

NASA Coach's Corner

October 2021

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Busy Month Ahead

From Coach Hembree

Welcome to October and Fall. Looking ahead to this month we have plenty on the schedule. We once again will be hosting our annual open house week with education opportunities throughout the week while having both facilities open to spectators during workouts.

As we do each year during our open house week, we will be offering the timers/swim meet clinic. This short clinic is required for all new families and will cover the basics of being a timer and what to expect at your first swim meet. This year we will be offering two clinics on October 4th and October 6th at 6:30p at the Middle School Pool. If you have any questions please contact Tyler Bellin (tybellin@yahoo.com).

We will also be doing a team suit fitting on Monday, October 4th and Wednesday, October 6th at the middle school pool. Tabby will be there from 6-7:30p to help get athletes fitted for their team suits. If you have any questions please contact Tabby Bratt (tabby@akinexcavating.com)

On October 7th Interstate Photography will be at the NHS pool to do team photos. All photo purchases will be completed online. Because of this every athlete will take an individual picture, you will then have the ability to purchase those pictures online. We will also be taking a team picture during this time. All athletes should be in their team suits for Individuals and a NASA shirt for the team picture. Below you will find the schedule for picture day.

- 4:30p - Individuals - All High School Groups
- 5-5:45p - Individuals - All Elementary Groups
- 6:00p - Team Picture
- 6-6:45p - Individuals - All Middle School Groups and anyone who missed their time slot.

See below for information on the Pumpkin Race and the Halloween Party.

“I believe in belief. If you are going to achieve anything, the very first step is to form a strong belief that you can do it, then remind yourself of that constantly”

- Coach Richard Quick

Age Group Happenings

From Coach Dan

This month MS gold group has really focused on leadership, working on leading by example, and having patience with everyone, even with differing opinions. The kids have done a really good job of coming together in these aspects, and it has made for better practices for the group as a whole. I'm exceptionally proud of both their work ethic and their responsibility towards recovery, time management, body recovery, and preparation. I am very excited to see how this all pays off as they get their first opportunity this season to take on a leadership role at our first dual meet.

From Coach Aaliyah

This month MS Blue group worked a lot on leadership and initiative. Making sure we are getting things done as a team. We've done lots of kicking and drill work to make sure our strokes are the best they can be. We've set a few goals to keep ourselves motivated in practice as well. We also worked a lot on awareness of our swimming, meaning getting our times, stroke counts, underwaters, etc. Blue group is off to a great start and have been working hard to improve and it makes me so happy the attitude they bring to practice everyday!

From Coach Powell

September has been a great start to the 2021 - 2022 NASA Winter season for EL Gold group. We have thirteen (13) members of EL Gold group with various levels of experience and training. I'm very happy with the progress we have made in such a short time period. The returning athletes are learning to lead and the new athletes to the group are watching and listening. We are on track to have a spectacular meet. Our group moto is "Never, Give Up".

From Coach Emma & Coach Shelly

This month has been a ton of fun and hard work getting started for the season and meeting new teammates! We've worked on our freestyle and backstroke technique, and started to work on butterfly and breaststroke. We've leaned some team cheers, as well as good "pool etiquette" and are working on our dryland exercises and having good technique working out of the water as well. Quick reminder - please wear tennis shoes on Saturdays, and we'd love to see everyone bring a water bottle to practice as well! We're looking forward to October and a lot of exciting things, like our first meet and our first Swimmer of the Month for the season! Go NASA!

October Events

Middlebury Pumpkin Race

Saturday, October 9th 1pm - The 4 age group groups (El. Blue/Gold, Ms. Blue/Gold) will be assembling pumpkin race care kits (provided by the Middlebury chamber of commerce) during practice to compete with on the 9th. Athletes from each group are encouraged to attend the race on Saturday to cheer on their pumpkin.

NASA Halloween Party

Saturday October 30th - Coach Dan's house (203 S. Main Street, Middlebury), parents should park in the bank parking lot, NASA will provide the meal beginning at 4 and trick-or-treating will be 5-7. We will plan for the team to trick-or-treat in small groups. There will be awards for the funniest, scariest, and most original costumes.



