

# NASA Coach's Corner

May 2023

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**“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”**

- Pele

## Exciting Times Ahead

*From Coach Cripe*

The start of a new season always brings new energy to the team! Whether that is from the new athletes and families into the program, athletes aging up to new groups, or the re-evaluation of goals and aspirations! This past winter we saw many athletes achieve first ever divisional cuts, state cuts, Speedo Sectional cuts, and many other great achievements. More importantly, we saw athletes believe in themselves, take pride in their hard work, and grow in their relationships with teammates and coaches!

The summer always brings more energy to the team! I would like to venture and say a lot of our athletes will get a little more rest and playtime than what they did during the school year. Most of our senior level athletes work during the summers along with swimming an already tenuous schedule. This just shows the level of dedication and sacrifice our athletes have! From family vacations, to late nights sitting around the campfire, I hope this summer is as great for you as I know it will be for me! This summer is shaping up to be a very fun time to be around the program!

Each week this summer, each of our groups will be discussing and focusing on a different value, such as selflessness, respect, and accountability. As each week goes by the goal is to not only have our athletes work hard in the pool, but also to incorporate these very important values into weekly training.

We also have on the schedule an outdoor long course meter meet in June! Our coaching staff is so excited for this opportunity as many of our athletes have never competed outdoors. I personally cannot wait to have to put on sunscreen while coaching!

I hope that as the school year finishes up you and your family can begin to enjoy more quality time and have an enjoyable start to your summer! I cannot wait to see the success of each of your athletes after the summer is completed! We have got to work hard this summer, but working hard and having fun go hand in hand!

From Coach Caleb

This month we have put a lot of emphasis on doing the little things and making sure we try to stay focused on the task at hand. We have been incorporating some sculling drills and have really emphasized kicking and using our full abilities to reach and move through the water. Can't wait to continue the season and we are excited for our first meet coming up!

- Coach Caleb

From Coach Shelly

Time for a new season, it's going to be a great one, in the first couple of weeks we have had an introduction to all four strokes. We are beginning to learn push off drills, starts, turns and streamline as well, this group of kids seems to be catching on fast. As we move forward we will be working on our endurance in and out of the pool. Also be continuing to work on the fundamentals of all four strokes and really stressing using our kick. As a reminder on Saturday mornings we will be doing about thirty minutes of dryland activity so please wear tennis shoes and workout clothes over suit.

~Coach Shelley

~Coach Carigan



**Important Dates**

May 12<sup>th</sup>-14<sup>th</sup> IA May Invite  
@Elkhart Aquatic Center

May 14<sup>th</sup> Mothers Day

May 29<sup>th</sup> Memorial Day

June 16<sup>th</sup>-18<sup>th</sup> Flag City  
Invite @Findlay Ohio

June 18<sup>th</sup> Fathers Day

June 23<sup>rd</sup>-25<sup>th</sup> NASA Summer  
Invite @Northridge High  
School

June 28<sup>th</sup> NASA Swim A Thon  
@Northridge High School

Elementary Bronze

The Bronze group swimmer of the month goes to Nena Kurtz, she shows up to each practice with a good attitude ready to go! She is working very hard at learning everything, does a great job of listening and encourages others. Nena is working towards having all four strokes legal and her start is looking great. We are very excited to see her succeed this season and really look forward to helping her achieve her goals in the pool and outside of the pool.– Coach Shelley

Elementary Silver

Elementary Gold

Gold Group's Swimmer of the Month for April is Evan Sheley! After his first Age Group State appearance in March, he has been to almost every practice this first moth and comes in ready to put in the work. He has had a consistently positive attitude towards working on our freestyle technique throughout practice. Also, this last week we were focusing on the word "respect" and what it means to show respect not only to the coaches, but to our teammates, and ourselves. Evan is a prime example of this word through his actions and has been a leader to our group in living this value Congrats Evan!! – Coach Gabby and Coach Powell

