



# SPLASH NEWS

FEBRUARY 2008



**CIRCLE CITY  
AQUATICS**

Po Box 77183  
Corona CA 92877  
**Hot Line (951) 790-1335**  
[www.ccaqswim.org](http://www.ccaqswim.org)

## The Vision:

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

## Want to find SPLASH NEWS on-line?

Go to [www.ccaqswim.org](http://www.ccaqswim.org). A copy of this newsletter will also be e-mailed to you.



## Circle City Aquatics

We are pleased to announce the deployment of our new team website and team management system which includes powerful email communication and billing tools. This new toolset will enable our coaches and team administrators to better communicate and manage our team.

Please visit: [www.ccaqswim.org](http://www.ccaqswim.org) to check out our new website. We think your going to love it!

One of the most important benefits to our team administrators will be the ability to effectively invoice and track payments from our membership which will begin in April 2008.

*It is very important that we have your current active e-mail address.*

You should have already received a system generated email with your login credentials to your own private account and email. This email will grant you access to your own secure account.

*Please: Login and update all of your contact information.*

As we prepare for our new billing system, it is especially important that you update your email addresses with an email address that you use actively as we will rely heavily on email communication. This system will keep you updated on team activities, events and billing. Please insure the rest of your contact information is accurate too.

Please contact [adminemailhere@email.com](mailto:adminemailhere@email.com) with any difficulties you may have logging in to your account or questions

Thank you for your support of our great team !

Your CCAQ Coaches and Board Members.

# Hats off to our Award Winners!

## Most Valuable Swimmer

8 & Under girls	Jordyn Nelson 7
8 & Under boys	Cody DeHaas 7
9 & 10 girls	Maggie Sumioka 10
9 & 10 boys	Brandon Quinones 10
11 & 12 girls	Amber Lawson 12
11 & 12 boys	Zachery Dorrego 12
13 & 14 girls	Jensen Brinker 13
13 & 14 boys	Roman Godfrey 13
15 & Up girls	Nikki Frost 16
15 & Up boys	Cody Ditsler 16

## Most Improved Swimmer

8 & Under girls	Chandler Florez
8 & Under boys	Joseph Stefano
9 & 10 girls	Brandy Rodriguez
9 & 10 boys	Brandon Roth
11 & 12 girls	Victoria Davis
11 & 12 boys	CJ Lietaert
13 & 14 girls	Linda Hong
13 & 14 boys	Nathan Diaz
15 Up girls	Daniela Bandera
15 Up boys	Jacob Townsend

### Teals

Abigail Stefano	Best Listener
Mark Green	Best Helper
Adam Sumioka	Best Streamlines

### Stroke

Cassidy McCarthy	Rising Star
Brittney Miles	Rising Star
Joey Stefano	Best Streamlines
Olivia Tougas	Outstanding Effort
Chantal Rabay	Best Attitude
Kamran Aladross	Best Attitude

### Juniors

Cortnee Jones	Rising Star
Edver Bahena	Rising Star
Josh Nguyen	Leadership Ability
Joseph Hughes	Consistent Worker
Nichole Townsend	Best Streamlines
Katie Brinker	Leadership Ability

### Pre- Seniors

Jimmy Gonzales	Most Talented
Marissa Verdi	Hardest Worker
Dimitri Rogers	Best Performance
Kaylee Wilmovsky	Consistent Worker
Lyndsay Plummer	Best Dolphin Kicker

### Seniors

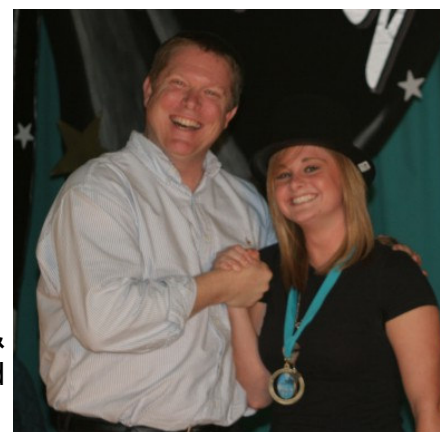
Emily Pitts	Best Streamlines
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Cody Ditsler & Coach Todd

