

G.I.L.L.S. Newsletter

October 2011



Editor's Note:

Although the first issue of the newsletter received great feedback, there were some issues with the format of it. Therefore, the newsletter will have a slightly different format from this point on, and the topics will alternate to keep the newsletter a shorter length.

INSIDE THE WORKOUT:

BEING A PART OF A TEAM

BY: SWIM CITY

To become a part of a team is a privilege. Few people ever get the wonderful opportunity to experience the support of teammates and friends in the competitive arena. A team lifts and elevates the performance of an individual to heights never before achieved. Each individual must also recognize his/her responsibility to the team.

A team is a collection of individuals who have chosen to pursue one or more common goals. One of these goals is the improvement of each individual, which can result in improvement of the team performance. This is true in swimming. We compete individually, but preparation for competition is best accomplished in a team environment. No individual can create this environment for excellence on their own. It takes a team.

There is no such thing as a free lunch. If an individual wishes to benefit from the team, they must give to the team. Successful teams nurture the individual, and expect the individual to respond by nurturing the team. Individual sacrifices on behalf of the team are just as much a part of the team environment as team accommodation of the individual.

The most successful teams have some characteristics in common in terms of accommodating the needs of individuals:

- 1) They demand adherence to the core values of the team. Outside these core values, they allow freedom of individual expression. But the core values are absolute, and not to be modified or bent for the individual.
- 2) They recognize that not every individual's need can be met, but they bend over

backwards to accommodate the MOST IMPORTANT needs of each individual.

- 3) They react positively to the idea in action that each individual first takes care of their own responsibilities, then assists others in their needs.

Individuals on successful teams also have some common characteristics:

- 1) They give back. If they want to be cheered for, they cheer for teammates. If they need special attention, they provide special attention to others.
- 2) They recognize that the fastest swimmer and the slowest swimmer on any team have unique responsibilities. The team will go no higher than the fastest, and will be limited by the efforts of the slowest. The individuals put special effort into assisting each to maximize their potential.
- 3) They know that rules do not make teams, but traditions based on what it takes to achieve group goals do make a team. The individual recognizes the power of peer pressure when the object is right behavior.
- 4) Individuals recognize that a rising tide lifts all the boats, and that it is better to make the pie bigger than to fight for their small piece of the pie.

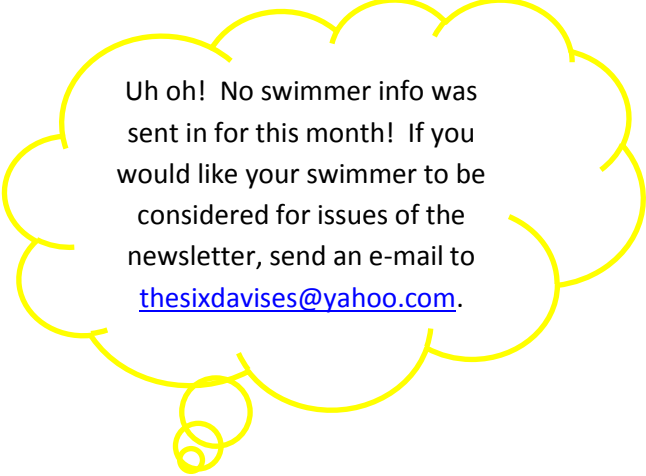
TEAM has been described as "Together Everyone Achieves More." Anyone who has been on a good team will agree with that acronym. What are you doing to make your team the best that it can be?



Don't forget that our newsletter is going green! You will receive a copy in your e-mail each month, and a copy can be found on the GILLS website.

G.I.L.L.S. Newsletter

October 2011



Uh oh! No swimmer info was sent in for this month! If you would like your swimmer to be considered for issues of the newsletter, send an e-mail to thesixdavises@yahoo.com.

SWIMMER'S CLINIC COMING TO GILLS!

Unless you have been living under a rock, you know that much excitement is brewing about the October 23rd clinic coming to the GILLS. The team is proud to be sponsoring a breakout clinic with Olympian swimmers Christine Magnuson and Josh Davis! Registration is limited so that the swimmers get some quality time with the Olympians! Did you forget to register? There's still time! Forms were sent through e-mail and can be found on the website, but spaces are filling up fast! Get those forms in today!

COMING SOON...

GILLS PENTATHALON!!!

NOVEMBER 19TH!!!

**BE LOOKING FOR
INFORMATION ABOUT
THIS IMPORTANT EVENT!!!**

MONTHLY REMINDERS

10/4-Parent Meeting @6:30 for new families; 7:00 for returning families (Lottery will occur for swim meet volunteers---bring your calendars!)

10/18- Away meet at Lincolnway North

10/23-Breakout Clinic

10/26-Away meet at Homewood-Flossmoor

SPEEDO TIP OF THE MONTH

Fueling on a Budget By: Kathleen Woolf

In today's economy, household finances are tight and sticking to a budget is essential. Successful athletes still require healthy meals and snacks to fuel their bodies. How can you get the most nutrients for the best price? Here are some tips to help stretch your food dollar.

Eat "out" less and "in" more

Prepare more food at home. Keep a selection of staples in your cupboard/pantry (tuna, dry or canned beans, peanut butter, brown rice, whole grain pasta, canned tomatoes, spaghetti sauce, canned fruits/vegetables and soups) so that you can easily prepare a meal or snack without going to the store. Take food with you to eat before/after swim practice and school. Avoid the temptation to rely on restaurants, fast food chains and convenience stores. The selection may not be as healthy and your food dollars will run out.

Shop wisely

Plan your meals/snacks in advance. Use a shopping list and compare prices. Most store brands cost less than name brands but provide the same ingredients and nutrients. Budget more to fruits & vegetables, whole grains, low-fat dairy and lean meats. These foods provide more nutrients for your money. Spend less on empty calorie foods such as sweets, salty snacks and soft drinks.

Buy fresh fruits and vegetables when in season. The quality is higher and the price is right. Try shopping at a farmer's market to find local produce at a reasonable price. Buy frozen or canned fruits and vegetables when out of season.



G.I.L.L.S. Newsletter

October 2011

Eliminate energy bars & beverages

Energy bars and beverages may be convenient. However, they are expensive and can easily be exchanged for real food. Replace these items with fruits & vegetables, fig bars, bagels, granola, nuts, low-fat dairy products or a PB&J sandwich. Drink more water

Eliminate soft drinks, energy drinks, sugar-sweetened beverages and specialty coffee/tea products from your lifestyle. Sports drinks should be reserved for events lasting longer than 60 minutes. Depending on your local water, refill your sports bottle with tap water to stay hydrated throughout the day.

