

Volume XLIII, Issue VIII STREAMLINE NEWSLETTER

September 2024

Hello Aquastar Families, I hope everyone is excited for the official start to the short course season at the end of the month! This weekend, on September 28th, our team will be attending the SHARKS Pentathlon with 50 swimmers! The coaches are thrilled to see the hard work from practices pay off over the weekend.

The past month, following the conclusion of our technique focus, coaches have been working with swimmers in setting goals for the season. Aqua group and above filled out their individual goal sheets. For our Red and White Group, we are trying something new this season! These swimmers and families were sent a questionnaire via email and asked to fill it out alongside their athletes. This questionnaire is to help the coaches find common goals amongst the groups to have discussions on how they, as a group, can achieve their goals. We have a wonderful set of goals to begin talking with your swimmers.

As High School Water Polo Teams enter the remaining weeks of their season, we will continue to miss out on the occasional practice day at Clear Brook HS and La Porte HS. Please keep up to date with our weekly team updates for reminders regarding the practice schedule.

Summer is almost over, but the heat is still here! Please send your swimmer to practice with a water bottle and/or an electrolyte drink to help keep them hydrated during drylands and practice. One of the most important factors in athletic performance is hydration. We don't want our swimmers missing out on good practice due to dehydration. Below, you can find some useful articles regarding hydration and its impact on performance.

Swim Strong Article: It's All About Hydration



Water Overview:

Water is our body's principal chemical component and makes up about 60—70 percent of our body weight. The brain is about 75% water and about 82% of our blood is water. Every system in our body depends on water. That's right, every system! Water does many things we don't even realize: it flushes toxins out of vital organs, helps regulate blood pressure, carries nutrients to our muscles and organs, and provides a moist environment for ear, nose and throat tissues. So you can see why it's so important to get the recommended intake of water daily to promote proper body functioning and peak athletic performance.

Under-hydration:

Under-hydration occurs when the body is in a state of water deficit (hypohydration). How does the body get to this state? Through dehydration, or the process of losing water. Even mild under-hydration can drain our energy and make us tired, thus impairing athletic performance. A small 2% drop in hydration levels will affect endurance, agility, speed, reaction time, and mental clarity. Every day we lose water through our breath, perspiration, urine and bowel movements. For our body to function properly, we must replenish its water supply by consuming water and beverages and foods that contain water. Signals of under-hydration can be any of the following symptoms:

- Fatigue
- Heartburn
- Stomach Ache
- Muscle cramping/tightness
- Chronic pain
- Low back pain
- Headache
- Mental irritation and depression
- Darker-colored urine
- Water retention

Less common (but still present in 2-7% of athletes) is what's called exercise-associated hyponatremia (EAH). EAH is caused by high water intake + a sodium deficit in the body. This is why it's important to not only hydrate with water, but also electrolytes – especially sodium (and potassium).

Daily Hydration Requirements:

*General Principle: Aim for ½ your body weight in ounces + 16-32 oz for every hour of activity

*Numbers will vary based on age, gender, activity, intensity, and environment

*Older athletes may want to incorporate quality electrolyte/sports drinks on long training/meet days. Electrolyte drinks would count toward your daily hydration goal.

*Juices, milk, herbal tea, broth, etc. all count toward your goal as well!

Electrolyte Drinks

Look for a drink with items below (per 8 fl oz, numbers will vary per athlete):

Carbohydrates – 7-9.5+ g (3-6%)

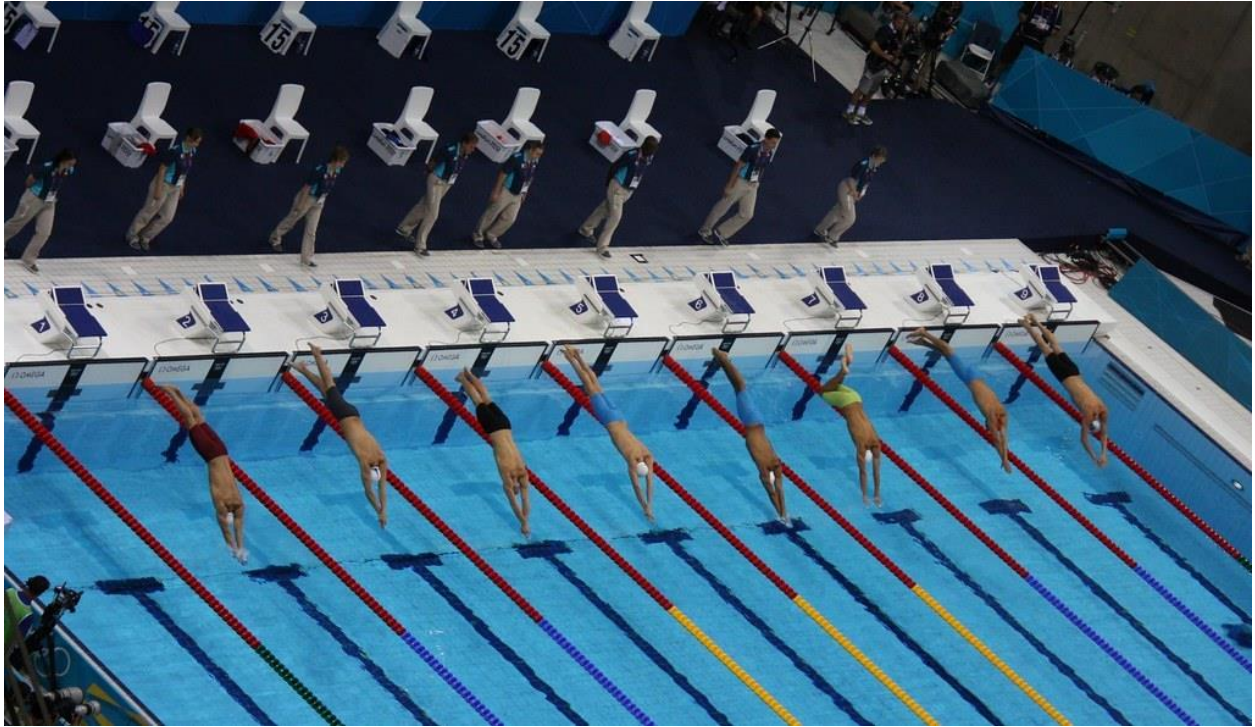
Sodium – 120-300+ mg (will vary depending on your diet, and if you are a salty sweater)

