

Trainer's Table

Don't Let Nutrition Myths Hurt Your Performance

MYTH: Consuming large amounts of protein or taking protein supplements will increase muscle size and strength.

FACT: Excess protein will not increase muscle growth and strength. A normal diet will supply you with more than enough protein to build muscles.

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MYTH: Eating honey, sugar, soda or a candy bar is an excellent way to get quick energy just before competition or practice.

FACT: The energy used in competition or practice comes from foods eaten days prior to the event. A diet consisting of the four food groups and adequate training will enable you to perform at your best.

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MYTH: Drinking water during exercise causes an upset stomach and cramps.

FACT: There is no evidence that water during exercise causes upset stomach or any other problem in fact, drinking water is very important. One-half cup of water every 10-15 minutes helps replace body fluids lost as sweat.

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MYTH: Milk before an event causes cottonmouth and cuts speed and wind.

FACT: Cottonmouth appears to be due to emotional stress and fluid loss. Milk does not cause a decline in performance.

Dianne

WAC Pics!



www.swimwac.com

For more pictures, check out the photo gallery on our website.

Williamsburg Aquatic Club's WAC Attack

"News from around the pool"

What's "NEW" At WAC?

Happy NEW Year to everyone! To start off the NEW year, let me tell you what is NEW at WAC. Check out the NEW look of our team website. Boy, what a great job Bob Oller and Maurice Blacher have done! Thanks guys! As the team website continues to improve I hope all members will use it more frequently to get information they need. Also NEW is the NEW name for this newsletter, WAC Attack...news from around the pool!

Congratulations to Nicole Snyder for selecting the NEW name. How about the NEW t-shirts the team got before Christmas? Thanks again to Bob Oller for his graphic design work. As for NEW, I would like to welcome some NEW people helping the Board in 2003. Barbara Sukramani has volunteered to help us with a NEW process to do a regular annual review of our club financial books. Mark Knotts has agreed to become our NEW Vice President and

will oversee the maintenance of the Bubble. Janet Gordon has stepped forward to be the NEW editor of the WAC Splash. For our officials, we hope we have made things easier with our New online meet registration form. All in all, we hope the NEW year for 2003 will be another great year for WAC and will be announcing many more NEW things to come. Maybe this year we will have many more NEW team records? Trooper Earle

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Catch Us If You Can!



New Team Relay Records-
• 9&10 Girls 400 Medley Relay-5:09.22- Colby Jensen, Megan Knotts, Scooby Peterson, Vallerie Lockwood

• 11&12 Girls 400 Med-

ley Relay-4:39.08- Kelsey Burcher, Paige Boyer, Lindsay Ancelotti, Caroline Wilke
• 11&12 Boys 400 Medley Relay- 4:27.92- Corydon Butler, Peyton Young, Matt Baumler, Kurt Linkenauger

New Individual Records-
• Peyton Young- 200Breast-2:38.39- 11&12 Boys
• Jon Vorpapel- 200 Free 1:47.92- 15&16 Boys
• Austin Fiehler-500 Free 4:48.03- Senior Boys
• Austin Fiehler-200 I.M. 1:57.76- Senior Boys

COMING EVENTS:

- January 11-12- WAC BB/B/C Meet @ Ft. Eustis
- January 17-19- SEVA Senior 14 & Y "A" Meet @ Ft. Eustis
- February 1-2-TAC BB/B/C Meet @ Ft. Eustis

Coach's Corner

December Meet Results

We just came out of the Christmas Championship Meets with many successes. WAC finished 5th at the Christmas 12&U Championship Meet at Ft. Eustis. Only the Christmas parade kept the team out of third place. Individual champions were Peyton Young, Joey Hewitt, and Scooby Peterson. The relay teams at 11&12 boys and the 10 & Under girls finished in the top 2 consistently throughout the weekend. These swimmers were Matt Baumler, Peyton Young, Kurt Linkenauger, Tucker Coleman,

Corydon Butler, Colby Jensen, Vallerie Lockwood, Megan Knotts, and Scooby Peterson.

The Richmond 13 & Over qualifier meet went well also. We had tons of best times and three swimmers qualified for the Senior State Championship Meet. These swimmers were Holly Bacon, Becky Peterson and Stephanie Evans.

There were many bright spots at the Virginia Senior State Champs in Manassas. The men's team finished 4th in the team standings. We had a lot of

best times. The boys totaled 24 Eastern United States sectional qualifying times for the weekend. These swimmers are Joshua Fowler, Austin Fiehler, Jon Vorpagel, Steven Evans and Joey Peterson.

The three meets resulted in quite a few new "AA", "AAA", and "AAAA" swimmers. Look for the "New Times" section on page 3 as well as the new team records article, "Catch Us If You Can" on the front page of this newsletter.

Harold

Practice Animals

Practice Attendance Leaders

The following swimmers led their levels in attendance for November.



Level A-

Joey Peterson (23/23) 100%

Level B-

David Carlson (23/23) 100%

Level C-

Lindsay Ancellotti (23/23) 100%

Level D-

Robbie Linderman (17/18) 94%
 Christiana Tambone (17/18) 94%

Level E-

Kelly Bennett (18/18) 100%
 Vallerie Lockwood (18/18) 100%

Level F-

Colleen Poertner (11/11) 100%
 Mary Beth Colley (11/11) 100%

Level G-

Caroline Blommel (8/8) 100%

News By Another Name

New Name for the Newsletter "WAC Attack"

who handled the manual voting and to Maurice Blacher

who kept us all informed about the contest through the website.

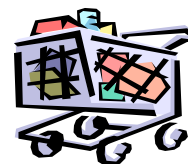
Many thanks to all those who entered the Name the Newsletter contest. We had many great entries. A special thank you to Frank Tambone who designed posters for the contest, to Trooper Earle



Congratulations to WAC swimmer Nicole Snyder who came up with our new name—WAC Attack "News from around the pool". Nicole has won a free WAC t-shirt!

Need Food?

Grocery Gift Cards Save You Money and Help the Team!



Grocery gift cards are a good money maker for the club.

You buy a gift card for a hundred dollars and you can buy a hundred dollars worth of groceries

and actually gain because the grocery stores sell us the gift cards at a discount. Per policy, you get 3% of the value of the card rebated against dues. The club gets the remainder as extra income. This reduces your swim bill in two ways -- directly by the rebate and indirectly through the extra club income. The club has made over \$2000 through this fund

raiser in the four months of this year. Currently approximately 20% of the members participate in this fundraiser. Imagine our earnings if all members participated. Cards are available from coaches Harold and Jeff. Try one. They are really convenient and a great way to budget!

Beth Carpenter

"New" Times

Congratulations to the following swimmers who made new time classifications in December.

1st "AA" Time-
 Joey Hewitt
 Becky Peterson
 D.J. Lockwood

Tucker Coleman
 Matt Bacon
 Braden Field

1st "A" Time-
 Katie Blacher
 Becci Melson
 Kate Oller

1st "AAA" Time-
 Chelsea Jensen
 Peyton Young

1st "AAAA" Time-
 Paige Boyer
 Jon Vorpagel

