

Trainer's Table

Nutrition



What should swimmers eat?

A swimmer needs about 50 nutrients for top performance. You can get these nutrients by including the recommended number of servings daily from each food group and by choosing a variety of foods from each food group.

Training Table Guide

Milk group: 4 or more servings. Milk, yogurt, all types of cheeses, ice cream

Meat group: 2 or more servings daily. Meat-beef, veal, pork, lamb, fish poultry, eggs, dried beans and peas, peanuts, peanut butter.

Fruit-vegetable group: 8 or more servings daily. All fruits and vegetables. Be sure to include good sources of Vitamin C and Vitamin A

Grain Group: 8 or more servings daily. Whole grains, fortified or enriched grain products such as oatmeal, breads, waffles, cereals, macaroni, spaghetti, crackers, noodles and rice.

Dianne



Moving on Up!

New Time Classifications

The following swimmers had new classification swims for October (1st time in this classification).



1st "AA" Time-

Tucker Coleman

1st "A" Time-

Margaret Anderson
Amber Hula
Katelynn McBeath
Cameron Overy
Nicole Snyder
Dillon Wang

1st "BB" Time-

Taylor Fisher
Will Harrow
Sarah Lenceski
Nicholas Mercer

John Mills
Matt Warren
Ben Davidson
Christiana Tambone
Katie Wilson

1st "B" Time-

Carleigh Colley
Chris Farley
Katie Ridgeway
David Stefanowicz
Kyle Stefanowicz
Josh Warren
Katie Wilson

Congratulations to all!

WAC NEWS

Monthly News for Williamsburg Aquatic Club

President's Report

The winter session of WAC swimming is now underway. The Board is very pleased with the results and effort during our fall session. Financially, the team is slightly ahead of budget. Our revenues are up in large part to the increased number of swimmers in the fall session and bingo revenues continue to be at or above projected (Thank you Mark Pittman, Monty Hill, & Bonnie Wade). In addition, some of our projected expenses are down, however, the club made the decision to add on additional assistant coaches that was not budgeted for this coming year. Thanks to Linda Lockwood's efforts, the Coke promotion raised \$1400 to help offset the additional expense of the new assistant coaches. Overall, fi-

nancially, while WAC's budget remains very tight, we continue to pay-off the purchase of the bubble at a healthy pace and currently ahead of this year's projection. With regards to communication, the Board is pleased to inform everyone that many things are going well. Our WAC Splash has now broadcasted editions for the last 14 weeks and our WAC News continues to be published monthly. Frank Tambone & Harold are working hard to keep the pool bulletin boards update. Frank is even making sure WISC, libraries, and other area facilities keep WAC information posted and current. Bob Oller is working hard to enhance WAC image. Bob and Maurice continue to change the website dramatically. Bob is working with Harold to enhance team logos and

team apparel. On a less visual front, Dexter Klock is working to help the team become more efficient with its membership data. His efforts will help all Board members and Coaches work much less in the future to keep up. Robin McClaine, Jeff Armstrong, and her band of volunteers are making sure WAC swimming is not just laps in the pool. Are your kids having fun? Never to be overlooked is the hard work Tom Taylor does to keep our officials informed and organized, Linda Lockwood does to make our hosted meets run smoothly, and Paige Rogers does to keep all of the volunteer hours organized. Thanks to the efforts of Jeff and Maurice, you can now go to the website to get all the meet results!

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COMING EVENTS:

- Dec. 6-8— 12 & Under BB+ Christmas Champs@Ft. Eustis
- Dec. 6-8— 13 & Older BB+ Christmas Champs @ NOVA Center
- Dec. 13-15— VA Senior Champs @ George Mason
- Dec. 19 — WAC Christmas Party 7pm @ Bubble

Coach's Corner

Holiday Meets

The Christmas Championship is here. First off I want to thank Linda Lockwood and the crew that ran the WAC Mini B/C meet. A good time was had by all that attended. Many swimmers won their first place ribbons and moved up a classification. Be on the look out for the

meet sheets being sent home this week. Because of prelims and finals and the relays, you will receive a sheet that has your swimmer's events and relays. If you cannot attend a session that you are signed up for let the coach know. We do not want any 3 person relays at the meet!

Harold



Roll Call!

Top Attendance For October



The following swimmers had the top attendance for their levels for the month of October.

Level A-		
Steven Evans (28/28)	100%	
Stephanie Evans (28/28)	100%	

Level B-		
David Carlson (25/26)	96%	
Molly Emmett (25/26)	96%	

Level C-		
Paige Boyer (23/25)	92%	
Lindsay Ancellotti (23/25)	92%	

Level D-		
Ben Davidson (19/21)	90%	
David Blacher (19/21)	90%	

Level E-		
Rebecca Werle (20/21)	95%	

Level F-		
Allie Bacon (12/13)	92%	
Chris Farley (12/13)	92%	
Colleen Poertner (12/13)	92%	
Geoff Marston (12/13)	92%	
Shelby Klock (12/13)	92%	

Level G-		
Megan Killilea (8/8)	100%	
Bridget Killilea (8/8)	100%	
Christian Shaner (8/8)	100%	

Way to go!

"Official" Announcement



Parents: We want you to join our "official" team!

Parents who would like to participate in meets can become an official and get closer to the action! Besides helping the team there is a perk—officials get credit toward their WAC

dues! Interested parents should contact the officials chairman, Tom Taylor, at ttaylor@swimwac.com for more information.

'Tis the Season...

WAC Christmas Party

The WAC Christmas party is scheduled for **Thursday**, December 19 at 7:00 pm at the Bubble. We will again open the pool for a pool party and maybe even some pool games for those who want to play. Swimmers will also enjoy

refreshments, socializing, and a gift exchange. **Each swimmer should bring a wrapped gift (approximately \$5 value) marked with gender and age range (i.e. girl 9-10).** If you have any questions or suggestions, please contact Robin McClaine: 565 - 0993(h) ,

(804) 966- 9607(w) or email her at rmajmc@aol.com.



What's Our New Name?

Name the Newsletter

WAC News is changing its name and look and you can help. How? Vote online at www.swimwac.com for your favorite name from the list of names previously submitted by both WAC parents and swimmers. Just click on the

"WAC News" button on the task bar of our website. Any parent or swimmer can vote but only one vote per person! The deadline to vote is December 15 so don't delay! Choose one name from the following:

- Waves from WAC
- WAC Waves
- Aquanotes

- Streamline
 - Pipeline
 - News WAC Magazine
 - US News & WAC reports
 - WAC Attack--"news from around the pool"
 - WAC Brain Waves
- Many thanks to all those who sent in their favorite name(s)! Vote for your favorite today!

President's Report (cont.)

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In closing, serving as WAC President this year is a lot of fun. All the support from so many members graciously giving of their time has made all the work enjoyable for everyone. WAC's goal is to continue to promote swimming throughout the

Williamsburg community. The regular exercise for our children is so valuable to their health and growing bodies. The self-esteem our kid's obtain from overcoming the challenges of new events and constantly improving their skills and times transfers to the many other things they do in life. If

you feel as I do that the WAC family provides your family with so many positive benefits, then I urge you to help promote it to others and pass on the experience to more Williamsburg families.

Trooper Earle