

MEMORANDUM

To: Swim Team Parents

From: Coach Hargrove- yhargrov@houstonisd.org

Date: November 20, 2009

Re: Parents meeting on Tuesday, December 1, 2009 @ 5:30-6:00

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Parents:

We will have brief meeting in the pool area Tuesday, December 1, 2009 @ 5:30-6:00 in the pool area. We will discuss the swim team expectations for 2009-10 seasons. First, we will complete any incomplete paperwork. On Tuesday, we have parent sign up sheets for various positions to help facilitate the swim team success. We will discuss needed equipment for swim team and vote on various fundraiser/ sponsorship ideas. We will also accept monies for swim team equipment. If you have any questions, comments and/or concerns, we will do our best to address them. If you are unable to attend, please fill out the following information and someone will contact you.

Name: _____ Phone: _____

Cell: _____

Email: _____

PERSHING SWIM TEAM BOOSTER CLUB

We need parent volunteers for our swim team. A brief meeting will be held on Tuesday, December 1, 2009 at 5:30pm in the pool area, to discuss and prepare for the season. If you are unable to attend please feel free to volunteer for any of the following items by circling your choice or choices:

HOLIDAY POOL PARTY- December 17th

SWIN-A-THON-reminding and collecting moneys

REFRESHMENTS FOR SWIM MEETS- collecting \$5 donation from parents

STATISTICS- inputting information into team manager at swim meets

Timers- for swim events for here and away meet

TRANSPORTATION- organizing carpooling for swimmer to and from practice- also for USS outside practice

ASSISTANCE FOR AWAY MEETS

END OF THE SEASON PARTY

PRACTICE HELPERS- must be cleared through VIPS

SWIM TEAM SPIRIT COMMITTEE

PARENT NAME: _____

Phone Number: _____

Email contact: _____

SEASONS

GREETINGS

S M T W T F S

5	4	3	2	1	8	7	6	5	4	3	2	1
			7th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm Parents meeting 5:30 pm pool area	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	8th grade practice 4:30- 5:45pm All work due... (i.e... Athletic papers) No Practice	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm
12	11	10	9	8	7	6	5	4	3	2	1	0
				No practice	No practice	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm	7th grade practice 6:45-7:45am practice 8th grade practice 4:30- 5:45pm
19	18	17	16	15	14	13	12	11	10	9	8	7
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26	25	24	23	22	21	20	19	18	17	16	15	14
31	30	29	28	27	26	25	24	23	22	21	20	19

December

SWIM TEAM ORDER FORM

**All monies due: December 18, 2009*

RETURN TO COACH HARGROVE

NAME: _____

PACKAGE INFORMATION:

- 1 SWEAT SUIT (TOP & BOTTOM)
- 1 BEANIE
- 1 SPORTS BAG
- 1 T-SHIRT

*****TO HAVE NAME EMBROIDERED ON HOODIE IS \$5.00 PER ITEM.
THIS IS IN ADDITION TO THE ITEM COST.

SIZES: CHECK SIZE

SWEATSUIT TOP:

- YSmall YMed YLrg Small
- Medium Large X-Large 2X-Large (\$1.00 more)
- 3X-Large (\$2.00 more)

SWEATSUIT Bottom

- YSmall YMed YLrg Small
- Medium Large X-Large 2X-Large (\$1.00 more)
- 3X-Large (\$2.00 more)

TSHIRT

- YSmall YMed YLrg Small
- Medium Large X-Large 2X-Large (\$1.00 more)
- 3X-Large (\$2.00 more)

NAME EMBROIDERY INFORMATION:
PLEASE PRINT

BLACK EMBROIDERED BEANIE

BAG/ SWEATSUIT

PACKAGE COST	\$ 85.00	
Name- BAG	\$ 5.00	
Name-SWEATSUIT	\$ 5.00	
Total	\$	

Make checks payable to: Pressing on T-shirts

SWIM TEAM EARLY SEASON WORKOUT 1-
Winter/Holiday workout

EMPHASIS: STROKE WORK IN FLY, BACK, BREAST,
BREATH CONTROL, LEG CONDITIONING

WARM-UP (FREESTYLE)