## 2007 Coaches Award

Alexander Crowson  
Mindy Huynh  
Trent Richardson  
Julie Murakami  
Melody Murakami



Nikki Frost & Coach Todd

## Swim-A-Thon ©

The Swim-A-Thon© committee held its first planning meeting January 17, 2008. We are very excited about this years event! If you would like to help on this committee, please contact Debbie Blackford at 951-734-0566 or any of the Committee Chair Heads directly.

### Corporate Sponsor Committee:

#### Co-Chair Heads: John Bienias & Kyle DeHaas

Responsible for marketing and promoting the goal of obtaining CASH sponsors from local or long distance businesses and individuals. Develop the incentive program for the sponsors (web site/ banner/ side of tarp, etc).

### Advertising Committee:

#### Chair Head: Susan Richardson

Responsible for advertising in the community (i.e. Press Enterprise, CCC Magazine, Flyers, Schools, Radio Announcements)  
Invite Key City VIPs (i.e. Mayor, Police & Fire Chiefs, PE, etc.)

### Food Court Committee: Chair Head: OPEN

Responsible for having food and drinks at the event for purchase. Goal is to have everything donated from local stores.

### Prizes Committee: Chair Head: Scott Diaz

Responsible for developing and promoting the prize incentives and tracking of winners. Will work with the treasurer to give credit to families for donations.

### Family Relay Race Committee:

#### Chair Head: Debbie & Ricky Murataya

Responsible for organizing and promoting the family relay race.

### Cheer Contest Committee:

#### Chair Head: Debbie Blackford

Responsible for organizing and promoting the cheer contest.

### Phone Tree Committee: Chair Head: Lee Florez

Responsible for making reminder, informational or recruiting calls to team members.

### Photographer: OPEN

### Set Up & Clean Up Committee:

#### Chair Head: OPEN

Thank you Coach Brenda for forwarding this article.

## Hydration! Hydration! Hydration!

(Note: I have used the word "run" to mean any vigorous exercise session, be it running, walking, hiking, biking, etc.)

### FUN FACTS ABOUT WATER

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

### Overview of Hydration

Since the body is approximately 80% water, water plays a vital role in every bodily function and in every cell. If the body is not fully hydrated, even by a small percentage, optimal function will not be achieved.

### What Is Water Good for in the Body?

- Disburses nutrients around the body
- Expels toxins
- Regulates body temperature
- Aids in concentration
- Enhances physical performance
- Enhances mental performance
- Prevents headaches
- Prevents premature fatigue allowing one to exercise longer, more comfortably
- Controls weight by spurring metabolism (aiding liver function)
- Plays a role in controlling hypertension (high blood pressure)
- Plays a vital role in overall well being and fitness

**Bottom line:** if you are feeling irritable, cranky, short-tempered, tired, sluggish, hungry, or generally out of sorts, you may just be dehydrated. Try swigging 16 ounces of

water and see if it doesn't make you feel better.

### What Happens When I Exercise?

As you burn calories, heat is generated and sweating occurs to cool off. Fluid is also lost through respiration. During a one hour run (workout), the body can lose 2 quarts of sweat depending on weather and intensity. Body efficiency is lessened when sweating and blood thickens, the heart pumps harder, slowing oxygen and nutrients to the muscles. Proper hydration is critical especially in hot and humid weather, as the water cools the body, reducing the chance of heat stroke and heat exhaustion. Symptoms of heat stroke and exhaustion can be dizziness, fatigue, nausea and muscle cramps. **Don't rely on thirst alone!** If it's warm outside and you plan to exercise, plan to drink to replenish.