Important Dates

2nd - ISI House of Delegates Meeting

3rd - Beine Wellness Presentation (7pm)

4th - Suit Fitting/Timers Clinic

6th - Suit Fitting/Timers Clinic

4th-9th - Open house Week

7th - Team Pictures (at NHS)

9th - Middlebury Pumpkin Race

16th - NASA/PAC Dual Meet

18th - NHS Swim Parents Meetings

22nd-25th - MCS Fall Break

26th - First day for NHS Girls

30th - NASA Halloween Party

Swimmer of the Month

September's Elementary Gold Group Swimmer of the Month is Grace. This past month Grace has displayed the values of a NASA swimmer showing her Toughness, by working hard in practice with no complaints when a hard set is announced. Selflessness, by setting aside her personal feelings during practice. Grace has shown Continuous Improvement since we began practice the last month. By doing these things she has shown Leadership for her fellow athletes that has not gone unnoticed. Grace is deserving of this award and we look forward to her continued leadership, improvement, and toughness in practice and in upcoming meets.

- Coach Powell



The September swimmer of the month for Blue group is Audrina Eads! Audrina shows up everyday ready to find a challenge. She is always enthusiastic about swimming and is always ready to race! She is very coachable and her improvements have been insane! She has become a strong leader and an essential part of the team. Keep up the amazing work Audrina!

- Coach Aaliyah



Christopher Dibley is Middle School Gold swimmer of the month for September. Great leadership starts with consistency, and while Christopher may have struggled at the beginning of the month, his dedication to our leadership goals was unchanging. He started with his own actions, consistently leading by example in stretching and leading team cheers. This led to his peers knowing that they could trust in him to do what's right for the team. His improvements this month have been immense, both in the pool and with interactions among his teammates. As a coach I believe Christopher gives a fantastic example of awareness and dedication to his craft. I'm very proud of you Christopher, keep up the good work.

- Coach Dan



This month the Senior Group selected Emi Delgado as their swimmer of the month. Emi comes to practice with a great attitude and always works hard. He is always the first to say hi to a teammate and ask them how their day was. Emi is always able to bring a smile to his teammates faces due to his willingness to sing or for his overall excitement towards swimming. I am excited to have Emi back in the group this fall and am looking forward to a great season with him.

- Coach Hembree



Perfect Attendance

Hudson Hembree - El. Gold

Grace Strombeck - El. Gold

Liam Hallberg - MS Gold

Carson Clemens - Elite

Drew Gleim - Elite

Jordyn Hicks - Elite

Faye Hunsberger - Senior

Safe Sport Corner

ONE-ON-ONE INTERACTIONS POLICY (New Information highlighted in yellow)



I. Observable and Interruptible

One-on-one interactions between a minor athlete and an Applicable Adult (who is not the minor's legal guardian) must occur at an observable and interruptible distance from another adult, **except:**

- a. **In emergency circumstances**
- b. **When a Dual Relationship exists; and/or**
- c. **When the close-In-Age Exception applies**

II. Meetings

- a. Meetings between a minor athlete and an Adult participant may only occur if another adult is present and where interactions can easily be observed and at an interruptible distance from another adult
- b. If a one-on-one meeting takes place, the door to the room must remain unlocked and open. If available, it must occur in a room that has windows, with the windows, blinds, and/or curtains remaining open during the meeting.
- c. Meetings must not be conducted in an Adult Participants or athlete's hotel room or other overnight lodging location during In-Program travel.

III. Meetings with Licensed Mental Health Care Professionals and/or Health Care Providers

If a Licensed Mental Health Care Professional and/or Health care Provider meets one-on-one with a Minor Athlete at an Event or Facility Under Partial or Full Jurisdiction of the Organization in conjunction with participation, the meeting must be observable and interruptible by another adult, except if:

- a) The door remains unlocked;
- b) Another adult is present at the facility;
- c) The other adult is advised that a closed-door meeting is occurring **although the Minor Athlete's identity does not need to be disclosed;**
- d) The Organization is notified that the licensed mental health care professional and or health care provider will be meeting with a Minor Athlete; and
- e) The licensed mental health care professional and/or health care provider obtains consent consistent with applicable laws and ethical standards, which can be withdraw at any time.