- 1) 300 PULL
- 2) 300 KICK
- 3) 300 SWIM

MAIN SET:

200FLY: 25YDS.RIGHT ARM/25 YDS. LEFT ARM/25
YDS.BOTH ARMS;THEN REPEAT PATTERN 4 TIMES

200BACK: 50 SWIM/25 KICK WITH ARMS EXTENDED
BEHIND HEAD (NO BOARD)

200BREAST: 50 SWIM/25KICKWITH HANDS AT SIDES

200FREE: BREATH EVERY 4TH STROKE CONCENTRATE
ON TURNS

125 I.M: SNAKE OUT STARTING AT THE LANE 5 WHISTLE
OFF

TOTAL: 1525 YARDS

Each team members will need to purchase a swim team cap for \$10 cash. The prices for swim team swim suits are as follows:

Female with logo \$54.00 with tax
\$58.45

Males Jammer with logo \$38.00 with
tax \$41.15

The price for the swim suit and the cap are separate. Please make checks out to Texas Swim Shop for swim suits. All caps have to be paid in cash the school will not take checks.

Thanks,
Coach Hargrove



Athletic Contact Form



Sport _____ Grade Level _____

Student Name _____

Email address you would like to receive your team's updates at: (Please print clearly.)

* Parents please check the Sports Blog on Pershing's home page for updates and information. It is located towards the bottom of the home page.



Athletic Contact Form



Sport _____ Grade Level _____

Student Name _____

Email address you would like to receive your team's updates at: (Please print clearly.)

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PERSHING INVITATIONAL

January 14, 2000

FEMALE		MALE
1	13-14 200YD MEDLEY RELAY	2
3	12-13 200YD MEDLEY RELAY	4
5	13-14 200YD FREESTYLE	6
7	13-14 100YD INDIVIDUAL MEDLEY	8
9	12-13 50YD FREESTYLE	10
11	13-14 50YD FREESTYLE	12
13	12-13 50YD BUTTERFLY	14
15	13-14 50YD BUTTERFLY	16
17	12-13 100YD FREESTYLE	18
19	13-14 100YD FREESTYLE	20
21	12-13 50YD BACKSTROKE	22
23	13-14 50YD BACKSTROKE	24
25	12-13 50YD BREASTSTROKE	26
27	13-14 50YD BREASTSTROKE	28
29	12-13 200YD FREESTYLE RELAY	30
31	13-14 200YD FREESTYLE RELAY	32

Fuel Fitness

Athletes of all kinds, swimmers included, are made aware of proper nutrition habits due to their very active lifestyles. Even if athletes are not competitively competing, deciding what to eat and drink before and after exercising is crucial. Your body needs appropriate vitamins and minerals before physical activity.

Before any physical activity, eating a full meal is not ideal. The food will sit in your stomach and can cause cramps or pain while working out. It is best to eat a few hours before exercising, that way your body can digest food properly. Due to time constraints, having a liquid meal replacement is best because it will not sit in your stomach.

In order to perform any kind of exercise, your body needs energy. Food-wise, your body requires carbohydrates, which are then processed into energy. There are easy to digest, but should be eaten a few hours before exercising. Carbohydrate-enriched foods include bread, pasta, energy bars and fruits. All athletes should plan their meals ahead of time and eat food they have eaten before.

While eating food with carbohydrates is good for you, athletes must be careful. Foods with the most carbohydrates are also high in starch or sugar. This includes a lot of processed foods, flour, grains, and starchy vegetables like potatoes and corn. By eating foods with a very high carb count, you will actually be doing harm to your body because of the high carb and sugar content. It is important to eat the right carbs, such as citrus fruits, proteins with low carbs like meat and eggs, and most vegetables. These foods do not have a high carb content, therefore will provide your body with adequate fuel.

