



November — December 2014

General Nutrition for competitive swimmers

If you're planning to go swimming or training later in the day try to eat an exercise-friendly meal two and three hours before you go. This means keeping your carbohydrate and protein levels high on roughly a 60:40 ratio and don't pig out on sluggish unsaturated fats.

Here are some good examples:

- Baked potatoes – fill them with beans, sweet corn or chilli, not too much cheese, and remember to eat the skin, it's the healthiest bit!
- Pasta meals or bakes – again go light on the cheese, throw in plenty of vegetables. Tuna is also a great energy source.
- Beans on toast – they may be the signature of a student's staple diet but low-sugar baked beans are actually really good for you. Bags of protein in the beans and wholemeal toast has your complex carbohydrates. And if beans aren't your thing, eggs will do a similar job.
- Chilli con carne – beans, lean mince, and brown rice all should set you up perfectly for exercise in a few hours. Fatty, greasy mince, white rice and salty tortilla chips will not.

Pre-training Snacks

- Don't train on an empty stomach, you'll be running on empty and your performance will be impaired. Eat a small meal or snack between one and two hours before you start your training.
- Great snacking foods are fruits (fresh is best but dried are still okay), energy foods (cereal bars, energy drinks, protein shakes), yogurt (low fat if possible) or whole grain foods (whole wheat cereal or wholemeal toast).

Snacking During the Day

- Elite athletes keep their blood sugar level as constant as possible by snacking regularly (and healthily) during the day. Only do this if you're training enough not to add body weight from the increased food/calorie intake.
- Target the same snacks you would as a pre-training boost – complex carbohydrates, fruits or protein shakes.

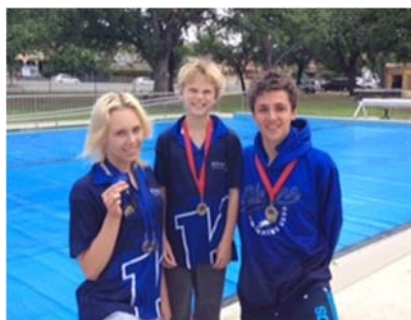
Refuelling

- If you're putting in the metres in the pool, your body will need a boost when you finish your training. Always try to refuel within 30 minutes of finishing and preferably within 15 minutes – your body immediately needs nutrients to repair muscles and replace energy.
- Make sure you're refuelling with the 'right' foods though – something low in fat but high in carbohydrates and protein.

Bendigo Hawkes Aquatic Meet

James, Tamara and Travis braved the very cold and unfavourable conditions for swimming in an outdoor pool. Some PB's were achieved which made the day worthwhile.

Lisa Bess



Bronze Medallion Course

Expression of interest for members to participate in the above course. It is planned that the course will run over the off season.

The course focus includes CPR, Rescue Techniques, Survival Skills, Emergency Care and Timed Swim Tests. Participants need to be 14 years old or turning 14 in that year.

If you have any questions, please speak with Lisa Bess.

November:

Nathan James
Alana
Cardamone

December:

Niamh Ireland
Alexandra
Roberts
Cooper Mason

January:

Nick Langdon
James Boland
James Cardamone
Jay Finn

Happy Birthday

Calendar

Term 4 Training Dates

Competitive

6th Oct - 18th Dec 2014

Non-Competitive

7th Oct - 16th Dec 2014

Term 1 Training Dates

Competitive

5 Jan - 26 Mar 2015*

Non-Competitive

3 Feb - 24 Mar 2015*

Danger 1000

3 January 2015

Point Danger - Torquay

Alexandra Pennant

Warm Up @ 1:00

Saturday 10 January 2015

District Encouragement Meet

Alexandra Pool

Warm Up @ 1:15

Saturday 17 January 2015

District Championships

Seymour Outdoor Pool

Warm Up @ 9:00

Saturday 31st January 2015

*Dates subject to change

Geelong Open

On Saturday the 15th of October, we travelled to Kardinia Park for the Geelong Open. The club had a good representation of 12 swimmers competing, even though the weather wasn't great. We had some fantastic results, with Alesha McIntosh winning her 50m freestyle and Nick Langdon coming first in the 100m butterfly and getting two third places, in the 50m butterfly and 50m backstroke.

We also had great PBs from many swimmers, including Tamara Bess, Dylan Cornish,

Niamh Ireland, Karla Page and Madeleine Rhodes. Despite the cold weather, everyone had a great day and some of us still managed to get very sunburnt!



On the same day, Alexandra Roberts swam at the Nunawading meet at MSAC, getting great PBs in both her 100m butterfly and 50m freestyle.

Great job to everyone!

Cassidy Page

**KSC Captains Cassidy
Page and Dylan Mills**



The Quiz

Answer all of the questions in the quiz, put it in the quiz box by Thursday 15th January and if you are the first correct answer drawn out you will win a prize.

1. True or false: in all four strokes you can not travel more than 15m off each wall?
2. Where (country & city) will the 2014 FINA World Swimming Championships (25m) be held?
3. Who is currently Australia's head swimming coach?
4. What was the name of the Physio practice we went to for our swim screenings (they are also a SV sponsor)?
5. You are the first swimmer in the lane and you are swimming 6 x (1 x 50 @ 60, 1 x 25 @ 45); when would you leave for the fourth 50m swim?