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Upcoming Events

- February Parent / Board Meeting on 2/18 at 5:45pm
- February Divisional Meeting on 2/25 at 5:45 pm
- February Coaches / Parent Meeting's on 2/3 immediately after your swimmers practices.
- Testing Days to move up in groups on 2/17 & 2/25 during regular practice times.



In The Dawg House

SWIM-A-THON LOCK IN SUCCESS!!!



What an amazing evening!!!

THANK YOU COACH CONNIE!!!!!!

If you were a part of this you know just how much fun everyone had.....talk about pulling an all nighter! I was absolutely amazed at how much no one slept....especially Alexa Hunter who I'm pretty sure came close to setting a bouncing on a diving board time record. Someone call Guinness!

Thank you to everyone who helped make it such a great success and fun time, I'm looking forward to this next year!! - Coach John

Here's a note from the night pool manager.....

"Hey John

I just wanted to say again how proud I was of your kids and your parents and coaches, this was a great event and was the most organized event in my 7 years here.

Every kid should be a proud of themselves for showing such outstanding respect for the pool and the Crown Point High School facilities.

I would like to personally thank all the kids and coaches and parents.

I look forward to this event again and many more in the future.

Please pass this on to the parents and coaches and the great kids who are in the Crown Point Swim Club.

YOU GUYS ARE AWESOME, CONGRATS!!!!!!!!!!!!!!!"

Robert Koziol, Midnight Pool Management



UTSC IMX Invitational

Welcome to the world of IM swimming! The USA Swimming IMX program was set up to encourage teams, coaches, and swimmers to be more well rounded in the strokes they swim to help continue America's dominance of the swimming community.

Union Township as always put on a fantastic event and our swimmers definitely stepped up to the challenge of the event. They achieved 44.8% best times with several new divisional and state cuts achieved.

HIGH POINT WINNERS:

- Josh Neff - 3rd place 8 & U Boys
- Lauren Powell - 1st place 9-10 Girls
- Kelsi Artim - 3rd place 9-10 Girls
- Darian Low - 1st place 9-10 Boys
- Aly Tetzloff - 1st place 11-12 Girls

- Holly Schuster - 2nd place 13-14 Girls
- Liz Markiewicz - 3rd place 13-14 Girls
- Joel Gintzler - 2nd place 13-14 Boys
- Johnny Lynk - 3rd place 13-14 Boys

"TOP DOG" FOR THE MEET:

Abbey Wellman - Avg. Drop = -10.04

IMX CHAMPIONS FOR THE MEET:

Aly Tetzloff = 6,521.54 Total IMX Points
 Darian Low = 6,279.18 Total IMX Points

Way to go Dogs!!

Next meet.....UTSC 10 & Under All Area Finals.



Power Drinks - Should Your Child Drink Them? (from kidshealth.org)

When it comes to hydrating kids, particularly those who play sports, there's a dizzying array of sodas, juices, tea and coffee drinks, and bottled waters to choose from. And there's another category of beverages that's causing a buzz: power drinks.

Power drinks can include anything from sports beverages to vitamin waters to "high-energy" supplement drinks. What they all have in common is added ingredients that say they "do" something extra, whether it's increase energy and alertness, boost nutrition, or even enhance athletic performance. But are they right for your child?

Evaluating the Choices

Everyone needs to stay hydrated to stay healthy, and you can't go wrong giving your child plain water. But what about when your child plays sports? Does he or she need something extra to avoid dehydration?

Not necessarily. The average child athlete can and should get all the necessary nutrients and hydration by eating healthy foods and drinking plenty of water before, during, and after exercise. During games and competitive events, drinks should be available at all times and regular water breaks should be scheduled about every 15 or 20 minutes. The amount of water an athlete needs can vary depending on the child's age, weight, intensity of the activity, and weather conditions.

Soda is not recommended for hydration during sports and should be avoided because it contains excess sugar, which can lead to weight gain. What's more, the carbonation can upset your child's stomach. Soda also often contains caffeine, which acts as a diuretic (something that causes frequent urination) and may promote instead of prevent dehydration.

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As for the other choices on the market today, here's a closer look at the ingredients they contain and how they measure up:

Sports drinks. Sports drinks may be beneficial if your child participates in endurance sports that last longer than an hour (such as long-distance running and biking, or high-intensity exercise such as soccer, basketball, or hockey). These drinks contain carbohydrates (sugar), which can provide an immediate source of energy at a time when the body's stores are becoming depleted. Sports drinks also contain electrolytes like sodium and potassium, which the body loses through sweat, that are necessary to keep the body's fluid levels in balance and for muscles to work properly.

Sports drinks are sweet, which may aid hydration in kids who otherwise wouldn't drink during periods of intense activity. Of course, these drinks contain calories, too, and can increase the risk of excess weight gain — if your child is active and drinks these in moderation, this shouldn't be a problem. However, sports drinks **are not** necessary for the casual athlete. If your sedentary child is a fan of sports beverages, consider sidelining these drinks in favor of plain water.

Vitamin waters. These drinks, which are also known as fitness waters or enhanced waters, come in many flavors and contain various combinations of supplemental vitamins and minerals. They also often contain extra calories, artificial sweeteners, caffeine, or herbal ingredients whose effects have not been studied in children (such as ginseng or St. John's wort).

