



THE WHALE TALE

Live Slow Swim Fast

May 2011

Website:
www.vsaswim.org
Facebook:
Vicksburg Swim
Association
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VSA is Headed to the Great Outdoors

The cooler temperatures have delayed our move to the great outdoors. We are now moving back to the City Pool beginning Friday, May 20. Below are the new practice times valid through May 31.

Dates to Know:

- May 19 — Heat Sheet Ads Due
- May 19— Mandatory Parent Meeting
- May 27— White, Black, & Bronze Pod Movie Event
- May 29— Stamm entries due to Coach Mixon
- June 3—5— Stamm Family Invitational

Monday, Tuesday & Thursday - 5:15 p.m. to 6:00 p.m. - **White Pod**
 Monday, Tuesday, Wednesday & Thursday - 5:30 p.m. to 6:30 p.m. - **Black Pod**
 Monday through Friday - 5:30 p.m. to 7:00 p.m. - **Bronze**
 Monday through Friday - 5:00 p.m. to 7:00 p.m. - **Silver & Gold**

No recreational swimmers (siblings, friends, or parents) will be allowed in the pool or baby pool during practice hours.

STAMM FAMILY INVITATIONAL

Our Stamm Family Invitational in Memory of Alan Ebersole is Friday, June 3 through Sunday, June 5. VSA swimmers are required to participate in our only home meet. Friday's short course meet is specially geared towards our new/younger swimmers. **It's all hands on deck!** This year we will divide the team parents into a set-up team & a clean-up team. Those team assignments will be distributed at the our Parent Meeting on May 19th. For the time being, please pencil in Thursday evening (June 2) and Sunday late afternoon (June 5) into your calendar. Check out the meet invitation on our website and email Coach Mixon the events you would like to participate in by May 29.

Mandatory Parent Meeting
Thursday, May 19
5:30 p.m.
YMCA

SWIMMER OF THE MEET

Our Swimmer of the Makos Long Course Invitational was

Mallory Claire Dickey

Congratulations Mallory!
Keep up the great

It's Showtime for White, Black, & Bronze Pods



Our White, Black and Bronze Pods are headed to the movies to see **DESPICABLE ME** on Friday, May 27. Swimmers should meet at 10 a.m. at our Wilcox Theater for a private viewing of Despicable Me. They will also be treated to popcorn and a drink. Come join the fun for this team event.

Having Fun on the Bayou



Silver, Silver 2 and Gold Pods took a trip to the Blue Bayou in Baton Rouge for some Fun in the Sun.

Stamm Invitational
Heat Sheet Ads
Due Date:
Thursday, May 19

Nutrition Corner

Top Three Nutrition Tips to Improve Performance

- (1) Eat carbohydrates to stay energized. Hard training plus poor nutrition leads to fatigue. To stay energized, eat at least 500 grams of carbohydrates every day. This will allow you to fuel your muscles for the next day's training or meet.
- (2) Eat at competitions. Swim meets can last for several days, with events scattered throughout each day. For swim meets, pack easy-to-digest foods that can be eaten poolside. Bananas, crackers, and sports drinks are good choices.
- (3) Pay attention to hydration. At swim meets, the air temperatures can be warm and humid, and you may sweat more than you realize. Make certain to drink plenty of water and sports drinks. Drink 5 to 10 ounces every 15 to 20 minutes.

Excerpt taken from the *American Dietetic Association*