



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

QDD SWIM TEAM

established 1962

QDD Competes at Recent Christmas Swim Meets

On December 2th-4th, QDD Swim Team competed in the VSTP Christmas Meet in Warrenton, VA. QDD brought 71 swimmers to compete at this meet and 10 of these swimmers had 100% time improvements. Congratulations to Peter Benevides, Caitlin Croasdell, Morgan Hilberer, Barbara Hovermale, Lauren Meyer, Natalija Pumpurs, Mac Ream, Jake Ream, Bobby Sherrill, and Nicholas Sherrill for this outstanding accomplishment!

During the meet many other swimmers had significant time improvements. Abby Croasdell dropped 10 seconds in her 100 IM while Peter Diaz shaved 4 seconds off his 50 fly time. Julian Duckenfield improved by 11 seconds in his 10 back while Amber Fredriksen and Maysa Kuykendall each dropped 14 seconds in their 100 breast and 200 fly respectively.

A week later, QDD Swim Team brought 24 athletes to compete at the NBAC Christmas Invitational in Annapolis, MD. 10 of these athletes—Emma Skelley, Greg Stoffa,

Henry Campbell, Kylie Stronko, Breanna Stuart, Erin Quinn, Thomas Diaz, Jake Stronko, Justin Doyle, and Samuel Stronko—had top ten finishes during this competitive meet. To highlight these placings, Breanna Stuart placed second in 100 breast, Erin Quinn placed second in 100 free, and Thomas Diaz placed second in 100 fly.

Thomas Diaz, Erin Quinn, and Jake Stronko not only placed well at this meet, they also had 100% time improvements. Some other notable time improvements include CJ Higdon's 16 second drop in his 1000 free, Rachel Hosseini's 22 second drop in her 1000 free, and Jacob Croasdell's 9 second drop in 400 IM.

Congratulations to all of the athletes who competed at these recent swim meets and Happy Holidays to all!



Message From the Head Coach

Distance v. Sprint Training-

This past weekend, we had the opportunity to compete in the 38th Annual NBAC Christmas Invitational Meet. Among the many impressive swims was a 4:35.00 500 yard Free by Allison Schmidt for NBAC. Allison is a 2008 USA Olympian and a Bronze Medalist in the 4x200 Free Relay from Beijing China.

To put her swim in perspective her time is the fastest in the country this year, and put her just behind our two best guy's at 4:34.68 and 4:34.71 respectively.

Conversely, the Women's 50 Free was

won with a 22.48... also by Allison Schmitt. The Germantown Girl was 3rd in the 50 and 13th in the 500. The MAC swimmer was 9th and 6th respectively.

On the guys side Lucas Otruba was 10th in the 50 and 5th in the 500.

Anyone seeing a pattern with our competitors?

It would seem that NBAC, GA, MAC and CCA have all identified that you can swim fast by training over distance...

What an idea...

December 15, 2011

Volume 7, Issue 8

Holiday Practice Schedules will be available soon on the QDD Swim Team website

[Click here](#) to view the VSTP meet results

[Click here](#) to view the NBAC meet results

Upcoming Events:

- **January 1st:** Signups due for 2012 IM Xtreme Games
- **January 6th-8th:** 2012 ABSC Senior Circuit Meet
- **January 27th-29th:** 2012 IM Xtreme Games

MOTIVATIONAL QUOTE

"What we need are positive, realistic goals and the willingness to work. Hard work and practical goals."

-Kareem Abdul-Jabbar

Nutrition Center

Top Five Healthy Holiday Foods

From Thanksgiving to New Year's Day there will be a lot of media stories on weight gain during the holidays. Dire warnings will be issued about high fat and high calorie holiday dishes. But, what receives less media attention is the abundance of healthy foods that appear on mom and grandma's table from November to January.

So, load up your plates with these performance boosting foods:

1. Sweet potatoes. Fresh sweet potatoes often appear on the holiday table in a sweet potato casserole or soufflé. These dishes are very good sources of the antioxidant nutrients vitamins A and C that can help repair sore muscles and support your immune system to fight off winter colds and the flu. Sweet potatoes are naturally low in sodium and high in potassium, an electrolyte that is often overlooked but is needed by athletes. Frozen or canned sweet potatoes don't contain as many nutrients as fresh produce, so fresh sweet potatoes are the healthiest. And, if you have

never tried a baked sweet potato you are missing a great side dish or healthy snack...naturally sweet and delicious, there is no need to drown it in butter and sour cream like a baked white potato. For a holiday conversation starter, ask your family if they know the difference between a sweet potato and a yam. The yam is a completely different vegetable and is not as rich in vitamins as sweet potatoes.

