



NPAC NEWS

November, 2009

Volume 1, Issue 2

Special points of interest:

- Alaska Day Meet Highlights
- Halloween Meet Highlights
- Swimmer of the Month
- Swimming Greatness
- November Events
- Eating Colorful Foods

Inside this issue:

Achieving Swimming Greatness	2
Eating Colorful Foods	2
Halloween Results	3
November Calendar	3
Winter Meet Schedule	4
NPAC Sponsors	4

Alaska Day Meet

NPAC had a great showing at the Alaska Day Meet hosted by Stingray Swim Team on October 17th. We had twenty-six athletes participate in the event and posted many personal best times. Out of ninety-one swims there were fifty-five new lifetime bests. At the meet, we had several swimmers post new Star Times to our team totals. We had two athletes post their very first Star Times—Marin Welch and Axel Parish. Marin posted a B cut in the 50 BK, while Axel posted his in the 50 FR. Kelsey Nore dropped almost eight seconds and posted a B time in his 200 FR. Three new BB times came from Hannah Boatman in the 50 FR, Will Dillard in

the 100 FR, and JD Kramer in his first ever 400 IM. JD also posted best times in the 100 BK and 100 FR for two new A standards. After this meet, our team Star Time totals have improved in three of the four categories we currently have times in—from 60-63 B cuts, 60-61 BB cuts, and from 5-7 A cuts. Special thanks to Margarita Hunt, Diane Brice, and Wendy Winans for helping on deck with the Porpoise Pac. NPAC had only one missed event this meet, compared to the two we had

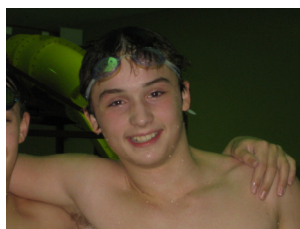
at the Back to School Meet. One thing we would like to see an improvement in for the next meet is the number of DQ's. Out of ninety-one swims, we had thirteen disqualifications. Granted, some of these came in the longer stroke events which are definitely a challenge for some of our newer, younger swimmers, Practice doesn't make perfect, perfect practice makes perfect. The coaches will be stressing this to our swimmers in the weeks ahead. Go NPAC!



Alaska Swimming Too Fast to Freeze!

NPAC Swimmer of the Month

Introducing—Axel Parrish. NPAC November Swimmer of the Month!



Axel Parrish has been on NPAC for about a year and a half. He started out in the Bronze group earlier this year and has recently moved up to the Senior Prep group. He trains almost every day of the week and has a strong desire to be successful in swimming. He recently posted his first

Motivational Time standard in the 50 freestyle which also qualified him for his very first state qualifying meet. He will be traveling to Homer for the Age Group Championships in December, where he will compete in the 50 FR. Axel hopes to qualify for a few more events in the upcoming meets.

How to Achieve Swimming “Greatness”

Head Coach Kim Musch of the University of California, Santa Cruz visited us in August and ran a two day swimming clinic for our local area swimmers. He imparted valuable information to our area coaches as well. One of the things he shared that struck me the most was the striking differences between mediocre swimmers and great swimmers. He didn’t define “greatness” as an Olympic swimmer like Michael Phelps; instead, he presented the crucial differences between mediocrity and greatness as an intrinsic value in every individual and every pursuit. He also pointed out that some of his greatest swimmers didn’t necessarily always win first place, or achieve the most elite levels of the sport, but were some of his greatest swimmers because of the nature of their drive and character.

Mediocre Swimmer	Good Swimmer	Great Swimmer
Attendance: Roughly 50%	Attendance: Between 60-75%	Attendance: 99-100%
Warming up: Always stops, plays with goggles, doesn’t do the whole warm up	Warming up: Does most of the warm up, doesn’t stop quite as often	Warming up: Does the whole warm up, pays close attention to every stroke they take
Times: Has no idea what their best times are, or what kind of times they can hold in practice	Times: Has some knowledge of their times, maybe one or two events	Times: Knows their best times in every event, knows what kind of times they hold in sets
Goals: Has none, just coasts through with no direction	Goals: May set one or two, but not specific, does not have a strategy in place on how to attain them	Goals: Sets short term and long term goals, maps out a strategy on how to attain each one
Attentiveness: Hard to coach, never listens or pays attention	Attentiveness: Listens only some of the time	Attentiveness: Listens all of the time, dialogues with coach

Coach Musch shared with us that swimmer retention was highest in the swimmers that possessed more of the qualities and traits found in the “Great Swimmer” column. Those swimmers who were consistently in the “Mediocre Swimmer” column and never developed “Good or Great Swimmer” habits had the highest percentage of drop out rates. Almost all mediocre and even many good swimmers end up dropping out, experience burn out, and eventually quit the sport. Interestingly enough, the “Great Swimmer” habits can be applied to most areas in our lives, and should be character traits we strive to instill in our swimmers. Swimming is an amazing sport that teaches so many things that go beyond the sport itself and can be applied to areas of our life beyond the four walls of the pool.

Great swimmers know their best times, and know what times they are capable of holding or have held in practice challenge sets.

Eating Colorful Foods: Anti-oxidants vs Free radicals

What are the first three foods that come to mind when we say “carbohydrate?”

