



WAC ATTACK

News from the Williamsburg Aquatic Club

MARCH 2011

Spring Break is Right around the Corner! There will be NO regularly scheduled WAC Practice April 3rd through April 10th.

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WAC Takes 10— (First Place Ribbons, of course!)

Williamsburg Aquatic Club swimmers took home first place honors in 10 events at the 2011 VSI Southeast District Champs Meet held Feb. 18-20 at the Midtown Aquatic Center in Newport News.

This meet found many WAC swimmers in the 1st Place spot who had not been there before, or at least in those events, Coach



Harold Baker said.

The WAC winners were: **Delaney Burgett**, women's 13-14 500 free

Miranda Christy, women's 13-14 200 free

Hannah Cole, women's 9-10 100 free

James Coleson, men's 9-10 200 IM

Jason Covaney, men's 11-12 50 free

Elena Evans, two events for women's 11-12: 50 back and 50 free

Calvin Hart, men's 11-12 100 back

Christopher Kostelni, men's 9-10 100 free

Julian Montes, men's 9-10 50 breast

Congratulations to all the winners at Districts!

WAC Seniors Shine in Manassas Meet

Five Williamsburg Aquatic Club swimmers made eight new Eastern United States Qualifying Times during the Virginia Short Course Senior Championships Meet, March 3-6 at the Freedom Aquatic and Fitness Center in Manassas.

Ben Colley was named Most Valuable Swimmer at the meet, for earning the most points for his team of any swimmer, said Coach Harold Baker of WAC. "He broke five WAC records, with two Senior National

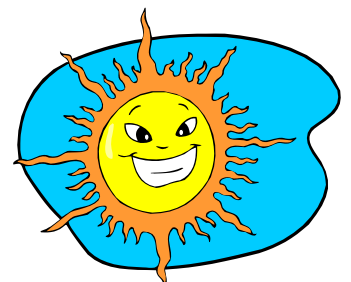
times and three new Junior National times," Baker said.

But Colley wasn't the only one from WAC who came home with new qualifying times for the Eastern United States, Baker said. The other WAC swimmers who claimed qualifying times were:

In addition to Colley, three WAC swimmers scored points in the meet:

Chris Balch (12 points)
Allie Christy (12 points)
Emily Lavay (1 point)

Allie Christy
Christian Shaner
Andrew Thiesse
Lauren Wood



Just a Few Weeks Away!

WAC Golf Tournament

Sunday,

April 17, 2011

1:00 pm

National Golf Course

It's not too late to sign up!!

Email Jenna Heuser at

Jenna@jamescityacc.com



New Individual WAC Records!



Ben Colley –
50 Free 21.24
100 Free 46.07
100 Back 49.59
100 Fly 50.13
200 Fly 1:48.26

Tori Conner –
11 & 12 Girls – 200 Free
2:03.6

January Swimmers of the Month



11 & Unders
Abigail Barber
Taylor Watson

12 & Overs
Tori Connor
Jared Heuser
Max Groene

February Swimmers of the Month

11 & Unders
Elena Evans
Ethan Roehrle

12 & Overs
Linnea Patterson
Carter Kale

March Swimmers of the Month



11 & Unders
Lazuli Cristol
Caleb Aman

12 & Unders
Allie Christy
Ben Colley

Q&A: Can the foods you eat help you swim faster?

WAC Attack asked Registered Nutritionist Valerie Huckstep for help answering your questions about how what you eat can help you swim faster. Please send your questions to bobev-ans52@cox.net, with the subject line "WAC nutrition" and WAC Attack will get you answers.

Q: I know I'm supposed to eat vegetables and things, but I've heard that big-time swimmers and marathon runners "carb load" before a big event to get maximum performance. What should my eating routine be the days before a big meet?

A: First, it is more important that you have a good, balanced diet all the time, and maintain it, leading up to an important swim meet. If you

have not been feeding your body properly in the weeks and months leading up to your big swim, you can't make up for it by eating the "right" foods one or two days in advance. In fact, you might do more harm than good.

Also important is a proper "taper," or reduced exercise routine, in the weeks leading up to the big meet. That gives your muscles the best chance of being at their best when the event comes. One important result of the taper is that the muscles get a chance to store many of the calories that you normally burn away in the higher-intensity workouts the weeks and months before a big event, so that they are not "starved" when you give your all in competition. (Continued, Page 4)

Happy March Birthdays!

Zachary Payne	3/4	Emma Groene	
Meghan Coleson	3/6		3/26
Caleb Aman	3/11	Julianna Jones	
Kevin Holder	3/12		3/31
Indigo Cristol	3/15	Madison Meredith	3/31
Isaac Barber	3/25		



Happy April Birthdays!



Brooke Harlow	4/5	Jared Heuser	4/11
John Morrow	4/6	Abigail Barber	4/13
Talia Hart	4/7	Ethan Conrad	4/13
Danny Morrow	4/7	Christian Shaner	4/15
Rob Folsom	4/9	Kevin Parker	4/20
Taylor Watson	4/9	Shenan Cole	4/26
Kathryn Whitehead	4/10		

“Carb-Loading” (continued from page 3)

“Carb-loading” means having a higher percentage of carbs in your diet in the meals a few days before your event. But remember: A drastic change in the way you eat in the day or days before a big swim can easily lead to upset stomach, diarrhea or constipation. “Carb-loading” an unusually high amount of fruits and juices might cause diarrhea. Too many white flour, low fiber bagels, breads and pasta might clog your system.