Vitamin waters may look like a quick way to fill any nutrition gaps in your child's diet, but these nutrients can come from a healthy meal or snack, too. Also, they can provide too much of a good thing, particularly if your child already takes a daily multivitamin. Getting more than the recommended daily allowance of some vitamins and minerals can be harmful to a child's health. Keep in mind that the daily allowances listed on the label are recommendations for adults, not kids.

The best place for your child to get daily nutrients is from balanced meals. If you're concerned that your child isn't getting enough, talk to your child's doctor, who may recommend a daily multivitamin formulated for kids.

Energy drinks. These are becoming increasingly popular with middle- and high-school students who are looking for a competitive edge. And while some energy drinks are clearly labeled as unsuitable for children, others are specifically marketed to kids as young as 4, promising boosts in energy and nutrition as well as enhanced athletic performance.

Most energy drinks deliver a stiff dose of sugar and caffeine — sometimes as much caffeine as in 1 to 3 cups of coffee. Too much sugar can put your child in the fast lane to the dentist's office and also contribute to weight gain. Excessive caffeine comes with its own set of problems — especially in younger kids, it can negatively affect attention and concentration.

Few studies have examined the effect of caffeine on children, but consider how you feel when you've had too much. Caffeine is indeed a stimulant — though a widely used and accepted one — and because children are smaller than adults and haven't yet developed a tolerance to it, its effects on them may be more pronounced.

As in adults, too much caffeine can cause:

- jitteriness and nervousness
- upset stomach
- headaches
- difficulty concentrating
- difficulty sleeping

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- frequent urination

Many of these drinks also contain additional ingredients whose safety or effectiveness has never been tested in children — including herbal supplements, guarana (a source of caffeine), and taurine (an amino acid thought to enhance performance).

The bottom line is this: Energy drinks offer no real health or performance benefit for kids. Children who participate in sports should learn that they can improve their game through hard work and practice — values that will serve them well both on and off the field. Encouraging kids to believe that they need something "extra" to perform at their best is a slippery slope that may lead to the use of other performance-enhancing substances.

Remember that if it sounds too good to be true, it probably is. Be critical when reading labels, and talk to your child's doctor if you have any questions or concerns. And teach your child not to be so quick to believe the hype when it comes to power drinks. For athletes and non-athletes alike, nothing beats a well-balanced diet. Most kids who eat well, stay hydrated, and get enough physical activity and rest will have plenty of energy — naturally.

Reviewed by: [Mary L. Gavin, MD](#) Date reviewed: April 2008

******* IMPORTANT INFORMATION *******

NWISC Championship Format:

Due to pool space issues for some clubs the winter conference format has reverted back to the old format where 11-12 yr olds swim on Friday PM, 8 & Unders swim on Saturday AM, 9-10 yr olds swim on Saturday PM, and 13 & Overs swim all day on Sunday. The summer format will still be normal invitational format where

all age groups participate in all days.

Meet Warm Up Times:

Please look at the website prior to any meet you swimmers are attending to see what times what age groups swim and when the warm ups begin. They will be posted on the front page.

Testing Days:

On February 17 & 25 we will have testing for the ALL groups. Any swimmer wishing to move up to the next level needs to attend practice on those days. The stands will be closed for those two days only and parents will not be allowed in the pool area for any reason except injury or illness.

February Birthday's

- Hayley Balko - 2/19 - 15 Yrs Old
- Caleb Basting - 2/12 - 10 Yrs Old
- Colin Caudillo - 2/12 - 11 Yrs Old
- Dylan Dalton - 2/1 - 10 Yrs Old
- Jessica Dixon - 2/5 - 17 Yrs Old
- John Dykstra - 2/14 - 18 Yrs Old
- Jack Fiacable - 2/22 - 10 Yrs Old
- Kloe Kiran - 2/2 - 5 Yrs Old
- Michael Kukurugya - 2/16 - 15 Yrs Old
- Christian Lang - 2/4 - 15 Yrs Old



- Daven Lilovich - 2/11 - 12 Yrs Old
- Lilah Nelson - 2/12 - 6 Yrs Old
- Cassi Novak - 2/28 - 9 Yrs Old
- Lauren Powell - 2/3 - 11 Yrs Old
- Trey Tustison - 2/5 - 8 Yrs Old
- Leann Tustison - 2/3 - 10 Yrs Old
- Kennedy Wilck - 2/12 - 13 Yrs Old
- Jessica Yukich - 2/1 - 10 Yrs Old
- Julia Zencka - 2/10 - 9 Yrs Old

Commitment, *P*ride, *S*portsmanship, *C*haracter



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Mission Statement

The Crown Point Swim Club is an aquatics program established to provide opportunities for our community through the sport of swimming. We are a USA Swimming and Indiana Swimming member committed to building excellence in athletes through the sport of swimming at the highest levels of competition. We are dedicated to the members of our not-for-profit organization to help provide our services at very little cost to all.

Vision Statement

Building the future of the community through safety in the water, healthy lifestyles, and physical development while achieving excellence in swimming, academics, and life.

Philosophy

Commitment, *P*ride, *S*portsmanship, *C*haracter

We stress being committed to excellence both athletically and academically. We take pride in our organization, our athletes, and their families. We teach sportsmanship both in and out of the pool at all times. We build character through life lessons that will take our swimmers past their athletic careers and into being outstanding leaders of the future.

2009 Club Sponsors

GOLD LEVEL

Dr. Donald Kvcharzyk
Children's Orthopaedics

SILVER LEVEL

NIKE®
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