

THE WAVE



Winona Swim Club Newsletter

May 8, 2007

WELCOME!

I would like to welcome everyone to the Winona Swim Club. This is our first news letter of the season. I am your new head coach, Kaleb Silverberg. I am also looking forward to meeting all of the athletes and families involved with the Water Wizards. **Our first swim meet is the Storm A/B/C Open, May 19-20. Please sign up by May 8 at practice to be involved in our first meet of the season.**

PRACTICE SCHEDULE

This week's practice schedule for the stroke clinic:

Gold and Silver: MTWTF 4-5:30

Bronze: MWF 5:30-6:30

Practices will be held at the Saint Mary's University (SMU) pool during the whole month of May.

Summer Session:

Summer Session begins on May 29 and runs through August 5. The first two weeks of our summer session practice will be held at the SMU pool May 29-June 8.

Gold: MTWTF 4-5:30

Silver: MTWTF 4-5:30

Bronze: MWF 5:30-6:30

On June 11 we will be moving practice to the Bob Welch Aquatic Center. Remember to purchase your pool pass at the Aquatic Center before we start practice there.

Gold: MTWTF 8-10am

Silver: MTWTF 10-11:30am

Bronze: MTWTF 10:30-11:30am

SUMMER MEET SCHEDULE:

Not sure what meets you qualify to attend? Some meets are for swimmers of all levels. Other meets require that you have a qualifying time to swim. I can help you sort that out if you have questions

May 19-20 – STORM A/B/C Open

June 1-3 – TWIN – A (All Zone)

June 9-10 – Farmington – B/C Open All Zone

June 22-24 – Orcas Invitational

July 6-8 – STAR – A (ALL ZONE)

July 14-15 – Hopkins – B/C Open

July 18-21 – Speedo Championship Series

July 21-22 – Barracuda C Finals

July 27-29 – Winona – AB/C Finals

August 2-5 – State Championships – Foxjets

TIP OF THE WEEK:

This is the section that will provide you with information on stroke technique, diet, stretching, training, and other aspects of swimming. The tip of the week can help better you as an athlete.

Bring something to eat immediately after practice. Your body is very sensitive to absorbing carbohydrates that need to be replenished when a work out is finished. Here are a few examples of what you should eat directly after a work out:

- 2 cups apple juice/OJ/cranberry/any kind of **fruit juice**
- Yogurt cup
- Peanut Butter and Jelly sandwich
- Ensure
- 2 pieces of fruit
- 1 cup of raisins
- A bagel with peanut butter

All of these will help replenish the sugars and carbohydrates that were lost during practice.

NEW WEBSITE:

Check out our new website at

www.WinonaSwimClub.org to get meet information, practice changes, and other information about our club!

QUESTIONS?

If you have any questions, comments, or concerns, feel free to email me or call me:

Email: Kaleb.silverberg@gmail.com

Phone: (651)327-9356