

Nads!News

Monthly Newsletter

May 2008

Swim Schedule

Tues. 7:30–9 pm
Thurs. 7:30–9 pm
Sat. 10–12 am
HADLEY POOL

Competitions

IGLA 2008

Socials

Listen at practice for upcoming socials.

Committee

Captain Drew Stoudt
CoCapt Luis Comulada
Secretary Carlos Bernal
Treas'r Steve Leidner
Fundraising Michael Meltzer

Publicity, Newsletter

Shane Elipot
Activities Miriam Klein & Alejandra Leibovich
Website Daniel Nistal

Meetings

First Tuesday every month after practice. Next month we will hold a meeting on June 3rd.

Upcoming Meets

–Jun. 18–22 **IGLA 2008, Washington DC**. Our coordinators for this championship are Daniel Nistal (nistaljd@aol.com) and Carlos Bernal (c_bernal28@hotmail.com)

– All information for meets in our area at:

<http://www.dixiezone.org/Meets.htm>

Noche Nadadores

–The event on May 17, 2008 was a real success: we sold out! The board would like to thank warmly all the volunteers. We would like to thank our sponsors for this event: Ice Box Cafe, Project X Media, Michael's Catering, Diana Lowenstein Fine Arts, Kiehl's, Santiago Productions, Pistils & Petals, Equinox Fitness.

Alee was the photographer for the event: check out her pictures at

<http://share.shutterstock.com/action/welcome?sid=OAYs3DJq1btGLIzA>



Coach's Corner by Jim Harper

(our coach Jim gives us advice to be ready for IGLA 2008!)

Tapered and Shaved

First of all, I didn't realize that the USMS website was so risqué. Check out "How to avoid sex during a taper" at

<http://www.usms.org/forums/showthread.php?t=10466>

As for the taper, it is a period of rest before the big meet. I recommend at least two weeks of calm before the storm, which means that you should stop partying by June 1. The most important points to apply to your taper are:

Do not begin any new physical activities. Now is not the time to take up yoga or tantric sex.

No heavy lifting. You need to allow your muscles to become completely healed from stress, so if you go to the gym, avoid weights and spend more time lurking in the steam room.

Sleep! As your taper progresses you will get more and more energy, so determine to remain relaxed at all times.

Believe! Visualize yourself attaining your goals in the pool. Breathe and relax.

In the pool, do more sprints but less overall distance. Rehearse your events.

That's it. Listen to your body and allow yourself to enjoy this period of relaxation. When the meet comes, you will be ready both mentally and physically. And when the meet is over, you will have a peak amount of energy for other physical engagements of your choosing (wink wink).

As for shaving your whole body, I believe it can increase your speed by up to 10 percent. A "fastskin" bodysuit can also provide similar benefits. I plan to use both.

Check out these articles for more tips:

http://swimming.about.com/od/thetaperandshave/a/taper_triswim.htm

<http://www.swimmingcoach.org/articles/9808/9808-3.htm>