

the WAVE

November/December 2009

Volume 1 Issue 2

Upcoming meets and events:

- Nov 26 - Turkey Day NO practice
- Dec 4-5 State High School Swimming and Diving Championships
- Dec 11-13 BSL Holiday Splash Meet in B'ham
- December 19 CSA Christmas Party

CSA News

Well, the season is getting off with a bang. The team has been to four swim meets so far and everyone's swim times are improving. That is what we like to see!! I really enjoy seeing the swimmers improve not on just times, but their strokes as well. All that practice does pay off!

CSA Christmas Party



Make plans to have some fun away from the pool! All CSA families are invited to the CSA Christmas Party at eh Cullman Bowling Center on Saturday, Dec. 19 at 2 pm. All **BOWLERS** are responsible for paying their \$5.50 admission/shoe rental fee at the Center. Others can just enjoy watching. We will bowl for an hour and then enjoy some refreshments.

Inside this issue:

CSA News	1
CSA Christmas Party	1
Madison Meet Recap	1
Birthdays	2
Nutrition Tips	2
Group Updates	3
CSA Mission , HSA Meet Recap Monograms	4

Madison Swim Meet Recap

We had 31 swimmers sign up for the meet in Madison...way to go team! Three of our young boys swam the 500 yard freestyle on Friday night. That is a long swim and they did awesome. Both days on Saturday and Sunday, we had several best swims. One of the teams new swimmers, Colby Hutson, had a great first meet. His times were fast and his strokes looked good. Colby works hard during practice and it is paying off. Way to go! Our 8 and Under girls are also improving tremendously! All their strokes are legal and getting faster...that is what a coach likes to see in young swimmers.

A couple more older swimmers made high school qualifying times, so now they can swim in the High School State Meet in Auburn next month. Awesome job working hard and dedicating your time towards improving your swimming.

Happy Birthday to....



Kara	11/16
Morgan	11/16
Clay Mc	11/17
Coach Alison	11/19
Emily	11/26
Coach John	11/30
Clay T	12/18
Christyl	12/27

Nutrition Tips from Coach Carson

This is a follow up to the pre swim meet meal article from our last Wave. I would stress again that everyone is different and if you find something that works for you-stick with it. If a competitive swimmer wants to eat easily digestible, high carb, low fat food before a meet, what do you eat during the meet?

Just as in a pre race meal, you do not want to eat heavy foods like pizza, hot dogs, chili or big greasy cheese burgers. You want to keep the fuel tank topped off with healthy light foods such as apples, oranges, bananas, pears, pretzels, maybe even a peanut butter and jelly sandwich. Many very successful athletes swear by Pop Tarts. While they are perceived to be junk food by some, they are light and contain carbohydrates in

addition complex and simple sugars in the fillings.

More advanced today are Power Bars and Clif Bars. They have been engineered for athletes to be light and provide the correct amount of sugar, carbohydrates, fat and protein. The most easily digestible are the Power Gels and Gu, which can be eaten quickly and are definitely light.

A good rule of thumb is you rather have your stomach on the hungry side rather than the full side. Most swim races last only a couple of minutes. Eat quality healthy food that is easy on your stomach and provides adequate energy for your performance. A great way to experiment is

practicing eating before practice.



Bronze

Our Bronze group is improving. The swimmers are learning and improving on new strokes, and all swimmers know how to do a flip turn..and should do one every time! This group is building their endurance slowly, but the technical aspects of the strokes are more important at this age



"Because it is fun" is the number one reason kids swim, according to surveys done by USA Swimming.

Silver I

Our Silver I group is gaining ground. One swimmer from this group, Sarah Peel, is only 1 second away from making a Southeastern qualifying time. That is awesome! Coming to practice and working hard during practice will lead to faster times! This group will slowly grow over the next few weeks as more Bronze swimmers are ready to move up and do

Silver II

This group is swimming lots of yards..way to go! We are starting to add in faster sets, so our yardage may drop a little as we go faster...the swimmers need more rest with fast sets. We have a couple of swimmers in this group who are also 1 second away from making a Southeastern qualifying time, Kacie Donaldson and Neil Norris. They also work hard at practice and it shows. I am proud of all swimmers in this group, we are getting to some hard practices and they are working hard!



Gold and Extreme

The Extreme Group has been showing great progress as a result of their hard work. Consistently practicing have been Hannah Donaldson, Laura Evans, Stephanie Donaldson and

Bennett Glasscock. Between them they have four Southeastern cuts and four AHSAA cuts (and one tremendous ACT score!).

The Gold Group highlights have included Louis Yutiamco making the AHSAA cut in 100 Breaststroke and 100 Butterfly (MSA meet), Hanna Williams' outstanding 100 backstroke at the Madison meet and

Michael Griffin's 200 freestyle at the Auburn meet, which earned him an AHSAA cut. the Madison meet and Michael Griffin's 200 freestyle at the Auburn meet, which earned him an AHSAA cut.



Cullman Swim Association

P.O. Box 593
Cullman, AL 35056

Phone: 256.962.0511

E-mail:
csaswimming@yahoo.com

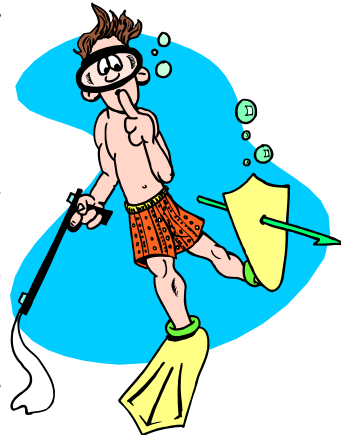
Cullman Swim Association Mission

The mission of Cullman Swim Association is to provide the youth of our community with a USA Swim Club promoting the sport of swimming throughout the year. All team members are given the opportunity to pursue goals in the sport of swimming at their own personal level of ability and desire with the guidance and support from coaches, parents, and volunteers involved with this club. CSA strives to empower team members to be champions in and out of the water for a lifetime.

Huntsville Meet Recap

WE'RE ON THE WEB!
WWW.CSASWIMMING.COM

With 30 swimmers representing CSA, the area swimming community took notice! Results were great with almost every swimmer taking time off of at least one event. Our girls "Biggest Loser" award goes to Nikki Kane, who took off a whopping 19 seconds in 4 events, and did well in a couple other events she did not have times on. On the boys side, our "Biggest



"Loser" award goes to Clay Tomlin. At his very first USA meet, Clay took time off in every event he swam and even placed in the 25 Free! Honorable Mention also goes to Charis Peek, Sarah Peel, Reese McNeel, Reagan Martin, and Bennett Glasscock. It is hard to pick out standouts because everyone did so well! Showing up and working hard at practice does pay off!

Monograms Plus



The "Cullman Swimming" logo you see at the left is available for an embroidered monogram for your shirt, towel, backpack, or most anything you can think of. The template is on file at Monograms Plus in the Warehouse District. For a nominal fee, you can have your items personalized ~ as is, or you can specify any color you want! Ask for Margaret at Monograms Plus. Could make a nice Christmas present!