



For more team swimming news and information: www.qddswim.org

QDD SWIM TEAM

established 1962

QDD High School Swimmers Recognized in Local Newspaper

In early December, the local *News & Messenger* newspaper published previews for the boys and girls high school swim season. In each of these previews, multiple QDD swimmers were recognized.

QDD senior Cat Rogers was highlighted in the girls swimming preview while QDD swimmers Sara Rennie and Katherine Samsky were recognized in the "New Faces" section of the preview. Rogers attributed her swimming success, both in high school and in club swimming, to Coach Rick Benner and QDD Swim Team. She stated that Coach Benner's distance training has made her "never give [herself] an excuse not to drop time", even in her specialty sprint events.

In the boys high school swimming preview, QDD senior Justin Doyle was the focus. QDD swimmers Henry Campbell, Jacob Croasdell, Vince Dunn, Greg Stoffa,

and Sam Stronko made up the entirety of the "Five Others to Watch" portion of the preview making QDD swimmers the top 6 high school swimmers to watch this high school season. QDD Swim Team was mentioned in Henry Campbell's accomplishments, noting his new VSI record this summer in the 400 meter free-style while representing QDD. In his article, Doyle said that his goals for this high school season included receiving a college scholarship by being "the first one in [the water at practice] and [winning his] races that are going to be close".

To view the high school swimming previews, click below:

[Girls Swimming Preview](#)
[Boys Swimming Preview](#)

Message From the Head Coach

With the New Year come resolutions. A time for self-examination and self-reflection. Questions about where you are with respect to your goals and aspirations, and how to close the gap over the coming twelve months.

The point I think is self-responsibility. Don't be afraid to identify what's important to you... and how to go about attaining it. Nothing is too big or too small. I

can... I will... I did. Identify what you want and how you plan to accomplish it... and then do it. It really is that simple!



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*QDD Swim Team's
online team apparel store
is now available!*

QDD caps, suits, and apparel can be purchased by visiting
shop.sportfairusa.com/qdd

Upcoming Events:

- **January 1st:** Signups due for 2012 IM Xtreme Games
- **January 2nd:** signups due for 2012 QDD Snowflake Invitational
- **January 6th-8th:** 2012 ABSC Senior Circuit Meet
- **January 21st-22nd:** 2012 QDD Snowflake Invitational
- **January 27th-29th:** 2012 IM Xtreme Games

MOTIVATIONAL QUOTE

"Most people run a race to see who is fastest. I run a race to see who has the most guts."

-Steve Prefontaine

Nutrition Center

Top Nutrition Resolutions For Swimmers

Half of Americans make New Year's resolutions and the key to success is making your resolutions real and measurable. Swimmers are good at setting training and performance goals, so why not make some nutrition goals that support your training and competition? When I work with athletes I use the SMART goal approach; that is, set a goal that is Specific, Measureable, Attainable, Realistic and Time-Limited. Here are some nutrition New Year's resolutions that can help boost your energy for training and keep you strong all season long. So, for 2012, resolve to improve what you put in your body.

1. Pack snacks. Swim practices are long and grueling. Stay fueled by packing snacks before you leave the house each morning to help fight fatigue and replenish your energy reserves. Choose snacks that are portable, tasty and nutrient-rich. Good choices include peanut butter on crackers, 100% fruit

juice or vegetable juices, trail mix, nuts, whole grain bagels with almond butter, raisin oatmeal cookies, fig bars, and dried or fresh fruit. Try freezing a bottle of sports drinks and using it as an ice pack to keep low-fat string cheese, cottage cheese, or yogurt cold for a mid-day snack. Wash it down with the thawed sports drink.

2. Don't train hungry. Early morning pool workouts make it hard to eat breakfast but training on an empty stomach makes high intensity workouts more difficult. Your liver stores of glycogen (carbohydrate) can be depleted after an overnight fast and muscle can be broken down for needed fuel. Try eating a hard-boiled egg or a cup of instant oatmeal (stir in a tablespoon of peanut butter) in the morning before you dive into the water.
3. Recover your losses. After a hard workout for more than 90 minutes or when competing in multiple events at a swim meet you need to replace lost glycogen. And, most athletes don't drink enough fluids during exercise so

at the end of activity they are often hypohydrated if not outright dehydrated. As soon as training or your first event is over eat and/or drink a carbohydrate-rich snack to start replacing glycogen. Your muscles are very receptive to replenishing lost fuel right after exercise, so don't wait until the end of the day to eat. A carbohydrate-rich beverage can replace both glycogen and fluids.