### How Much Should I Drink?

On a normal day, the body loses about 2 quarts of water at rest, through respiration and perspiration. When exercising, the body loses about 10 ounces every 20 minutes. It is recommended that we drink 1/2 to 2/3 of an ounce of water daily per pound of body weight. Example, a 150-pound person at rest should drink approximately 75 ounces of water per day. If this same 150-pound person exercises, the intake should be about 100 ounces. Drink several cups of water 10-15 minutes before exercising. Drinking a lot of water 30 minutes before running will cause you to have to urinate frequently early on. Not fun. During your run and especially if it is hot, drink small quantities every 10-15 minutes. You may opt to drink a half to a full cup of a sports drink every 15-20 minutes to boost your energy for the end of the run. After the run, replenish with cool (not cold) water or a sports drink.

- One sip is about equal to 1 ounce of fluid.

### Self Test for Hydration Needs

Here is a self-test you can perform to determine how many ounces of water you need during one hour of walking or running.

1. Properly hydrate before your exercise session. Your urine should be near clear.
2. Warm up to the point where perspiration is generated. Urinate if possible or needed.
3. Weigh yourself naked on an accurate scale. (e.g.: 150 lbs) (Um, you probably don't want to do this part out on the trail!).
4. Walk or run for one hour at an intensity similar to your target pace.
5. Keep track of exactly how much fluid you drink during

the walk. (e.g.: 10 ounces).

6. Do not urinate during your one-hour session.
7. Weigh yourself naked again, on the same scale. (e.g.: 149.5 lbs).
8. Subtract your first weight from your second. (e.g.:  $150 - 149.5 = .5$  lbs).
9. Multiply the difference in weight by 16 (16 ounces = 1 lb.). (e.g.:  $.5 \times 16 = 8$ ).
10. To this number, add the fluid ounces that you drank during the session. This is the amount of fluid you should drink per each hour of exercise. (e.g.:  $8 + 10 = 18$  ounces).

### Variables:

A person's ability to drink while exercising and so dissipate heat from the core has variables including:

- sweat rate – larger people sweat more than smaller people, higher intensity, higher temp and humidity cause more sweating
- rate of gastric emptying - fluid absorption is different; if there is food in body, fluids tend to be absorbed more slowly
- type of fluid drink - sports drinks must contain 8% or less of carbs to absorb properly. Caffeine and alcohol are diuretics; carbonated drinks may cause stomach distress
- % of body fat - thermoregulatory system works harder if higher fat as fat is an insulator and holds in core heat
- heat acclimatization – it takes 10 to 21 days of exercise in the heat to fully acclimatize for optimum performance.
- medications - antihistamines and some blood pressure meds decrease sweating, NSAIDS (Advil, Motrin) and Aleve may be harmful to kidney taken within 24 hrs of strenuous exercise. NSAIDS are thought to increase possibility of hyponatremia while running long distances. Tylenol seems to be safest.

### Check This Out!

If the body is:

- 1% dehydrated, thirst is stimulated, heat regulation during exercise is altered, performance begins to decline
- 2% dehydrated, there is a further decrease in heat regulation, increased thirst, worsening performance
- 3%, you experience more of the same
- 4%, your exercise performance is cut by 20 to 30%
- 5%, you experience headache, irritability, a "spaced out" feeling and fatigue
- 6%, weakness, severe loss of thermoregulation
- 7% dehydrated, collapse is likely unless exercise is stopped

### Electrolyte Replacement

If you plan to exercise for more than an hour, it is recommended that you drink an electrolyte replacement (ER) sports drink such as Gatorade, Powerade, Accelerade, UI-

tima Replenisher, or Squenchers. There are many types of ER drinks available with varying levels of minerals (typically sodium, potassium, magnesium, etc.) and carbs (typically 6-7% or 20g per 16oz). People may react differently to these drinks so try different types to find out what works best for you. Here's a tip: if you plan on running without your own hydration supply during the race, check out what will be served at your marathon and get used to it in training, if possible.

