

Manatee Masters Swimming

February 2009

Message from the President

Dear Friends,

We have recently received an inquiry about allowing Manatees to advertise in our team newsletter. The Board discussed this and has decided to offer 8 spaces (to be printed on a single page) to interested Manatees for a nominal fee of \$25 per space per newsletter. You may buy more than one space. All submissions will be accepted pending review by a subcommittee of the Board; for example, no political advertising will be accepted. If you are interested in purchasing an advertising space for your business, here is what you will need to know:

1 – Newsletters come out about every month and a half, but the schedule is not set in stone. Your ad should not be time-sensitive.

2 – A purchased ad space will appear as one of eight possible spaces on a single 8.5 x 11 sheet of paper (i.e., the ad will be approximately 2 3/16” high by 3 1/8” wide). You may buy a larger space if you pay for the additional space. The ad should be submitted as a “camera-ready” JPEG or TIFF image.

3 – Complete the payment coupon below and send it along with your payment to: Shannon Pedder c/o Manatee Aquatic Masters, PMB 516, 6114 LaSalle Avenue, Oakland, CA 94611-2821. Payment of \$25 per space, payable to Manatee Aquatic Masters, must be received prior to inclusion of the ad in the newsletter.

4 – Submissions must be made electronically to Shannon Pedder at shannon@brandcreative.biz.

Until next time,

...Rebecca Perry

Advertising Space Purchase

Advertising by: _____
[name]

Advertising for: _____
[name of business/ purpose]

Contact phone number: _____

Total # spaces requested: _____
[# out of 8 possible spaces]

Total payment enclosed: \$ _____
[\$25 for each purchased space]

How to Fuel Properly – Before and After Swimming

Whether it's for workout or a meet, I've been following this routine since I seriously started back in the water, 2000. For some it will take awhile to adapt but you will and you'll be better off for it in the long run.

Swimming: Breakfast and Recovery Strategies

JACQUELINE BERNING, Ph.D., R.D., is an associate professor at the University of Colorado-Colorado Springs and the sports dietitian for the Denver Broncos and Cleveland Indians.

Breakfast Strategies

Like many student athletes who vie for gym space and playing time, swimmers often face early-morning workouts due to pool scheduling and availability. It is not uncommon to see swimmers in the water by 5 a.m. One of the concerns with scheduling practices early in the morning is what to do with breakfast.

Athletes are often advised to eat 2 to 3 hours before exercise to allow for stomach-emptying. Most athletes do not want to eat just before practice or a competition, as the food left in their stomach may cause nausea and gastrointestinal upset. So rather than getting up at the crack of dawn to eat, many swimmers simply forgo food before practice. This habit of skipping food or a meal before exercise, especially after an overnight fast, can lower the body's store of energy and impair the athletes' ability to train and compete.

How can swimmers eat breakfast without having to wake up at 3 a.m.? Simply stated, swimmers need to snack before an early-morning swim and then eat breakfast once the workout is over. While it's not easy, once the swimmer gets into the swing of it, the habit becomes routine. Recent research has also found that individuals who eat breakfast maintain a lower body weight compared with those who skip breakfast. This could have an impact on swimmers who are trying to maintain a lean profile in the water. To make sure that swimmers eat a breakfast, have them pack breakfast foods the night before, and then they can grab it and eat it in the car if they are pressed for time in the morning.

Try these suggestions:

- Two pieces of toast with juice
- Small bowl of cereal with low-fat milk
- ½ banana and 1 tablespoon peanut butter
- Bagel with small amount of cream cheese
- Applesauce and 2 graham crackers
- Energy bar and a sports drink (Gatorade)
- Crackers and a sports drink
- Raisins and pretzels
- Fig bars and low-fat milk or a sports drink

Recovery Strategies

Once the early-morning workout is over, it is very important that swimmers eat a regular breakfast as part of a recovery nutrition process. Most competitive swimmers work out 6 out of 7 days. To recover from the workout, both fluid and fuel must be available to the body. The recovery meal needs to be eaten within 30 minutes after the workout, so the body can start the recovery process faster and be fueled and recovered by the next practice to provide a quality workout.