4. Break out of a food rut. Make this the year to try new food once a week...most of us eat the same foods day in and day out, but you might be surprised that you like tangerines if you've never tried one. Try different fruits, vegetables, grains and lean proteins...try quinoa or couscous instead of rice, broccoli instead of corn, or lean pork loin instead of chicken breast. If you don't like it, that's OK, at least you tried.

Best wishes for a happy and healthy new year!

Courtesy of USA Swimming

Message From the Board

Happy Holidays to all QDD families. We hope that you were able to spend some quality time with loved ones over the holidays and are re energized and ready to go. The next couple of months will be busy ones for all swimmers with many meets coming up.

They start with our QDD hosted Snowflake Meet in January. This meet is fol-

lowed by a District Championship held mid February then a Region Championship held the following week. Most QDD swimmers will be participating in one of these two meets or the Senior Championship or Age Group Championship the following 2 weekends. We look forward to everyone's successes in these upcoming meets.

Employment-

A List of current positions is available at-

<http://www.qddswim.org/employment.html>

We are currently hiring Assistant Coaches for all Sites and Administrative Office Staff for our facility.



Submit items for publication to
qddswim@comcast.net

Training Tips

Swim Fast Today Streamline. Streamline. Streamline. Streamlining upon entering the water and off your walls may be obvious, but it is often overlooked or the first thing to go when your arms tire and muscles scream. However, it is one of the most important habits you can practice over 100 times during a workout. Streamlining reduces drag and therefore keeps your body moving faster in the water. Those hundredths of a second can mean the difference between places. Remember, Jason Lezak out-touched Alain Bernard by just eight one-hundredths of a second in the 4x100-meter freestyle relay at the 2008 Olympic Games.

Practice head position
"If you're head is moving, your body is moving," says Kate Lundsten, coach of the Minnesota Team Aquajets and internationally-ranked National Teamer Rachel Bootsma. Like streamlining, your head position can affect the amount of drag on your body and the efficiency of your stroke. Strive for a neutral head position throughout your stroke.

No illegal turns
"Swim in practice how you want to swim in

meets," says the Golden Goggles Breakout Swimmer of the Year Missy Franklin. "That way you don't have to worry about it when you're racing, and it will just come naturally." This includes illegal turns in practice. The last thing you want to do in your next 200 IM is miss the two-hand touch because you forgot to practice it in training.

Go into walls fast
Working to swim fast in the middle of the pool is only part of the race. The wall may seem like a good place to rest, if only for a tenth of a second, but your competition may be thinking the same thing. According to T2 Aquatics coach Tom Yetter, who has coached multiple swimmers to top age group rankings, going in to the wall fast with your head down may give you an advantage over your competitors. He encourages his swimmers to practice swimming into the walls with their heads down for at least two strokes in all strokes except breaststroke. It may just give you the edge you need to move past the heat in your next race.

Kick through your break outs
Another spot in which you can pick up speed is your breakouts. Yetter promotes a strong kick off the wall to maintain the speed you just gained from pushing off the wall. Do a full pull-out for

breaststroke. Keep in mind, a strong kick and a good breaststroke pull-out also need a tight streamline!

Dolphin kick underwater
If you're streamlining with a powerful kick already, one way to take it up a notch is to dolphin kick off the wall. Lundsten incorporates dolphin kicking into practice as a drill. Swimmers will dolphin kick underwater to various marks throughout the set, especially working on awareness of the 15-meter-mark. Franklin also integrates underwater kicking in her practice by completing underwater 25s. By practicing a strong underwater kick, you'll be sure to have the lung capacity and kicking power to leverage this asset in a meet.

Perfect Practice Makes Perfect
All of the techniques mentioned above can help you shave time in your races, but just thinking about them at meets isn't enough. "You have to use it in practice to use it in a meet," says Lundsten. Practice makes perfect in that your muscle memory will be developed and ready so you can focus on racing.

Courtesy of USA Swimming

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