



THE WHALE TALE

Live Slow Swim Fast

January 2011

Dive into 2011

Happy New Year! Now that the holidays are over and school is back in session, it is time to get back on a routine and get back in the pool. This month VSA is attending the Charlene Craddock Invitational at DSU. With only 5 weeks until the MS State Short Course Meet, this is a perfect opportunity to obtain your state qualifying times. But you can't get there without practice. Practice is the key contributor to improving your technique and speed. So start 2011 off right by diving in.



Dates to Know:

- January 15—YMCA's Chill in the Hills
- January 19—Entries due to Coach for Charlene Craddock Invitational
- January 21—Entries due to Coach for VSA Inter-squad Meet
- January 25—Black, White & Bronze Intra-Squad Meet at Purks YMCA
- January 28-30—DAC's Charlene Craddock Invitational Meet



VSA has committed to volunteering a direction station at the Chill in the Hills 10K Run/5K Walk on Saturday, January 15th. This is a YMCA sponsored event, and it is important for us to show our support to them. Volunteers need to be in place by 8 am and we should easily be through by 10 am. We will be stationed on Mulberry Street—at the beginning of the race. We need a minimum of 10 parents total. If you want to bring your child, that is fine. Plan to wear your VSA attire. Please let Heather know if you can volunteer ASAP. Also, if you plan on running, we request that you wear VSA attire!



UPCOMING MEET

It's time once again for the annual Charlene Craddock swim meet in Cleveland, MS. The finest facility this state has to offer our young swimmers. Mark your calendar and book your hotel room now! The meet invitation, which includes meet dates, schedule of events, warm up times, hotels in the area, etc. is posted on our website. Please take time to look at the invite to help answer any questions you might have about this event. Coach needs to know by January 19th if you would like to compete in this event. If you would like to attend but are not sure what events to enter your swimmer in just respond "COACH PICK" to Coach via email. Heat sheets will not be sold at the meet. Heat sheets for the event will be posted on our website by Wednesday, January 26th and in the spectator seating at the meet.

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VSA INTRA-SQUAD MEET

On Tuesday, January 25th at 5pm, VSA will hold an Intra-Squad Meet for White, Black and Bronze pods. This will provide our new swimmers with the opportunity to experience a swim meet. Please send everyone a list of events. Please respond to Coach by January 21st which events you would like to participate in. All Silver and Gold pod swimmers are needed to help with the meet and are also asked to arrive at 5pm. Silver and Gold pods will practice immediately following the meet.



SWIMMER OF THE MEET

Our Swimmer of the Sunkist Sprint to Christmas was

Kaylynne Wallace

Congratulations Kaylynne!

Keep up the great work.

Need a VSA Swimsuit?

You can now take any black swimsuit to The Latest Craze and have Elise personalize it with our VSA logo. The cost is only \$5.

Please do not leave any valuables in the locker room during practice. Either lock your valuables in a locker or keep your swim bag on the pool deck.

Well wishes and happy thoughts go out to Mallory Claire Dickey. We hope you start feeling better and get back to the pool.



Nutrition Corner

Proper hydration is absolutely key! You can't drink next to nothing for several days and think that jumbo Powerade you're swigging in the car on the way to the pool is going to do anything. Here's a breakdown of how much you should be drinking and when:

Overall water consumption for kids age 9 to 13 should be 2.0 to 2.5 liters per day, whereas 14-18 year-olds should strive for 2.5 to 3.5 liters, with girls falling near the lower end of the range, and boys at the higher end. Keep in mind, we're talking about water here, not juices, sports drinks, or soda. This should be your target for each and every day, with your fluid requirements increasing with athletic activity.

Sports drinks are really only necessary for activities lasting at least one hour in duration, but can otherwise be consumed in moderation if they encourage young athletes to drink. Watch the sugar content, though. When choosing a sports drink, look for one with a 6-8% carbohydrate concentration, or 50-80 calories per 8 ounces, with 120-170 milligrams of sodium.

Excerpt taken from USA Swimming Website