IV. Individual Training Sessions

- a) In-Program one-on-one individual training sessions outside of the regular course of raining and practice between Adult Participants and Minor Athletes must be observable and interruptible by another adult, except:
 - i. When a Dual Relationship exists; and/or
 - ii. When the Close-In-Age Exception applies.
- b) The adult Participant providing the individual training session must receive advance, written consent from the Minor Athlete's parent/Legal Guardian at least annually, with a copy provided to Northridge Area Swimming Association, which can be withdrawn at any time.
- c) Parents/Legal Guardians must be allowed to observe the individual training session.



What Supplements are Safe to Use

by TrueSport

Have you evaluated your diet, met with a physician, and fine-tuned your training program only to find that you [really do need to use a supplement](#)? Now it's time to decide which supplements might actually work and learn how to pick the [lowest-risk product](#) possible. Keep reading!

Through [TrueSport's five-part series on supplements](#), you will find an [overview of the dietary supplement industry](#) so that you can decide if the potential benefits of dietary supplements outweigh the [risks](#). And, if you find you do need to use supplements, how you can better choose a low-risk product.

If a dietary supplement is the most realistic way for an athlete to obtain necessary dietary ingredients, how do you pick the safest one?

There is no risk-free way to choose a supplement, as the only way to have zero risk is to not use supplements. But you can reduce the risk significantly by following [USADA's Decision-Making Flow Chart](#).

If using a dietary supplement is needed, the best way to reduce the risk of using a low-quality or contaminated product is to choose one that is [certified by a USADA-recommended third party](#).

How do I find supplements that actually work?

Alicia Kendig Glass, Sports Dietitian at the United States Olympic & Paralympic Committee, gives her opinion on some trending supplements and what works in the Q&A below.

What are your thoughts on the use of supplements for athletes?

When it comes to supplements, I critically evaluate an athlete's training program, their goals and their diet. I will not even allow the utterance of the word "supplement" until all those aspects are optimized.

What vitamins and minerals do you recommend?

Most athletes do fine without taking any multivitamins.

I don't usually recommend any kind of multivitamin, even to elite Olympians and Paralympians. My approach is always food first. On the other hand, if an athlete has a clinically diagnosed deficiency, then we will treat it. For example, there are always a handful of athletes diagnosed with sport anemias, and we treat those with an oral iron supplement.

Our approach to supplements is very clinical. We don't ever dose an athlete with something unless there is a very good rationale for doing so, which means a blood test to confirm their current nutrients status. There are some athletes who we find have hemochromatosis, a genetic condition that makes iron levels too high. We would never suggest iron for those athletes.

I will sometimes recommend vitamin D to an athlete who has a low blood test value. Depending on the time of the year and if they're training inside or outside, I may recommend a low dose to get them through the winter months when sunlight exposure is limited. But, I warn them that more is not better.

Recently, I had a bobsled athlete that I was treating for low vitamin D. The next time I saw her, she complained of tingling in her fingertips. I sent her for a blood test and she had toxic levels of vitamin D. She admitted that she had tripled her dose because her coach told her she should take more. Her symptoms resolved once we got her back on the correct dose. Things like this can happen to anyone.

In another case, the father of one of our athletic trainers ended up in the ER because of vitamin D toxicity. He didn't realize it at the time, but all the supplements he was taking for his eyes and skin were adding up to a mega dose of vitamin D, which then exacerbated his symptoms of diabetes. Not only did he not realize vitamin D could

be toxic, but he didn't realize how much he was taking.

This is common when people take more than one supplement. Things end up "stacking." Too much vitamin D can also block the absorption of other fat-soluble vitamins.

What about creatine and protein powder?

So many athletes ask me if they should take creatine. For some reason, people just think this is a magic ingredient. I always ask myself, "Are the demands of the sport going to be supported by what this active ingredient does?"

I did have a vegan athlete who was a sprinter and she wasn't eating the food sources for creatine (meat). She responded well to creatine. But, if I'm working with vegan or vegetarian athletes, I will often start with making sure they are getting enough quality protein in their diet first.

