



FISHLINES

Last Chance FISH Qualifier

Written by Josh Morgan

What a great weekend for the FISH from all angles! Michael Bailey (50 fly), Michael Bennett (50 free), Haley Bergthold (50 back), Alexandra Cramer (200 fly), Matthew Herbert (50 free) and Michael Ratcliffe (400IM) all swam their first Junior Olympic qualifying times. In addition to the slew of personal best swims, FISH athletes were able to add 21 individual swims to our 2010 JO entry. Great job!

On Sunday afternoon, Age Group FISH enjoyed cheering on Coach/Athlete Mohammed Serour in his return to the pool during the 1650 freestyle. Perhaps there are a few Age Group athletes out there who might have a new interest in trying in the mile sometime in the future.

FISH parents did a super job pulling together on short notice to run a great meet. PVS and Maryland officials were impressed with our good natured and hard working volunteers at all four sessions. Every visiting team's coaches expressed their appreciation to the FISH for rescheduling the meet to give PVS athletes an additional opportunity for improvement. Events like the Last Chance FISH Qualifier can't happen without great volunteer support; Thank You!!



Mark your Calendar

Junior Olympics

March 18, 19, 20

Dinner out at Fuddruckers (social)

March 19th

Spring Champs

March 26, 27, 28

Easter Egg Hunt

April 3
Spring Hill & Wakefield

Dinner out at Fuddruckers (social)

April 9

Swim A Thon

April 17th at Spring Hill
April 19th at Wakefield

Boys vs Girls Meet

May 1

Awards Picnic

May 2

Derby

May 8 and 9

DINNER OUT AT FUDDRUCKERS ON MARCH 19TH

Written by Claudia Bernstein.

On Friday March 19, 2010 the **FISH** will be holding a fundraiser at Fuddruckers.

As always, this evening will include great food, great raffles and some fun and relaxation time with teammates and coaches. Some of the raffles will include: 1/2 hour private lessons with **FISH** coaches; a lovely "**FISH**" parka and a Sports Fair Gift certificate. *Remember:* you have to be in it to win it!

Please look in your folders for the fliers/coupons. See you there! Remember, this will count towards your "social" trophy requirements!

Should any questions arise please feel free to contact Claudia Bernstein @703.851.5568



BOYS VS GIRLS IMPROVEMENT MEET, SATURDAY MAY FIRST

Written by Coach Gunther

ON Saturday May 1st, the FISH will hold the second Boys vs. Girls meet of the season at Spring Hill Recreation Center. The FISH girls have been training hard to avenge their loss to the boys last November. Will the boys be ready for this challenge?

The Boys vs. Girls meet is an excellent opportunity for our swimmers to gain competitive racing experience and have fun.

This meet is intended for all Advanced Age Group, Age Group and Mini FISH

swimmers. There is no need to pre-register for the meet. Swimmers need to report to the pool by 5:30 pm. We will need help from parents to serve as timers.

6 – under and 7 – 8 year old FISH will swim the following events: 25 freestyle, 50 freestyle, 25 backstroke, 25 breaststroke 25 butterfly and 100 Individual Medley.

9 – 10 year old FISH will be entered in the 50 freestyle, 100 freestyle, 50 backstroke, 50

breaststroke, 25 butterfly and 100 Individual Medley. **11 – 12 year old FISH** will swim the 50 freestyle, 100 freestyle, 50 backstroke, 50 breaststroke, 50 butterfly and 200 Individual Medley.

OFFICIALS WANTED

Every meet requires stroke and turn judges. Ideally we would like to have 6 judges and we will need three timers per lane. Please contact Gunther Niklas at gniklas@pvfish.org to let him know if you can help out.



WHAT'S IN THE FOLDERS?

Please make sure you regularly check your folders for special hand-outs and reminders.

AWARDS PICNIC, SUNDAY MAY 2



Down Home Country

This year's Awards Picnic will be held on Sunday, May 2nd 2010 at Algonkian Park and the theme will be Down Home Country.

This year's picnic is being planned by Vickie Longosz and she convinced the Siegfried's to roast once again, one of their famous pigs. In addition to having delicious food, we are planning to have games set up, entertainment in place, Coach Ray will give out awards to the Most Improved and Most Valuable swimmers, and all swimmers who have met their trophy requirements of (at least 50% practice attendance, attending 2 social events and participating in two fundraising activities) swimmers will receive a trophy from their coaches. So make sure to be there and have fun! More details will follow as we are getting closer to the picnic.



Written by Cara Meilus

What is a Swim-A-Thon?

SWIM-A-THON is a registered service mark of USA Swimming. USA Swimming provides teams with informational materials to host a Swim-A-Thon. Our

team, FISH, has entered into a contract with USA Swimming to conduct a Swim-A-Thon. This will be a major fundraiser for this season.

Why Have a Swim-A-Thon?

This is a great way for our team to support USA Swimming and raise money for our team. 5% of money raised will go to USA Swimming and 95% will stay with the team.

