



- Thanks to Brian and Jim for hosting a spectacular Holiday Party!
- January is Distance Month

JANUARY

(coaching schedule subject to last minute changes)

S	M	T	W	T	F	S
					1	2 4:30 ASU Coach: Marty
7	4 No practice	5 6:30 ChrisTown Coach: Marty	6	7 6:30 S. Mtn. Y Coach: Trevor	8	9 4:30 ASU Coach: Kim
10	11 No practice	12 6:30 ChrisTown Coach: Gary	13	14 6:30 S. Mtn. Y Coach: Kim	15	16 4:30 ASU Coach: Trevor
17	18 No practice	19 6:30 ChrisTown Coach: Gary	20 Shot Night @BS West	21 6:30 S. Mtn. Y Coach: Trevor	22	23 4:30 ASU Coach: Kim
24 Polar Bear Meet U of A Tucson	25 6:30 ASU Coach: Marty	26 6:30 ChrisTown Coach: Trevor	27	28 6:30 S. Mtn. Y Coach: Kim	29	30 4:30 ASU Coach: Marty
31						

FUTURE EVENTS

- February 12-14 - Ski & Swim Weekend, Salt Lake City, UT 
- April 9-11 - Short Course State Championships, UA, Tucson, AZ
- May 1 - AZ Open water series - Saguaro Lake
- July 31 - August 7 - Gay Games VIII, Cologne, Germany 

HEALTHY HABITS

Sickness got you down? Fighting off that seemingly never-ending cold this winter? You don't have to live in fear, and you certainly don't need to purchase expensive "cold remedies" to get you through the year. There are some ridiculously simple things you can do to get and stay healthy this year.

The common cold has no cure. It is caused by contact with a family of picornaviruses or coronaviruses - generally common viruses that attack the upper respiratory or sinus areas of the body. You all know the symptoms. If you *have* a fever... then you *don't have* the "common cold."

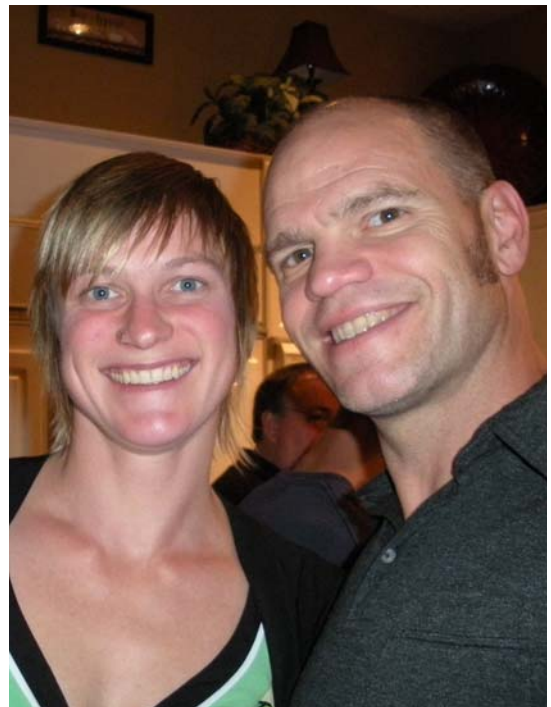
You can't "catch a cold" from cold weather. In fact the viruses don't really flourish in cold weather very well. You actually catch a cold virus almost every day; however in some situations, including winter, we tend to let our guard down and our bodies aren't able to fight it off as easily... thus the onset of a cold. It's not the act of going out in the cool air that gives you a cold. It's the act of going into cool weather *whilst unprepared for it*. Good grief, throw on a *real* coat and hat when it's below 40° or 50°. Swimming outside when it's 60° is far less likely to put you at risk than going to the Fashion Square; it's probably better for you actually. It's the act of getting chilled (in the water, or on deck) which is the problem area. If you get cold while you are exercising in an 84° pool, you're probably not working hard enough.

Getting Healthy You can skip the products from the store. All those products do is "mask the symptoms". They don't help one bit in terms of ridding the body of the virus. By masking the symptoms, they may in fact prolong the virus' hold on the body...making it worse in the long run. Instead try these things to boost your immune system:

- Avoid re-exposure (see below)
- SLEEP. The body has all the tools it needs. What it doesn't usually have is time to use them. *Get extra sleep each night.*
- Drink fluids. Not only do clear fluids (water and juices.. NOT sodas or alcohol) help the immune system function, they help drain the sinus and respiratory cavities and reduce the symptoms.
- Exercise lightly. Keep the blood flowing, and the body warm. Better to be warm from some mild exercise than from bundling up in a blanket on the sofa. Remember, the virus *likes* a nice warm body with little circulation bringing nasty white blood cells along...
- Remedies. Vitamin C, chicken soup, Echinacea, and foods high in anti-oxidants are all well known remedies that have been touted for years. While the FDA has no clinical studies showing that these in fact help - it is common knowledge that they certainly don't hurt. They *do* replace what should ordinarily be in your body anyway. Use them!

Staying Healthy The best medicine is prevention. The primary reason we get a cold is because our body just doesn't have the energy or tools to fight off the almost daily barrage of infectious agents we're exposed to. These simple steps can keep you free of the cold for the entire year!

- Wash your hands; or use alcohol based "hand sanitizers." A study in 2001 at Ryerson University, in Toronto, found that people who washed their hands at least seven times a day got one-fourth as many colds as those washing less often. *Anti-bacterial* soaps have no effect on the cold *viruses*. It's the act of washing the viruses off the hands that helps.
- Avoid touching your nose, eyes, or other mucous membranes with your hands. Kids tend to put their hands in their mouths non-stop. If you need to wipe these areas, use a tissue, or a piece of your clothing (even your sleeve, despite what Mom says, is likely much cleaner than your hands)
- Avoid touching public things with your hands. Telephones, pens, door handles, railings (on the escalator at the mall), and weights at the gym are all communal virus locations. While the vast majority of folks don't pass on germs when touching these things, it's the 1 in 100 that you're trying to avoid.
- Sleep. Unless you're getting 8 hours a night at least 4 or 5 nights a week, you're under rested, regardless of how much you're used to. You may only typically sleep 5-6 hours each night. You probably also get colds more often.
- Drink Fluids. Your immune system works much better when well lubricated with clear liquids. In the desert (even in winter) 2 quarts of water spread throughout the day should do the trick... *in addition to your other beverages.*
- Light to moderate exercise. Strenuous exercise can depress the immune system, light exercise increases circulation and metabolism, which can strengthen immunity.



Do Your Part! The cold is highly contagious but easily beaten. A cold will typically run its course in 5-7 days. If you're stricken, avoid spreading it. If you don't have it, avoid close contact with those that do.

Sources:

Fighting Off Cold and Flu Bugs - Elena Rover
 Health A to Z (.com)
 Wikipedia

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In the case of inclement weather (rain or storms) **if the pool is open, then we will hold practice.** When in doubt, phone the facility to see if the pool is open.

PHOENIX SUNFISH

Co-Captains:	Kerrie Joseph David Decker
Treasurer:	Brian Douglas
Secretary:	Nick Urwiler