Some swimmers are unable to eat after practice due to time constraints, lack of appetite, or stomach discomfort. During these times, a liquid meal replacement, such as a nutrition shake or a high-carbohydrate drink, can be used. When the appetite returns, they should try to eat the suggestions listed below:

- One bagel with peanut butter and banana
- Bowl of oatmeal with raisins and nuts
- One cup of low-fat yogurt, banana, and orange juice
- Waffle with low-fat milk
- Three pancakes with syrup and low-fat milk
- One breakfast egg sandwich with ham and orange juice



...Jim Clemmons

Swim Meet News

2008 USMS Top Ten Short Course Meter Relays for MAM

Men 200-239

3	400 Medley Relay	MAM	Pacific	Robert H Heath (51) Jim Clemmons (58) Cary D McGregor (58) Ili R Selinger (35)	4:48.20
---	----------------------------------	-----	---------	---	---------

Mixed 120-159

3	200 Medley Relay	MAM	Pacific	Juliet E Cox (40) Peter C Finney (41) Ili R Selinger (35) Suzie E Girard (37)	2:09.0
---	----------------------------------	-----	---------	--	--------

Mixed 160-199

6	400 Free Relay	MAM	Pacific	Rebecca R Perry (44) Chantal Miklosi (38) Gregory V Brown (38) Robert H Heath (51)	4:31.89
2	800 Free Relay	MAM	Pacific	Robert H Heath (51) Juliet E Cox (40) Chantal Miklosi (38) Bob B Upshaw (59)	9:42.92

Mixed 200-239

7	200 Medley Relay	MAM	Pacific	Ruth Y Shaps (61) Mac D McClelland (59) Jim Clemmons (58) Kathleen Kline (52)	2:31.33
4	800 Free Relay	MAM	Pacific	Jim Clemmons (58) Susie A Caso (62) Cary D McGregor (58) Rebecca R Perry (44)	11:40.27

Mixed 240-279

2	400 Free Relay	MAM	Pacific	Mac D McClelland (59) Ruth Y Shaps (61) Susie A Caso (62) Jim Clemmons (58)	5:14.41
---	--------------------------------	-----	---------	--	---------

Early season Short Course Yards meet results:

Fog City Quadrathon, Sunday, January 25

(All events are freestyle)

Juliet Cox – 2nd 50, 2nd 100, 2nd 200, 1st 500
Juliet swam backstroke for both the 50 and 100)
Peter Finney – 1st 50, 1st 100, 1st 200, 2nd 500

Mark Canepa – 3rd 500
Mac McClelland – 6th 50, 1st 200
Jim Clemmons – 1st 50, 1st 100

MAM Team Age Group (AG) Records:

Six Manatee SCY records were broken at the Quadrathon, but only five will stand.

Juliet Cox - 500 free

Mark Canepa broke the team AG record in the 500 free, but not as well as **Peter Finney**.

Peter Finney - 500, 100 and 200 free. Two of his records knocked out long standing records. (**Grant Inman** had a 54.81 in the 100 free from 5/11/96 and **Craig Sihner** had a 24.84 in the 50 free from 4/27/00.)

Jim Clemmons - 50 free.

Full results and splits can be found at: <http://www.pacificmasters.org/comp/09/09fogsey.html>

USF Valentine's Affair, Saturday, February 7

15 Manatee's crisscrossed the Bay Bridge to compete in the annual event held in the Charles W. Dullea S. J. Natatorium located within the USF Koret Recreation Center with approximately 350 other swimmers. One of the Manatees' own, **Alan Levinson**, led off the annual event with a resounding solo rendition of the National Anthem played on his saxophone. The entire crowd roared their approval to his sensitive treatment of the delicate tune when he was finished.