2. Turkey. Turkey breast might be your favorite, but don't be afraid of the dark. The dark meat contains only slightly more fat than white meat but it is higher in iron and zinc. Iron helps make hemoglobin needed to deliver oxygen to working muscles and zinc is important for muscle repair and immunity. If your family likes to deep-fry the turkey, as long as the frying oil is at the proper temperature and the turkey is removed from the oil as soon as it is cooked it won't contain much more fat than a traditional roasted turkey.

3. Greens. It doesn't matter if they are turnip greens or collards, steamed spinach or a salad with Romaine lettuce, greens are loaded with healthy nutrients like the B-vitamin folate, fiber, beta-carotene and vitamin C. Collards and turnip

greens have an added nutrition boost by being a good source of calcium.

4. Cranberries. This tart berry was said to be served at the first Thanksgiving in 1621. Our ancestors probably didn't know that they contain a plant compound called bioflavonoids which help prevent disease. Cranberries may show up on the table as a traditional cranberry jelly or sauce but you can also snack on dried cranberries. Cranberries are very tart so sweeteners are usually added to make them less sour.

5. Pumpkin pie. Holidays would not be the same without pumpkin pie. Pumpkin, like a sweet potato, has a deep orange color that is bursting with nutrients. One slice of pumpkin pie has about 350 calories but the same slice of pecan pie has over 500 calories so pumpkin pie is the more nutrient-rich choice.

This holiday, choose performance-boosting foods while enjoying great taste at the same time.

Courtesy of USA Swimming

Message From the Board

QDD's image is something that every swimmer, coach, and parent member contributes to. It takes many years of hard work to keep this image a positive one. The most frequent opportunity to impact our image is at a swim meet or at practice. Everyone needs to be aware of their impact on our image. This past weekend at a meet attended by multiple Olympians including the most decorat-

ed Olympian of all time, some our athletes behavior tarnished our image. Despite warnings from their coach, the host teams meet referee, myself and other parents, they felt they were "above the rules" and the "no deck changing" policy didn't apply to them. These actions tarnish our reputation as a club and are not acceptable.

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

Like a Rocket in Practice, Like a Turtle in Competition

Sixteen-year-old Billy was puzzled and frustrated. His problem had been going on for well over a year.

"How come I kick these guys' butts in practice and then, in races, I can't even keep up with them? I know I can swim so much faster in meets than I do, but I get so nervous. Last week, at the end of a brutal practice, I swam the mile in 17:11. How come I'm swimming 17:40s when it counts?"

This whole thing didn't make sense to Billy. His pre-meet confidence always seemed to crumble as his event approached, and the excitement and optimism he felt would quickly morph into nervousness and dread.

"The problem," I explained, "is probably in your pre-race and during-race focus of concentration. When you practice, I'll bet all you're really concentrating on is you and your stroke, one stroke at a time. My guess is that you're not even thinking about time or who you need to beat in practice or what happens if you don't."

"That's totally right," Billy said.

"Practice doesn't count, so whenever I train, I pay attention to the feel of my hands as I grab the

water on each stroke and making sure I can feel my head steady in the correct position. I've been working on that stuff with coach and those two things always help me go faster whenever I train. I don't ever pay much attention to my time or who's swimming next to me when I'm practicing."

"So let me guess," I continued, "that when you approach the upcoming meet and your best event, your concentration completely changes. Suddenly you start getting serious about your race in your head and when you do that, all that nervousness follows?"

"How'd you know?" The frustrated swimmer said. "I start thinking about the mile days before, worrying about how I'll do, and if the guys I beat in practice will beat me once again or if this meet will be the one where I finally break through my block. By race time, I'm a nervous wreck inside. And during the race, all I can think about is how tight and tired I feel, how slow I'm going and who's going to beat me."

"So this is the heart of your problem," I said. "When you swim fast, your pre-race and especially during race focus is on the feel of what you're doing behind the blocks and in the water, one stroke at a time. You are not putting pressure on yourself. You are not thinking about your time.

You are not thinking about other swimmers. You are just concentrating on feel, like the feel of grabbing the water and the feel of that just-right head position that you mentioned to me.

"However, when you get really nervous and tight and then swim slowly, you are overthinking. You are thinking about your time and worrying that you might not get it. You are thinking about the competition and worrying that they will beat you. To swim fast when it counts the most, you have to start doing mentally what you do every day in practice. Get in the habit of focusing on the feel of what you're doing before (like stretching and your pre-race ritual) and during your race, and you'll always stay loose and go fast. But if you fall into the habit of focusing on your thinking, then you'll always get too nervous and physically tight to swim to your potential.

"At first, this won't be easy," I said. "The thoughts will almost automatically pop up and try to distract you from feel. When that happens, stay calm and know that's absolutely normal and then quickly return your focus of concentration back to feel."

Courtesy of Splash Magazine

QDD Swim Team
9446 Taney Road
Manassas VA 20110



Phone: 703.369.0699
E-mail: qddswim@comcast.net
www.qddswim.org