

News Splash

November 2004

Forthcoming Meet Dates

North Ayrshire Graded (Auchenharvie)	14 th November
M & B Graded Meet (Castlemilk)	20 th & 21 st November
Bath Grand Prix	3 rd – 5 th December
Boness Mini Meet	5 th December
West Districts (Grangemouth)	11 th & 12 th December

A full list of all meets will soon be available on the web site
These can be found in the diary section.

Time Trials

Time trials will run on the 28th November and 19th December. Remember you are only allowed to swim a maximum of 3 events and warm up starts at 4 pm prompt. For a list of events please check the notice boards in each pool.

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Annual Awards Night



The City of Glasgow Swim Team will be holding their annual awards night on the 13th November 2004, at 7 pm (prompt) in the 'Next Generation' at Anniesland, Glasgow.

Tickets are priced at £5.00 per head, which includes a buffet and a disco.

Tickets are available from the office or from committee members.

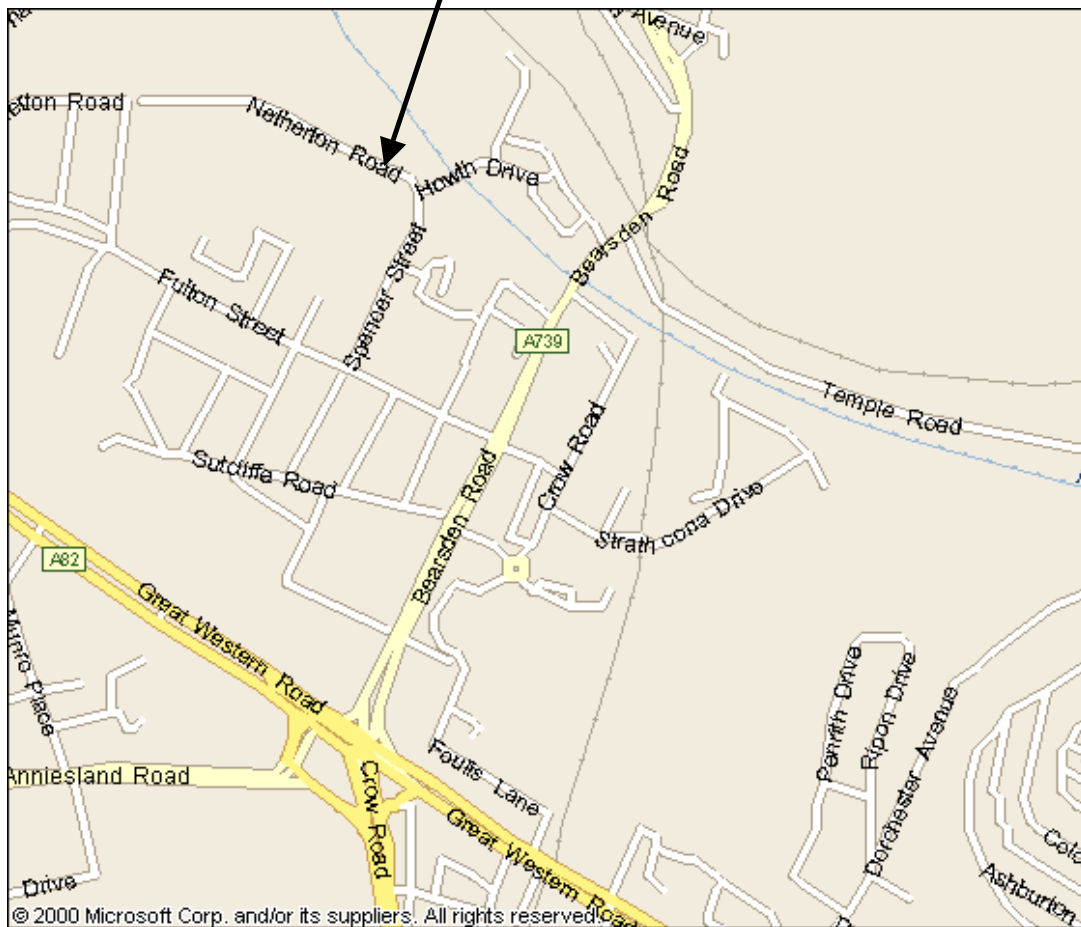
We would like to hold a raffle to raise funds and any coach or committee member will gratefully accept any donations for this.

Come along and have a fun night and help celebrate some of the successes of our swimmers.

I have enclosed a map on the next page for those parents who are unsure of where the venue is.

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Next Generation
Netherton Road
Annie'sland
G13 1BJ
0141 586 9090



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Fundraising

Remember to sell the football cards and return them to Cathie as soon as possible.