### Energy Drinks

Some energy drinks such as Red Bull contain high caffeine counts and are not recommended. Caffeine and alcohol are both diuretics and so will deplete the fluids in your system. Although many believe a cup of coffee before a run will improve performance, it is not recommended that caffeine be utilized in excess.

### Performance drink

Much research has been done lately on optimizing recovery times after a workout. There are performance drinks (like Endurox R4 and Amino Vital) which are aimed at immediate post-exercise replenishment of lost carbs and protein. These have much higher concentration of carbs (typically 60-80g) with a 4:1 carb/protein ratio. Use within 30-60 minutes of a hard workouts and races (e.g. hills, track, long runs). These are NOT intended to be used in place of water or electrolyte replacements but as a supplement.

### Smoothies

Smoothies made at home in the blender can be an excellent pre-run breakfast or a great post-run refueler. Use yogurt as a base, add milk, water, or juice, and fresh or frozen fruit. This offers the body the protein, carbs, vitamins and water it needs.

### Tell Me Again. WHEN Do I Drink?

ALL THE TIME!! Hydration is necessary 24x7. Try to have fluids available all the time - keep a drink next to the bed, on your desk at work, in your sports bag, in your car, etc. Sip constantly rather than drinking a lot at once. Ensure you hydrate well the night before a long run - this is even more important than the morning of the run. **Always take a bottle on any run over one hour. The minimum needs are about 20-30 ounces per hour. MINIMUM!!!** More when it's hot. Sip the water (or a mixture of water and electrolyte replacement) constantly as you run.

### How Do I Know If I'm Hydrated?

You should "pee clearly". Good signs are near clear or pale yellow urine. Bad signs are dark yellow urine. REALLY bad signs are chills, dizziness, nausea and lack of sweating during exercise. These are all signs of dehydration and heat exhaustion - seek shade, lie down and drink copious amounts of sports drink and/or water.

### Is There Such as Thing as Too Much Water?

Yes. There is a risk of hyponatremia (salt and fluid imbalance) if you lose a lot of minerals through sweating and don't replace them. This is typically caused by drinking only water during a long run (3 hours or more); another reason to use sports drinks during and after exercise. Symptoms of hyponatremia mock those of dehydration (chills, dizziness, nausea and lack of sweating) but the treatment is NOT to administer more water. A person in this state requires electrolytes and medical attention, as hyponatremia can be fatal. There was a lot of attention in the news this past summer on hyponatremia. The emphasis on drinking while exercising has caused some to overhydrate, especially in marathons and events lasting more than 4 hours. There have been a number of deaths reported from hyponatremia in marathons, usually of amateur runners. NSAIDS are thought to increase possibility of hyponatremia while running long distances. Remember, the idea of hydrating is to replace the fluids lost by sweating. The USA Track and Field has published new guidelines for proper hydration which state that, "For athletes in general, and especially for those completing a marathon in more than four hours, USATF recommends consuming 100 percent of the fluids lost due to sweat while racing." Eating during the run or taking salt tablets can help balance the salt levels. Sports drinks alone contain too little salt to compensate for the fluid imbalance.

### Useful Tools

There are many types of water packs, belts, and hydration systems available. Find one that works for you and USE IT! Amphipod water belts are designed to reduce movement and give easy access to the bottle. The Camelback Flash Flow has a 45 ounce reservoir and waist belt and is ideal for long runs. The Camelback Mule has a 100-ounce reservoir and backpack and is excellent for long trail runs and hikes where water isn't available. As you might guess, each A Snail's Pace store carries a great variety of hydration supplements and carriers. It is definitely worth your time to check these items out and decide on which one works best for you.

## CCAQ Volunteer Policy (effective Jan. 2008)

**A. General:** Every family is required to volunteer a minimum of 16 hours each Effective Year, July 1st- June 30th. If a member joins after July 1st, the volunteer requirement will be prorated at 80 min. per month.

