

NASA Coach's Corner

January 2020

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New Year!

From Coach Hembree

I hope you all have had a chance to spend time with your families during the last couple weeks to celebrate the holidays. As we move into the New Year I am excited for the opportunities that will come with it. Hopefully we will start to move away from this pandemic and back to something a little more normal.

As we move into January we have decided to host a meet on January 22-24. This decision came about due to the number of teams who have attended our other meets asking us to host something, the need for a competition in January and in the end we felt the safest competitions for our athletes are the ones we host and can control. With that said teams want to come to Northridge because they love how we run our meets and they feel the policies that we have put in place (which are constantly evolving) have created a safe environment for their athletes to compete at the highest level possible.

With all of that said it is important that we are filling our volunteer spots to be able to run meets efficiently. Please remember the volunteer requirements for each family. Volunteering right now is a great way for you to watch your athlete swim in person. If you are unable to work for some reason or another please contact Rebecca Yeater to let her know. As we continue to host events the NASA board of Directors will be evaluating the club's volunteer policies and procedures. With the COVID procedures we are being asked to follow we have had to create other volunteer positions. Many of these COVID related positions are must haves for us to be able to run a meet. The longevity of our club has always been based upon the involvement of our families.

As we start this New Year with still many things unknown all we can do is make the decision to roll with the punches, pivot when needed, and make the best of whatever we are given.

**"You are what you do, not
what you say you'll do"**

- C.G. Jung

Age Group Happenings

From Coach Emma

Elementary Blue group has had a great month to finish out this crazy year! We are working on swimming longer distances, getting more efficient and faster in our strokes, and understanding how to be strong mentally and physically in and out of the pool. We are excited to continue working hard through the rest of the year and into the next!

From Coach Dan

This month has been a big switch as we have started to focus on specific events and race fundamentals rather than aerobic conditioning. We are pacing different events, working goal times/splits in parts of races, and working breath control in longer races. While this month is not hard by means of distance, it has a very high difficulty when it comes to mentally handling practices. The kids have struggled initially, but this is expected and they are handling it spectacularly as the weeks roll on. They are rising above the expectations set and are able to see their improvements as they focus on each small goal. Christmas break is always a time for interesting practices. I am excited to see them apply these new skills and have even more fun at this upcoming meet in January!

"What you get by achieving your goals is not as important as what you become by achieving your goals"

- Goethe



Important Dates

- 1st - New Year's Day
- 5rd - NHS Swim vs. Wawasee
- 7th - NHS Swim @ Concord
- 9th - NHS swim vs. Carroll/Homestead
- 14th - NHS Girl's NLC Prelims @ NHS
- 16th - NHS Girl's NLC Finals @ Concord
- 18th - MLK Day - No School
- 22nd-24th - NASA January Invite.
- 28th - NHS Boy's NLC Prelims @ NHS
- 30th - NHS Boy's NLC Finals @ NHS

Swimmer of the Month

Elementary Blue

Peighton is the elementary blue group swimmer of the month for December! She has improved a lot this month, both in her strokes and in listening during practice. She is a wonderful teammate, always the first to cheer on a friend while they are working on something new or difficult, and sometimes helps with some of the newer swimmers in our group. Great job Peighton, keep up the great work!

- Coach Emma



Elementary Gold

December Elementary Gold Group Swimmer of the Month is Hudson. This past month Hudson has displayed the values of a NASA swimmer with his **Leadership** and hard work. Hudson has displayed both mental and physical **Toughness** during practice and accomplished new Divisional Cuts at the NASA Winter Classic meet. Hudson's **Selfless** attitude is infectious around the pool. Hudson's **Improvement** has earned him the **Merit** deserving of this award.

- Coach Powell



Middle School Gold

This month we have been talking about specific goal setting. That is trying to understand the process that leads to our larger vision, and setting goals along the way. Lauren has really gotten excited about the little victories. She has had many victories this month especially because she has noted so many opportunities and taken advantage of them in the moment. This includes coming to practice when she did not want to, working specific exercises in dryland, and breaking down old habits in her stroke to put newer better habits in their place. The mental attitude she has brought to practices has become a habit in itself. I cannot wait to see the full effects of her work ethic reverberate through the efforts of her teammates as well. Great leadership Lauren! - Coach Dan



Senior/Elite/National

This month the senior group selected Tristin Bratt as the senior level swimmer of the month. Tristin has grown into a great leader for the high school groups. He consistently leads by his actions speaking up when it is needed. He takes time to teach his teammates what they need to know for the day to day operations of the group including pool and timing system setup. I am excited to see Tristin continue to grow and mature as we progress through the rest of the season.

- Coach Hembree



Safe Sport Corner

January Scenario

Your friend and teammate says that they need to tell you something, but you need to promise to keep it a secret. You say, “ok” and your friend tells you that something bad happened to them during a travel meet a few weeks ago. They tell you that one of the team chaperones was making inappropriate and sexual jokes, and once when they were alone, the chaperone tried to touch and kiss your friend. Your friend said that they “dealt with it” and you shouldn’t say anything to anyone.

- What do you do?
- But you promised to keep it a secret. What now?
- What boundaries are involved in this situation?
- What are two things you should do if someone is trying to cross your boundaries?
- What kinds of secrets are okay to keep?



