

THE CLIPPER

Columbia Aquatics Association (CAA) Newsletter

www.clippersswim.org

COLUMBIA



AQUATICS

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MARK YOUR CALENDAR!

The following dates pertain to team social events, clinics, informational events, and Clipper-hosted ("HOME") meets. For dates and info. about "away" meets, please contact your coach or age group parent, or go to www.clippersswim.org

Dec 8 Cheeburger, Cheeburger Night Fund-Raiser 5-9pm
Dec 16 Howard Co. Citizens' Budget Mtg., 7:30pm @ BOE
Jan 9 SwiMania! FUNd-raiser for CA's Clegg Scholarship Fund, 7pm-11pm @ Swim Center, details TBA

FROM THE CAA PARENT BOARD: A 50-METER POOL IN A BAD ECONOMY?

Clippers parents and swimmers have a great track record of being advocates for swimming in our county.

In August 2005, literally *hundreds* of Clippers, CNSL summer swimmers, and other swim advocates showed/told the HCPSS Board of Education that there was strong support for High School Swimming as a recognized varsity sport. In fact, there were so many advocates present at that August board meeting that folks spilled over into the adjacent halls. It was a strong, cohesive group with a strong statement – "Give us swimming!"

Unfortunately, the BOE decided in early 2006 that a High School Swimming program was infeasible due to insufficient lane space to rent at indoor facilities across the county.

Clippers parents and swimmers responded (in 2007 through 2008) by advocating for a *public* indoor swim facility which would best accommodate the explosion of indoor aquatics – and particularly, swimming – and asked the county to budget seed money for a public, indoor 50-meter pool.

The county listened, and last year it commissioned and released an Aquatic Feasibility Study in September, 2008. A good first step. However, immediately after the study was published, Wall Street plummeted – and the rest is history.

While the study is inconclusive insofar as what *type* of facility (-ies) to pursue at this stage, it acknowledges that there is great demand and a real need for *some type* of public swim facility (-ies) in the county.

Given the cliff-hanger of an inconclusive feasibility study, coupled with a continued weak economic forecast (or lukewarm (see 50-Meter Pool, continued on page 2, column 2)

COACH'S CORNER - CHRIS WILL LANE ETIQUETTE: THE COURTEOUS SWIMMER

Experienced drivers know that roads are safer and more efficient when everyone observes a few common courtesies and basic rules. Such things are even more important when there are no specific signs or signal to tell everyone what to do. The same applies in the pool when swimming laps. It is amazing how a little civility can go a long way toward making lap swimming safer, more pleasant, and more efficient for everyone.

Swimmers should observe and respect the pace of the other swimmers in their lane, avoiding actions that are likely to interfere with their lane-mates. Some examples:

1. Slower swimmers continuing a set after stopping on the wall should wait to push off the wall until faster swimmers have passed (i.e. don't push off right in front of a faster swimmer who's coming into the wall about to turn, as this blocks the faster swimmer). Slower swimmers should push off almost immediately behind a faster individual or group, thus extending the time until they are lapped again and need to stop.
2. Faster swimmers starting a non-interval set, (warm-up/ warm-down) should give slower swimmers as much "running room" as possible before pushing off, rather than jumping right behind and immediately tapping their toes to move over.
3. When swimming "stroke" sets, allow swimmers doing faster strokes to go ahead. For example, those swimmers doing breaststroke should stay aware of the likely need to give way to swimmers doing fly, back, or freestyle.
4. Swimmers resting or waiting at the wall (which there is little to no excuse for) should stay far to one side of the lane, preferably at the left, from the perspective of an approaching swimmer. Resting swimmers should never stand or float in the middle of the lane because this interferes with swimmers "swimming through" who need to tag or flip at the wall.
5. Swimmers should never stop in the middle of a length (i.e., to adjust goggles), as this will cause a trailing swimmer to run into them.

Practice is designed to be challenging, and when you're in a crowded lane it can be even more demanding. Don't create additional stress for yourself, your lane-mates, or your coaches by being a rude lane-mate. Observe these rules to be a respectful, courteous swimmer.

Chris coaches the AG1 & JR groups, and assists with the SR & ELT groups. He graduated with a degree in sports management from Towson University, where he served as TU's swim team captain.

YOUR SWIMMER'S HEALTH/NUTRITION: DR. LAZRIS ON MUSCLE-BUILDING DURING PRACTICES

During peak workouts the goal is to build muscle and prevent muscle breakdown. Unless you refuel before and immediately after a hard practice you may not achieve optimal muscle growth and development. What *and when* you eat is crucial.

Before the workout: Fluids, carbohydrates, and protein will fill your tank.

