



Swordfish Scoop

Issue 6

January/February 2010

COACH'S CORNER - Thoughts from Coach Rob Rynone, Gold II

Championship season is upon us once again here at SVY! Just like the postseason in sports like baseball and football, this is the time of year that every swimmer on Team SVY has looked forward to since the start of the year.

This particular championship season has the potential to be an extra-special one for Team SVY. Swimmers in every practice group have been working hard in practice to hone their technique, improve their conditioning, and gain more speed. Their efforts have resulted in the strongest SVY swim team across all age groups that I can remember in my seven years as an SVY coach.

One thing I have learned over my coaching career (and my 20+ years as a sports fan!) is the importance of momentum. One of my defining memories of SVY's 2006 YMCA State Championship was our performance at the Y Bronze and Y Silver meets. When the swimmers came back from these meets with great performances and numerous medals, I knew that it inspired our State swimmers to match the performances of their teammates.

With the championship season due to kick off February 6th and 7th with the YMCA Bronze Championship and the YMCA 8 and under championships, I'm hoping something special can start again. If, just as in 2006, every swimmer in every level and age group can perform to their ability, we could have something special on our hands once again!

Swim Fast! Have Fun! GO Team SVY!!!

Coach Rob

Championship Energy Cookies: Try something new this Championship season and bake your athlete energy cookies. These yummy cookies will be a big hit with the swimmers and the coaches.

Ingredients

- 1/2 cup flour
- 2 teaspoons baking soda
- 3/4 cup cold butter cut into cubes
- 2.5 cups brown sugar
- 5 eggs
- 1/2 teaspoon vanilla
- 2 cups peanut butter
- 2 cups split of any of the following (choc chips, raisins, craisins, coconut, peanuts, etc)
- 5 3/4 cups oatmeal

Mix oatmeal, baking soda and flour in a bowl. In a separate bowl, cream butter until light yellow - add sugar and beat well. Add one egg at a time, beat well each time. Stir in vanilla and peanut butter. Chill for 3 - 4 hours. Place 4T of dough in the shape of a ball on a cookie sheet. Bake at 350 for 12 - 15 minutes, or until lightly browned.



On behalf of the Somerset County Food Bank and the Sunshine Committee, "Thank You" to everyone who participated in the food drive Team SVY organized at the New Year's Splash meets. We collected 297 canned/boxed good items to help our local community. A special thank you to Carolyn Alamino and Rose Baptiste for delivering the items we collected to the Somerset County Food Bank.



Feeding the Community

FROM THE DECK ... thoughts from Brian Greene, Head Age Group Coach

It's hard to believe that we are approaching Championship season. I have really enjoyed the past five months. I look forward to seeing all the hard work that the Team SVY athletes have endured during this season come to a close, when they take to the blocks to compete in the races that will help the athletes reach their personal goals.

In order to achieve personal successes during Championships, the hard work will need to continue during each and every practice. It is really important for the athletes to continue to make as many practices as they can during their regularly schedule time. Michael Phelps' quote, "I wouldn't say anything is impossible. I think everything is possible as long as you put your mind to it and the work and time into it", says it all. It's amazing to think what can be happen if you continue to work hard and dedicate the time at each and every practice.

In addition, eating the right foods and getting plenty of rest is equally important as practice attendance and hard work. High performance athletes treat their bodies like a race car by fueling it with proper nutrients and ensuring it is hydrated. A steady diet of junk food will result in lower performance. Eating healthy foods and getting enough sleep are essential components to achieving peak performance. Refer back to the sections in the November 2009 Issue of the Swordfish Scoop that provide details on nutrition and the benefits of sleep.

Here's to continued success to Team SVY ...

Coach BG

FROM THE BLOCKS ... How has the Silver III training program helped you as an athlete?

Julieyanna Parker - It has helped me become a faster swimmer and has helped me set better and faster goals in my life.

Brianna McKenna - Silver III has improved my endurance and helped me reach more of my swimming goals.

Peter Mosca - It has helped me improve my technique and helped the team succeed in winning our events.

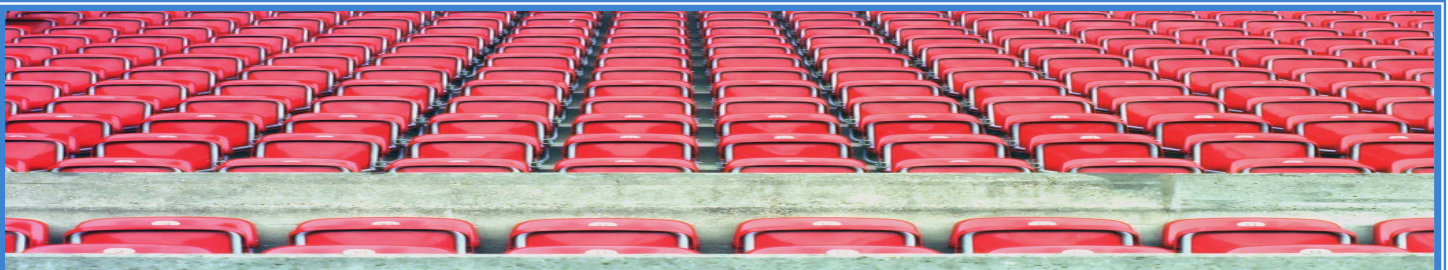
Holly Christensen - Silver III has made me come closer to my goals and it pushed me beyond normal limits.

Sandy Glenn - Silver III raises my confidence level and makes me try more and harder.

