

NASA Coach's Corner

November 2020

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"When you've got something to prove, there's nothing greater than a challenge"

- Terry Bradshaw

Embracing the Unknown

From Coach Hembree

Whew...Is 2020 over yet? What a year it has been. So many ups and downs and unknowns as we continue to push forward towards the end of the year. But one thing I think we can all agree on is that 2021 can't come soon enough. As things continue to change in the county we will continue to adapt which whatever situation we are placed an, while doing what is right for our swimmers.

It was really exciting and felt really good to get back on deck for a meet for the first time since the beginning of March. I know the kids were excited to get to race and they performed awesome. Top to bottom our kids looked like they were ready to go and handled all of the special COVID procedures absolutely wonderfully. I am proud of what our coaches and swimmers are accomplishing right now in the pool. The Fall meet has me really excited to watch what our swimmers are going to accomplish this season and excited as we move into the high school season with our senior level athletes.

I think it is important for us to remember how lucky/blessed we are to be able to be swimming right now. There are many team across the country and in the state that are still shut out of their home pools and are either paying to use another facility or not in the water at all. Swimmers and teams are desperate to get pool time and to find meets to compete in. You can see this in the entry list for our upcoming meet. We have teams from Cleveland to Detroit signed up. We are extremely lucky to be swimming and hosting meets. If you find the time please pass along your gratitude to the MCS administration, especially Mrs. Allen. During this time they are dealing with more than we can ever imagine.

Age Group Happenings

From Coach Emma

Blue group has been working really hard this month! We had our first meet of the season, which went really well with lots of new experiences for everyone. We've been focused on a lot of things that will help us in competitions in the future - starts, turns, and finishes - and have seen a lot of improvement! Please help your swimmer remember to bring a water bottle to every practice - it's really important especially as we're getting further into the season and starting to swim longer distances in practice!

From Coach Powell

October has been a great month of learning and improvement for Elementary Gold Group. The group has put in a lot of yardage and has been tested both physically and mentally. We have discussed goal setting with everyone and they are learning that they need to put in the hard work to benefit the reward.

The October Inter squad meet was a good test of our training thus far. The group had 54 Life Time Best (LTB) swims from 11 swimmers in 2 days, fifteen (15) B-cuts, five (5) BB-cuts, one (1) A-cut, and 6 Divisional cuts.

We have discussed mental toughness and never giving up at any point during practice or in a race and the group is really buying in. They believe in themselves and their teammates to do their best every time. We have set our goals attainable, but high and will achieve a higher standard.

From Coach Andrew

Over the last month, I have watched our group make a lot of success! I was thrilled to have the opportunity to watch our swimmers compete at our first meet of the season and the tremendous time drops that came with it.

Reflecting back on the meet, I was really proud of the kids and how well they managed. I witnessed a lot of great leadership, time management, and organization not just from our volunteers, but from our athletes. Not to mention some really good swims! I'm looking forward to our NASA Sprint Meet because now that we know what it feels like to race again, we've been working harder than ever on a lot of little details such as explosive starts and finishes, stroke refinement, and improving our body position in the water. With a lot of life time bests at the last meet, I cannot wait to see what kind of performances we will see at this coming up meet and I think the kids are really hungry for more success!

From Coach Dan

MS Gold group enjoyed racing at our first meet. We had over 90% lifetime bests despite swimming 5 events a session plus relays. Great to see all this hard work pay off, I think everyone took a nap afterwards. This month we have worked very hard on building aerobic capacity. From threshold training and underwater work, this group has consistently put in their very best, and I am proud of all the results. I believe consistency in general has been one of the driving factors of improvement as a team. The attendance rates of the whole age group have been phenomenal. It is very obvious that our practices have been smoother and more exciting as we progress through the season and develop our team culture. The MS Gold group would like to say thanks again to everyone who has been helping so far with meets, fundraisers, and even driving them to practice every day. We could not do this without you!



Important Dates

9th - High School Boys Season Begins

11th - Swim-A-Thon

25th-27th - MCS Thanksgiving Break

26th - Thanksgiving Day - No Workouts

"It's not the will to win that matters – everyone has that. It's the will to prepare to win that matters."

- Paul "Bear" Bryant

Swimmer of the Month

Elementary Blue

Ruby is our Elementary Blue group swimmer of the month! She asks great questions, is always ready to listen, and has been focused and brave learning new things at practice! Her attitude is always positive, and she helps her teammates whenever she can. Great job Ruby, keep it up!

- Coach Emma



Elementary Gold

October Elementary Gold Group Swimmer of the Month is Natalie. This past month Natalie has displayed the values of a NASA swimmer showing her Leadership, by stepping up in practice when two swimmers from Gold Group were out due to quarantine and taking control when it needed to be done. Natalie has no issues with a little hard work. She shows her Toughness by pushing through and doing her best every time. Natalie has shown Constant Improvement in practice and made her first ever Divisional cut at the October Inter-squad meet in the 50 Free. Natalie is Selfless and dedicated to the success of the team. She has shown the Merit deserving of this award.