Before a workout, athletes should avoid consuming caffeine and foods with high

amounts of fat, like junk food. This will prevent nausea or stomach problems.

What and when you eat after exercise is just as important as what is put into your body beforehand. The first thing athletes should do is rehydrate. Drinking water or a sports drink will replace fluids lost during working out.

Your body requires fuel after a workout because of how hard your body worked. Eating a piece of fruit or having juice right after exercising refuels the body. Consuming good carbs is important because it gives your body energy. Again, protein is a good carb because it provides the body with amino acids that rebuild muscle damaged during workouts, but should be consumed in moderation.

By eating the right foods at an appropriate time, athletes will be better prepared to train or work out without feeling extremely full and be full of energy.

by Jessica Vitullo

What to eat before and after exercise

by Liz Zullani

What we eat after a good workout is just as important as what we eat beforehand. Your body needs food to fuel your muscles, fight hunger and fatigue while you're exercising and keep your blood sugar at a healthy level. A balanced diet throughout the day is always key to maintaining a body that is always ready for action, and it can vary from the type of sport you do and how hard you usually train. But here are a few simple tricks and tips for the busy person on-the-go who struggles to get a workout in, let alone a snack. Here's a hint: a good protein shake is your best friend.

If you work out in the morning:

Have two or three digestive biscuits and some yoghurt before you go to bed the night before. That way, you'll have some energy when you wake up in the morning without loading up on too much food before bedtime. On your way to the gym, get through a protein shake and after your workout, try to sneak a bowl of cereal and a banana before you hit the ground running at work

If you work out during your lunch break:

Have a solid breakfast before you head to work and a high protein snack mid morning such as tuna or a protein shake. After your workout, pick up a salad on your way back to the office with a boiled egg and some lean

chicken to keep your energy and concentration levels up at work for the rest of the day.

If you work out in the evening:

Avoid large portions of greasy and heavy takeaways at lunch. Opt for salads that contain good carbs and lean protein. In the mid afternoon, snack on a piece of fruit and a protein shake to get ready for an after-work session at the gym. For dinner prepare a piece of chicken breast or salmon accompanied by green vegetables such as broccoli or asparagus and if you get peckish before bedtime, go for a handful of almonds.

Lastly, drink plenty of water throughout the day to keep your body hydrated and enjoy your workout!

Food is an important part of many holidays, celebrations, family and cultural traditions. In fact, food is often the center of special occasions. As a result, many people gain a little (or a lot of) weight between Thanksgiving and the New Year. What's to blame? Perhaps it's all the tempting treats available during the holiday season or the pressure from family, friends, and co-workers to overeat. Maybe it's the increased emotional eating (whether it be from holiday stress or holiday joy) or the extreme laxity with eating and physical activity regimens in anticipation for the strict "new diet and exercise plan" you're going to start Jan. 1st. Regardless of the reasons, it is not necessary to avoid holiday festivities in an attempt to maintain your weight.

1. Focus on weight maintenance vs. weight loss during the holidays. If you are currently overweight and want to lose weight, this is not the time to do it. Maintenance of your present weight is a big enough challenge during the holiday season. Don't set yourself up for failure by making unrealistic goals for yourself.

2. Plan on NOT dieting after the New Year. Anticipation of food restriction sets you up for binge-type eating over the holidays ("after all, if I'm never going to let myself eat this again after Jan. 1st, I might as well eat as much as possible now!") Besides, restrictive diets don't work in the long run. They increase your loss of lean body mass vs. fat, slow down your metabolism, increase anxiety, depression, food preoccupation, and binge eating, and make weight re-gain more likely.

3. Be physically active every day. Often, students' busy holiday schedules (or lack of structured schedules) bump them off their exercise routines. Physical activity, especially aerobic activities (like brisk walking, jogging, bicycling, rollerblading, and swimming) can help relieve stress, regulate appetite, and burn up extra calories from holiday eating.

