



WAC ATTACK

News from the Williamsburg Aquatic Club

NOVEMBER 2011

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WAC Swimmers Start the Season Strong

WAC swimmers got off to a fast start in the first two meets of the fall season.

In the first contest, the WAC Head Start Meet held at Fort Eustis' Aquatic Center in September, WAC swimmer took 55 first-place finishes. Several of the team's swimmers won multiple events.

The multiple event winners at the meet from WAC, and the number of first-place finishes they achieved, were:

- Lazuli Cristol – 8
- Joelle Vereb – 8
- Carter Kale – 8
- Julian Montes - 7
- Ethan Roehrle – 7
- Tori Connor—5
- Chris Balch – 3
- Brian Dumont – 3
- Julianna Jones – 3
- Brett Huckstep—2
- Chris Kostelni – 2



WAC had 120 swimmers in the Meet.

"It was a great meet to get those first sets of times for the new swimmers, as well as the returning Swimmers," said WAC Coach Harold Baker.

In the second meet of the fall season, the SE-VA A/BB/B/C Meet at Midtown Newport News in October, WAC also had 120 swimmers, Baker said.

Many members of the team saw their training pay off with new time classifications in a number of events, Baker said.

There were two AAAA swims, six AAA swims, 10 AA swims, 23 A swims, 74 BB swims and 118 B swims, Baker said.

In addition, there were two team records set, both by Julianna Jones (see below).

Winners of multiple events from WAC in this meet were:

- Kathryn Burrows -- 2
- Conor Flannery -- 2
- Julianna Jones -- 4
- Carter Kale -- 5
- Carter Catherine Roehrle -- 3
- Ethan Roehrle -- 3
- Joelle Vereb -- 5
- Andrew Thiesse -- 2



New Team Records

Julianna Jones—11 & 12 Girls
500 & 1000 Free

Coach's Corner

Now that the first set of meets is completed, the coaching staff is looking for some exciting swims in the December championship meets.

Highlights of the early meets included Julianna Jones breaking two WAC records in the 11- and 12-year-old girls' age group, and the number of new swimmers in the program already making new classifications (please see story on front page of this issue of WAC Attack).

The WAC December meet will give 9 and 10 year olds, as well as 11 and 12 year olds, one last chance to qualify for the SEVA 12 & under State Christmas State Championship Meet in mid-December.

By then, everyone should be wearing a WAC team suit for meets. The third order of team suits, and the backordered female size 24's, are on the way. Once they are in, all swimmers that swim in a meet must wear a team suit. The one exception will be the wearing of "elite" suits at the championship meets. Please do not wear the "elite" suits to normal meets, as they will stretch out and lose their special feel and not provide their full performance for championship meets.

Also, please mark your calendars for the dates of the WAC Wine & Cheese Social Auction and the Christmas Party.

- Coach Harold



Save These Dates!!!

WAC Auction

Friday, November 11, 2011

Bring a friend!

Open bar and LOTS of appetizers!



WAC Christmas Party

December 15, 2011

At the Bubble

**Gift Exchange and
Munchies!**

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



WAC Attack asks Registered Nutritionist **Valerie Huckstep** for help each month to answer your questions about how best to eat to enhance swimming performance.

Q: I hear about a proper diet all the time, especially about eating carbohydrates. Can you explain why this matters, and give me some good ideas about how to eat better so I can swim faster?

A: Carbohydrates are the food group that can give an athlete a competitive edge. Unfortunately, carbohydrates have gotten a bad rap from some. They are loved as food (think mac and cheese, potatoes, spaghetti and many other beloved foods), yet shunned by many who mistakenly think they make you fat.

Never forget: Carbohydrates are necessary for peak athletic performance, since they provide a fairly quick source of energy for working muscles.

Carbohydrates are stored as “glycogen” in the liver to help maintain blood sugar levels, and in the muscles to help provide energy during physical activity. About 2,000 calories worth of carbohydrate can be stored as glycogen, or enough energy to run about 20 miles.