What are our fund raising goals?

We would like to raise a minimum of \$20,000 for this year's Swim-A-Thon. Teams like Mecklenburg Aquatic Club have raised into the hundreds of thousands! This means we need each swimmer to set a goal of raising \$100 (families with multiple swimmers: 2nd swimmer \$50, each swimmer after \$25).

How will the FISH team use the money?

In addition to using the money to offset our largest expenses - coaches and pool usage, some of the money will be used to buy new stop watches, purchase awards for the annual banquet,

Easter Egg Hunt

The annual FISH Easter Egg Hunt will be held on April 3rd during regular practice for all swimmers in the morning and in the evening. Wakefield swimmers are welcome to join the fun.

In a FISH-twist on the traditional Easter Egg Hunt, plastic eggs will be filled with the coaches old change and distributed throughout the pool. Swimmers will have to swim around the pools and collect the eggs from the surface of the pool. Some eggs will contain a special token that can be traded in as an Easter Basket!

Have fun!

FISH Swim Caps

If you need to purchase FISH swim caps, please contact Coach Josh Morgan. We offer two packets; either six latex or two silicone for \$20 each.



SWIMATHON

maintain communication tools such as the web site, allow for educational training activities, and help pay for marketing the FISH team to recruit new swimmers.

When will the kids swim?

The Swim-A-Thon will be on Saturday, April 17th. Kids will swim for a maximum of 2 hours or 200 laps, whichever comes first. Coaches will help determine goals for individual swimmers.

How do the kids raise money?

Attached is a sample “Friends and Family” letter and instructions on how to complete the letter that can be mailed to potential donors. The letter will be available on the FISH web page for downloading. We are asking for all donations to be collected up front.

Each swimmer will receive a packet from USA Swimming.

Envelopes must be returned! FISH will be charged for any packets not returned to USA Swimming. You will be charged \$5 for each packet that is not returned. All money should be turned in no later than the day of the

Swim-A-Thon. There will be a Swim-A-Thon slot in the folders to place envelopes with donations.

What else do I need to know?

After the kids finish swimming, we will have a party for all swimmers and parents. There will be door prizes for swimmers whose names will be randomly drawn. Additionally, USA swimming provides each participant with a certificate, and those swimming either 100 or 200 lengths will receive a pin. Swimmers who raise a minimum of \$500 are also eligible for additional prizes from USA Swimming!

Please contact Cara Meilus at cara_and_al_meilus@yahoo.com



THE FISH LC DERBY AT GMU ON MAY 8TH AND 9TH



The Derby is only eight weeks away and preparations to make this FISH hosted meet a success for our swimmers are in full swing. The Swim Meet Committee is preparing to.....

make sure nutritious food will be available to our guest swimmers, our guest coaches and officials as well as to all FISH team members. The FISH Officials’ Chair is working hard to line up all the necessary officials in order for us to run a proper meet. The Meet Director is busy recruiting teams to participate in the meet. T-shirts are being printed, ribbons and caps are being ordered, announcers are being recruited, music being compiled, advertisement solicited, programs created, bag tags designed and the list goes on. We still could use a few more parents to help during the planning phase.

Please contact Monika Paris at mparis@pvfish.org and let her know how you would like to help make this.....

year’s Derby a success. Very shortly, you will receive Derby sponsorship rate cards. Please let us know if you know a company that would like to advertise in our program or would even like to become the title sponsor of this very special meet. Every little dollar amount will help to off set the cost of running a meet at George Mason University.

Please contact us and let us know what you would like to do to make this year’s Derby a big success.

Thank you in advance!



PRACTICE ATTENDANCE

Spring is just around the corner which means many of our athletes are looking forward to additional sports such as soccer, lacrosse, and baseball which may take swimmers away from the pool in the afternoons. Luckily we offer morning practices on Mon, Wed, and Fri from 4:50 - 6:20 at Spring Hill RECenter. Please take advantage of these additional practices.

Nutrition: The Power of Protein

Source: The Physician and Sportsmedicine

Written By: Nancy Clark, MS, RD

Once upon a time, the "best" sports diets were based on steak and eggs. Supposedly, meat-eating athletes were stronger, more muscular, and more aggressive. Today, we know that strength and muscles are built with exercise (not extra protein), and that carbohydrates provide the fuel needed for muscle-building exercise.

But in the transition from a high-protein to high-carb diet, many athletes have eliminated meat and have also overlooked the importance of protein. Some have taken the public health recommendations to eat less saturated fat to the extreme and are surviving on fat-free bagels and pasta. This type of diet may seem ideal, but in addition to being low in protein, it lacks important nutrients such as iron (needed to carry oxygen to working muscles) and zinc (needed for healing).