- Coach Powell



Middle School Blue

I've picked Jeremiah for swimmer of the month of October. He has shown to me and his teammates every core value our club encompasses in one way or another. To date, he has only missed 2 practices this season! When tasked with something challenging he gets it done, and works hard while doing said task. I recently bumped him up to the lane leader in our practice lanes, and he has been doing a great job working with his lane. I'm expecting continued success both in and out of the pool for Jeremiah and I have enjoyed coaching him.

- Coach Andrew



Middle School Gold

This month our swimmer of the month is Audrey Yeater. She has really been committed to her goals this month. Audrey has been to 100% of the practices this month and has made a huge effort in developing her racing habits. Her attitude toward improvement has been great, both in her technique and in effort.

I am very proud of her staying focused on her goals, and I look forward to her reaching and exceeding those goals in the months to come.

- Coach Dan



Senior/Elite/National

The senior level athletes chose Hailey Clark as our October Swimmer of the Month. This month the senior staff decided to let our group members nominate and vote for who they thought best represented the core values of the team. Hailey was chosen by her peers for her great leadership skills, her always positive attitude, and work ethic that pushes her to constantly be improving. I am excited to see what this season has in store for Hailey.

- Coach Hembree



October Perfect Attendance

Hailey Clark - National Group

Sydney Nethercutt - National Group

Alaina Yeater - National Group

Anna Yeater - National Group

Madox Hembree - Middle School Gold Group

Evan Haney - Middle School Gold Group

Audrey Yeater - Middle School Gold Group

Micheal Behterev - Middle School Blue Group

Liz Holds - Elementary Gold Group

Riley Powell - Elementary Gold Group

Peighton Hembree - Elementary Blue Group

"Each person must live their life as a model for others"

- Rosa Parks

Technology Corner

SwimmersBest Headsets

As NASA continues to work towards being one of the most technologically advanced clubs we have begun using the SwimmersBest brand swimmer headsets during workouts. These headsets are worn by the swimmers during their workouts and allow a coach to talk to them using a coach transmitter. This set up allows for athletes to make changes on the spot as coaches observe things and not have to wait until they get to the wall. Special thanks to an anonymous donor for purchasing enough headsets for the club to have sets at both of our facilities.



SwimmersBest Headset & Coach Transmitter

Safe Sport Corner

November Scenario

You have a teammate that you don't really like. The two of you bicker and fight back and forth, and even though you start it, you're proud to come out on top every time. You think it's all in good fun and harmless, and it's a better alternative to being nice to your teammate, who you really can't stand. Yesterday, your coach called you into the office and said that you need to stop "bullying" your teammate and wanted to over a behavior plan with you.

Discussion Questions

- What's going on?
- What is bullying?
- What do you do?
- What if your best friend on the team is being accused of bullying?

October Scenario

You go into the locker room after practice and, while changing, are distracted by a group of swimmers behind you laughing and clapping loudly. You ignore it for a bit, but then they call your name to come and join them. You realize they are posing for pictures in front of the mirror, taking a picture and posting them as part of their streaks on Snapchat. You are told, "no worries - the pictures disappear!"

Discussion Questions

- What do you do? - *Safe Sport says: Taking Pictures in the Locker Room is against the rules. Speak up and ask them to stop, or tell a coach.*
- Why do you think that taking pictures in the locker room is against the rules? - *Safe Sport says: Because people are showering and changing their clothes in the locker room, taking pictures is against the rules. We wouldn't want anyone to be caught on camera without clothes or a suit on.*
- Do you have to tell your coach? - *Safe Sport says: It's a good idea to let your coach know that this happened - especially if your teammates didn't stop or you didn't feel comfortable saying something right away.*
- Does it make a difference if the pictures disappear (such as on Snapchat) or if they're posted to something more permanent (such as Instagram)? - *Safe Sport says: No, the rules are the same. There is no difference if one person sees the photos taken in the locker room or hundreds see it.*



Swim-A-Thon

Again this year all NASA athletes will be participating in our annual Swim-A-Thon fundraiser the Wednesday evening following the NASA Sprint meet. The USA Swimming Swim-A-Thon is a fundraiser where athletes go out and seek donations whether that be a flat rate or per lap donation. 5% of all monies donated for the Swim-A-Thon go back to the USA Swimming Foundation who then uses the funds to support Diversity select camps, the Women's Leadership Conference series, and to give grants to Make a Splash partners to bring swim lessons to children across the country. NASA uses the proceeds to help offset the cost of new equipment at both facilities, to pay for coaches and to keep our club dues some of the lowest in Indiana Swimming. Athletes should have already received their information/donation packets. If they did not please see your group coach.

