

Pre-Pentathlon Things to Know...



Quote of the month
As far as I see and as far
as I know
I will always be fast and
You will always be slow.

Nutrition:

Remember, food is the fuel our bodies need to run, so be sure to choose the highest quality food items when preparing your swimmer for practices or meets.

It takes a lot of energy to swim successfully. This energy comes from the food and nutrients your child is putting in their bodies. Although it is hard to know exactly what your child is eating at all times, you can set your child up to succeed by having them practice healthy eating habits, and going to meets with quality snacks. Listed below are examples of healthy snacks that can be brought on deck to help fuel your swimmer:

- Bagels – multigrain & whole wheat are best
- Cereal - staying away from cereals high in fat and sugar
- Pretzels or Rice cakes or Crackers
- Granola Bars, Nuts or Almonds
- Yogurt
- Raisins, and all fruits and vegetables!

Some swimmers eat a lot of carbs (pasta) the day before a swim meet, there is nothing that proves you will be a faster swimmer if you do this, but why not?? ☺

Hydration:

Hydrating the body is important for everyone, but especially for athletes during competition. A lot of the time swimmers don't realize they are sweating because they are in the water. The truth is, they are losing water at a rapid rate. It is very important to replenish these fluids so the muscles in the body are hydrated and continue to work properly during competition. Of course the number one choice for hydrating the body is water but other choices could include:

- Propel Fitness water
- Gatorade, Powerade
- Natural fruit juices low in sugar

BEWARE! . . . Soda/Pop and high-sugar juices will actually increase the rate of dehydration, so they should be avoided before and during practices and meets.

Good luck to Coach Shane and coach Mike.

They will swim this season for Andrew, but will still coach for G.I.L.L.S

Thank you to all of our high school boys.... Good luck with your season.

Welcome back to our high school girls who just placed third in sectionals for Andrew.

Pentathlon information:

~ Swimmers need to be there for positive check-in: AM session is 6:45 & PM session is 11:45.

~ Bullpen information: It's a long day; please try to bring something for them to do. G.I.L.L.S is not responsible for lost/stolen items.

~ It is also a good idea to bring extra towels.

~ There are 3 adults running the bullpen and watching the swimmers between races.

~ Please make sure they do not miss their event, check your ad book for when your child will be swimming.

~ Your volunteer jobs & donation sheet have been e-mailed to you; E-mail Debbie if you need this resent to you. Please see Karen Garren with any questions.

~ Your donations need to be at the pool by Thursday November 19th.

~ There will be an opportunity for you to purchase suits/shirts/swimming items that day; including a pentathlon shirt.

Swimming facts:

DISQUALIFICATION (D.Q.) - A disqualification indicates the swimmer involved has committed some infraction of the rules of either the: start, turn or stroke. No points are scored, nor is a time recorded, for that swimmer for that event.

IF your child has been D.Q'd during their race they are encouraged to see the coach after they swim. They can then understand why this happened. It is always okay for your child to check in with the coach after they swim their event whether they have D.Q'd or not.

USA SWIMMING - USA Swimming, formerly United States Swimming. USS is a governing body. This governing body directs competition. To compete in USA Swimming meets, a swimmer must obtain a USA Swimming membership card. **YES** all G.I.L.L.S swimmers are members.

**Best of Luck
G.I.L.L.S Swimmers**
~ The G.I.L.L.S Board
and Coaches