When glycogen levels are low, muscles have to rely on fat for energy, an inefficient fuel

source. As a result, extreme fatigue sets in, leading to a phenomenon described as “hitting the wall” or “bonking.”

Endurance athletes and those involved in other high-intensity sports try to avoid this by maximizing glycogen stores. This can be accomplished by:

- Eating high carbohydrate foods regularly throughout each day.
- Eating carbohydrate-rich foods and beverages during exercise. This provides quick energy, thus “sparing” muscle glycogen.
- Eating a high carbohydrate, moderate protein meal and/or snack after exercise, to help replenish glycogen stores and facilitate muscle repair.

A quick glance at “MyPyramid” -- the U.S. government’s food pyramid guidelines at www.mypyramid.gov -- indicates that most of the food groups include carbohydrate-rich sources. Fruits, vegetables, grains (including breads and cereals), beans and legumes (part of the meat group), and some dairy products (milk and yogurt in particular) all carry carbs.

Although athletes vary in the amount of total calories they should consume daily to support lean body mass, physical activity, growth and development (as in the case of children and teens), most athletes’ diets should consist of at least 55-65% carbohydrate, 10-15% protein, and no more than 30% fat.

September Swimmers of the Month

11 & Unders
Grace Olsen
Carter Burrows

12 & Overs
Delaney Burgett
Nick Souza



October Swimmers of the Month

11 & Unders
Carter Catherine
Roehrle
James Coleson

12 & Overs
Julianna Jones
Carter Kale



New Classifications

1st "AAA" Time
Evan McMurray

1st "A" Time
Josh Bell
Daniel Parker

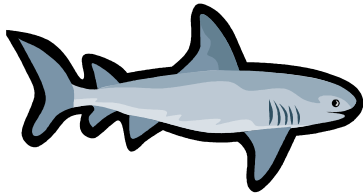
1st "BB" Time
Keely Beard
Delaney Burgett
Savannah Dagenhart
Hailey Didion

Katrina Early
Keli Groux
Carissa Hardy
Talia Hart
Caroline Helwig
Andrew Henry
Pearl Kluger
Alden Koupal
Sam Long
Natalie Olenic
Grace Olsen
Daniel Parker

Kaitlyn Sullivan
Zoe Wallace

1st "B" Time
Keely Beard
Enoch Comber
Samuel Parker
Alex Peck
Chloe Swan
Willow Vander Kooi
Jack Hanson

September Practice Animals



Level A

Linnea Patterson 100%

Level B

Brett Huckstep 100%

Carter Kale 100%

Kleigh Koupal 100%

Level C

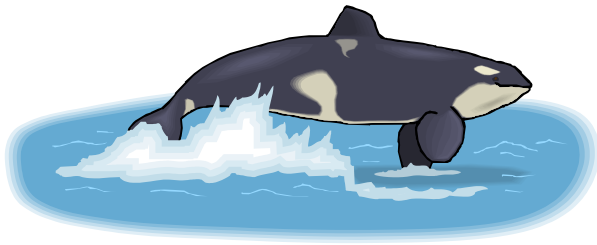
Deke Lueker 100%

Level D

Meghan Coleson 100%

Evan Lynch 100%

Julian Montes 100%



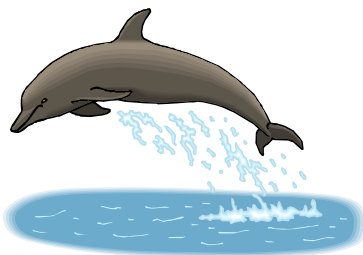
Level E

Zach Hattab 100%

Level F

Kallyn Buirski 94%

Liam Gregory 94%



Level G

Dakota Anderson 100%

Gracie Gregory 100%

Braden Long 100%

Karina Long 100%