Helpful Tips for the Flu and Virus Season:

As a reminder, good hygiene and conscious awareness of your surroundings and Teammates are important. If you have the flu, virus, skin infections or other infections, please ensure you take precautionary measures as directed by your physician to limit the spreading to your family and Teammates. Team SVY has the same policies as the local school systems pertaining to illnesses. Please refer to the Team Health Form completed in the beginning of the season, if needed. As outlined in the Parent Handbook, illness that removes the swimmer from practice for extended periods of time should be reported to the practice group coach.

As a reminder, showering with soap after you swim and using a dry clean towel are important prevention measures from germs and viruses that can fester in locker rooms and swim bags. It is equally important to ensure you wear appropriate footwear in the shower to ensure you don't go home with these potential hazards on your feet. Take the time to get out of your wet clothing and cover your wet heads during the winter months before leaving practice. Be sure to empty your swim bags right after practice to remove all wet clothing and towels. As a general rule, under no circumstances should swimmers ever share water bottles or towels.



FROM THE BLEACHERS - Q&A

Are there days you wonder why you endure the early hours and tireless weekends that revolve around swimming? Below is a study that correlates physical fitness and higher IQ's ...

Young adults who are fit have a higher IQ and are more likely to go on to university, reveals a major new study carried out at the Sahlgrenska Academy and Sahlgrenska University Hospital.

The results were recently published in the *Proceedings of the National Academy of Sciences (PNAS)*. The study involved 1.2 million Swedish men doing military service who were born between 1950 and 1976. The research group analyzed the results of both physical and IQ tests when the men enrolled.

The study shows a clear link between good physical fitness and better results for the IQ test. The strongest links are for logical thinking and verbal comprehension. But it is only fitness that plays a role in the results for the IQ test, and not strength. "Being fit means that you also have good heart and lung capacity and that your brain gets plenty of oxygen," says Michael Nilsson, professor at the Sahlgrenska Academy and chief physician at the Sahlgrenska University Hospital. "This may be one of the reasons why we can see a clear link with fitness, but not with muscular strength. We are also seeing that there are growth factors that are important."

By analyzing data for twins the researchers have been able to determine that it is primarily environmental factors and not genes that explain the link between fitness and a higher IQ.

"We have also shown that those youngsters who improve their physical fitness between the ages of 15 and 18 increase their cognitive performance," says Maria Åberg, researcher at the Sahlgrenska Academy and physician at Åby health centre. "This being the case, physical education is a subject that has an important place in schools, and is an absolute must if we want to do well in maths and other theoretical subjects."

The researchers have also compared the results from fitness tests during national service with the socio-economic status of the men later in life. Those who were fit at 18 were more likely to go into higher education, and many secured more qualified jobs.

The link between physical fitness and mental performance has previously been demonstrated in studies carried out on animals, children and old people. However, studies on young adults have been contradictory to date. Around the age of twenty our brain may still change rapidly as a result of both cognitive and emotional development.

The study was carried out at the Center for Brain Repair and Rehabilitation in Gothenburg in conjunction with the Swedish Twins Registry at the Karolinska Institutet.

Calling all writers ... Parents and Swimmers, if you are interested in publishing a story in our next newsletter, please contact robinmckenna@svynj.org or Ellen Sanders Ellensanders55@hotmail.com.

JUST BUSINESS ...

Meet fees: Please be sure all payments outstanding on meet fee accounts are paid promptly.

Emails: Please **DO NOT** use the svyparents@svynj.org or the svycoaches@svynj.org email addresses for personal communication purposes. These emails are to be used by parent board members **ONLY** to communicate Team information. Also, when responding to emails, only respond or forward emails to those individuals who need to read the email you are sending.

Showering before entering the pool: Reminder, the Somerset Valley YMCA facilities require all swimmers to shower **WITH SOAP** before entering the pool. This is required to ensure all swimmers remove the sweat (ammonia) from their bodies. When sweat and chlorine interact, the result is a compound called "chloramines". Removing the sweat is important to help keep chloramines low. When chloramines are high, swimmers may have trouble breathing. Please encourage your swimmer(s) to shower accordingly.

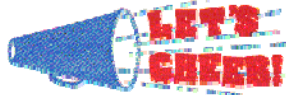
SAVE THE DATE ...

Team SVY's Annual Banquet is an event that provides our athletes the opportunity to celebrate their accomplishments while having a lot fun!

This year's banquet will be held on **Sunday, April 25, 2010**, at the Fellowship Hall located in the Saint Mary's Byzantine Catholic Church, on Brooks Blvd. in Hillsborough. More information is forthcoming.

NEW COMMITTEES ARE FORMING ...

Team SVY has two new committees forming to begin planning for the 2010-2011 winter short course swim season. Please read the details below and consider helping out if you have an interest and would like be a part of the fun that these committees are bound to bring to Team SVY. Thank you for your continued support!



Spirit Committee

Joann Farrell is looking for a few parents and older swimmers to help build team camaraderie on the dual meet teams. An initial committee meeting will be held before the end of this season. Ideas generated from the committee will be implemented at the start of the dual meet season next year. Volunteers are needed from all age groups. Please contact Joann at bwmom1@optonline.net if you are interested in volunteering for this committee.



"Fun"draining Committee

As you know, Team SVY is part of a not-for-profit organization. We rely heavily on our hosted meets to support the Team efforts and the parent volunteers to help make those meets successful. Robin McKenna is leading the "Fun"draining Committee to generate new ideas on ways Team SVY can generate funds to help support the Team efforts. We are very interested in planning events that will also be "FUN" for our parent volunteers and athletes. One idea we are currently considering is a Casino Night. If you are interested in being a part of this Committee, please contact Robin at robinmckenna@svynj.org or Toni at antdb@msn.com.