Potassium – 60-190 mg

Appropriate fluid intake will drastically increase results of all athletic training and performance. As you can see, hydration is crucial for the body and will help you stay at the top of your game. Use this daily

hydration requirement chart and make a concerted effort to get the recommended ounces of water each day! We recommend keeping a refillable water bottle with you at all times so that you can easily track how many ounces you are drinking.

Top Swimmers to Watch and Learn From



With our team goals finishing up this month, we as coaches cannot express how important it is for young swimmers to find role models from the great swimmers in the world. One idea shared throughout goal setting was watching top level swimmers to learn from them. Visually seeing a professional swim is completely different from listening to a coach describe and teach on the pool deck. Both are valuable sources of information that cannot be replaced. Online you will be able to find underwater videos of these swimmers. In these videos, your swimmer will be able to see why these swimmers are so fast and what makes their technique so great.

Butterfly

Caleb Dressel (United States) - Prior to his hiatus from the competitive swimming scene, Caleb Dressel was a dominating force in the men's freestyle and butterfly races. Many people recognize him as the only swimmer to manage a 39-second 100scy freestyle, but he is also known for his incredible 49.45 100lcm butterfly world record from the Tokyo Olympics. His only company in the sub-50-second territory being the great Micheal Phelps.

Sarah Sjostrom (Sweden) - In the same realm as Caleb Dressel, Sarah Sjostrom is known for her freestyle and fly. Her dominance in the 50lcm butterfly cannot be understated. In the past five years, she has won five consecutive world championship gold medals in the event. She currently holds the 50lcm butterfly world record at 24.43 seconds

Backstroke

Ryan Murphy (United States) - Although he lost his 100lcm world record last year, Ryan Murphy has been a consistent member of the United States National Medley Relay for the past 8 years. With multiple Olympic and championship gold medals under his belt. He has continued the dominance in backstroke the United States is historically known for.

Kaylee McKeown (Australia) - Recently breaking Regan Smith's 100 lcm backstroke record, McKeown has been dominating every distance of backstroke. In the Fukuoka World Champs this past year, she became the first woman to sweep the 50/100/200 of a stroke. Becoming the second person ever to do so behind Qin Haiyang who performed the same feat at the same meet.

Breaststroke

Qin Haiyang (China) - Qin was originally known for his specialty in the 200lcm breaststroke. However, this past year in Fukuoka, he became the first person to sweep the 50/100/200 of a stroke. Breaking the 200lcm record, narrowly missing the 50lcm record, and becoming the second person in history to swim a 57 sec. in the 100.

Lily King (United States) - Although her performances have waned in the past few years, there is no discrediting the dominance Lily King had in the 100lcm and 200 lcm breaststroke. Her 100lcm breaststroke time from 2017 remains the world record. One of the longest-held current world records.

Freestyle

Pan Zhanle (China) - With one of the most spectacular swims of the decade, Pan Zhanle is a name to know if you love freestyle or swimming in general. At the Paris Olympics, Pan dropped .4-seconds off the 100 freestyle world record. This may seem insignificant, but that is more time shed off the world record in one night than the past 16-years combined.

Summer McIntosh (Canada) - This 18-year-old Canadian Swimmer burst onto the world stage seemingly out of nowhere 4-years ago at the age of just 14. Originally specializing in long-distance freestyle events, she recently took the 400lcm from Ariarne Titmus, who herself took the record from the legendary Katie Ledecky. At the Paris Olympics, she showed her talents in other events by taking gold in the 200 fly and 400 IM. She continued to show her abilities in distance freestyle by taking silver in the 400 free finishing behind Ariarne Titmus.

Join our Masters Swim Team



AQUASTAR is about to celebrate 1 year of having a Masters

Program! If you would like to try a practice, come join us. Practices are from 6:00 AM—7:00 AM Tuesday, Wednesday, and Thursday at Oakbrook West. The cost of the masters program is \$95 for the first one, which includes the registration fee and first monthly cost. The monthly cost is \$50.00 per month. Coach James is coaching in the mornings. Come try a week free! If you have any questions please email coachjames@swimaqua.org. The Masters Team is as competitive as you want it to be! We have all levels from beginners to advances!

September Birthdays

Happy Birthday to these Swimmers!!!

- Mairi Redmond: September 1st
- Logan Nagel: September 16th
- Ingrid Schauss: September 27th



Visit Earring By Emma to order some AQUASTAR earrings and keep an eye out for our team store opening up soon!