Practice eating right, by having your pre-event carbo-loading meals weeks before the event, so you’ll have no surprises when the big day comes. Be sure to experiment with new pre-and during-exercise foods to learn which ones settle best in your gut, don’t “talk back” and enhance your performance.

With that understood, here are some suggested “carb loading” meal ideas that will help you swim your best:

Pre-event carbo-loading dinner, the night before an event:

#1. Pasta with tomato sauce, meatballs, green beans, French bread, low fat/skim milk, frozen yogurt with strawberries.

#2. Turkey with potato, stuffing, low fat gravy, winter squash, cranberry sauce, dinner rolls, apple crisp with reduced-fat ice cream.

Pre-event breakfast: 1 to 2 hours before, let’s say, a 9:00 a.m. start time:
Wheaties (or other dry cereal) with low fat milk and banana

Oatmeal with applesauce and brown sugar

Cream of wheat with raisins
Bagel or English muffin with peanut butter

Poached eggs with two slices of toast

Yogurt and granola.



Liquid “meals” (for those who have trouble digesting solid food)

Fruit smoothie (milk, yogurt or juice blended with frozen berries, banana chunks)

Carnation Instant Breakfast

Boost, Ensure, low fat chocolate milk, vanilla pudding, pureed peaches.

Brunch 4 hours before, let’s say, a 1:00 pm start time:

Heftier portions of any of the above breakfast options

French toast with cinnamon sugar, berries, breakfast ham

Pancakes with maple syrup, scrambled eggs, fruit cup

Veggie omelet with non-greasy hash brown potatoes, toast

Breakfast burrito (scrambled eggs, lowfat cheese, salsa wrapped in a flour tortilla) plus fruit cup and orange juice.

Remember: Thoughtful food selection most of the time will reward you with better focus, more energy, and success at swim meets.

Also: Remember to stay hydrated with water throughout the day for maximum energy.

Too many sweetened beverages like soda will not quench your thirst and will not help with your long term energy level, health of your teeth or healthy weight management.

Two New WAC Relay Records!

8 & under Boys 100 Free Relay – 1:07.63

Ethan Roehrle -Harlan Walters – Adam Dumont - Jacob Sprigg

11 & 12 Girls 200 Free Relay – 1:45.63

Tori Conner – Caroline Cherry – Joelle Vereb – Julianna Jones

WAC Wins 3rd Place in Regional A/BB Champs

WAC swimmers won third place in the 2011 Tidewater Regional Championships Meet, held Feb. 25-27 at the Midtown Aquatic Center in Newport News.

Coach Harold Baker of WAC said the team's swimmers swam 68 State Championship times at the meet, despite not having most of the team's older swimmers because they were participating in the state high school championship meet that weekend.

Ten WAC swimmers won 1st Place in their events:

Abigail Barber (women's 10 and under 50 breast)

Meghan Coleson (women's 10 and under 100 breast)

Brian Dumont (men's 15 and up 400 IM)

Elizabeth Folsom (two events in women's 13-14: 200 free & 1650 free)

Julianna Jones (women's 11-12 100 free)

Evan Lynch (two events in men's 10 and under: 200 free and 50 free)

Madison Meredith (women's 10 and under 500 free)

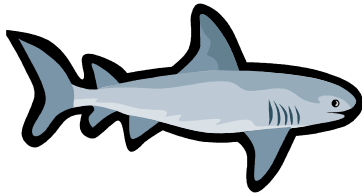
Linnea Patterson (women's 13-14 1000 free)

Megan Watkins (women's 11-12 50 breast)

Lauren Wood (women's 15 and up 1650 free)



January Practice Animals



Level A

Ben Colley	90%
Brian Dumont	90%
Kathryn Whitehead	90%

Level B

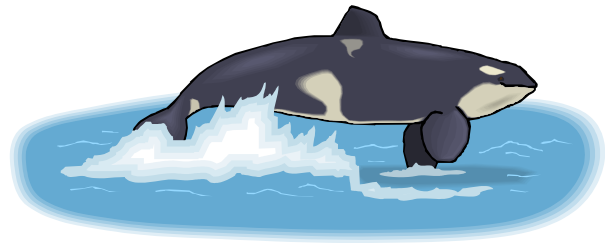
Julia Evans	95%
Emily Lavay	95%

Level C

Conor Flannery	100%
Carter Kale	100%

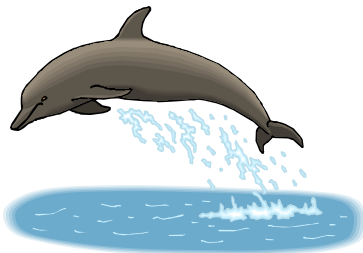
Level D

Jason Covaney	95%
Nicole Grogan	95%
Calvin Hart	95%
Taylor Watson	95%



Level E

Abigail Barber	100%
Meghan Coleson	100%



Level F

Michele Jennings	100%
Madison Liebler	100%

Level G

Carter Burrows	100%
Sarah Jennings	100%