Middle School

Zoey Cummings. Zoey has shown up to every practice early and is ready to help get the flags set up, get lane lines in, and be available to help with anything else around the deck before practice starts. Along with this, Zoey asks questions and looks for ways to consistently improve both in the pool and out of the pool. – Coach Caleb



## Safe Sport Corner

### TEAM TRAVEL/CODE OF CONDUCT POLICY

**Purpose:** In-Program travel, athletes are often away from their families and support networks, and the setting - new changing areas, locker rooms, workout facilities, automobiles and hotel rooms - is less structured and less familiar. The purpose of the Team Travel Policy is to establish standards of behavior and manage expectations for NASA and its members, thereby providing a sense of structure and familiarity while in an otherwise less familiar setting.

Team Travel is defined as overnight travel to a swim meet other team activity that is planned and supervised by NASA or the LSC.

#### USA Swimming/US Center for Safe Sport Required Policies.

NASA and LSC travel policies must include these policies. These items are Code of Conduct stipulations in the USA Swimming Rulebook and the US Center for Safe Sport's Policy on In-Program Travel and Lodging.

##### a) Transportation

- a. During In-Program Travel, observable and interruptible environments must be maintained.
- b. An Adult Participant must not transport a Minor Athlete one-on-one during In-Program Travel and must always transport at least two minor Athletes or another Adult Participant, except:
  - i. In emergency circumstances;
  - ii. When a Dual Relationship exists;
  - iii. When the Close-In-Age Exception applies; and/or
  - iv. The Minor Athlete's parent/legal guardian has provided, at least annually, written consent for the Adult Participant to transport the Minor Athlete one-on-one, which can be withdrawn at any time.
- c. Adult Participants, including team managers and chaperones, who travel with the Organization must be USA Swimming non-Athlete members of USA Swimming.
- d. All Organization travel policies and permission slips must be agreed to by all Minor Athletes, Parents/Legal Guardians, Adult Participants traveling with the Organization.

##### **Recommended**

Adult Participants who are parents/legal guardians of Minor Athletes must pick up their Minor Athlete first and drop off their Minor Athlete last in any shared or carpool travel arrangement.

##### b) Lodging

- a. An Adult Participant must not share hotel room, sleeping arrangement or overnight lodging location with an Athlete.
- b. During in-Program travel, all In-Program contact in a hotel room, sleeping arrangement or overnight lodging location between an Adult Participant and a Minor Athlete must be observable and interruptible.

- c. During In-Program travel, when doing room check, two-deep leaderships (two Adult Participants should be present) and observable and interruptible environments must be maintained.
- d. The following exceptions apply to Lodging a, b and c;
  - i. When a Dual Relationship exists, the Adult Participant is not coach, and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement; and/or
  - ii. When the Close-In-Age Exception applies and the Minor Athlete's parent/legal guardian has provided advance, written consent for the lodging arrangement.
- e. Minor Athletes should be paired to share a hotel room, sleeping arrangement or overnight lodging location with other Minor Athletes of the same competition category and of similar age.
- f. During in In-Program travel if the Adult Participant and Minor Athlete are in a one-on-one situation, the Adult Participant should attempt to establish a "buddy" club to associate with during the In-Program travel.
- g. To ensure the propriety of the Minor Athletes and to protect the Adult Participant, there should be no Minor Athletes of opposite competition category in the opposite competition categories hotel room.
- h. Curfew shall be established by the Organization or LSC Staff each day of the In-Program Travel.



**c) Written Consent**

- a. A Minor Athlete's parent/legal guardian must provide written consent, at least annually, for all In-Program Travel and lodging during In-Program Travel, which can be withdrawn at any time.
  - i. A copy of the Organization's Code of conduct must be signed by the Minor Athlete and their parent/legal guardian.
  - ii. Organization or LSC officials should obtain a signed liability release and/or indemnification form for each Minor Athlete.
  - iii. Organization or LSC Officials should carry a signed medical consent authorization to treat form for each Minor Athlete.