1. Pasta
2. Rice
3. Bread

Each if these is excellent. But what do they have in common? They’re all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide car-

bohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called **anti-oxidants**.

You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur **ONLY** if you give the body the right kinds of fuels during periods of rest.

Well, one of the side effects of exercise is the generation of “free radicals.” Free radicals are molecules that can actually cause damage to muscle tissue above and



NPAC swimmers stretching before the start of the Alaska Day Meet.

beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But

NPAC Swimmers—Scary Fast

Volume 1, Issue 2

NPAC hosted our very first meet of the season on October 31st at Wescott Pool. Our annual Halloween meet was a screaming success with 94% team participation. We had 33 athletes represent our team, with many lifetime bests, Star Times, and top age group finishers. NPAC had an overall best times average of 54%—out of 151 swims, our swimmers posted 83 best times. We had two swimmers post their very first Star Time—Mikayla Handeland in the 100 FR with a 1:10.59, and Jonathon McIntosh in the 50 BK with a 45:77. We also had many improvements from different swimmers in existing Star Times. Hannah Boatman improved her 50 BK time from a B to BB and posted her first B time in the 50 Fly. Nicole McIntosh bettered her 50 Fly time from a

BB to post her very first A time in that event. Kaitlin Pendleton improved two of her B times to BB in the 100 BR and 200 IM and swam a BB lifetime best in the 100 FR. Will Dillard bettered his 100 BK from a B to BB time. Axel Parrish swam to another Age Group qualifying time in his 100 FR by posting a 1:07.80. Justice Kramer had a stellar meet by improving three of his Star Times in the 50/100 FR and 50 BK. His time of 32.43 in the 50 BK improved from BB to A. His 50 FR jumped from a BB to AA. JD's 100 FR time of 59.41 (AA) makes him the first 11/12 NPAC swimmer to go sub minute in the 100 freestyle in almost ten years. The last NPAC swimmer to break a minute as an 11/12 year old was Scott Woster, who went on to have great success as a Division I col-

legiate swimmer. Both of JD's freestyle swims have qualified him for the 2010 Northwest Age Group Sectionals in Seattle next March. Many thanks to all the parent volunteers who made this meet a success! There are numerous families that contributed to the success of this meet. A big thanks to Keith Nore, Cullen and Amber Reece who were on deck running the timing system and officiating. Thank you to Barbara Nore who ran concessions and to all the families who contributed the food for our coaches and officials. Thanks to Tori Pendleton who put all the awards together, and many thanks to Sangva Sam, Kris Valsing, and Tina Rabjohns for all their help with the Porpoise Pac. We have the best parent volunteers! Go NPAC!

November at a Glance

11/2 Mikaela Kennon's Birthday
11/9 Northern Area Meeting Alaska Club Old Richardson
11/12 Will Dillard's Birthday!
11/13-15 Wishbone Invitational Hamme Pool
11/14 Makayla Pendleton's Birthday!
11/16 Denise Howard's Birthday!
11/16 NPAC BOD meeting Wescott Pool 6 pm
11/25 November Cake Day after practice!

11/26 Trae Curtis's Birthday!
11/26 Thanksgiving Day!



It is better to fall

short of a high

mark than to

reach a low one. –

H. C. Payne

Eating Colorful Foods cont.

damage caused by free radicals is NOT a desired part of the training process. Damage caused by free radicals (aka "scavengers") circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants "absorb" free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which

will assist the body in keeping free radical formation to a minimum.



Coach Patty instructs some Porpoise Pac kids during warm-up at the Alaska Day meet.

This is a good reason to eat lots of colorful foods during the recov-

ery time between workouts.

Colorful foods include, but are not limited to: Apples, Strawberries, Blueberries, Bananas, Oranges, Kiwi, Watermelon, Raspberries, Grapes, Mango, Papaya, Apricots, Red peppers, Broccoli, Corn, Squash, Carrots, Peas, Green beans, Tomatoes

Colorful foods DO NOT include: Skittles, Jelly Beans, M&Ms, and Fruit Loops!

Choose wisely! You are fueling your bodies for optimum training!



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NPAC 2009 Winter Meet Schedule

October 17th—Alaska Day Meet Patty Pool UAF
2:00 pm warm-ups *SST Hosts

October 31st—Halloween Meet Wescott Pool
8:00 am warm-ups *NPAC Hosts

October 29th-31st—High School Region VI Championships Hamme Pool

November 13th-15th—Wishbone Invitational Hamme Pool
5:00 pm warm-ups Fri 8:00 am warm-ups Sat/Sun *MSST Hosts

December 4th-6th—Alaska Age Group Championships Homer, Alaska

December—Christmas Invitational TBA

January—Spring Will Come? Meet Wescott Pool TBA
*NPAC Hosts

January 29th-31st—Great Alaska Open Hamme Pool
8:00 am warm-ups *Northern Area Hosts (All Teams)

North Pole Aquatic Club Sponsors

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Odom Corporation

Todd Wentz DDS, M.S. P.C.

Flint Hills

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The Creek

DLG Enterprises

Thanks to all of these local area businesses who graciously supported North Pole Aquatic Club for the 2009-2010 season. We appreciate their financial support and encourage you to patronize these businesses whenever possible.

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Support Your Local Businesses!

Swimming Fast in the Frozen North

WE'RE ON THE WEB!

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