- Don't neglect the importance of drinking. Water is sufficient; there is no point in loading up on high sugar drinks like Gatorade or Vitamin Water. Try to finish a full water bottle before the workout, and then sip water between sets to complete another bottle.
- Eat some carbohydrates before you leap in. Avoid sugars. Keep the carbohydrates complex and mixed with some protein. Best to have bagel with cream cheese/peanut butter, granola bars, or peanut butter crackers.
- Have a piece of fruit like a banana or apple.

After the workout: Antioxidants, protein, and fluid will help prevent muscle damage.

- Eat something with protein within a half hour of completing the workout. Granola, nuts, a power bar, or even a protein drink will suffice.
- At home feast on antioxidants. Fruit is your best bet, mixed with some protein. My suggestion is to make a smoothie with some fruit (berries, bananas, etc.), yogurt or soy milk, and ice.
- For dinner eat protein! Eat meat, chicken, fish, and soy. And make sure to have some vegetables, which are great antioxidants.
- Don't neglect carbs. Some bread dipped in olive oil, pasta, and rice is good, too, in moderation.

Be vigilant in fueling your muscles. What you eat allows you to get the most out of a hard swim. Proteins help build up muscle. Antioxidants help prevent muscle damage. Fluids and carbohydrates provide the needed fuel. Hard work in the pool in concert with a sensible diet will help you drop times and build up your muscles.

Dr. Andy Lazris, MD, a geriatric medicine practitioner in Columbia, has two swimmers, Michael and David, in the Senior Elite group. Andy also serves on the CAA Parent Board as vice-chair.

50-METER POOL (continued from page 1)

at best), now is the *perfect time* for swim advocates to reiterate their support for a public aquatic facility, and more specifically – a public, indoor 50-meter pool.

“Why bother?”, you may ask. The answer is that during economic downturns fewer citizens participate in the budget planning process – and we can make a greater impact for *continued advocacy* since fewer voices are competing for limited capital project dollars. At this stage, **it's more critical to raise (or maintain) awareness of the issue among public officials, than to raise budget dollars** (although the budget dollars would be nice, in a perfect world).

Again, the goal is to provide a *consistent voice* of advocacy, regardless of the economic climate. It takes many years to budget for a capital project in a *good* economy, so our aim is consistent support for an aquatics facility until the project is fully budgeted. Better to keep aquatics on public officials' radar screen, than to have to build support from scratch a few years out from now, once the economy revs up.

If you are an advocate for High School Swimming as a recognized, varsity sport, and/or an advocate of adequate public swim facilities, please take advantage of this “off” year and express your advocacy in one or more of these ways, listed in order of effectiveness:

1. **Testify in person at the Citizens' Budget Hearing**, Wed., Dec. 16, 7:30pm (sign-ups @ 6:30pm) at the BOE Headquarters (10910 Rt. 108, Ellicott City – Board Room). **Better yet, bring your swimmers!** Kids have a way of cutting through the clutter and making the strongest statements. Directions to BOE: <http://www.hcpss.org/contact/directions.shtml>
2. **Testify online:** while the county does not have its electronic testimony submission on its website yet, we will send out an email announcement with a link to it when it becomes available (probably later this month).
3. **Email your public officials:** kulman@howardcountymd.gov and councilmail@howardcountymd.gov, although this will not be registered as official testimony for the capital budget process.
4. **Stay connected to other aquatics advocates.** For updates and information during the capital budget process, join the Facebook group: **Howard County Aquatics Advocates.**

The message you send need not be long or complicated. Essentially, you need to express support for a public aquatics facility. And if you happen to feel an indoor 50-meter pool would enable adequate space for High School Swimming and other swim needs not currently met (such as competitive swim meets and other water sports/activities), then just say so!

WHO'S WHO ON THE CAA PARENT BOARD?

Chair	Jody Frey	jodyfrey40@comcast.net
Vice Chair	Andy Lazris	personalphysiciancare@verizon.net
Administrative Chair	Marianne Solomotis	Marianna.Miliotis@fda.hhs.gov
At-Large Chair	Linda Pineo	linda.pineo@verizon.net
Business Affairs Chair	Eileen Foster	fosterda@comcast.net
Communications Chair	Diane Goodridge	rgoodri973@aol.com
Social Chair	Tamarah Nuttle	swim@cybureau.com

KEY FUNCTIONS OF BOARD MEMBERS

executive, board agendas, run meetings, guides events/clinics maintains team calendar/schedule, oversees fund-raising team apparel coordination, “home” meets administration special projects (By-Laws rewrite), ad hoc duties CAA treasury, CAA budgetary process and financial records CAA board minutes, CAA newsletter, CAA teamwide emails team social event coordination. community service events

CAA Parent board meetings are held the **first Wednesday of each month, 7:30pm in the Swim Center's Nursery.** Meeting changes (date, time location) will be announced by email. All members are welcome and encouraged to attend. Meeting minutes available by request, contact the Communications Chair at rgoodri973@aol.com.