



Guelph Synchronized Swim Club

"where artistry meets athletics"

The Importance of Hydration

Proper hydration is one of the most important aspects of healthy physical activity. Drinking the right amount of fluids before, during and after every physical activity is vital to providing your body the fluids it needs to perform properly.

The overall goal is to minimize dehydration without over-drinking. Adequate hydration varies among individuals. Practical ways to monitor hydration are:

Urine Colour

The color of the first

morning's urine void after awakening is an overall indicator of hydration status. Straw or lemonade colored urine is a sign of appropriate hydration. Dark colored urine, the color of apple juice, indicates dehydration. Dark urine is often produced soon after consuming vitamin supplements.

Sweat Loss

Change in body weight before and after exercise is used to estimate sweat loss. Since an athlete's sweat loss during exercise is an indicator of hydration status, athletes are

advised to follow customized fluid replacement plans that consider thirst, urine color, fluid intake, sweat loss and body weight changes that occur during exercise.

Dehydration can occur in virtually every physical activity scenario. It does not have to be hot. You don't have to have visible perspiration. You can become dehydrated in the water, at a pool or lake, or skiing on a winter day.

Continued on page 2 . . .

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Fun Facts:

- ☺ Wreath Fundraiser - orders due Nov 16 & 17th
- ☺ Wreath Fundraiser - delivery date Nov 28th
- ☺ PanAm Games coming to Toronto in July 2015

Guelph Synchro Swimmers Burn Bright

Members of the Guelph Synchronized Swimming Club worked together this weekend to raise more than \$750 for the Canadian Breast Cancer Foundation at their annual Burning Bright Fundraiser. Swimmers gathered pledges from friends and family, and then took to

the pool for an hour. For the competitive teams, this meant swimming more than 3km!



The Mulder Sisters

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Hydration (continued)

Remember swimmers sweat, too. Like any athletic activity, when you swim, your body temperature rises and your body sweats to keep from overheating. You may not notice because you are in the water, but you can become dehydrated. Swimmers, from competitive athletes to families splashing around, need to drink fluids before, during and after swimming, even if you don't feel thirsty. You don't have to have visible perspiration. You can become dehydrated in the water, at a pool or lake, or skiing on a winter day.

Warning Signs

Know the signs of dehydration.

Early signs are:

- Thirst
- Flushed skin
- Premature fatigue
- Increased body temperature
- Faster breathing and pulse rate
- Increased perception of effort
- Decreased exercise capacity

Later signs include:

- Dizziness
- Increased weakness
- Labored breathing with exercise

Fluid Replacement

Replace fluids during exercise to promote adequate hydration. Drink water rather than pouring it over your head. Drinking is the only way to rehydrate and cool your body from the inside out. Rehydrate after exercise by drinking enough fluid to replace fluid losses during exercise.

(Source: Academy of Nutrition and Dietetics)

Top 10 Foods that Fill You Up

Feel hungry 30 minutes after you eat? Try some of the following foods, which will keep you satisfied longer.

#1: Oatmeal

A warm bowl of oatmeal is a great start to the day. High in fiber.

#2: Cottage Cheese

Cottage cheese has the perfect balance of protein, carbs and fat. 1/2 cup sprinkled with granola is all you need!

#3: Nuts

Nuts contain healthy unsaturated fat combined with protein to keep you satisfied. A small handful is a nice serving.

#4: Quinoa

Has 5 grams of fiber, and 8 grams of protein per 1 cup of cooked quinoa. Substitute this for white rice; use as a salad as a breakfast cereal.

#5: Fish

High protein foods like chicken, fish or eggs can all keep you satisfied, but fatty fish like salmon or tuna have an added bonus of omega-3 fats. These fats are heart healthy and can reduce inflammation.

#6: Beans

Good for your health and your wallet! Also high in fiber.

#7: Apples

An apple a day can keep the hunger away. High fiber, low cal food.

#8: Whole Grain Pasta

You can find whole grain pasta made of barley, oats or brown rice. High fiber foods slow down digestion.

#9: Popcorn

Air popped popcorn - 31 calories per cup and you can eat 3 cups per sitting. Throw in a piece of fruit or glass of milk and you have a mini-meal (aka snack).

#10: Avocado

Eating half an avocado at lunch time will help you feel full for the afternoon. High in protein.

Dressing for the Weather . . .

As the temperature gets colder, it is very important that all swimmers ensure that they dress appropriately, especially when they leave to go home after practice.

After being in the pool and then heading out in the cold, it is suggested that swimmers start to wear their winter hats sooner rather than later to keep their heads warm; to hold in their body temperature.

For swimmers who train 'dry land' on Fridays and then walk to the pool. It is especially important for all of you to dress warm. Time to wear your hats and heavier jackets or sweaters to keep in the heat.

It is also important to keep your muscles warm. You just worked your muscles for an hour straight and keeping them warm will actually help with muscle gain. It will also keep them warm until you use them again when you dive into the pool.

Remember, keep the body out of drafts after a sweaty workout due to the body being an evaporative cooler system. You sweat so air can evaporate the sweat off your skin and cool the skin down. If you don't cover up from air movement across your body you can over-cool your body when it's no longer producing too much heat. You may find that if you are prone to muscle weakness or tenderness after a good hard workout then you need to keep that area warm so blood can still get there to do any necessary repairs thus shortening your injury period.



Swim Meets/Events . . .

