

Lane Lines



Announcements:

- Next Committee Meeting: March 29 @ 10:30am
- PMS SCY Championships: April 11-13

Coach's Corner

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Here comes the warm weather! Spring is almost here, and so are the SCY Championships. Be sure to sign up. You will need to register with PMS as a Marlin and sign up for your events. I will be making relays for this meet so please let me know ASAP that I can count on you!

It is also time to get and send in your Marlin team packet. If you missed the Soup dinner you can also purchase a Marlin team T-shirt.

Finally, I want to start a Marlin triathlon club. We would do some combination of swimming, biking, and running once a week, maybe 90 minutes or even two hours. I need to know how many people would be interested in something like this. Please let me know. In addition, I would also like to mix in stroke clinics; these would be in addition to regular practice. They would be one hour long and would focus strictly on technique. There would be an extra cost, again please let me know if you would like something like this.

See you at the pool,
Coach

Eating for Swimmers

By: Mat Luebbers

Avoid fat; fat is ok, eat it up. Avoid carbohydrates; carbohydrates should be the major portion of your diet. Consume a high amount protein; eat balanced portions of proteins, fats, and carbohydrates. There is a lot of conflicting advice out there. What to do, what to do....

That depends on who you believe and what you are trying to achieve with your food intake. The word diet, in this case, means "what you eat"; everyone is always on a diet. Many people go on special diets from time to time to lose weight or body fat, gain weight or lean (muscle) weight, or maintain weight (among other reasons).

What is the best diet for you - how much fat, protein, and carbohydrate - and how to decide what will work for you? The answer is up to you, your physician, and your personal needs.

This article will touch on some of the current ideas in nutrition, and some of the ways those apply to swimmers.

You should consult your physician before beginning any type of specific diet to avoid or reduce the chance of medical complications

Reprinted from About.com:
http://swimming.about.com/cs/nutrition/a/eating_swimmer.htm



March 2008

Sat, Mar. 8, Rinconada Spring Meet SCY; Palo Alto, CA

Sat, Mar. 29, Strawberry Canyon Masters Invitational SCY, Berkeley, CA

April 2008

Fri-Sun, Apr. 11-13, Pacific Masters SCY Championships; Pleasanton, CA

Tues-Fri, Apr. 15-25, XI FINA World Masters Championships; Perth Australia

May 2008

Thurs-Sun, May 1-4, USMS Short Course Championships; Austin, TX

Sat, May 10, SMMM Parkside Aquatic Mile; San Mateo, CA

Sat, RCM Spring Lake Mile; Santa Rosa, CA

Sat, May 31, Menlo Long Course Meet; Menlo, CA

June 2008

Sun, Jun. 1, TVM Lake Del Valle; Lake Del Valle

Sat, Jun. 7, DAM Lake Berryessa 1- and 2-mile; Lake Berryessa

Sat, Jun. 28, Pacific Masters OW Championships; Lake Sonoma

July 2008

Sat-Sun, Jul. 5-6, Pacific Masters LCM Championships; UC Santa Cruz

Sat, Jul. 19, TOC Trans Tahoe Relay; Lake Tahoe, CA

Sat, Jul 26, Russian River Mile

August 2008

Sat, Aug. 2, Annual Roughwater OW; Santa Cruz, CA

Sun, Aug. 3, Cruz Cruise OW; Santa Cruz, CA

Sat, Aug. 9, Donner Lake OW; Truckee, CA

Thurs-Sun, Aug. 14-17, USMC LCM Championships; Oregon

Sat, Aug. 16, Lake Natoma Salmon Swim OW

Sat, Aug. 23, Modesto Short Course Meters; Modesto, CA

September 2008

Sun, Sept. 7, Whiskeytown 1- and 2-mile OW; Redding, CA

Sun, Sept. 14, MVM Alan Liu Memorial SCM; Mountain View, CA

Sat, Sept. 27, Folsom Lake 1- and 2-mile OW, Folsom Lake.

October 2008

Sat, Oct. 4, Annual Sprint Pentathlon; Davis, CA

Sun, Oct. 5, Tiburon Mile; Tiburon, CA

Fri-Sun, Oct. 10-12, Pacific Masters SCM Championships; Walnut Creek, CA

December 2008

Sat, December 6, Reno Winners Meet; Reno, NV



Lanes Lines is edited by Henry Chan. For questions, concerns, or to submit content for future issues, send to hymc219@hotmail.com. Always remember, keep swimming!