We will be holding a raffle at the awards night to raise funds and as planned the Masters Meet is on 6th and 7th November.

Bag Packing on the 19th at Asda in the Forge – it is important as many people as possible help. Please give your name to Cathie Robertson if you are interested in helping.

Sponsorship

The sponsorship programme is running well and I will include an up to date summary in the next newsletter

TRAINING TIMES

Apologies must be made to the senior group who currently train at Tollcross; I inadvertently missed them out of the final draft of the training times published in the last newsletter. This was purely a typing error and below is a list of their actual training times.

Monday 7 – 8.30 pm

Tuesday 7 – 8.30 pm

Wednesday 7 – 8.30 pm

Friday 7 – 8.30 pm



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OTHER POINTS OF INTEREST

Officials

The City of Glasgow Swim Team currently has a shortage of officials who can help out at meets despite several new parents already taking the course. We also currently only have three judges in the club – Norah Finnegan, Rae and Paul Humphreys. This is not nearly enough to cover the meets that we attend. At the West District meets we must supply one judge every session or the club gets an instant fine of £50. It is essential that our current timekeepers think about progressing and completing the courses for judges and starters. Anyone interested should contact the office or speak to Norah Finnegan, Rae or Paul Humphreys or Donnie MacLean.

Swim Shop

The committee have managed to secure a supplier for hooded sweatshirts with our logo. These will be priced at around £20 (final price to be negotiated) anyone interested should contact either Angela Holmes or Cathie Robertson.

Winter League

12 clubs took part in this year's Winter Championship (which has replaced the winter league) on the 10th October and following a tough competition the top six results were:

City Of Glasgow: -	453
Ren 96: -	426
North Ayrshire: -	373
West Dunbartonshire: -	350
South Ayrshire: -	305
Milngavie & Bearsden: -	284

CONGRATULATIONS TO ALL THE SWIMMERS

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GB Age Group Talent Identification Weekend

City of Glasgow swimmers Ruth and Sarah MacLean were both invited to attend this weekend on 31st October. The girls were two of 190 swimmers who were chosen to attend this event after the English Nationals in August. They took part in 2 pool sessions and 1 land session and were assessed on all aspects of training. A final 90 swimmers will be selected to go forward on to the programme for 2004-5. So watch this space.

Congratulations to both of them.

Trophies

The club asked for all trophies to be returned prior to the awards night, however it is unfortunate that the condition of some of the trophies handed back was unacceptable. It is an honour to receive a trophy from your club and therefore these trophies should be looked after while in your care and returned to the club in the condition that you received them in.

Entries for Meets

It is not the entry secretaries' responsibility to be at any of the pools (Tollcross) on the LAST day to receive entries. It is the swimmers/parents who should endeavour to ensure that they submit them NO LATER than the last day by whichever means. The entry secretaries cannot be at all 6 pools on the last day/ neither should they be expected to be - all other swimmers manage to put it in the post or through the door.

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WARM WEATHER CAMP

This year's camp was a great success and everyone who attended enjoyed the hard work. Stephen says that the facilities and accommodation were superb.

One of the important points of information, which became apparent to the head coach during the camp, was the dietary intake of some of our young swimmers, which he felt could have been better. Stephen will have a meeting with the parents of the swimmers who attended the Camp to discuss this.

The spin off from the camp was the outstanding results from most of those who attended the camp, at the West District long course meet at East Kilbride and the Glasgow School swims. It is hoped by the coaching staff that the swimmers who did attend the camp and completed all the 15 sessions in 10 days, will continue to attend the same amount in the COGST programme.

The outstanding achievement of the camp was coach Stephen winning all the races at the Water Park. When asked if there were any photos of this, the coach answered no it was impossible to catch on camera as he was going too fast.



Group photo by the pool!!

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THE HEAD COACH'S - *“WORDS OF WISDOM”!*

Saturday Morning Training At Tollcross

Stephen is disappointed in the attendance at this session from the swimmers in the West. The opportunity to train in a 50 m pool is paramount to the development of a swimmer for stamina and distance. It also allows the head coach the opportunity to observe swimmers that he doesn't see on a daily basis.

It is vital that all swimmers attend this session.

National, National Age Group and National Development (East)

Our Head Coach has organised a meeting (for the top squads that train at Tollcross) at Tollcross on Tuesday 16th November at 7.00 pm for all swimmers and parents from these squads. It is important that everyone attends.

Nutrition

USA Swimming is currently running a feature on their website:

‘National Nutrition Month’

and Stephen thought it would be useful for all our swimmers and therefore I will feature the four articles over the next four newsletters. However if anyone can't wait for the next section you can get it on the web through the following site:



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For more information on Nutrition for Swimmers, please visit [the Nutrition section of the USA Swimming website.](#)

National Nutrition Month® 2004

Week One

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association.