Competitive Swimmers

Lisa Alexander/Provincial Qualifier
(Jan 16-18, 2015)

Waterloo Invitational (Jan 24, 2014)

West Regionals (Mar. 7-8, 2015)

Hilton Worldwide Invitational (Apr. 17-19, 2015)

Age Groups (May 20-24, 2015)

Novice Pre-Competitive

Novice Figures Meet (Dec 6, 2014)

Burlington Extravaganza (Feb 28, 2015)

Novice Figures Meet (Apr 11, 2015)

Hilton Worldwide Invitational (Apr. 17-19, 2015)

Novice Routine Meet (May 30, 2015)

All Swimmers (Recreational included)

Christmas Water Show Dec 20, 2014 @ UofG Pool (1:30-3)

College Royal - Mar. 21 (1:30-3) @ UofG Pool

Year End Water Show - May 16 (1:30-3) @ UofG Pool

2014-2015 GSSC Executive

Volunteers Needed!!!

Executive Members

President: Louise McIntyre
Vice President: Kate McDonald
Registrar: Kelly MacDonald

Non-Voting Executive Members

Head Coach: Katherine Frost
Website Coordinators: Lisa Plant
Fundraising Coordinator:
 Susan McLeod
Fundraising Committee Members:
 Brenda Bergant
Communications Officer:
 Patricia Bizjak

We are looking for volunteers to sit on our fundraising committee. This committee will work together to coordinate fundraising initiatives and events.

Throughout the swimming season we will be asking parents to volunteer some time to assist with events.

Remember that all pre-competitive, and competitive team parents need to fulfill your required volunteer hours.

Important dates

November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Novice (Rec) - UofG (12:30 start) Pre-Comp - UofG 1:00-1:45 dryland; 1:45-3:00 pool 10&U Figures (age) - UofG 2:00-3:00
2 Comp -- VicDavis (8-12) 16-20 Figures (age) - VicDavis 4-5:30 12U Duet/Solo-- VicDavis 3:30-5:30	3	4 13+ Duet /Solo UofG (7:30-8:00 dryland; 8:00-9:30 pool)	5 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	6	7 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-7:30pm NO POOL	8 Novice (Rec) - UofG (12:30 start) Pre-Comp - UofG 1:00-1:45 dryland; 1:45-3:00 pool
9 NO POOL - waterpolo tournament	10	11 13+ Duet /Solo UofG (7:30-8:00 dryland; 8:00-9:30 pool)	12 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	13	14 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	15 Novice (Rec) - UofG (12:30 start) Pre-Comp - UofG 1:00-1:45 dryland; 1:45-3:00 pool
16 Comp -- VicDavis (8-12) 13-15 Figures (age) - VicDavis 4-5:30 12U Duet/Solo-- VicDavis 3:30-5:30	17	18 13+ Duet /Solo UofG (7:30-8:00 dryland; 8:00-9:30 pool)	19 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	20	21 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	22 NO POOL
23 Comp -- VicDavis (8-12) Pre-Comp-VicDavis 9-9:45 dryland; 9:45-11 pool 11-12 Figures (age) - VicDavis 4-5:30	24	25 13+ Duet /Solo UofG (7:30-8:00 dryland; 8:00-9:30 pool)	26 Comp - UofG (5-7 pool; 7:15-8:15 dryland) Pre-Comp - UofG (5-7 pool) Pre-Comp - UofG 5:00-5:45 dryland; 5:45-6:30 pool	27	28 Comp - Westminster St. Paul's Church Basement - ballet / cross-training 5:30-6:30pm Comp - VicDavis 7:00-9:00pm	29 Novice (Rec) - UofG (12:30 start) Pre-Comp - UofG 1:00-1:45 dryland; 1:45-3:00 pool 12U Duet/Solo-- VicDavis 3:30-5:30
30 Comp -- VicDavis (8-12); 12U Duet/Solo--VicDavis 3:30-5:30; 16-20 Figures (age) - VicDavis 4-5:30						

Supporting Our Club



Holiday Greenery/Wreaths

Order forms along with payment are due Saturday, November 16th (recreational and pre-competitive swimmers) or Sunday, November 17th (competitive swimmers)

Delivery Date: Friday, November 28, 2014

Time: TBA

Place: Home of Diane Dobbins (email will be sent out)

This is one of GSSC's best fundraising initiatives. The centre-pieces make wonderful teachers gifts!!

Online Magazines

Guelph Synchro has launched our online magazine fundraiser.

Magazine subscriptions are a wonderful holiday gift. Participate; you would be surprised how many people like magazines, especially when they are supporting a swimmer.



Remember that GSSC will have a variety of fundraising initiatives during the season. Pick and choose which ones you would like to participate in. All competitive and pre-competitive swimmers have a specific fundraising commitment for the season.

"Thank You" to our 2014-2015 Corporate Sponsors

Gold Level (\$500 +)



Silver Level (\$200-\$499)



Bronze Level (\$100-\$199)



Brad Butts



Meehan Bonnar, Royal City Realty



Jain Dental Care



Please support our sponsors every chance you can!

"where artistry meets athletics"

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<http://www.facebook.com/groups/135789279806438/>

Follow the Guelph Synchronized Swim Club on Twitter and our members only Facebook page to get daily updates and other information about the Club.

Inclement Weather

Please listen to CJOY 1460, MAGIC 106.1. or visit our website www.guelphsynchrosim.ca for inclement weather class cancellations.

We do not cancel classes just because school buses are not running. We only cancel classes if the University of Guelph or Victor Davis closes their pool.

Classes cancelled due to inclement weather are not rescheduled.