Suzie Girard - 6th 200 Free, 5th 50 Back, 1st 50 Fly recording a fine time of 29.76

Carolyn Douglas - 5th 50 Free, 4th 50 Back, 2nd 200 Back, 2nd 200 IM

Juliet Cox - 2nd 200 Free, 3rd 50 Back, 1st 200 Back, 1st 200 Fly

Kathleen Kline - 11th 200 Free, 10th 50 Back, 11th 50 Fly

Susie Caso - 3rd 200 Free, 3rd 50 Breast, 2nd 200 Breast, 4th 50 Fly

Peg McPartland - 1st 50 Free, 2nd 200 Free, 2nd 50 Back

Will Hale - 4th 50 Free, 3rd 200 Free, 1st 50 Back, 1st 200 Back, 2nd 50 Fly

Joseph McCarthy - 6th 50 Free, 5th 200 Free, 2nd 50 Breast, 1st 50 Fly, 2nd 200 IM

Mark Canepa - 6th 200 Free, 3rd 200 Fly with an impressive 1:02 split going out

Peter Finney - 1st 50 Breast, 1st 200 Breast, 1st 50 Fly, 1st 200 Fly, 1st 200 IM

Alan Levinson - 3rd 50 Back, 2nd 200 Back, 9th 50 Fly (still catching his breath from the sax solo)

Scott Miller - 13th 50 Free, 12th 200 Free, 11th 50 breast, 8th 200 Breast

Mac McClelland - 5th 200 Free, 4th 50 Breast, 6th 50 Fly

Jim Clemmons - 2nd 50 Free, 1st 50 Breast, 1st 200 Breast, 1st 200 Fly

Gordon Jacoby - 2nd 50 Free, 3rd 50 Back, 5th 50 Breast

MAM Team Age Group (AG) Records:

Juliet Cox - 50 back and 200 free.

Peter Finney - 50 fly, and 50 and 200 breast.

Peg McPartland - 50 back.

Gordon Jacoby - 50 back and the 50 free.

Full results and splits can be found at: <http://www.pacificmasters.org/comp/09/09usfscy.html>

(Thanks to Will Hale for the record keeping stats, as always.)

2008 Open Water Season Results

5 MAM'ers participated in enough Open Water events (and scored enough points) to place in the Top 6 in their respective age group.

Second in the 18-24 AG was **Sarah Chinn**.

Second in the 25-29 AG was **Margaret Thompson** with her cohort (and sister) **Caroline**, placing 5th.

Third in the 40-44 AG was **Juliet Cox**. This doesn't take into account her trip to Bend, Oregon, for the Cascade Lakes Swim Series and Festival in which she medaled in a couple of different swims.

Fourth in the 55-59 AG was **Bob Upshaw**.

Complete results can be found in the Pacific Masters March-April newsletter.

Technical stroke assistance offered at "no charge"

"One of the most important aspects of freestyle is sometimes the toughest one to get right. Taking your time to really feel the catch is a very smart idea."

For swimmers having difficulties with the concept of "**the catch**" and/or "**high elbows**" or just "how do I anchor my hand and arm in the water which the coach keeps going on-and-on about but I just don't get it!", please watch the video that this link will take you to:

<http://www.goswim.tv/entries/5484/fr...the-catch.html>

Many of you know Steve Haufler who is referenced in the narration of this flick. Steve and I happen to overlap competitively a couple of years of each age-group. Steve is very much the technician when it comes to swimming technique. Watch the video eight or ten times then talk with a coach. Seriously – eight to ten times. You may be surprised at the results.

...**Jim Clemmons**

MAM Merchandise Online and Caps

Manatee Aquatic Masters Swim Team merchandise has been updated.

Go to kastawayswimwear.com

Click in **Sign In** in the upper right corner of the website.

*****YOU MUST REGISTER WITH kastawayswimwear.com FIRST BEFORE YOU CAN ACCESS THE TEAM SECTION OF THE WEBSITE.*****

If you have already registered with the *new* kastawayswimwear.com, enter the email address and password you gave yourself when you registered.

If you have **not** registered with kastawayswimwear.com, click on **Not a member yet?** to register.

Fill out all the required information and click **Create Account**.