December Scenario

The other day your teammate told you that they’re “so depressed” and “don’t think I can do it anymore.” They laughed it off and changed the subject, but something about how they said it makes you worried. You’ve also noticed your teammate acting differently lately.

- What’s going on here?
 - *Safe Sport Says: You don’t know unless you ask. But it seems like your teammate is having a tough time lately. They could have gotten a bad grade on a test or had a fight with a friend, or there could be something more going on. It’s a good thing your teammate felt comfortable enough to say something to you about it, and it’s okay to ask more.*
- What do you do?
 - *Safe Sport Says: You can ask your friend what’s going on. Say “Remember the other day when you said you were so depressed? What’s going on? Can I Help you?” They may not want to talk about it, but at least they know that you care and would be willing to talk about it later if they wanted. You can also tell your coach. If you’re worried that they might hurt themselves, or if you think something is really wrong, it’s okay to talk to your coach about it. Your coach might be able to help them get the help they need.*
- What if your teammate tells you that they’ve been hurting themselves (cutting, for example)?
 - *Safe Sport Says: Let your teammate know that you care and ask if they want to talk to a professional about what they’re going through. If they say yes, you can offer to help them tell someone. If they say no, ask them what you can do to help. Just because they say they don’t want help doesn’t mean that you need to keep it a secret. Talk to your coach or parents about the situation.*
- What if your teammate denies that anything is wrong?
 - *Safe Sport Says: They might be okay, or there might really be something wrong. You can’t force your teammate to get help. The important thing is that they know you care. Talk to your parents or coach about the situation.*
- How can you help create a safe place on your team?
 - *Safe Sport says: Be the type of teammates you’d like to have. Be supportive and encouraging. Take a nonjudgmental attitude toward your coaches and teammates. Cheer for your teammates and ask them how they’re doing.*

December Perfect Attendance

Madox Hembree - MS Gold
Tristin Bratt - National
Hailey Clark - National
Sydney Nethercutt - National
Anna Yeater - National
Alaina Yeater - National
Carson Clemens - Elite
Caleb Kauffman - Elite
Tim Blough - Senior
Emily Coates - Senior
Carigan Tabor - Senior

**"If it is important to you,
you will find a way. If not
you will find an excuse"**

- Unknown

Parent Corner

Nutrition Tip: Top Foods for Fighting Inflammation

by Chris Rosenbloom, PhD, RDN

Jenny, a 19-year old swimmer, trains hard in the pool and on land. After an intense workout, her muscles ache and she wants to know if there is a natural anti-inflammatory remedy to help her recover.

While many athletes think of ibuprofen as a chemical remedy, have you ever considered the power of food?

I talked to sports dietitian, Roberta Anding, a Houston-based registered dietitian who works with the Rice University athletes and the Houston Astros to get her top tips to help athletes to use foods to fight inflammation.

First, it is important to mention that there are two kinds of inflammation: acute and chronic. Acute inflammation after a hard workout is a normal process and likely leads to muscle adaption. Chronic inflammation happens "when the normal process doesn't cool down and chronic inflammation can set the stage for many diseases and put the athlete at risk for injury," says Anding. Instead of gobbling over-the-counter pills, Anding asks athletes, "how many fruits and vegetables do you eat each day and how to you organize your plate?"

Research shows that fruits and veggies, especially richly colored ones, contain polyphenols or plant-based compounds that fight inflammation. Different types of produce contain different polyphenols, so choose a diversity of fruits and veggies.

Anding offers athletes these tips:

- Make half your plate fruits and veggies. Athletes often eat more than one plate of food, so she tells athletes, "the first plate is mine, so load it up with fruits and vegetables."
- "Choose from colors of the rainbow," berries of all kinds, citrus fruits, beets, dark greens, cabbage, broccoli, Brussels sprouts, sweet potatoes, and juices from tart cherry, blueberries, or pomegranates give your body a variety of anti-inflammatory nutrients.
- Make smoothies with fruits and vegetables. "I suggest frozen mixed berries for smoothies because they are affordable and easy to use; don't worry if there is some sugar added to take the tartness out of some berries. I call that "sugar with a purpose."
- Add spices to your green smoothies; "turmeric, ginger, and curry spice also contain anti-inflammatory ingredients so add them to smoothies or use them when cooking."

Besides fruits and vegetables, Anding recommends other inflammation fighting foods:

- Cold water fish, like salmon and albacore tuna are rich in the omega 3 fats of EPA and DHA and athletes should eat two serving each week. “Flax seed, chia seeds, and walnuts are rich in a fat called ALA but there is little conversion of fats in these foods to EPA and DHA, so while these are healthy foods, they can’t substitute for fish.
- Whey protein, best known as a stimulator of muscle protein building, also protects muscle from inflammation. “Consuming dairy foods, like low-fat chocolate milk, after exercise is a good strategy for recovery.”

Challenge yourself to eat more foods that fight inflammation as another training technique to get the most from your workouts.

Chris Rosenbloom, PhD, is a registered dietitian nutritionist who has provided nutrition information to coaches and athletes for over 30 years. She welcomes questions from swimmers, parents, and coaches at chrisrosenbloom@gmail.com