**B. Background and Purpose:** To ensure CCAQ remains a premier, member- involved swim organization. Operating a best-in-class swim team requires everyone to help. Sixteen hours is a low annual requirement that is much less than the swim industry average.

### C. How to fulfill Volunteer Requirement:

**CCAQ-hosted Swim Meet:** These meets are run exclusively by Circle City Aquatics two times per year. Each CCAQ family is required to work "sessions", which usually last 4 hours. Anyone who has conflicts in working our meets needs to see the Meet Manager before the meet. There may be other options available, such as providing assistance running errands or making deliveries prior to, or after the swim meet, in the event you have a conflict.

**Other Volunteer Opportunities:** Other ways you can fulfill your volunteer hours outside of a CCAQ hosted meet include the following:

- ⌘ Help put in/ take out lane lines, pool covers
- ⌘ Be a committee member. i.e. Swim-A-Thon, Welcome, Fundraising, etc.
- ⌘ Help Pro Shop. i.e. File announcements/ fliers/ medals in swimmers folder on deck or shop for snacks
- ⌘ Transport team tarps to meets
- ⌘ Prepare monthly mailings
- ⌘ Help coaches time swimmers at practices and help coaches get swimmers splits at the coaches tables

Just about anything that helps the team can be counted as volunteer hours. If you think of something or see a need, please ask a Coach or Board Member if you can log it.

### D. Recording Procedure and Obligation:

**CCAQ-Hosted Meets:** It is the members' responsibility to sign in at the "Volunteer Table" at the beginning of each session. Your time will be recorded and credit issued for your work.

**General:** It is the members' responsibility to log your time in the "Volunteer Log" located in the Pro Shop.

**E. Communication and Verification of Records:** It is the responsibility of each member to check and verify number of volunteer hours recorded to date upon receipt of each monthly invoice, and immediately advise us if a discrepancy exists. This tabulation of Volunteer Hours will carry forward monthly and for the remainder of the Effective Year.

**F. Rollover:** There is no rolling over of Volunteer Time into a future Effective Year. However, volunteer time may be taken into consideration for other opportunities.

**G. Volunteer Hours Buy-Out:** At any time during the Effective year, a member may opt to "buy-out" all or any remaining portion of the Volunteer Hours at the rate of \$15/hour. Entire year "buyout" equals \$240. **CCAQ does not encourage this option as it would prefer to have the assistance and family participation; however it is an option that is available for our members.**

**H. Volunteer Bill-Out:** Once the Effective Period begins, the entire amount of the volunteer hours becomes an obligation to the organization.

⌘ *Note: Should a member leave the team for longer than a 90-day period, and advise or fail to advise CCAQ in writing of the member's intention to return to the team, the remaining Volunteer Hour balance owed will become an assessment and a financial obligation will appear on an ensuing invoice. This assessment, computed at \$15/hour of the remaining hours owed, will be a financial obligation owed to the organization and the member agrees to compensate CCAQ this entire amount upon immediate (permanent or temporary) termination of its membership.*

⌘ Please be advised that USA Swimming may uphold any and all debts owed to a prior club as a condition for future eligibility status.

## CCAQ Fundraising Policy (effective Jan 2008)

**A. General:** Every family is required to fundraise a minimum of **\$100** per swimmer or **\$200 per family** each Effective Year, April 1st- March 31st. This becomes an obligation from the first day of the effective year, or upon registering with CCAQ, and may become an assessment at the end of the effective year. The amount of this obligation may be subject to change in the future, whereby advance notice shall be provided by CCAQ.

**B. Background and Purpose:** Fundraising is a critical element of any successful swim club for the continued cash flow and operations that experience seasonal membership variances. Fundraising allows the team to adapt to fluctuations in income, and continue to provide top caliber and professional swim instruction for all of our year-round members. Some families typically help in excess of \$500 per year. CCAQ is very fortunate to keep its fundraising requirement at such low levels, which speaks to the efficiency of the operations and the commitment absorbed by many of the CCAQ members through the years.

