

# SWAMP NEWS

Arlington Alligators Swim Club

May 5, 2003



## Coaches Comments

Hello and Welcome to the Alligators Spring Season! We are off to a great start and are thrilled to have the opportunity to work with each and every one of you. Please know that I welcome questions, comments and concerns. You can email me, call me or contact me before or after practice. I want what is best for each swimmer. Communication will help that. If you have important information for me, please put it in writing – either via e-mail or in my mail box at the pool. If you have questions in regards to any meet, the sooner you ask the better.

I would also like to mention my extended coaching staff for the upcoming season. Adam Clementi will continue to coach and train. He has helped throughout the year in many ways behind the scene. Adam is our webmaster and is doing an awesome job. He also meets with me to help plan our season and establish training guidelines and brainstorm for new ideas. Anne Warner and Kathy Kielty are coaching a few days a week each and will increase their availability once summer comes around, Mary Kielty will be back this summer and will be seen a great deal in the mornings. Cari Cusinato has decided to take the summer off to take time to enjoy her new home and neighbors. We will stay in touch with her and I am sure she will stop by. Last, but not least, Noreen Rodriguez is coaching on deck and behind the scenes. Noreen is learning the ropes and is a huge asset to our staff. She also meets weekly with me to help with the coaching administration. What a lucky person I am to have this staff! I am sure you will all see the strength in such a staff as time goes on, if not already! ▲

Mary

## Meet Summary

Lake Forest was a success. Our athletes competed in a 25 meter course, so time comparisons were a little difficult. They did have great competition and got a chance to race early in the season. The PAC meet is already entered. If I did not receive your meet sheet before 8am on Friday the 2nd, you are not in the meet. I will be handing out the meet info this week. Please get your sheets in ASAP. If you are planning on traveling to Notre Dame, we have booked a block of rooms and will get that information to you soon. ▲



## President's Corner

I would like to welcome all returning Alligator families and our new members to the 2003 Long Course Season. Our team newsletters will be printed twice a month and should appear in your mailbox every other Monday. If you would prefer, the newsletter can also be emailed to you. Please call Noreen Rodriguez if you would like that instead. Let me introduce to you the Executive Board, the Extended Board and give you some telephone numbers and email addresses that may come in handy.

### **Mary Ruffin, Head Coach/CEO**

847.749.4900 swimdixie@attbi.com

### **Noreen Rodriguez, President**

847.818.8188 noreen213@sbcglobal.net

### **Mark and MaryAnn Anderson, Vice Presidents**

847.253.8367 anderswim728@aol.com

### **Deb Barrett, Treasurer**

847.670.9221

### **Jill Pellican, Membership Chairman**

847.255.0042 birdie703@aol.com

### **Maria Mackiw, Recording Secretary**

847.259.8122 mackiw@mindspring.com

### **Sara Zimmermann, Recruiting Chairman**

847.392.9448 saramary5@yahoo.com

### **Sue Urlich, President Ex-Officio**

### **Patti Nordyke, Apparel Chairman**

847.255.1810 ptnordyke@aol.com

### **Mary Wilcher, Concession Chairman**

847.749.3766 M.Wilcher@attbi.com

### **Linda Stack, Fundraising Chairman**

847.577-4318 stack2216@aol.com

### **Karen and Steve Pesenko, Social Chairmen**

847.818.1960 toepro@attbi.com

Our team is in need of a few good souls who would like to become Officials. An Official is a very important part of a swim meet and also a very important part of our team. Your main job as an Official is to qualify races, to make sure all rules of the particular stroke are followed. You choose the meets and times (sessions) you would like to officiate. Most Officials work only the sessions when their children are in the water competing. This is not a paid position (although you do get into meets for free and you are well fed!). Parents who would like to become an Official need to attend a clinic (dates listed on reverse side) and will receive on-the-job

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training. Please call Noreen Rodriguez to register for the clinic or with your questions.

If you are interested in purchasing Alligator flannel pants, tank tops or sweatshirts please call or email Patti Nordyke (see reverse side for info). Other Alligator apparel will be available at Kiefer Swim Shop in Glenview on Willow Rd. at Pfingsten. Check your mailboxes for more apparel information.

I look forward to another great swim season. Please feel free to call or email any Board Member with questions you may have. ▲

Noreen



Belated Happy Birthday to our April swimmers!

Name	Birthday	Age
Carleton Krause	April 10th	13 years old
Erin Rodriguez	April 11th	12 years old
Lynn Lanier	April 16th	17 years old
Jim Pellican	April 21st	11 years old
Amanda Lee	April 27th	12 years old

## May Birthday's

Name	Birthday	Age
Laura Wilcher	May 11th	11 years old
Marta Kuzebski	May 15th	12 years old
Tony Ponzo	May 15th	13 years old
Megan Stack	May 29th	9 years old

## Calendar of Events:

- May 10th Officials Clinic (Stroke & Turn only) 9am-3pm at Westmont High School
- May 18th Officials Clinic (S&T, Admin, Starter, Referee) 9am-3pm at West Chicago H.S.
- May 24th and May 25th PAC Meet at Stevenson High School
- May 31st TSA Meet 12 and Under at Glenbrook South high School

## Quote

"The difficulties and struggles of today are but the price we must pay for the accomplishments and victories of tomorrow."

## Featured Swimmer



This column will bring your information on your standout teammates. It is a chance to learn more about each other and recognize those who have been working hard! Will you be our next Featured Swimmer?

## Nutrition Corner

Other than the fact that we need water to swim, we also need water to complete many necessary bodily functions. As we begin to get dehydrated our system starts shutting down, we get fatigued (tired), then muscle cramps can start, then finally complete exhaustion.

As athletes, we are at great risk for dehydration because our thirst sensation is somewhat delayed - resulting in an inability to recognize the need for water (getting thirsty) before we already start losing our energy. It is very important, that we play an active role in keeping well hydrated without relying on thirst cues.



Usually you want to replenish 1/2 cup of water for every 100 Calories expended. Depending on how hard you work; we can spend between 400-750 calories per hour while swimming (depending on your body size). If you add that to the 2000 calories you normally spend in a day without practice, as hard working summer swimmers, we may need up to 17.5 cups of water per day!

*Wow, don't forget your water bottles!*

## Adam's Dry-Land Corner

Next time you sit down to watch TV, try taking a couple minutes to stretch. You can sit on the floor and you won't even lose site of the tube. ▲

Adam