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# SWIM TEAM

established 1962

## ***QDD Swim Team Alumni Swim at the Collegiate Level***

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Since 2007, there have been 22 swimmers who have left QDD Swim Team to go on to swim at the collegiate level. There have been alumni that have gone to swim at every division of NCAA Swimming. Below is a list of those swimmers who graduated high school with QDD Swim Team and where they are swimming/swam in college:

- Andy Blevins – Marywood University
- Casie Boyle – University of North Carolina-Wilmington
- Bridget Wunderly – Marymount University
- Kameron Ansley – Virginia Tech
- Eva Burlingham – West Virginia University
- Conor Campbell – United States Naval Academy
- Carolyn Claybrooks – Saint Vincent University
- Daniel Francis – American University
- Elizabeth Harrison – United States Air Force Academy
- Jameson Hill – University of Georgia

- Megan Lisbon – Stevens Institute of Technology
- April Livingston – Illinois State University
- Tyler Perez – Washington University in St. Louis
- Jake Stronko – United States Air Force Academy
- Peter Benner – University of Georgia
- Nevin Cook – Virginia Tech
- Jessica Dunn – Saint Francis University
- Kelly Fini – The College of William & Mary
- Caitlyn Harrison – University of Alabama
- Phil LaRosa – Virginia Tech
- Todd McGraw – University of Georgia
- Caitlin Perks – University of Tennessee

Keep an eye out for these names and faces during the upcoming college swim season and remember that they were once is your shoes!

The first swim meet of the year will be the **Fall Festival Swim Meet** hosted by QDD Swim Team on **October 15th-16th!**

Check [qddswim.org](http://qddswim.org) for meet details as the meet gets closer.

### Upcoming Events:

- **October 1st:** Signups due for Jersey Wahoos Thanksgiving Meet
- **October 8th:** Senior groups swimmer and parent meeting with the coaches at JRAC at 8:00am
- **October 15th-16th:** QDD Fall Festival Swim Meet
- **October 16th:** Signups due for 2011 PWCS Aquafest Meet
- **November 5th-6th:** 2011 PWSC Aquafest Meet

## Message From the Head Coach

If you were planning a vacation, would it be enough to just MapQuest your destination? Do you need to stop for food or gas? Is the trip so long that you can't get there in one day? Are you going past your Great Aunt Gertrude's home, and should probably stop to say Hi?

Preparation is the key to efficiency and success both in and out of the pool. Take a little time each week and clarify and articulate your goals for the season and how you plan to get there. It's not enough to say you want to win the 100

Back at States... how do you plan to win the event?

It means purposeful practice... kick-outs, make the sets, regular and consistent practice attendance, sleep, eat and hydrate well, reduce the stress in your life...plan for success!



### QUOTE OF THE WEEK

*"I've worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down and I will not let myself down."*

- Mia Hamm

# Nutrition Center

Olympic gold medalist Nicole Haislett offers some nutritional tips for eating healthy. Here, she offers a few simple, general rules to follow.

Eat "white" things in moderation. This includes butter, fatty cheeses, sour cream, cream cheese, cream sauces, salad dressings and cream-based soups. You're looking at a fat content of 40 to 70 % in these items.

Low-fat doesn't mean low-calorie. In fact, it usually means the food is higher in calories because more sugar or corn syrup is added to replace the fat. Just because something is fat-free doesn't mean you can eat all you want. Choose lean cuts of meat. Cuts with the words loin or round in them signify a leaner cut. Flank steak is a great option. You can ruin good intentions if you cook lean meat in a "fattening" way. Grilling, broiling, baking or sautéing in a small amount of fat are the ways to go.

Good bread vs. bad bread. I personally don't think

an athlete should shy away from carbohydrates. You need them to fuel your body, but breads that contain a lot of fat and calories such as banana or zucchini bread and muffins, which are made with eggs and oil, should be avoided. Some of the jumbo muffins you see have up to 20 grams of fat in them.

Don't worry about cereal... just make wise choices. Buy things with bran, fiber and wheat instead of the kid's cereals loaded with sugar. They have little nutritional value. Sweeten your cereal with Equal or Splenda, add raisins or fresh fruit and use skim milk.

Don't torture yourself! If you have a sweet tooth, give in a little bit or your cravings will worsen. If you like ice cream, find a frozen yogurt place that has the kind of yogurt that's only 10 calories per ounce and fat-free. Don't bury it in toppings, except for maybe a little fruit. Graham crackers and low-calorie fruit pops can satisfy a sweet tooth.

Here are some other simple rules to follow:

- \* Use salsa, steamed veggies or marinara sauce on baked potatoes.
- \* Live up a salad with plain tuna, beans, raisins or sunflower seeds.
- \* Replace fattening dressings with good balsamic vinegar or even salsa.
- \* Order dressings on the side. Dip your fork in it, and then eat the salad. You'll use a lot less.
- \* Order pizza with lots of veggies and light or no cheese.
- \* Be very specific at restaurants about what you want and how you want it cooked.
- \* Don't graze. Eat your meals with intention, but keep healthy snacks available.
- \* Don't skip meals, especially breakfast. This slows your metabolism.

Courtesy of USA Swimming

## Message From the Board

The challenges at the start of every season are great.

Our coaching staff has done a marvelous job of embracing these early season challenges and addressing the needs of each and every swimmer in our program. Thank you to each of our outstanding coaches.

To build upon our early season success-

es, make sure that the swimmers engage the coaches at practice and at the upcoming meet.

Remember, if let the coaches coach, swimmers swim and parents parent, everyone will succeed.

### 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](mailto:qddswim@comcast.net)

## Training Tips

This training tip comes from Ed Bartsch, the distance coach at Penn State University and coach of the 1992 Philippine Olympic Team. He offers some advice on motivating swimmers to perform well in early season meets.

### **Bartsch's Tip:**

Several years ago, I watched Jon Urbanek grade his swimmers in an early season meet. I have since stolen that idea and used it several times to my satisfaction. What do I mean by grading an early meet performance? I mean just that - giving a letter grade for the execution of the swim.

Rather than worry and stress a swimmer about an early season goal time, how about telling them you will grade them (A, A-, B+, B, etc.) on their performance? I say, "Let's not worry

about your times in this meet but rather how you plan your swim and how well you execute your plan." This does not mean how close they are to desired splits, but rather, did they hold a certain breathing pattern throughout the swim? What stroke rate is the goal and how well did they do? Were they accelerating in and out of turns?

Early season performances are rehearsals for championship season swims and races. Try to get things started in the right direction by having the swimmers concentrate on parts of the race rather than worrying about their time. Many swimmers get so hung up on a goal time, they forget about laying the proper groundwork for late season racing. Focusing on the little details in the early season helps everything come to together later for a peak

performance.

This will take some planning on the part of the coach and the swimmer. First, the swimmer should establish the plan and the things that must be accomplished. Second, after a review with the coach and after making any changes, additions or deletions from the plan, the swimmer is ready to be graded.

Stress the importance of rehearsal value, and then give them a grade. Review with them why they received the grade they did. Although it seems like school, I think it is a fun experience for both the swimmer and the coach, and an easy way to break down and judge where the swimmers are in term of their ultimate goals at the end of the season.

Courtesy of USA Swimming

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