Athletes can receive donations in one of two ways. First they can receive a flat donation and second they can receive a per lap donation where the donor agrees to pay X amount per lap completed. There will be prizes for the athletes who receive the most donations as well as for the groups who bring the most. Please see the information that Bryan Ritchie sent out and placed in the envelopes for more information.



Parent Corner

6 Things to Know About Electrolytes for Youth Athletes

Deciding when to use a sports drink, electrolyte-infused water, or plain water is important to your athlete's performance, but it can also be confusing. Luckily, TrueSport Expert Kristen Ziesmer, a registered dietitian and board-certified specialist in sports dietetics, has six simple tips about when and how to help your child incorporate electrolytes.

1. What your athlete needs will vary

Essentially, electrolytes are what controls your heart beating and your muscles contracting, Ziesmer explains. "If your athlete is just chugging water, they will eventually flush out their system, especially if they're sweating out the electrolytes at the same time. Athletes need to be taking electrolytes back in so that their muscles can contract. Without a balance of electrolytes, the body just can't perform its normal functions."

For young athletes, there are two primary determinants for deciding on water or a sports drink that contains electrolytes, says Ziesmer. First, consider practice duration. If they are training for more than an hour, even if it's mostly easy, they will still want some electrolytes to replace those lost through sweat. Second, consider the temperature outside. Is your athlete in hot weather where they'll be working up a sweat? If yes, they need electrolytes, though if the practice isn't hard or long, they may not need added calories with those electrolytes.

2. Electrolytes can come in many forms

According to Ziesmer, there are three primary options when it comes to ensuring that your child has the electrolytes they need to perform at their best. A sports drink is the most common option, and it will also contain sugar. The second option is electrolytes that are added to plain water, which may range from tablets that contain a range of electrolytes like sodium, magnesium, and potassium to a simple pinch of sea salt for just sodium. The final alternative is having your athlete drink plain water and eat foods that contain electrolytes, like a salty pretzel.

Your choice should depend on what kind of activity your athlete is taking part in, and how easy it will be for them to snack on a pretzel versus sip a sports drink. The American Academy of Pediatrics recommends that,

when possible, plain water combined with regular foods like pretzels is the best option for young athletes, but it will depend on what's easy for your athlete to ingest during practice.

3. Focus on sodium

Technically, there are several different critical electrolytes, including magnesium and potassium, but Ziesmer says that for young athletes who eat a balanced, healthy diet, the primary one to focus on during play is sodium. "For an adult, you would aim for around 500 milligrams per hour," she says. "But for a child, I would recommend starting with around 250 milligrams per hour, which is about 20 mini pretzels." This isn't a lot of salt, and she cautions that it is easy to go overboard, so be judicious in how much you add to water or how much you water down a pre-made sports drink to reach that level.

4. Check the label

If you're new to the world of sports drinks, start being label-conscious and checking ingredients before grabbing what's on the shelf at the local convenience store. Sports drinks will typically contain both carbohydrates and electrolytes.

Also, be sure to steer clear of energy drinks that are packed with caffeine and other 'energy enhancing' substances, and keep in mind that the American Academy of Pediatrics advises against children consuming energy drinks. Watch out for products that promise 'instant energy,' as well as electrolyte drinks that are packed with fake sugars like sorbitol, which can cause gut distress.

5. You can make your own

If you prefer to keep your athlete's diet as natural as possible, you can simply add a bit of flavor-enhancement and natural sugar (like a splash of grape, orange, or apple juice) to regular water, along with a few shakes of salt. The fruit juice makes the water more palatable, while the sugar also helps your athlete better absorb and utilize the sodium, explains Ziesmer. Add some ice to your child's water bottle on hot days as well: Studies have shown that young athletes cool down better with cold water than with room temperature.

Ziesmer's favorite recipe is simple:

- 3.5 cups water
- 1/2 cup orange juice
- 2.5 tablespoons of honey
- 1/4 teaspoon of salt

6. It's not just about the game or practice

Don't let sports drinks take the place of drinking water most of the time, says Ziesmer. Letting your child guzzle sports drinks regularly sends a message that supplements and ultra-processed foods are the best option for performance, she warns.

Research has also shown that excessive amounts of sugar – found in most sports drinks – contributes to obesity, tooth decay, and even hyperactivity. Ultimately, a sports drink is only healthy when it's in the context of a sweaty sporting event, not a casual afternoon at home.

Takeaway

Hydrating properly, which often means deciding what athletes should drink, is critical to their performance and wellbeing during sport. These tips will help you decide when and what athletes should be consuming to stay hydrated.