



Tiger Aquatics



Volume 1, Issue 1

Tiger Tracks

June 1st 2011

Important Dates:

- June 3rd-5th Texas Senior Circuit 2 (Senior Elite)
- June 10th-11th Pensacola Travel Meet (All Groups)
- June 16th-19th TAQ Summer Classic (All Groups)
- June 28th-30th City Meet (Summer League Swimmers Only, Not USA Swimming)

Inside this issue:

Hydration	1
Attendance	1
Swim Meets	2
TAQ News	3
Meet Preview	4

The Importance of Fluid Replacement for Swimmers

—Craig Harris, Head Coach

There are 2 reasons to drink fluids: (1) to stay hydrated and (2) to provide the body with fuel.

During Workout
Regardless of age or length of workout, all athletes need fluids during practice to stay hydrated. This is easily accomplished with a couple of sips from the water bottle every 15-20 minutes. As athletes progress, workouts get longer and tougher. It's well established that exercise beyond 90 minutes benefits from a supplemental fuel source. The sports drink can provide it. But we still have hydration to think about. Drinks that are too strong, or "concentrated," can provide the fuel but also inhibit fluid absorption and often lead to cramping. Years of research tells us that

drinks that are 6-8% carbohydrate by weight provide the perfect balance. Enough carbohydrate to provide a fuel source during long exercise, but not so much that will inhibit fluid absorption. A



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couple of sips every 15-20 minutes keep the body fueled, helps prevent unnecessary tissue breakdown, and maintains hydra-

tion. Today, only Gatorade and Powerade meet the 6-8% criteria. Most other drinks are too strong to be effective during workout. A sports drink such as Gatorade or Powerade that is easily digested and quickly absorbed, can provide a convenient way to get some of the necessary fuel within the first 20 minutes. Accelerade, a newer drink on the market may also do the trick. Beware of the high protein drinks, as they often forgo the carbohydrate, and carbohydrate is what you are trying to replenish within that first hour after workout. A little protein won't hurt, in fact a little bit of protein may actually help by supporting tissue repair and re-building processes. But too much protein, especially when it comes in place of carbohydrate, may actually be detrimental to the post-workout recovery process.

Attendance

—Jeannine Malbrough, Head Age Group Coach

Often in your child's swim career you will hear his or her coach stress the importance of attendance. This is not because the coach is being strict or mean but it is in the best interest of your child. If a coach allows an athlete to miss practice without comment, they are saying in effect, "It doesn't matter if you miss". If their absence means nothing, then so does their presence.

Attendance at swim practice is a key factor in the success of your child. Many quality programs will plan your child's season around a seasonal plan. The coach will then follow this seasonal plan in order to give your child the opportunity to perform at his or her best. A typical seasonal plan will begin with technique work and focus on building leg strength. If your child misses frequently they will not have the same opportunity to learn important technique being taught at the beginning of the season and will often fall behind its' peers. For age group swimming this is the most crucial time to be present at every practice. Without good technique you can only go so far. Within the first two months of a season your child's coach typically will focus not only on technique but on gaining endurance. Once the endurance is gained the focus will be to build and

maintain an aerobic base and focus more on meet preparation. Practices will become harder and sets will become longer. So you may ask, "What does this have to do with attendance?" If your child misses on a regular basis it is very hard for he or she to progress at the rate in which the coach has planned. When your child misses a workout they have lost the opportunity to learn what is being taught that day.

Not only will good attendance make for a better swimmer and a key to success, but it builds character. Making a commitment to a sport like swimming brings responsibility and dedication. To help create good swimmers, you must have good attendance habits. Have your child set goals and make practice attendance a goal!

Communication between parents, coaches, and athletes is crucial. If your child needs to miss for any reason it's a good idea to try and make up practices with another group or a different time. The only way this is possible is through communication with a coach. As coaches we would prefer to know about absences beforehand and not the day of. This way we can monitor the situation and help our kids make good choices.



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Swim Meets

-Phil Maben, Assistant Coach

Swimming is a very unique sport where all ages compete in the same pool and at the same meets. It is not until we are older and our swimming careers have matured, that we begin competing on different levels. For the "munchkins", this can be a very intimidating day of events, and for the parents... well this can just be exhausting. I believe for the insanity of our parents and coaches, and to make a long day seem short to our "littlest", there are five basic guidelines one must follow.

Before leaving the house, make sure your swimmer has their swim suit on. Nothing is worse than planning an entire weekend around swimming and to not have a suit to swim in. Likewise, for your swimmer, if you do not have your suit on when leaving your house, don't forget that you are not wearing it! The rush and excitement can cloud your memory replacing it with only embarrassing remembrance of you pulling your clothes off only to be caught in your red and blue dinosaur "whitey tighties".