To promote this campaign and optimal nutrition for swimmers, USA Swimming is highlighting the **Four Nutrition Foundations** for Swimmers, as well as a series of "**Nutrition On Deck**" concepts, including packing for meets, considerations for concession stands, where to eat on road trips and vending machine suggestions. A series on **Recovery Nutrition** will also be featured, emphasizing the importance of this all-too-often overlooked aspect of training nutrition. And of course, there will be recipes...Salads, Entrees, Side Dishes, Desserts and Snacks...**a new recipe every day!**

Nutrition Foundation #1: EAT A VARIETY OF FOODS.

Have you taken a look at your Food Guide Pyramid lately? Despite talk of revising the pyramid to improve its effectiveness, there remains a very simple but important reason why the foods are divided into groups. Variety. Yes, variety. The food groups are divided into the categories you see because the foods within a group bring something to the table that the foods in the other groups cannot. **We're talking about vitamins and mineral here.** Consider the Vegetable group. The foods in this group tend to be very high in Vitamins A, C and E. Now consider the Milk, Yogurt, Cheese group. While the foods in the group may contain *some* Vitamin A, C or E, they are not *good* sources of these vitamins. However, they *are* good source of calcium, something the foods in the Vegetable group *might* contain, but only some of the foods and only in small quantities. When a food group is eliminated, the vitamins and minerals that group provides are eliminated from the diet. The point is that in order for swimmers to obtain a **complete** set of vitamins and minerals, they need to eat a variety of foods from ALL of the food groups. There are no magic foods or food groups. The magic is VARIETY!

Nutrition On Deck: PACKING FOR MEETS

Given the hectic pace of meet day, swimmers should have a variety of food items to select from. Send them to the pool with a cooler of goods. Use the following suggestions to get you started:

Foods:

- § Dry cereal (ex: Frosted Mini Wheats, Honey Nut Shredded Wheat)
- § PBJ sandwich halves
- § Granola bars
- § Power Bars
- § 100% Juice boxes
- § Whole fruits (ex: orange, peach, nectarine)
- § Container of berries (ex: strawberries, raspberries, blackberries)
- § Yogurt w/ side of granenuts cereal for mixing
- § Individual packets of oatmeal
- § Trail mix (nuts, raisins, dried cranberries, mini pretzels, chocolate chips or M&Ms)
- § Water

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§ Electrolyte drink (ex: Gatorade)

Tips:

- § Pack things in small servings.
- § Think finger food.
- § Include an ice pack.
- § Include enough variety for selection based on on-the-spot preference.
- § Include things you know they like and are likely to eat.
- § Avoid things you know they won't eat.
- § Provide utensils.
- § Avoid items that require cutting (cut it at home!).
- § Don't require them to bring to cooler home empty. Use this to see what they eat and don't eat.

Recovery Tip: TIMING

Good nutrition is critical for proper recovery, and right after workout, the body is extremely good at making the most of what it is given. Following exercise (first two hours), the body is very sensitive to the hormone *insulin*. Insulin is that hormone that rises every time blood sugar rises. In other words, every time a swimmer eats carbohydrate, which causes blood sugar to rise, insulin goes up. Well, it's insulin's job to remove sugar from the bloodstream, and it does so by facilitating its storage as **glycogen**. Glycogen, the storage form for carbohydrate, is what the body taps into for fuel when exercise is very intense. This can happen quite a bit during a tough workout, which is why it's important to see that glycogen is replenished before the next practice.

So eat something substantial within 30 minutes after workout, then another snack or meal about an hour after that. In next week's Recovery Tip, we'll talk about whether these foods should be carbohydrate or protein, or both. In Week 3, we'll talk about specific foods. In the meantime, enjoy today's recipe!

This Week's Recipes: SALADS

Makes 1 serving

Mediterranean Fig & Walnut Chicken Salad

3 ounces cooked skinless chicken breast, chopped into small pieces
1 tablespoon chopped dried figs
2 tablespoons finely chopped celery
1 tablespoon finely chopped walnuts
1 tablespoon finely chopped fresh mint (or 1/4-1/2 tsp. dried)
2 tablespoons fat-free mayonnaise
1 tablespoon non-fat plain yogurt
Salt and pepper, to taste

In medium bowl, combine all ingredients and mix well. If desired, garnish with additional dollop of yogurt and sprig of fresh mint.

Approximate nutritional value per serving:

Calories: 251	Carbohydrate: 15 g
Protein: 29 g	Total fat: 8 g (1 g saturated)
Cholesterol: 50 mg	Sodium: 326 mg
Dietary Fibre: 3 g	