

January 2010

The Manatee Monthly

Speedo Tip of the Month Preserving Energy in Butterfly

This month's Speedo Tip comes from Russell Mark, USA Swimming's director of biomechanics.

"The hard part for most people in butterfly isn't when the arms are pulling underwater and doing all the work to move the body forward. It's in the transition from the finish to the recovery, when there's no water resistance. Why is that?? The shoulder muscles are naturally used a lot in that motion, but I think you should take notice of how high your hands are above your hips when you start the recovery. The higher your arm is out of the water and above your hips at that first part of the recovery, the tighter it'll make your shoulders. Keep your hands and arms close to the water at all times, and also think about keeping your hips up and keeping your body horizontal on the water when you take a breath. A good second kick and a strong finish to your pull are things that could help too."

MPSCPA Meeting:

When: January 11th,
7:30pm

Where: PW Program
Bldg

Who: All MPSC
Members



Merry Maniacs

Holiday training was a success and a total of 48 swimmers will receive their Merry Maniac t-shirts by the end of January. This award will be going to swimmers on all 5 teams and is represented as follows:

- 9 blue swimmers
- 16 orange swimmers
- 10 Presenior swimmers
- 10 senior swimmers
- 3 senior elite swimmers

A complete list of these Merry Maniacs will be posted on the website later this month.



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January Birthdays

Hannah Albach - 10	Michael Macdonald - 13
Katie Apple - 17	Jeanne-Marie Martin - 11
Sandy Bell - 16	Chase Muller - 15
Laura Brotherton - 13	Quinna Muthard - 8
Elizabeth Clayton - 13	Jacqueline Olender - 15
Ryan Donoho - 13	Kaitlyn Ryan - 12
Will Frame - 10	Reilly Shanahan - 12
Grace Lady - 11	Kelsey Stieby - 9
Peter Lowry - 13	

Important Dates...

1/9/10 - SMRT Grandprix #4

1/15/10-1/17/10 - Stingray Invitational

1/24/10 - Sticky Fingers Helping Hands

1/29/10-1/31/10 - MBR Lower State Qualifier

Manatee of the Month:

A manatee of the month is someone

- ❖ who is a leader
- ❖ has a good work ethic
- ❖ is committed to personal goals
- ❖ is a responsible teammate

The Manatee's for December are:

Blue - Will Jessup
Orange - Hayden Dibona
PreSenior - Anna Kassis
Senior - James Koval
Senior Elite - Zach Lierley

Top 30 Foods for Swimmers

USA Swimming recently released a list of what it considers to be the top foods for swimmers. As such, all MPSC swimmers are encouraged to considering adding some or all of these choices to their diet.

- | | |
|-----------------------|-------------|
| 1. Blueberries | 26. Eggs |
| 2. Blackberries | 27. Beef |
| 3. Strawberries | 28. Salmon |
| 4. Oranges | 29. Shrimp |
| 5. Mango | 30. Chicken |
| 6. Broccoli | |
| 7. Carrots | |
| 8. Tomatoes | |
| 9. Sweet Potatoes | |
| 10. Avocado | |
| 11. Spinach | |
| 12. Mixed Greens | |
| 13. Potatoes | |
| 14. Bananas | |
| 15. Almonds | |
| 16. Cranberries | |
| 17. Oatmeal | |
| 18. Granola | |
| 19. Olive Oil | |
| 20. Black Beans | |
| 21. Yogurt | |
| 22. Milk | |
| 23. Orange Juice | |
| 24. Whole Grain Bread | |
| 25. Whole Grain Pasta | |

MPSC Facilities and Contact Information

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