As most of us know, swim meets last for hours on end and your swimmer might only swim for a total of minutes. It only can get worse if your child is a sprinting specialist which not only can give you a heart attack but a 4 hour swim meet is only exciting for seconds! Parents; I suggest coffee

(liters), Ipads, laptops or newspapers. If you forget these essentials your best bet is timing. Timing is a secret of the meet where you get food and drinks... think of it like sitting front row at a Knicks game minus Spike Lee.

As for the "little rascals", games are essential. I suggest staying away from Game-Boys or other electronics; if batteries run out, so are you... to the store. Card games, board games are all great for socializing with their teammates and will not put them to sleep as fast as an electronic game will.

FOOD! In my mind is the most important factor of a meet (anything). This is not just for the meet but the day or two prior to a long weekend. Although a Big Mac stacked with chicken nuggets, side of fries and a large Mcflurry might be the tastiest choice, I can guarantee that Ronald is no Michael Phelps. Ever notice why the play places are not used as much after a meal? During the meet, having snacks and food is also important. Make sure to bring food from home because snack bars are not known for being healthy. I have one rule. "Your food is my food". I hope to never see unhealthy food in our swimmers hands. Senior group can attest to this, if I see

you eating nachos – "looks like I will be having nachos", if you want a hot dog before your 500 – "thanks, how did you know I like hot dogs?", and my favorite of all, candy – "yup the saying is because of me, except I wait for your sugar high to fall and I will steal it while you are sleeping".

On the more serious side, positive reinforcement is key, especially for our "little dudes" and "little dudets". It is completely possible at your first meet to be disqualified in your three individual events, disqualify a relay and then for some reason not want to swim on the second relay (I wonder why?). If it weren't for my family friend Randy Seia, I would not have worn a speedo for my first meet (at the time ever), but I also would not of joined the second relay to complete my first race without a disqualification. I was eight years old and was never disqualified again. Thanks Randy!

Finally make sure you are having fun. Some of my best memories come from swim meets, and some of my best friends do as well. Meet the other parents on deck, help out when needed and let your kids do the same. It is easier having everyone's eyes on deck than just yours.

I am sad to be changing groups, but I am very excited to be joining our cubs group and look forward to the upcoming meets!

Swim America News

-Craig Harris, Head Coach

Lots of organizations and individuals teach swimming lessons. And you can pay less than you will pay at SwimAmerica. We don't teach lessons. We teach PEOPLE HOW TO SWIM. So what do you want to purchase? Swim lessons or having your child learn to swim? SwimAmerica Programs are all taught by members of the [American Swimming Coaches Association](#) who are certified in the teaching of swimming and experts in the proper development of stroke technique. We're the best in the world. Does your child deserve less than the best?

You'll find two critically important features in SwimAmerica Learn to Swim... First, we're technique oriented. We teach your child to swim like a pro with expert technique from the very first day in the water. They'll start with learning how to exhale underwater... and progress through every skill that an Olympic Swimmer will learn when they learned to swim. Second, we're goal-directed. Our coaches (in-water instructors) focus on the critical skills to achieve to move your child through the teaching progression as rapidly as they can

do so. All learning is individually based... your child will learn as fast as they are able to do so, no waiting for those "slower in development." That's crucial when your child's safety is at stake. SwimAmerica is run by the pros. And your child's progress will prove it. (Ask your Program Director how long it will take your child to reach any of our skill levels and they will tell you. Then go compare that answer to the same question to our competitors. Ask for details, for statistics on improvement... be an educated consumer!)

TAQ NEWS

• Updated Summer Schedule:

Cubs/Paws 5:00-6:00pm Mon-Fri

Coach Phil

Jr. Tigers 4:30-6:00pm Mon-Fri

Coach Jeannine

Tigers 8:00-10:00am Mon-Sat

Coach Jeannine

Senior 2 4:00-5:00pm Mon-Fri

Coach Phil

Senior 1 8:00-10:30am Mon-Sat

Coach Jeannine

Senior Elite 8:00-10:30am Mon-Sat

4:00-5:30pm Tue/Thur

Coach Craig

• Swim America Summer Schedule

Participants choose from Mon/Wed or Tue/Thur classes. Class times are 9:00am, 9:45am, 4:00pm, and 4:45pm.

• TAQ Summer Classic Volunteers

We are currently looking for volunteers for our Summer Classic meet on June 16th-19th. Please contact Kathy Grenfell if you would like to reserve a position. This is a very high profile and important meet to our program. We need everyone to pitch in and help out.

• Summer League Recruitment

Many of you swim with a local summer league team and we ask that you wear your Tiger Aquatics apparel throughout the summer. We also ask that you give our information to anyone interested in swimming year round. Help us grow the team and build for the future of our team!

