up physically to train. That is, just putting the time in the pool won't get you to where you want to go and won't generate any excitement or motivation. The key here is what you put into the time! If you have BIG dreams in this sport, you can't successfully reach them without being mentally and emotionally invested in the training. You have to have a personal purpose or BIG ENOUGH WHY to push yourself! This is something that YOU REALLY WANT TO ACCOMPLISH! You have to keep that BIG goal of yours in mind whenever you train, each and every day. You have to be able to connect what you're doing right now, in this set when you're tired and worn down, with where you want to go come taper time or beyond.

By keeping your dream for this season or that BIG ENOUGH WHY close to you whenever you train, by continually asking yourself, "How is what I'm doing right now going to help me get to my

- dual meets against another LSC (i.e. Snake River Swimming vs. Inland Empire Swimming)
- LSC apparel for out-of-town meets
- efforts to fundraise as an LSC or participate in a service project together (i.e. canned food drives? Color Run as an LSC team?)
- athlete committee comprised of club representatives
- LSC team meetup - older athletes coaching younger athletes in the morning and unsanctioned mini meet in the afternoon to foster friendly competition.
- Winter and Summer Championship qualifying times have been adjusted in hopes of increasing attendance at championship meets. Visit [snakeriverswimming.org](http://snakeriverswimming.org) for more info.
- Standing rules have been adjusted regarding future athlete elections. Visit [snakeriverswimming.org](http://snakeriverswimming.org) for more info.

## ATTENTION:

- **Snake River Swimming is looking for submissions for designs for LSC athlete apparel (sweatshirts and sweatpants) and designs for championship awards. Please email us your submissions by December 1st @ [srsathletereports@gmail.com](mailto:srsathletereports@gmail.com).**
- **Each club in this LSC should have a club representative chosen for the Athletes' Executive Committee. As a club representative, you are responsible for showing up to the HOD meetings, relaying information from the Senior and Junior Athlete Reps to your respective teams, and representing the voices of your teammates. If you are the representative for your club, please email [srsathletereports@gmail.com](mailto:srsathletereports@gmail.com) with your email, phone number, name, and team.**

## Growing Swimmers May Need a Fourth Meal

*by Jill Castle, MS, RDN (renowned dietician & author of Eat Like A Champion: Performance Nutrition for your Young Athlete)*

Swimmers can burn a lot of calories in the pool. More time in the pool translates to more calories burned. Depending on the stage of growth, such as in the adolescent growth spurt, the need for calories to ensure normal growth and development while also covering the nutritional needs for swimming may be quite high.

Some swimmers find it difficult to get enough calories in the

goals?” then you will have a much better chance of maintaining a high quality of focus and excitement in this practice and the next. If you do that every day, which is NOT an easy task, then you will begin to distance yourself from the competition.

So when you go to train, think about all the other swimmers who are doing the very same thing that day. Can you make your training more important to you? Can you connect your swimming right now to where you want to go in this sport? Can you remind yourself today, especially if you're feeling tired and demotivated, that you have an unbelievable opportunity to begin to leave the competition in the dust if you do the right things? And all you have to do is to make this practice and this set important to you! Put your mind and heart into what you're doing every day and you will soon find that those winter doldrums quickly disappear and that your training will go to the next level.

day. This can lead to lackluster performance, fatigue, and even low body weight. Although there can be many different reasons for these complaints—for example, inadequate hydration, low iron intake, or lack of sleep—missing out on enough calories during the day can certainly be a contributor.

Healthy snacks are one strategy that can help the swimmer ensure sufficient calories to meet his needs for health and sport. However, a snack may not be enough for the teen who requires significantly more calories than an elementary or a middle-school athlete.



Here's where the 4th meal comes in.

Higher in calories and representing several food groups, the 4th meal is literally like eating another scheduled meal during the day. Rather than an endless bowlful of popcorn or two helpings of cereal with milk, the 4th meal (served when there's plenty of time for digestion, such as after school) may be a substantial and nutritious option for the swimmer with higher calorie requirements.

Try to rotate some of these 4th meal ideas into your nutrition plan, especially if “snacks” are growing in size and frequency:

**Leftovers.** If you have dinner leftovers, pull them out the next day and reheat them for a hearty 4th meal. Some suggestions:

- Pasta with sauce
- Leftover beef or chicken, and rice
- Casserole such as lasagna, and fruit

**Breakfast foods.** Eggs, waffles and oatmeal are a fast and easy option as a 4th meal. Try these:

- Scrambled eggs in a tortilla with cheese and salsa
- Egg sandwich with ham and cheese on an English muffin
- Sauté eggs into leftover rice and chopped vegetables for a fried rice dish
- Waffles layered with peanut butter, banana and a drizzle of honey; milk
- Oatmeal topped with nuts, dried fruit, and milk

**Sandwiches.** When time is tight, make a sandwich (or pack) and rotate different types to keep it interesting.

- Panini with mozzarella, pesto, tomato, and fruit
- Grilled cheese sandwich and tomato soup
- PBJ sandwich and a banana
- Deli sub including lean meat, cheese, and veggies

Stews or hearty soups. Especially when the chill sets in, a soup can take the edge off of the cold, and fill up a hungry belly. Here are some good options:

- Chili (beef or vegetarian variety) with cornbread or other type of bread
- Beef stew with bread or crackers
- Vegetable barley soup and peanut butter toast

Baked potatoes. Zap these in the microwave and stuff them with lots of nutritious goodies.

- Southwestern-style: Load it with cheese, salsa, guacamole and/or sour cream
- Veggie-style: Top a potato with broccoli and cheese
- Pizza-style: Crust not necessary! Add pizza sauce, mozzarella cheese, and chopped turkey pepperoni



**IHSAA**

IDAHO HIGH SCHOOL ACTIVITIES ASSOCIATION

Congratulations to all those who competed in the Idaho State High School Swimming Meet November 6th-7th!

Our LSC was represented well in both finals and prelims. Way to go :).

### Keep in mind...

- It's getting chilly out! As an LSC, we would like to, as an organization of athletes, do something to give back to our communities. Got any charity ideas? Let us know @ [srsathlereps@gmail.com](mailto:srsathlereps@gmail.com)!
- How did our first issue do? Email us and let us know how we did and if you have any suggestions for next month's issue!
- Proud of your accomplishments and want a recognition? DM us and we'll try to put you in the next issue. :)