



**ANNOUNCEMENTS**

- There is no practice on Labor Day
- September is Breaststroke Month
- Thanks to Ron Houston for printing and mailing these newsletters!
- Beginning January 1, 2009, member dues will go up to \$300/ year. If you renew and make a payment before 1/1/09, then you can still pay \$280 for next year. That's still about 1/3 of what some other teams cost.

**SEPTEMBER**

*(coaching schedule subject to last minute changes)*

S	M	T	W	T	F	S
	1 No Practice, Labor Day	2 6:30 Y Coach: Kim	3	4 6:30 Y Coach: Gary	5	6 4:30 ASU Coach: Marty <b>Flaming Gator Meet, San Diego</b>
7	8 6:30 ASU Coach: Trevor	9 6:30 Y Coach: Christopher	10	11 6:30 Y Coach: Michael	12	13 4:30 - ASU Coach: Trevor
14	15 6:30 ASU Coach: Kim	16 6:30 Y Coach: Gary	17	18 6:30 Y Coach: Marty	19	20 4:30 ASU Coach: Michael
21	22 6:30 ASU Coach: Marty	23 6:30 Y Coach: Trevor	24	25 6:30 Y Coach: Christopher	26	27 4:30 ASU Coach: Kim
28	29 6:30 ASU Coach: Christopher	30 6:30 Y Coach: MIchael	1	2 6:30 Y Coach: Marty	3	4 4:30 ASU <b>Rainbows Festival</b>

**FUTURE EVENTS**

- October 4-5, Rainbows Festival Phoenix

## EATING BETTER

*This is part one of in a two part series. The second part will cover Exercise.*

Whatever your reason for being a member of the swim team - One thing you can do to get more out of swimming and exercise in general is to manage your energy levels. Your energy levels are directly tied to what you eat, as well as how much rest you've had.

You've heard it all before: Breakfast is the day's most important meal; It's better to eat five small meals in the day rather than two or even three large meals; Eat balanced meals; follow the food pyramid etc. While all are valid (and actually pretty true) When faced with the limitations of time, money, and hunger, the advice seems easier said than done. So how can you eat well enough to provide long lasting energy, avoid mid-meal hunger, and keep some semblance of healthy eating?

**Start at the grocery store.** A typical store layout will have the "more-processed" foods in the middle aisles (pop-tarts, instant dinners, fruit roll-ups, chips, dips, condiments, and dressings.) The periphery of the store will have less-processed foods: fruits, meats, breads, bulk, dairy and juices. In general, you'll get more energy for your dollar with the less-processed foods. This due to the lack of just a couple pervasive ingredients found in more-processed foods: High fructose corn syrup, hydrogenated oils, and preservatives. These tend to make food more palatable to the sweet tooth, but also tend to replace good old fashioned nutrition with simple sugars and trans and saturated fats. Those things fill us up with little energy value and leave us hungrier sooner since they digest much faster. "Whole" foods (the foods, not the store) tend to offer more energy, offering complex sugars and proteins, and stick with you longer. If you try to do most of your shopping on the perimeter of the store, you'll bring home foods that are better for you in the long run.

**But I hate Cooking!** Yes it's true that most of these "whole" foods will need to be prepared in some way or another more than just tearing open a bag of chips, but not all. Nearly every vegetable you buy can be eaten raw, or with minimal cooking (it only takes 4 minutes to steam broccoli in the microwave); Carrots can be bought "pre-peeled"; Fruits can be eaten with just about anything, including meat. A fancy loaf of bread (say, a rosemary ciabatta) can be opened just as fast as a bag of chips, and will last you a lot longer for the price.

One of the keys to enjoying whole foods is to mix them creatively for a meal, or even a snack. You can dress up any dull and boring "whole food" and with another whole food. Most likely it will taste far better, and will no doubt give you more energy, and less fat.

For example:

- Did you steam some rice? Toss in some toasted almonds or cranberries with some spices.
- Squeeze a lemon on steamed broccoli or asparagus
- Burger feeling lonely? Slice a cucumber, tomato, or grilled onion on it, and forgo the ketchup. Try that burger on a ciabatta bun or Kaiser roll, it will even hold up better than those mushy hamburger buns.
- Try squeezing a lemon and some olive oil on your salad instead of that old bottle of ranch.
- Mix some raspberries and granola in your natural vanilla yogurt instead of the pre-blended kind.
- Put some (natural) peanut butter on that bagel or banana.

**Eat more slowly.** The body takes longer to *feel* full than to *become* full. Before you jump up from the table (or TV) and grab another helping or dessert, sit and relax 5 minutes. You'll probably feel full, and you can reduce the overall amount of food you eat. Also, instead of grabbing the entire bag of cookies or chips for a snack, take a reasonable amount and put them on a plate. Put the box back, and take the plate to the TV. You'll eat less.

**Splurge... sparingly.** Don't be afraid to eat fattening foods. Gravies, fries, treats and sweets can all be a fine addition to your eating, *when eaten in moderation*. Save them up for when you're out with friends or special occasions and avoid having them in your cupboard to tempt you.



**PHOENIX SUNFISH**

Co-Captains:	Eddie Mylan Kim Pinch Eric Dykeman
Treasurer:	Brian Douglas
Secretary:	Gregg Smith

**WHOOPS!**

It was brought to my attention that I missed a swim in last month's swim meet results. Sorry Chris!

**2008 Masters LC State Championship**

Ev 7 Men 40-44 50 M Butterfly

4 Chris Bale                      32.29



**STRETCHING SIDEBAR**

**More Time for legs.** Calf muscles are on the backside of your lower leg. Hamstrings are on the backside of your upper leg (thigh). Quadriceps are on the front side of your upper leg (thigh)

**Upper Hamstring & Lower Back.** Sit on the floor next to the wall. Lie backwards and away from the wall, moving your buttocks as close to the wall as possible while raising your legs vertically against the wall. Your legs and torso will form an "L" against the wall, and the wall will brace your body in a nice 90° angle. Gently push your hips and back lower, so that your back remains flush with the floor. Feel the stretch in your upper hamstrings.

**Outside Hamstring.** Standing about 15" from a wall, facing sideways, raise your hand and place the palm against the wall, high above your head. Gently lean towards the wall, pressing the side of your torso to the wall, keeping your feet at least 18" away, and crossing your inside foot to the outside. Let your body sink slightly and arm slide down the wall. Keep your torso against the wall from your fingers to your pelvic bone. Feel the stretch in your lower obliques and the side of your hamstring muscle. Brace yourself with your free hand if necessary.

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