

# May 2010

## The Manatee Monthly

### Speedo Tip of the Month

"The daily schedule of an athlete may seem like a circus balancing act. Swim practice, school, work and social events are like the flying balls of an experienced juggler: one wrong move, one more "ball," and everything falls apart. Don't feel guilty. Snacking is not a bad practice, as long as you choose nutrient-rich rather than high-fat or high-sugar foods.

#### Sensible Snacking SHOULD...

- Provide energy, vitamins and minerals to keep you alert, awake and strong throughout the day.
- Help you meet daily energy goals. Growing athletes may not be able to meet their energy goals from meals alone.
- Fuel the body for high performance physical activity.
- Aid recovery time from high-intensity exercise and muscular soreness.
- Consist of pretzels, dry cereal, whole wheat crackers, peanut butter & honey sandwich, low fat yogurt or cottage cheese, string cheese, nuts (walnuts, pistachios, and almonds), granola, fresh or dried fruit, 100% fruit juice and sliced carrots or other vegetables.

#### Sensible Snacking SHOULD NOT...

- Be mindless eating when you are bored or stressed.
- Take place at vending machines or concession stands.
- Consist of potato chips, candy and soda.
- Occur while watching television or surfing the web. Overeating commonly happens when watching television or when distracted by computer games.

Plan ahead so that you have a variety of nutrient-rich and tasty snacks available throughout the day. Stash some snacks in your backpack so that you have healthy snacks with you at all times. Make sensible snacking a part of your everyday plan to provide your body with the energy and nutrients it requires."

### MPSCPA Meeting:

When: May 10<sup>th</sup>,  
7:30pm

Where: PW Program  
Bldg

Who: All MPSC  
Members



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### Charlotte Ultraswim Grand Prix

Twelve U.S. Olympians, members of the U.S. National Team and MPSC swimmers Jon and Zach Lierley will compete at the Charlotte UltraSwim May 13-16, in Charlotte, N.C. "The competition will follow the traditional meet schedule of morning prelims and evening finals. The full schedule can be found online. Finals begin at 4 p.m. ET on Thursday and at 6 p.m. ET, Friday through Sunday. Prelims begin at 9 a.m. ET, Friday through Sunday." Tickets for the meet, being held at the Mecklenburg County Aquatic Center, can be purchased at <http://www.charlotteultraswim.com/tickets.html> . Prelim tickets are \$10/session and tickets for finals are \$15/session. Tickets can be purchased through May 9th. Source USA Swimming and Ultraswim website



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### May Birthdays

Andrew Bagley - 15  
Allison Burton - 11  
Winslow DiBona - 16  
Emmanuel Emovon - 12  
Anushka Fernandes - 8

Anna Geilfuss - 13  
Annalise Hafner - 10  
Marissa Jansen - 10  
Anna Kassis - 13  
Danielle Morrin - 17

### Important Dates...

May 7-9 – Bolles  
Long Course Invite

May 13 -16 –  
Charlotte Ultraswim

### Manatee of the Month:

A manatee of the month is someone

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

The Manatee's for May are:

**Blue** – Alex Pouch  
**Orange** – Graham Wilkins  
**PreSenior** – Katie Ryan  
**Senior** – Travis Morrin  
**Senior Elite** – Jessie Bridgham

### 7-Point Action Plan

In April, USA Swimming announced “the immediate implementation of a 7-Point Action Plan to address the issue of child protection in the sport. The plan outlines seven action steps to make certain the best possible safeguards are in place for the members. As set forth in the action plan, USA Swimming will do the following:

1. Develop and disseminate comprehensive guidelines addressing acceptable coach behavior.
2. Enhance the system for reporting sexual abuse to USA Swimming and law enforcement.
3. Review USA Swimming's Code of Conduct, as well as those of other top youth organizations.
4. Review USA Swimming's current background screening program and determine if enhancements can be made.
5. Produce stronger communications to member clubs, which are responsible for hiring and employing coaches, regarding pre-employment screening, and the responsibility associated with hiring club employees.
6. Evaluate the process for sharing coaching history records with member clubs and other youth organizations.
7. Educate athletes, parents, coaches and club leaders on this important issue.”

### MPSC Facilities and Contact Information

R.L. Jones Center  
391 Egypt Road  
Mount Pleasant, SC 29464  
Phone: 843-884-2528

Park West Pool  
1251 Park West Blvd  
Mount Pleasant, SC 29466  
Phone: 843-856-2536