Another situation where protein powders can be helpful is for older athletes who have an increased need for quick recovery and may have a more difficult time maintaining lean muscle mass. In some cases where an athlete must train smarter instead of harder, and they are having a hard time sustaining lean mass, a simple whey protein can help.

What is a nitric oxide booster? Would you recommend it to athletes?

Nitric oxide boosters advertise to increase blood flow to your muscles, therefore increasing your ability to perform and recover faster.

I completely avoid any supplement that advertises to be a nitric oxide (NO) booster. Those supplements are just too risky for me to even navigate. The ingredients claim to deliver the same results as substances prohibited in sport, so I just don't trust them.

On the other hand, there are great functional foods that can offer slight improvements in oxygen uptake and muscle efficiency. Beet juice is my favorite!

Caffeine and energy drinks are everywhere these days. What should an athlete do if they're fighting sluggishness and fatigue?

Caffeine can be a great help for those athletes who can handle it. Some athletes are distracted or jittery on caffeine. It's not for everyone.

I do not recommend that athletes obtain caffeine through supplements or energy drinks though, because oftentimes, the caffeine dose is listed as part of a 'proprietary blend,' which doesn't list the individual doses. This makes it difficult to be certain about how much caffeine is actually consumed.

Energy drinks are particularly bad because they can also contain hidden sources of caffeine or other stimulants like yohimbine. The cumulative effect of multiple stimulants can harm performance and health.

We know that supplement labels can be inaccurate, so if an athlete doesn't like coffee (which can also be hard to dose), we will recommend a No Doz or other over-the-counter product with a known amount of caffeine.

What is carnitine? Can it help an athlete?

I have had athletes ask me about carnitine, but I don't recommend it. Some athletes want to take carnitine because they think it will make the body burn more fat.

The research that I've reviewed is not convincing and more evidence is needed to suggest that carnitine does indeed work for an elite athlete population - that principle applies for any dietary supplement ingredient. The evidence needs to be specific and beneficial to an elite athlete population, specific to an athlete's sport or discipline.

Can you tell us more about beta-alanine?

When dosed properly, beta-alanine increases carnosine in the muscle, which then acts as a lactate buffer.

For athletes whose efforts last 40 seconds to about four minutes, it can help delay anabolic metabolism, which is when your muscle has too much lactic acid built up to function optimally.

Beta-alanine is no magic pill - it just delays this threshold slightly. But, it can be beneficial in training. Beta-alanine is found in meats, but at very low levels, so you'd have to eat a lot of it. For it to work, it requires a loading phase of three-to-four weeks at high dose and then you back off. If you get a high-quality product, it's very expensive.

I had a high jumper once who just wanted to take anything and everything, and he thought "more is better." I asked him, "How is this going to help you? You are not even doing a lactate-accumulating sport!" For the high jumper, I recommended that he not waste his time or money on beta-alanine.

Do you think athletes can benefit from taking probiotics?

I'm a big fan of probiotics. There are many good food sources like yogurt, kefir, ceviche and other fermented foods.

I will sometimes recommend a probiotic supplement for athletes traveling internationally because finding trusted food sources overseas can be difficult.

There is still a lot of research to be done. We are not in a place where we can pull out a menu of recommendations for probiotics. We still have a lot to learn about all the different strains, how high of a dose is required, and how long dosing of probiotics is necessary for various benefits.

Research is suggesting that improved gut health has very wide health effects on the whole body, both mentally and physically.

What is tart cherry? What can it do for athletes?

I've been asked a lot recently about vitamin C mega-dosing and the use of functional foods like tart cherry to reduce the stress on the body from heavy training.

Although there is evidence that tart cherry juice has benefits to fight inflammation for elite athletes, I often need to remind athletes who choose to consume tart cherry juice after workouts, that tart cherry juice should not take the place of other recovery snacks that contain both carbohydrates and protein. There is no protein in tart cherry juice.

One thing athletes need to realize is that if they do want high doses of vitamin C, it's better to get it through foods. The water-soluble vitamins are highly unstable, and more importantly, mega-doses of antioxidants in dietary supplement form can actually stunt training responses. If they take it in a capsule or tablet, much of it could already be degraded.