

Trainer's Table

Nutrition

Everything you do influences your performance, but your food choices have the most effect due to long term and short term benefits. Proper diet, including proper selection of food, will help your training and performance while also achieving a healthy lifestyle once you stop competing.

To help ensure a balanced diet, remember that there are no magical nutrition remedies. So forget the fads and eat a variety of wholesome foods from the four food groups--milk, meat, fruits and vegetables, and grains. Foods in these groups provide protein, fat, carbohydrate, fiber and all the necessary vitamins and minerals. Your ideal diet should include the following percentages of calories:

Carbohydrates	50-60%
Fat	20-30%
Protein	14-18%

1. During Training- training represents the period athletes spend most of their time. Therefore, this category represents the most critical period. During this time, a diet high in carbohydrates is important. It is not uncommon to burn 2500 to 4000 calories a day. The best way to replenish these calories is with a high carbohydrate diet. By being conscious of this and by taking in high carbohydrate food or drink within the first 30 minutes following a workout, you can minimize depletion of energy stores.

2. Pre-event Nutrition--the major purpose of the pre-event diet is to ensure sufficient energy and fluids for the athlete. Two or three days before competition, a high carbohydrate diet with plenty of fluids should be emphasized. The pre-event meal should include a light, high carbohydrate meal three or four hours before the event.

3. Nutrition during competition-- provided that good nutrition practices were followed during training, middle

distance and sprint events will not be limited by nutrition-related factors. During a three or four day competition, make sure you consume plenty of fluids and each meal should include high carbohydrates, low fat selections.

4. Nutrition after competition--high intensity workouts will deplete the muscle's energy supplies. Therefore, carbohydrates play an important role after competition to make sure energy stores are maintained.

Dianne

Next month: Look for more on Nutrition.



Roll Call



A number of swimmers had perfect attendance for the month of September. Those with 100% practice attendance are:

Level A (21 practices) :

Steven Evans

Joey Peterson

Becky Peterson

Level C (21 practices) :

Paige Boyer

Level E (17 practices) :

Kindyl Boyer

Level F (9 practices) :

Chris Farley

Jonathan Daly

Grace Little

Elizabeth Starbuck

Level G (6 practices) :

Caroline Brommel

Nicholas Deleon

Hannah Dowdy

Colin Haigh

Sophie Harrow

Sarah Jurczyk

Megan Killilea

Bridget Killilea

Chris Mercer

Joseph Pankey

WAC NEWS

President's Report

It has now been almost 3 months since I became President. What has impressed me these past 3 months is the fantastic support from so many parent volunteers. I would like to dedicate this month's article to all those who are so graciously giving of their time to help our club. The team is very grateful for all that is being done and I want everyone to know who is doing what....

Maurice Blacher & Bob Oller (Webmaster/Publicity)

– Our website is undergoing a massive overhaul! Between Maurice and Bob, the website now has tons more useful information, is easier to navigate, and has more eye catching features. Check out the new and the upgraded sections on the Board, Board Minutes, Coaches Corner, Email Access, Meet Results, Photo Gallery, Trainer's Corner, WAC News and WAC Splash. Keep going to it often. There are plans for more to come.... **Frank Tambone** (Local Marketing) – Frank joined the board this year and is working to improve our 'Local Marketing' of the team. Frank keeps up the bulletin boards at the Rec. Center and the bubble, helps

to get meet results to newspapers faster, and distributes WAC News and other team information around Williamsburg so that more than our membership know what a wonderful organization we have.... **Mark Pittman & Monty Hill** (Bingo) – This past Monday night I helped with Bingo for the first time. If you have never been, Bingo is quite an unusual evening! What amazed me was the level of organization shown by the Bingo team. I was very impressed with how smoothly everything ran. Bingo is the financial vehicle which enabled WAC to erect the bubble and eliminated the need for us to ask our parents to pay for it. So a big THANK YOU to all those who make Bingo work week after week. Also, special thanks to **Tim Dube** who continues to lend his guidance and leadership even though his kids have graduated from the club.... **Nancy Bennett** (Editor/WAC News) – If you haven't noticed, the WAC News is being published consistently every month. Many thanks to Nancy Bennett for her continuous effort in making this newsletter a reality... **Beth Carpenter** (Treasurer) – Being treasurer is no easy task! In addition to that, Beth did a massive job to help us gather and

organize membership information this year for the membership directory. We are so thankful to Beth for keeping close tabs on the club's money... **Robin McClaine & level liaisons** (Social) – Robin and her swim level liaisons have been working hard. Thanks for the Bubble Up picnic. Special monthly treats and social activities have been planned. Many thanks for helping the WAC family get to know each other. **Paige Rogers & Mark Pittman** (Personnel) – Thanks to Mark for helping Paige get going this year. Paige is doing a wonderful job. So far, we have had enough parent volunteers for all the different things we are doing... **Lorraine Bartlett** (Secretary) – If you haven't been to the website and checked out the past several Board minutes, please do so. Lorraine has done a great job documenting all that is going on at each Board meeting. All Board minutes are posted on our website shortly after every meeting so all members can keep up with the decisions being made.... **Dexter Klock** (Membership) – Dexter just recently volunteered and has been busy working on streamlining our data management. At our next meeting, Dexter will be making a presentation to the board to show us easier

