



April 12, 2010

#### Saluki Swim Club

P.O. Box 3293  
Carbondale, Illinois 62902  
618-457-1103 (Saluki HQ)

Email: coach@swimsaluki.com  
Web: www.swimsaluki.com

### Practice changes

Please note that the most timely changes to the practice schedule are available on the club website at [www.swimsaluki.com](http://www.swimsaluki.com)

No practice on Saturday, May 1

Each month, your statement will be sent out on the 20th. If you have any questions regarding your statement, please call 457-1103 or email coach@swimsaluki.com.

“We don’t receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.”

Marcel Proust (1871 - 1922)



Building a Culture of Achievement

# Update #194

## Important Notice for all Parents

In order to ensure the safety of all swimmers and coaches, we ask that you be at the pool at the scheduled end time of each practice. I know that some swimmers take time in the lockerroom to change, but it is imperative that you be at the Rec or Pulliam when practice ends. We use SIU facilities, and there are a number of other people who use these facilities at the same time we do. So, it is very important that all parents are waiting at the pool for their swimmers at the end of the practice time. Thank you for your help in this matter.

## Saluki Intersquad Meet Saturday, April 17

We will swim a Long Course Intersquad meet on Saturday. If you are not already signed up and would like to swim, please sign up on the website immediately. We will begin warm up at 8 am. Parents will be allowed on deck for our education day, and we will need your help! So, come out and learn about our timing system and all that goes into hosting a swim meet!

### Announcements

#### Upcoming Meets:

The Meet calendar for the 2010 Long Course swim season is posted on the webpage. Please, plan ahead, and keep an eye out for upcoming deadlines. Meet sign-up deadlines are strict deadlines. Make sure to mark your calendars!

Saluki Intersquad Meet - April 17 - sign up deadline 4/10

MTAC LC Invitational - April 23-25 sign up deadline 4/6

Gator LC Kick off - April 30 - May 2 sign-up deadline 4/3

## Shoulder Injury Prevention and Screening

Todd Vaughn of Novacare Rehabilitation Center of Carbondale will be doing a free screening for the swimmers on our team. The swimmers at the Rec Center will be screened on Monday, April 12. The swimmers at Pulliam will be screened on Monday, April 19. Please, remember that each swimmer must have a signed permission slip in order to participate in the screening.

## Meet Sign-ups and Saluki International

Please, keep up with meet sign up deadlines. Long Course meets fill up on the first day entries are accepted, and late entries do not usually work. The sign up deadline for our home meet - the Saluki International is Friday, April 16, and we (the coaching staff) would really like everyone to participate in the meet.

Saluki International May 21-23 sign up deadline 4/16

GPAC Tom Lalor Invite (FL trip 13 and older) June 11-13

PKWY Summer Sizzler - June 11-13  
**Saluki Swim Club Mailing List and More**

If you are not receiving regular emails and newsletters, please submit your email address using the form on the bottom right hand side of the homepage. If you have any questions regarding the team or your account, please email Coach Jay or call Saluki HQ at 457-1103.

## Important Dates

Detailed meet information is available on the Calendar page of the Saluki website.

**Please remember to check the Calendar page for meet sign-up deadlines.**

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**Saluki Intersquad Long Course Meet**  
 April 17 - Carbondale, IL  
 sign up deadline 4/10

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**MTAC Long Course Invitational**  
 April 23-25 - Collierville, TN  
 Sign-up deadline 4/6

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**Gator Long Course Kick off**  
 April 30 - May 2 - Cape Girardeau, MO  
 Sign-up deadline 4/3

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**Saluki International**  
 May 21-23 - Carbondale, IL  
 Sign up deadline 4/16

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**GPAC Tom Lalor Invitational -**  
 Florida Team trip 13 and older only.  
 June 11-13 - Pensacola, FL  
 Sign up deadline TBA

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**Parkway Summer Sizzler**  
 June 11-13 - St Louis, MO  
 Sign up deadline TBA

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**CSP Summer Invitational**  
 June 25-27 - St. Louis, MO  
 sign up deadline 5/4

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**Speedo Central Section 8 Championships**  
 July 15-18 - Columbia, MO Qualifiers only  
 sign up deadline TBA

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**Ozark LC Championship**  
 July 30 - August 1 - Carbondale, IL  
 Qualifiers only - Sign up deadline TBA

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### Eating Colorful Foods: Anti-oxidants vs free radicals

What are the first three foods that come to mind when we say “carbohydrate?”

1. Pasta
2. Rice
3. Bread

Each if these is excellent. But what do they have in common? They’re all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called anti-oxidants.

You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur ONLY is you give the body the right kinds of fuels during periods of rest.

Well, one of the side effects of exercise is the generation of “free radicals.” Free radicals are molecules that can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But damage caused by free radicals is NOT a desired part of the training process. Damage caused by free radicals (aka “scavengers”) circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants “absorb” free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This a good reason to eat lots of colorful foods during the recovery time between workouts.

Colorful foods include, but are not limited to:

Apples, Strawberries, Blueberries, Bananas, Oranges, Kiwi, Watermelon, Raspberries, Grapes, Mango, Papaya, Apricots, Red peppers, Broccoli, Corn, Squash, Carrots, Peas, Green beans, Tomatoes

Colorful foods DO NOT include: Skittles, Jelly Beans, M&Ms, and Fruit Loops!

### Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
					Saluki International sign up deadline	NO Practice Saluki Intersquad Meet
18	19	20	21	22	23	24
					MTAC Meet	MTAC Meet