**d) Meetings**

- a. Meetings during IN-Program Travel must be conducted consistent with the One-on-One Interactions section of the policy (e.g., any such meeting must be observable and interruptible).
- b. All Minor Athletes and Adult Participants traveling with the Organization will attend all Organization functions, including meetings, practices, meals, competition sessions, etc. unless otherwise excused or instructed by the Adult Participants.
- c. The directions and decisions of the Adult Participants on any In-Program travel are final.

## Nutrition Corner

### HYDRATE THE HEALTHY WAY: HYDRATION FOR SWIMMERS

by Swim Swam

It's no mystery that water is beneficial to our health. The majority of our bodies are made up of water since this critical component regulates body temperature, lubricates your joints, helps with digestion, along with many other metabolic processes. If you're not properly hydrated, your body can't perform at its highest level.

But how important is hydration for swimmers and will it impact your overall athletic performance?

#### Why is water important for athletes?

Water is used for countless metabolic processes, many of which affect recovery. From muscle repair to protein synthesis to nutrient absorption, water and hydration levels play a huge role since our muscles are about 73% water. In brief, you cannot recover properly without adequate hydration. Since recovery is such an important part of a swimmer's nutrition and training plan, it is critical that you provide your body with the elements it needs to do this process. Having your post-workout recovery shake with water will ensure that you are getting optimal nutrition to support muscle repair and your recovery process. Also, when muscles burn glycogen, they simultaneously release about 2.5 units water for every 1 unit of muscle glycogen. When your body is hydrated properly, this process helps protect against dehydration. Another reason hydration for swimmers is important is because our blood is made up of 93% water and blood helps transport nutrients to give you energy and keep you healthy. Since your blood transports oxygen and other essential nutrients to your cells, the right amount of water will help your heart pump your blood more effectively.

**In fact, A reduction of just 2% of fluid can result in degraded performance by as much as 10-20%.** That is huge. Consider for a moment the amount of effort that goes into training to improve your times by fractions of a second. All that and more can be lost by inadequate hydration.

#### What are the signs of dehydration?

One of the easiest natural detection systems for dehydration is thirst. But, unfortunately, by the time this warning sign kicks in you are likely already dehydrated. As little as a two percent loss of hydration will affect your athletic performance. Also, a simple urine test is helpful to know if you're getting enough water. Your urine should be almost clear to light yellow; anything darker than that is a warning sign that you are not getting enough water. Aim for two nearly-clear urine tests a day.

Additionally, be extra cautious of hydration levels if you are exercising in hot or humid weather since that is when heat illness can occur if the body is dehydrated and can't cool itself effectively during exercise. If you experience any of the early symptoms of heat illness, get some hydration immediately. Early symptoms are usually heat cramps which include painful muscle spasms in the legs, stomach, arms, or back. Another symptom of dehydration is overall fatigue and stress. Since your brain tissue is about 70% to 80% is water, when you're dehydrated, your mind is stressed, you feel tired, and you become irritable, all of which will impact your performance in the pool.

#### How much should I drink?

The exact recommendations are different for every body type, but in general, when you're well hydrated, you can exercise longer and stronger without hitting the wall and running the risk of dehydration. For regular workouts, the American College of Sports Medicine recommends 16 to 20 ounces at least four hours before exercise and three to eight ounces every 15 minutes during exercise. If you're working out at a high intensity, weigh yourself before and after exercise to get a more accurate idea of how much water you're losing. For every pound lost, it is recommended to drink 20 to 24 ounces for optimal performance and health. Use the change in your body weight to know if you're at risk for dehydration and are getting enough fluids. Here's a quick guideline:

Hydrated -1 to +1%

Minimal Dehydration -1 to -3%

Significant Dehydration -3 to -5%

Serious Dehydration > -5%