4. Eat a light snack before going to holiday parties. It is not a good idea to arrive at a party famished. Not only are you more likely to overeat, but you are also less likely to resist the temptation of eating the higher fat and higher calorie foods. Try eating a piece of fruit, a small carton of yogurt, or a string cheese before you go.

5. Make a plan. Think about where you will be, who you will be with, what foods will be available, what foods are really special to you (that you really want to eat) vs. those that you could probably do without, what are your personal triggers to overeat and how can you minimize them. Once you've thought about all of these things, make a plan of action. It's much easier to deal with a difficult social eating situation if you've already planned for it.

6. Take steps to avoid recreational eating. While some foods are more calorie-dense than others, no food will make you gain weight unless you eat too much of it. At parties and holiday dinners, we tend to eat (or keep eating) beyond our body's physical hunger simply because food is there and eating is a "social thing." To avoid recreational eating, consciously make one plate of the foods you really want. Eat it slowly--enjoying and savoring every tasty bite. Then, when you're

done, pop a mint or stick of gum in your mouth, get a tall glass of water and sip on it throughout the night, or position yourself away from the buffet table or food trays to keep yourself from overeating.

7. Reduce the fat in holiday recipes. There are plenty of low fat and low calorie substitutes that are amazingly tasty. Try using applesauce in place of oil in your favorite holiday breads; use egg substitutes in place of whole eggs; try plain nonfat yogurt in place of sour cream. Magazines are full of reduced calorie and reduced fat holiday recipes. Give them a try, and share your cooking creations with friends and family.

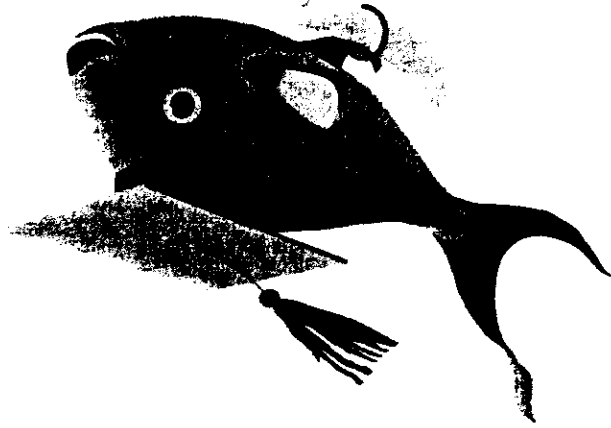
8. Choose your beverages wisely. Alcohol is high in calories. Liquors, sweet wines and sweet mixed drinks contain 150-450 calories per glass. By contrast, water and diet sodas are calorie-free. If you choose to drink, select light wines and beers, and use non-alcoholic mixers such as water and diet soda. Limit your intake to 1 or 2 alcoholic drinks per occasion. And, watch out for calories in soda, fruit punch, and eggnog as well.

9. Enjoy good friends and family. Although food can be a big part of the season, it doesn't have to be the focus. Holidays are a time to reunite with good friends and family, to share laughter and cheer, to celebrate and to give thanks. Focus more on these other holiday pleasures, in addition to the tastes of holiday foods. The important thing to remember is balance and moderation. It's OK to eat too much once in a while. Just relax, enjoy the holidays, and remember what the season is all about.

10. Maintain perspective: Overeating one day won't make or break your eating plan. And it certainly won't make you gain weight! It takes days and days of overeating to gain weight. If you over-indulge at a holiday meal, put it behind you. Return to your usual eating plan the next day without guilt or despair!

Happy Holidays!

Feel free to grab me in the hall of KMC if you have any questions about these tips or any other general health issues. I am a National Academy of Sports Medicine certified personal trainer with four years of experience in the industry and offer free fitness assessments.



Where: Pershing Pool area

Week of December 16-20

When:

SWIM TEAM SWIM-A-THON

Pershing Middle School