



# Off The Blocks



The month of February has shown that PVS Athletes are already swimming fast! The March Championship season is fast approaching. If February is an indicator of what we will see in March, you better hold on to your hats folks!

Good Luck to all our PVS swimmers in their JO qualifier meets!

Bill Marlin  
PVS General Chair

## THE MENTAL SIDE OF ATHLETIC INJURIES

A Coach's and Athlete's Guide to Psychologically Rebounding from Injury  
By Dr. Alan Goldberg

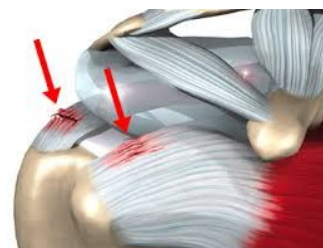
You've been involved in your sport longer than you can remember. As you've grown, so have your strength, endurance and technique. You've busted your butt to become as good in your sport as possible and a force to be reckoned with in competitions. Known for your work ethic, consistency and ability to come through in the clutch, you've been the one your team has always been able to depend on in crunch time. You live to practice and perform. You have a passion to compete. You flat out love your sport. It's who you are! It's how you define yourself. You

have dreams to compete at school, maybe get a college scholarship...who knows... maybe even to go beyond to the next level!

Then the unthinkable happens. It seems to have slowly snuck up on you. It's not like there was any major injury or anything. You didn't really feel anything pull, pop or break. Perhaps it might have been a lot easier and more straightforward to deal with if you had experienced that. No, this was quite a bit more insidious. After a big

competition you noticed some pain and tenderness in your shoulder. "No problem," you thought to yourself. You've dealt with this stuff before. You quickly dismiss it as nothing. The next day in practice you notice that your shoulder still feels tight and sore.

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## Record Setting Performances

Congrats to Katie Ledecky who broke the American record in the women's 500-yard freestyle Friday at the 2014 D.C. Metro Championships, turning in a time of 4:28.71 in prelims. The previous American record of 4:30.47 was set by Olympian Katie Hoff in December of 2007. Katie also set a new National High School record in the 200 free clocking 1:42.38.

Also Congrats to Carsten Vissering who blazed through the 100 breaststroke with one of the fastest swims in high school history at the same meet. Vissering posted a 53.49 to break the national independent high school record



## Amylopectin Based Recovery Drinks

By Dan McCarthy, USA Swimming National Team High Performance Consultant

Workout recovery drinks made from amylopectin starch compete against the traditional post-workout recovery drinks, which are made from simple sugars (sucrose, glucose, fructose, lactose and maltose). Amylopectin based recovery drinks claim their product is absorbed through the digestion system quicker; and it delivers glycogen to

muscles faster than simple-sugar based post-workout recovery drinks. It is important to note that using an amylopectin based recovery product does not mean more glycogen will be absorbed by the muscle tissue, but that the tissue will be replenished quicker than from using a simple-sugar based recovery drink. Additionally, consuming

an amylopectin based recovery drink prior to exercise, or during a period of non-exercise, will cause a surge in blood glucose and subsequently a surge in insulin as well. As with all supplements, the athlete is responsible for ensuring no prohibited substances enter their system.

## The 10 & Under Wonder



Several years ago, USA Swimming looked at 10 & Unders who were ranked in the Top 16 and followed the likelihood that they would still be ranked once they were in high school. This is what they found:

### Ranked Top 16 as a:

10&U still ranked as 17-18 11%  
 11-12 still ranked as 17-18 21%  
 13-14 still ranked as 17-18 36%  
 15-16 still ranked as 17-18 48%

Moral of the Story: A 10 & Under can survive and thrive...but 50% of the top swimmers develop AFTER Junior Year in High School. If you have age-group athletes, make sure you emphasize fun, participation in a variety of sports and activi-

ties, including unstructured play and skill development and that there is a long-term progression plan. Discourage early specialization in one sport or one event.

## 6 Ways to Take Your Swimming to the Limit

By Olivier Poirier-Leroy

It's hard work chasing our goals. Not only does it require investing a lot of effort, with countless hours in and out of the pool, but it also requires us to suspend our fears. The fear of failure, fear of success, fear of looking bad.

In actuality, doing the hard stuff, the challenging things, the stuff that builds champions looks a lot more painful than it actually is. What is easy, on the other hand, is falling into the lock-step of mediocrity with our swimming. When we do we end up stepping back. Keeping our dreams and goals tucked into the depths of our mind, never willing to swim out into the ether, never willing to risk anything.

To really see success with your swimming you need to be willing to open yourself to the possibility of failure. And for many, this is too frightening a prospect. The alternative – the safety of going with the flow, of simply getting along – is so much easier. Safer. Here are 6 tips for swimming out into the rarefied air of champions this year—

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## Stay in the Bag Snacks for Swimmers

By Jill Castle MS, RDN

Even the most organized, well-planned swimmer can put nutrition on the backburner, jeopardizing access to essential fuel sources when he needs it most. Thankfully, some food items can stay in the swim bag, providing relief in situations where optimal food sources may be scant or not ideal.