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COMING EVENTS:

- Nov. 8-10— ODAC "A" Meet @ ODU
- Nov. 16-17— CGBD BB/B/C Meet @ Midtown
- Nov. 23— Team Movie—time TBA
- Nov. 30— WAC Mini B/C Meet @ Ft. Eustis

Coach's Corner



4 Swimmers Named Academic All-American

United States Swimming named 4 Williamsburg Aquatic Club Swimmers Academic All-American in October for the 2001-2002 school year. Jennifer Hessler, Bob Jacobsen, Esther Knicely, and Joey Peterson were named based on their performances at sectionals and their high school GPA and classes. All four swimmers carry above 4.0

averages. This is the second year in a row that Joey has been named. Esther is a senior at Jamestown; Jennifer and Joey are seniors at Lafayette; and Bob is a freshman at William & Mary. This is the sixth straight year that WAC has had more than one swimmer recognized. Way to go gang! You can do it all if it matters.

Harold

Moving on Up!

Many improved their times in the October meets. For some this was their very first USS swimming meet. The following swimmers had new classification swims (1st time in this classification):

1st "AAAA" Time:
Scooby Peterson

1st "A" Time:
Allie Bacon
Kaleigh Earle
Joey Hewitt
Kelley Lacey
Elizabeth Starbuck

1st "BB" Time:
Chris Biernacki
Kristin Fiehler

Jay Hill
Kellie Johnson
Max Longo
Sarah Paige
Dillon Wang

1st "B" Time:
K.K. Anderson
Emma Aspell
Rebecca Werle
Leah Wetchler



B-I-N-G-O!

Bingo continues to run every Monday. We are meeting the revenue expectations and have had an enthusiastic response from volunteers. Thanks for all your help.

A few reminders: If you have a conflict when you are scheduled to work, please try to switch with another WAC parent ahead of time. Please try to be at the bingo hall by

5:30 p.m. as this really assists in some of the last minute details. Should you have any suggestions or comments contact Mark Pittman 565-3599.

Mark

Whassup??!

In an effort to provide more social opportunities and special treats for our swimmers, a WAC Social Committee has been formed. Each level has two representatives who have been busy planning for the season. The committee representatives are as follows:
Level A - Margaret Bacon & Grace Lacey
Level B - Rita Murphy & Debbie Taylor
Level C - Teri Ancellotti & Amy Jensen

Level D- Angela Tambone & Ethel Eaton
Level E - Marina Shawcross & Trish Rice
Level F- Deb Lenceski & Diane Lee
Level G - Sheri Anderson & Michelle Broady
These women are working hard and will surely appreciate any support that you may be able to give. Monthly practice treats have been planned as well as opportuni-

ties for the team to get together as a whole. Coach Jeff is arranging a trip to GoKarts Plus, and an Ice Cream Social is planned for November.

If you have any ideas for social activities for the team, please call Robin McClaine at (757) 565-0993 (h) or (804) 966-9607 (w) or email at rmajmc@aol.com. We hope to make this a fun year. Thank you for your support!

Robin

President's Report (cont.)-

ways to get everything done....
Tom Taylor (Official's Chairman) – Tom has been so diligent in keeping all officials informed. At the first meet hosted by SEVA, WAC supplied more officials than any other team. While the team is so appreciative of all those who help officiate the meets, we still need more... especially parents of younger kids....
Brett Dowling (Ways and Means) – Brett has been working hard with **Jim Bennett, Arch Marston, and Bob Emmett** on another big step forward for our club. We hope to be able to give out the details in future WAC News editions. **Linda Lockwood** (Meet Director) – Linda as our

meet director is responsible for all WAC hosted meets. To organize all the people involved to run a meet and make sure everyone has everything they needs is a huge task. Also Linda single-handedly implemented the recent Coke promotion which painlessly (for the rest of us.. not Linda) raised more than \$1400 for the club. **Harold Baker & Jeff Armstrong** (coaches) – Both of these coaches do so much to help keep things going. Beyond coaching our kids, both of these guys, along with their fellow coaches (**Chris, Bobby, Kasey, Rachel, and Dianne**), do so much every week just to keep

swimmers and parents informed. And finally, a personal thanks to **Tim Cuddihy and Mike Basehore** (VP) for helping me keep on track. Both of them have been so helpful to the Board and me in providing ongoing leadership. As you can see, there are so many volunteer parents (and I still didn't recognize everyone) that are giving tremendously of their free time. When you see these people, please make sure you tell them just how much we all appreciate their efforts.

Trooper Earle