Click on **Teams** on the links bar. Enter your email address and password and click **Sign In**.

This will take you to your Teams/Affiliation Login.

Enter the Team Login: **MAM946** and the Team Password: **MANATEE** (both case sensitive)

MAM team should now be listed on the left side of your screen under **Team Affiliations**. You can now list more than one team under your account as well as view your past order history. We hope that this will now make purchasing your team appointed merchandise easier than ever. Only those that have the user name and password can access the team page.

If you wish to change your username or password you would need to call 800-543-2763 and ask to speak with either Chip Allen or Heidi Kast. They are the only ones that can make this change for you.

...Shannon Pedder

The Wandering Manatee

Sidebar (even if the bar isn't)

Many years ago, I ate at Zax Restaurant in San Francisco's North Beach (I was only ten...Right). Anyway, I remember the meal, primarily because it was seasonal, something that wasn't the norm in those days, and their yummy signature goat cheese salad. Later, the couple moved from their San Francisco local to Berkeley, then bid us adieu (some nonsense about needing to get a life).

Well, their baaaaack. Sidebar opened a few doors for Zza's (in the old Trio Bistro space) two weeks ago. I don't know about you, but I've suffered living near the lake. Sure, we have the lake, farmers market, and our beloved Grand Lake theater, but the food scene? Please.

Sidebar serves a yummy Cod stew with shellfish and chorizo (ask for a side of aioli, it makes the dish) and shares the menu with a grilled double-cut pork chop, Niman Ranch burger (only ten bucks!), pastas and salads (no goat cheese yet, but I'm hopeful). One of the best things about Sidebar is its cheap by most eat-out-wine-swirling-cocktail-having standards. No entrée is over \$19 bucks, and most between \$10.00 and \$15.00.

Lunch service, which began Monday, will include a chickpea-cilantro "burger," fried fish sandwich and baked manicotti with house-rolled pasta. Between meals, there's a short menu with the day's soup, panini, hamburger and fries (both fried and baked, gotta love that) served from 2:30 to 5 p.m. Desserts include a riff on the Almond Joy candy bar. Plans for a full bar are in the works; in the meantime, there are international wines by the glass and bottle, and a selection of beers.

The feel is sophisticated with rich-toned walls, wood accents and amber lighting. The bar in the center of the room is the focal point and sure to become popular. It's flanked by tables and banquette seating on one side and a small lounge area, communal table and open kitchen with counter seating on the other. All I can say is...It's about time.

Sidebar, 542 Grand Ave. (at Euclid), Oakland;

(510) 452-9500 or www.sidebar-oakland.com.

Dinner 5-10 p.m. Mon.-Thurs., until 10:30 p.m. Fri., 4-10:30 p.m. Sat.

Bar open until 11:30 p.m. Fri. and Sat.

Lunch 11:30 a.m.-2:30 p.m. weekdays beginning Mon.

Starters \$6-\$10; entrees \$10-\$19; desserts \$6-\$6.50

...Tannis Reinhertz

Where to find the help you need

Manatee Aquatic Masters
PMP 516, 6114 La Salle Ave, Oakland, CA 94611
<http://www.manateeswimming.org>

Pool location: Holy Names University
3500 Mountain Blvd., Oakland, CA

Coaches

Brian Stack, Head Coach – brianstack@sbcglobal.net

Andy Brown	Erin Lucas
Claire Donaldson	Peter Finney
Andrew Ezer	Susanne Rublein
Alexi Ueltzen	

Board of Directors

Rebecca Perry, President
president@manateeswimming.org
Thomas Ferguson, Treasurer
treasurer@manateeswimming.org
Cindy Rinker, Registrar
registrar@manateeswimming.org

Tony Baczewski
Jim Clemmons
Gary Fitschen
Suzie Girard

Bernard Hale
Gordon Jacoby
Shannon Pedder
Rebecca Perry

Ili Selinger
Catherine Sychr
Susanne Rublein
Samantha Wong

Information Hot Line – (510) 273-9093

...Annmarie Hallin, editor