The following snacks require no refrigeration, are temperature tolerant and provide a great fuel source. Remember to clean out snacks in the swim bag periodically and when the swim bag sits out in extremely hot temperatures. Always do a visual check and review the package label for expiration information and storage considerations before consuming.

### Nuts and Nut Butters:

Nuts provide a calorie kick and a boost of healthy fat and fiber in just a small handful, or



about

1 ounce (150-200 calories, depending on the type of nut). Store individual packets of nuts or a small canister in the swim bag.

Prepackaged squeeze packets or small cups of nut butters also offer a quick source of energy and pair nicely with crackers or pretzels. They can be squeezed directly into the mouth too! Flavors include peanut, almond, chocolate hazelnut,

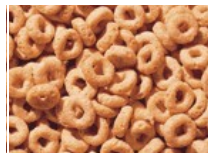
honey peanut, and more.

\*Be conscious of potential swimmers with nut allergies.



### Dried Fruit and Fruit Puree:

Better than a "fruit snack," dried fruit is a concentrated source of carbohydrate usually without added sugar. Try sealed bags or individual boxes of raisins, dried cherries, apricot, or mango. Squeezable fruit puree packs are another option, and offer interesting combinations of fruit such as strawberry and banana, or kiwi, strawberry and beet.



Dry

**Cereal:** Go for small boxes or make your own baggie of dry cereal. If you're interested in low sugar types, opt for original Cheerios, Kix, Post Spoon-Size Shredded Wheat, or Kashi 7 Whole Grain Puffs. Better yet, mix and package dry ce-



real with dried fruit and nuts for a homemade trail mix.

**Beef Jerky:** Low fat, lean meat cured into a chewy,

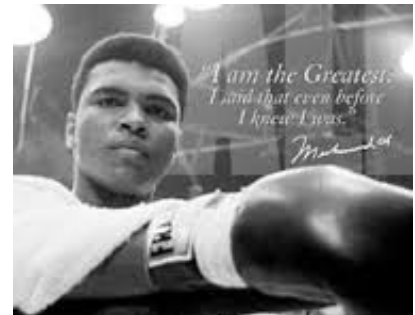
salty, protein pick-me-up—stow a re-sealable package in the swim bag. Looking for a jerky with no additives or preservatives? Try Trader Joe's, Costco or Whole Foods brands.

**Pretzels:** Variety and portability are the appeal here—you can find all shapes and sizes, with salt or without, and even whole grain, flavored or not. Choose small packages so they stay fresh, or bag your own.

**Fig Newtons:** These cookies have been around forever (more than 100 years!) and are loaded with carbohydrate and the natural fiber from figs, providing the athlete with a sweet boost to the taste buds. Fig Newtons come in small packages of two or four cookies, and also come in strawberry and raspberry flavors if fig isn't your thing.

**Sandwich Crackers:** Go for the whole grain types with peanut butter or cheese. Individual packages of six sandwiches starring the whole grain cracker are the healthiest bet.

**Seeds:** Sunflower, pumpkin, chia and sesame are just a handful of seed types that offer vitamin E, fiber, protein and zinc. They are nutritious and delicious on their own or mixed into trail mix, homemade granola bars or atop cereal and salad. Opt for seeds that are already hulled and come in a re-sealable bag.



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## 2014 NATIONAL OPEN WATER SELECT CAMP

### **Date & Location: TBA**

**Selection Criteria:** 12 male and 12 female athletes comprised of: 8 male and 8 female athletes selected based upon the 1500m free-style (LCM times only) rankings from the previous year and 4 male and 4 female athletes selected based upon the 2013 5K National Open Water Championship results.

**Eligibility:** Qualification period is January 1, 2013 thru December 31, 2013. Athletes must be US Citizens and registered with USA Swimming. NOTE: An athlete may only attend one National Open Water Select Camp. If the athlete turns down the opportunity, he/she is still eligible for the following year as long as the athlete still meets the qualification requirements.



## 2014 National Diversity Select Camp

**Date: May 1-4, 2014**

**Location: U.S. Olympic Training Center, CO**

**Selection Criteria:** 18 male & 18 female athletes. The male and female athlete with the fastest time in each of the 13 Olympic events will automatically be selected with priority given to LCM times. Two athletes of each gender will be selected based on their IMX point scores. Three athletes will be selected based on outstanding performances in one or more events.

**Eligibility:** Athletes must represent an ethnically underrepresented population that is less than 10% of the current USA Swimming membership. These populations include: African American, Hispanic, Asian, Pacific Islander, or Native American. Athletes must be 14-16 yrs of age as of May 1, 2014. Athletes must be US Citizens and members of USA Swimming. Applications are due on or before February 14, 2014

## DO'S AND DON'TS FOR SPORT PARENTS By Michael A. Taylor

### **Do For Yourself:**

- Get vicarious pleasure from your children's participation, but do not become overly ego-involved.
- Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
- Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child feels and performs.
- Have a life of your own outside of your child's sports participation

### **Do With Other Parents:**

- Make friends with other parents at events. Socializing can make the event more fun for you.
- Volunteer as much as you can. Youth sports depend upon the time and energy of involved parents
- Police your own ranks: Work with other parents to ensure that all parents behave appropriately at practices and competitions.

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