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QDD SWIM TEAM

established 1962

QDD Swimmers Excel at Recent Swim Meets

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QDD Swim Team has been doing remarkably well to start off the long course swim season.

At the Jeff Rouse Invitational, QDD Swim Team had 63% time improvements and 32 swimmers had 100% time improvements for the meet. Some notable time improvements include John Yu and Peter Diaz, who each dropped nearly 75 seconds throughout the meet. Krista Lawrence dropped over 11 seconds in her 50 backstroke, Natalija Pumpurs dropped 41 seconds in her 100 freestyle, and Nicholas Sherrill dropped over 30 seconds in his 100 back.

At The Classic swim meet in Pittsburgh, PA, QDD had 18 top 3 finishes coming from Peter Benner, Jonathan Brooks, Nikia Campbell, Alicia Cheripka, Erin Quinn, Aaron Romanowski, Gregory Stoffa,

Samuel Stronko, and Heidi Turner.

At the recent SNOW meet, QDD did outstanding. Gregory Stoffa, Samuel Stronko, and Jacob Croasdell placed 1st, 2nd, and 3rd in the 800 freestyle, while Henry Campbell and Kenny Parker finished 1st and 2nd in the mile. Other 1-2 finishes include Emma Skelley and Audrey Kula in the 13 & older 100 freestyle and Peter Benner and Gregory Stoffa in the 13 & older 200 freestyle. Cat Rogers, Keven Stahl, Noah Klipp, Apryl Stahl, Erin Quinn, Ben Klipp, Adam Mustafa, Thomas Diaz, and Nikia Campbell also finished first in at least 1 event.

Please congratulate all of the QDD swimmers that have competed at these meets. QDD Swim Team's success was a team effort!

Summer practice schedules, including Veterans Park practices, will begin June 20th. To check your respective practice schedule and location online [click here](#).

QDD Video Stroke Analysis Sessions registration now available online. [click here](#) to learn more

Upcoming Events:

- June 24-26: JC Summer Solstice Meet entries now available [click here](#)
- June 24-26: Winchester Invitational Entries now available [click here](#)
- July 8-10: ASC/RSC LC Meet
- July 15-17: Summer Awards Meet Sign-up online by June 18th
- July 21-24: VA Senior Champs
- July 28-31: VA Age Group Champs

Message From the Head Coach

Opportunity.

Napoleon said, "Ability is of little account without opportunity."

Thomas Edison thought, "Opportunity is missed by most people because it is dressed in overalls and looks like work."

And Sir Francis Bacon said, "A wise man will make more opportunities than he finds."

As a coach I think one of our biggest frustrations is not impressing on a young adult the opportunities they have available to them.

So when opportunity knocks, get up and answer the door.

Or better yet, rather than waiting around in the hope that the proverbial knock is coming, go out and find or make your own opportunities!

Otherwise, as someone once said, "Opportunities are never lost...someone (else) will take the one you miss!"



QUOTE OF THE MONTH

"Old Lesson for All- 'There are no shortcuts...NONE!'"

-Dan Gilbert, NBA Cleveland Cavaliers owner, on Dallas Mavericks win over Miami Heat

Nutrition Center

Top 3 Nutrition Tips to Improve Performance

- *Eat carbohydrates to stay energized.* To combat fatigue from hard training, eat at least 500 grams of carbohydrates every day. It is also encouraged to eat 0.7 grams of carbohydrates per pound of body weight within 15 to 30 minutes of practice or competition.
- *Eat at competitions.* Because swim meets can last many days, it is important to eat easy-to-digest foods that you are used to eating

that you are used to eating while swimming. Bananas, crackers, and sport drinks are good choices. Eat foods with carbohydrates during long breaks during the meet (2-4 hours) such as bagels, English muffins, energy bars, and trail mix.

- Pay attention to hydration. At swim meets, it may be warmer than you think and it becomes very easy to get dehydrated. To ensure hydration, check the color of your urine: pale= hydrated.

Courtesy of the American Dietetic Association

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.

Message From the Board

Why does QDD host so many swim meets and why should I volunteer? These are questions we hear often. The answers to these questions are pretty straightforward.

QDD hosts 4 swim meets a year. The main reason for us to host swim meets is to provide an opportunity for our swimmers to compete. If QDD did not host these meets, there is no guarantee that another club would host the same meets. A bonus for our athletes is that these meets are local and for some, in their home pool. Sure it can be fun to travel away to swim meets but that can be more time consuming and expensive. The

profits that QDD makes from these hosted meets help offset every swimmer's program fees thus keeping our fees as low as any in the area.

This ties directly into the second of the two questions. Since every swimmer benefits from QDD's hosted meets, we need every family to volunteer. It takes many hands to time swimmers, serve concessions, marshal the deck, provide food and beverages for the coaches and officials, as well as officiate. Plus, one of the best things you can do for your swimmer is be an active participant in something they enjoy. It is a win-win for all involved.

Submit items for publication to
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Training Tips

Swimming Fast When it Counts: Top 10 Mental Toughness Tips

1. *Stay calm & loose pre-race.* Tight muscles hinder your stroke mechanics and endurance. Loose muscles allow your body to perform as trained.
2. *Leave your goals at home on race day.* Goals should help you find motivation during practice, not weigh you down during a meet and make you too nervous and tight to swim fast.
3. *Stay in your own lane.* Concentrate on what you are doing, not what your competition is doing. The more you concentrate on yourself, the more relaxed you'll be.
4. *Stay in the "now" before and during*

your races. Focus on one race at a time and during races, focus on one stroke or turn at a time.

5. *Be aware whenever your concentration drifts and immediately bring it back.* Losing focus will not cause you to swim slow as long as you return quickly to the right focus.
6. *Keep your race focus on feel, not on thoughts.* Swimming fast happens when you are focusing on the feel of what you are doing without thinking about it.
7. *Have fun.* If you make a meet or race too important and you're too serious, there will be a lot of nervous tension. Stay mentally loose by having fun.

8. *Focus only on things that you can control.* You have no control over how fast the competition swims or what kind of pool the meet is at, so don't focus on these issues.
9. *Know that last minute doubts and negative thoughts are normal.* You can still swim your best with this negative thinking as long as you stay calm and accept these thoughts.
10. *Trust and let it happen.* You'll swim your fastest when you relax, trust your training and let the fast swim come out.

Adapted from USA Swimming

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