Many of these so-called "vegetarian" athletes are simply non-meat eaters who have not bothered to replace meat protein with plant proteins. They may think they are gaining a competitive edge, but they are actually hindering themselves. They often have lingering colds, nagging injuries, poor recovery from workouts, and overall fatigue as dietary imbalances take their toll. Protein has recently reentered the spotlight. Some sports nutrition gurus advocate getting as much as 30% of daily calories from protein, double the standard 12% to 15% recommendation. Confused? Join the club. Here are some protein questions and answers that should help.

Why is protein important for athletes?

Protein is made up of chains of amino acids, some of which our bodies

cannot manufacture. Protein is essential for building and maintaining muscles, as well as repairing the muscle damage that occurs during training. Protein is also needed to make red blood cells, produce hormones, boost your immune (disease-fighting) system, and help keep hair, fingernails, and skin healthy. Athletes who are protein deficient may complain about having hair that falls out easily and fingernails that grow slowly and break easily. Female athletes who eat a protein-poor diet may also stop having periods.

How much protein do athletes need?

There isn't an exact number for athletes because protein needs vary, depending on whether an athlete is growing, rapidly building new muscle, doing endurance exercise, or dieting, in which case protein is used as a source of energy. Protein requirements for athletes are higher than the current recommended dietary allowance (RDA) of 0.4 g of protein per pound of body weight, which is based on the needs of nonexercisers. Protein recommendations for athletes are commonly expressed in a range to include a safety margin. If you do the math (1g of protein has 4 calories), you'll see that you don't need to have 30% of your calories come from protein.

Do bodybuilders need more protein than runners?

No. Per pound of body weight, bodybuilders actually need less protein than endurance athletes such as runners. That's because protein, more precisely the amino acids that are the building-blocks of protein, is actually used for fuel during intense exercise, particularly when carbohydrates are not available. Protein can provide up to 10% of energy during exercise when a person is carbohydrate depleted. But here's

the catch: Even though endurance athletes may need more protein per pound of body weight, they tend to need a smaller total intake of protein because they often weigh less than bodybuilders. For example, a 200-pound bodybuilder may need about 140 g of protein a day (0.7 g of protein per pound), whereas a 150-pound marathoner may need about 120 g of protein per day (0.8 g of protein per pound). Most people can get enough protein through their diet, eliminating the need for protein supplements. Is red meat bad for athletes?

Lean cuts of red meats are not bad for athletes. The best choices include flank steak, London broil, eye of the round, and extra-lean ground beef. Besides being protein-rich, lean red meat is an excellent source of iron and zinc.

Some athletes are afraid of the cholesterol in red meats. But actually the cholesterol content of red meat is similar to that of chicken and fish. Yes, fatty hamburgers, pepperoni, bacon, and ribs are unhealthy and should be eaten only occasionally, if at all. But athletes can healthfully have about 4 oz of lean meat two to four times per week. In fact, a lean roast beef sandwich could be a healthier choice for the heart than a veggie sandwich packed with cheese.

Can athletes who choose a vegetarian diet get adequate protein?

Yes. Vegetarian athletes can eat enough protein to satisfy their bodies' needs if they wisely choose plant proteins. Lacto-ovo vegetarians (who eat eggs, milk, yogurt, cheese, and other dairy foods but no meat) can most easily consume adequate protein because these foods are excellent sources of life-sustaining protein and contain all the essential amino acids.

The key for total vegetarians, or vegans (who eat no milk, eggs or other animal proteins), is to eat a variety of grains that have complementary amino acids.

For example, beans and rice is an example of mixing legumes (peas and beans) and grains. Also, tofu is an excellent addition to a vegetarian diet. Tofu has made headlines because it is a high quality plant protein that contains all essential amino acids and offers the bonus of phytochemicals that protect against heart disease and cancer.

A word of caution: Although vegetarian athletes can consume adequate protein from their diet, they have to be willing to eat large amounts of plant proteins. This is often easier for men with hearty appetites than for weight-conscious women. If you are eating a vegetarian diet that consists primarily of grains, fruits, and vegetables, you are probably eating an unbalanced diet. You might want to consult with a sports nutritionist who can help you add the right amount of protein. For a referral to a local sports nutritionist, call the American Dietetic Association's referral network at 1-800-366-1655.

Remember. You, your physician, and your nutritionist need to work together to discuss nutrition concerns. The above information is not intended as a substitute for appropriate medical treatment.

Where to Find Protein Sources

Protein (g)

Animal

Tuna, 6-oz can		40
Chicken breast, 4 oz		35
Pork loin, 4 oz		30
Hamburger, 4 oz		30
Haddock, 4 oz		27
Cottage cheese, 1/2 c		1.5
Yogurt, 8 oz		1.1
Milk, 1%, 8 oz		8
Cheddar cheese, 1 oz		7
Whole egg, 1 large		6
Egg white, 1 large		3.5

Plant

Baked beans, 1 c	14	
Lentil soup, 10.5 oz		11
Tofu, extra firm, 3.5 oz	1.1	
Refried beans, 1/2 c		7

“You must feel comfortable enough to follow your own dreams” *Anonymous*

“Winning isn't everything, but wanting to win is.”
Vince Lombardi



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