

# The Chlorinated Chronicles

## Silver Streaks Swim Team

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### Upcoming Events:

- **January 28** – away meet vs. Wooster, warm ups at 4:30 p.m. Meet begins at 5:00 p.m.
- **February 5** – Divisional Championships, ALL participate.
- Team Banquet, **March 6, 2012**, at 6:00 p.m. at St. John's UCC in Dover

## Streaks swim Cuyahoga Falls

The Tuscarawas Co. YMCA Silver Streaks Swim Team hosted Cuyahoga Falls on Saturday, January 21. The Silver Streaks were defeated by a score of 366-317, but many swimmers improved their times. Team improvement of 82%.

Thank you to everyone who helped time, officiate, score the meet and operate the food stand. **YOU ARE AWESOME!**

Those swimmers scoring points from the Cuyahoga Falls meet are:

Pablo Sebastian, Andy Tucker, Lauren Ferrell, Olivia Warther, Maddie Dummermuth, LynAnne Vucovich, Emma Harrington, Allison Mills, Josh Bichsel, Kaitlynn Henninge, Reagan Ress, Viviana Capozella, Kelci Kinsey, Jaelle Lindon, Rebecca Conrad, Drew Sexton, Jesse Jiang, Nick Durbin, Jimmy Gao, Alex Selinsky, Peter Harrington, Cole Wallace, Sawyer Lorentz, Abby Warther, Olivia Finley, Emme Wallick, Savannah Baker, Grace Wallace, Maddie Lakota, Autumn Imhoff, Alexis Renner, Ryan Hohman, Bruno Frank, Peyton Burris, Hunter Armstrong, Ty Wilson,

Grace Gao, Kali Taiclet, Sydney Selinsky, Bailey Wilson, Emilee Cardani, Paige Poland, Laiken Wallick, Will McCrate, Blake Sexton, Lucas Lane, Cole Werntz, Bryce Schlabach, Drew Hostetler, Maguire Wallick, and Jacob Hanner.

**REMINDER:** On deck at Wooster at 4:15 p.m. to stretch. Be sure to sign out if you are not able to attend.

## GO SILVER STREAKS!



**What's the single most important thing you can do to improve your swimming?**

# Streamline!

## Streak of the Week – Cuyahoga Falls Meet



8 & Under Girls:

Paige Poland

8 & Under Boys:

Jacob Hanner

9 - 10 Girls:

Emme Wallick

9 - 10 Boys:

Ty Wilson

11 - 12 Girls:

Alyssa Conrad

11 - 12 Boys:

Jesse Jiang

13 - 14 Girls:

LynAnne Vucovich

13 - 14 Boys:

Josh Bichsel

15 - 18 Boys:

No one this week



## Swim Meet Preparation

*“Good preparation the day before the meet gives you a better chance of swimming well.”*

The day before a swim meet is a time for you to relax, eat well, enjoy yourself, get plenty of sleep and visualize swimming your best. Pack your gear in your swim bag so you don't get stressed trying to remember everything the morning of the meet. Good preparation the day before the meet gives you a better chance of swimming well.

### FOOD

Assuming you have been eating a healthy diet leading up to the meet, continue to do so the day before and eat a big high-carbohydrate dinner with some

lean protein. Don't stuff yourself, but don't let nerves get in the way of eating a nutritious meal that will fuel your body for the meet. A favorite pasta dish with whole grain pasta, vegetables, fruit and angel food cake for dessert is an example of a good choice. So is chili with beans and lean meat, corn bread, vegetables and fresh berries with ice cream.

### SLEEP

Get plenty of sleep. In fact, one or two extra hours of sleep the day before the meet is a good

idea. Some recent studies find that athletes who get extra sleep before competition perform better. A study at the University of Stanford found that athletes who got 10 hours of sleep per night over a five- to seven-week period were able to sprint faster, react more quickly and swim better. While some extra sleep the night before a meet might not be enough time to make up a sleep deficit, the extra slumber can't hurt and might help.

## Our Own Silver Streaks In Action...