• Hotel Rooms for LC State Meet

Tiger Aquatics has a block of rooms at the Courtyard by Marriott in Metairie for the Long course State Meet from Thursday 7/14 to Sunday 7/16/2011. The rooms include a complimentary breakfast for up to 2 people for \$99.00 or up to 4 people for \$109.00. We will also have a meeting room reserved for our team to use. The Courtyard by Marriott is located on 2 Galleria Blvd in Metairie. Please make your reservations by calling 888-364-1200 and ask for the Tiger Aquatics room block. This special rate with breakfast will only be available until June 23, 2011. After this date, the rooms will be released and the special rate will no longer be available.

• TAQ's Alyssa Dilldine Recognized

Alyssa was selected in the Fall as the Baton Rouge Female Swimmer of the Year by the Advocate. Tonight she will be honored at the Advocate Stars of Stars Awards Banquet. The Athlete of the Year for each sport will be recognized and Alyssa will be representing Dutchtown High School and Tiger Aquatics. The Advocate will honor area athletes from 14 high school sports. We are very proud of her accomplishments and the hard work she has put in during the last year. Please congratulate Alyssa when you see her at the pool!

• TAQ and Spectrum Fitness Join Forces

Masters swimmers can now take advantage of a joint membership with TAQ and Spectrum Fitness for only \$72 a month. Contact Andy Kennedy for information.

• Thank You Donna Davis

We would like to thank Donna Davis for all of her hard work during the last year as the TAQ office manager and billing coordinator. Donna stepped down from her position on May 31st and will be greatly missed.

• Join TAQ on Facebook

Connect with other teammates and parents by joining the official TAQ Facebook page. Also, get the most current news and information about the team.

• Summer Classic Entry Due Date

All entries will close on June 3rd. Please talk with your coach if you have missed the online entry deadline.

• TAQ Spotlited on Cox 4

Head Coach Craig Harris will be a guest on Across Louisiana and will discuss our program and the Summer Classic meet. The show will air every morning at 8:00am for the week of June 11th-17th on Cox 4.

• Age Group Coach of The Year Nomination

Head Age Group Coach Jeannine Malbrough was nominated for the Louisiana Age Group Coach of The Year honor during the month of May. Congrats to Jeannine and all the hard work that our swimmers have put in.

• American Swim Coaches Association Fellows Program Nomination

Congratulations to Head Coach Craig Harris for being selected to the 2011 ASCA Fellows Program. Coach Craig will spend the next year researching this years topic. Coaching Boys vs. Girls.



"Finally make sure you are having fun. Some of my best memories come from swim meets, and some of my best friends do as well."



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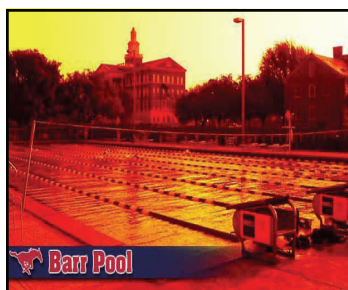
TAQ Swim Meet Preview

*Tiger
Aquatics*

**“Watch out
Florida!
Here we
come”!**

Texas Senior Circuit 2

Tiger Aquatics will be traveling to Dallas, Texas on June 3rd-6th for the Texas Senior Circuit 2 meet. This meet is one of 4 Texas Senior Circuit meets held during each summer and serves as a series of elite level senior meets. Ten TAQ swimmers have qualified and will be attending the meet. The meet will include a number of college teams and nationally ranked senior swimmers. We are excited about the high level of competition throughout the weekend. During the weekend the attending TAQ swimmers will visit local attractions and even spend Sunday afternoon at Six Flags over Texas.



**Southern Methodist University
Outdoor Competition Pool—
Texas Senior Circuit 2 Location**

GPAC Invitational

Tiger Aquatics will be traveling to Pensacola, FL on June 9th-12th for the GPAC Invitational. Thirty-one swimmers of all ages will attend this fun and challenging meet. Our swimmers will benefit from the excitement of traveling with the team and racing new competition. We will spend our free time at the beach and in the hotel water park! Watch out Florida! Here we come!

TAQ Summer Classic Invite

The Summer Classic Invite has been the marquee event for TAQ during the last 10 years. The 2011 meet will host 650 swimmers from around the southeastern portion of the United States. Many of the LSU swimmers will be participating in the meet and will serve as a true test for our swimmers. This year's meet will also serve as a fundraiser for Breast Cancer Awareness. TAQ will sell “Swim For The Cure” swim caps and take donations throughout the day on Saturday. The team that raises the most money will choose next year's cause. Our meet is also an important part of the Louisiana Governors Games and will be broadcasted on COX during the summer and