

Hi everyone,

As we kick off with the upcoming competitions and with school starting this week, I want to make sure that everyone is doing what they can to maximize their training and keep themselves healthy through this next phase.

I am very impressed that the training has gone so well over the last few weeks, and I know that not having school to deal with has made it easier to sustain through intensive sessions. But now, it's back to school and back into that routine again. It is vitally important that the best efforts are put in to ensure a smooth transition into a hectic schedule again, and a big part of that will be related to diet and nutrition.

I have been consulting with a local sports nutritionist, and a fitness coach who I've known for 20 years based in Canada, as well as drawing experience from my own career, and have come up with a small list of supplements that I will recommend to some of our senior swimmers. Younger swimmers (12/13 and under) most likely will not need these particular supplements at this time, but it is still a good idea to have this knowledge on hand.

L-Glutamine (available at: <http://www.enutrition.com.au/l-glutamine-1kg>)

BCAAs (Branched Chain Amino Acids)

(available at: <http://www.enutrition.com.au/bcaa-powder-1kg>)

Zinc + Magnesium (Zinc Aspartate, Magnesium Gluconate) (many sources, prices vary but not expensive at all)

Swimmers and parents are to consult with me first to see if these supplements are a potential option for them and I may also then recommend they consult a physician before they start. Again, for younger swimmers, these in particular are not really needed until they begin to grow and reach their teenage years.

I am very aware that the nutritional requirements of today's athletes are greater than the average persons, even at a young age. I always recommend that real food should be the first and foremost principle source of nutrients in their diets, however given that this is not always available at a level sufficient for our swimmers, I am currently working on sourcing some additional supplements that I can confidently recommend. Stay tuned for more info about this in the next week. In the meantime, feel free to research the above mentioned amino

acids and their effects on recovery, immune function, strength, etc. One study of note I found on L-Glutamine was very interesting:
(http://etd.lsu.edu/docs/available/etd-06162005-142747/unrestricted/Piattoly_thesis.pdf)

Next up: **Competition Calendar!**

The following is an outline of upcoming swim meets that TAS swimmers will be competing in.

Jan 29- Dimbulah

Feb 4-5 – QLD Sprint Champs, Brisbane

Feb 11- Innisfail

Feb 19- Saints

Feb 25-26- QLD Qualifier, Brisbane (possible extra meet, please let me know if anyone would like to do this one, or else I will cut it from the schedule)

March 3-4- NQ Champs, Townsville

March 10-11- FNQ Champs

March 15-22- Olympic Trials, Adelaide (Open Nationals)

April 10-15- Age Nationals, Brisbane

I would like to see as many TAS swimmers as possible to enter in every meet that they qualify in. Specifically, NQ Champs in Townsville and FNQ Champs the following weekend are very good meets for all of our swimmers to compete in. TAS should be represented by our strongest swimmers from every age group at these events because they will be the last meets we will see until at least June or July.

On another note, I've been informed this week that our beloved swimming pool will be bled dry during the whole month of May. For the first time since she was built, she will be emptied out and some much needed repairs and fixing will take place (broken tiles replaced, regouted, expansion joints resealed, etc) and hopefully we will have a fresh and newly invigorated pool by June. So everybody keep your fingers and toes crossed and pray to any or all of your gods for some fine dry weather in the month of May!

So, what does that mean for our program? Honestly I'm not sure yet. But I thought it best that you all should know. We do have some options available to us, namely Woree, but there is also the option for some to take some time off during that period. If you know me....I'm never in favour of missing any days let alone a whole month, so I'll be working on a solution to keep the program going, even if it has to be at a lesser level. I believe that swimmers need to stay wet in order to keep "the feel" of the water and I'll do my best to offer that to them any way I can.

Feel free as always to come and grab me after a session to pick my brain or ask any questions you want, I'm an open book and I rarely bite!

See you at the pool!

Cheers,

Morgan