**C. Opportunity and Need:** CCAQ will typically offer several fundraising events during the year which will help you to raise part, or all, of your obligation at your pace and at your level of comfort. Aside from hosting swim meets, one of our major fundraising events is an annual Swim-A-Thon, which we run towards the end of each summer. Often families can raise their entire obligation in this month, but for good measure, we run a few other smaller activities during the year.

### **D. Recording Procedure and Obligation:**

**Swim-A-Thon**©- It is the members' responsibility to submit the funds to the team in the S-A-T tracking envelope provided.

**General-** Due to the fact there are different ways a member can raise funds, there are different ways the funds will be reported to the team and credit issued to the members fundraising obligation. The Ways and Means chair person will advise on each situation.

**E. Communication and Verification of Records:** If your fundraising commitment has not been met after the S-A-T, the amount owed will be reflected on your monthly invoice and will be due by the end of the Effective Year. It is the responsibility of the member to check and verify these amounts upon receipt of his monthly invoice, and immediately advise us if a discrepancy exists.

**F. Rollover:** There is no rolling over of fundraising amounts into a future Effective Year. However, extraordinary fundraising may be taken into consideration for other opportunities.

**G. Fundraising Option-Out:** At any time during the year, the family may "option-out" of the fundraising by paying the remaining fundraising obligation amount, if any.

**H. Fundraising Bill-Out:** Once the Effective Period begins, the entire amount of the Fundraising Obligation becomes an obligation to the organization. Please be advised that should a member leave the team for longer than a 90-day period, and either advise nor fail to advise CCAQ in writing of the member's intention to return to the team, the remaining Fundraising balance owed will become an assessment and a financial obligation that will appear on an ensuing invoice. This assessment will be a financial obligation owed to the organization and the member agrees to compensate CCAQ this entire amount upon immediate (permanent or temporary) termination of its membership.

*Please be advised that USA Swimming may uphold any and all debts owed to a prior club as a condition for future eligibility status.*

## NEW! Practice schedule

**Teals:** 4 classes of 30 minutes each

M, W, F

1) 5:30 - 6:15

2) 6:20- 7:05

### Stroke:

M-F 5:30 - 6:30

Sat: 8-9:15 am

### Juniors:

M-F 5:30 - 7:00

Sat: 8:00-9:45 am

### Pre-Seniors:

M-F 6:30-8:30

Sat: 8-10:15AM

### Seniors:

M-F: 6:30-8:30

Sat: 8-10:15am

## 2008 SCS Registrations

**If your SCS is not received, your swimmer will not be covered by insurance, and will not be able to practice or compete in meets until the form and payment are received by CCAQ.**

## Volunteer Opportunity for COMPUTER LITERATE

Scott Diaz needs a volunteer to help create a nice team brochure that we can handout to local businesses, and have in our pro shop at the pool. The brochure needs a professional look to represent our team. If you are good with Microsoft Publisher, etc and have some awesome ideas, please get a hold of me so we can work on this together.

## Change in contact information

You can update any changes in your contact information at [www.ccaqswim.org](http://www.ccaqswim.org).

## Board of Directors

**Head Coach**~ Wayne Layral

(951) 681-1712

[ccahewayne@aol.com](mailto:ccahewayne@aol.com)

**President**~ Debbie Blackford

(951) 734-0566

[Lipservice@MaryKay.com](mailto:Lipservice@MaryKay.com)

**Vice President**~ Scott Diaz

(909) 973-4139

[a-scott.diaz@usa.dupont.com](mailto:a-scott.diaz@usa.dupont.com)

**Equipment Manager**~ Marie Dorrego

[equipment@ccaswim.org](mailto:equipment@ccaswim.org)

**Treasurer**~ Scott Bower

951-212-8539

[scott@sjbower.us](mailto:scott@sjbower.us)

## Upcoming Meets

RST (Red/ White)- Jan 26-27

JO's (12 & Under)- Feb 1-3

JO's (13 & Up)- Feb. 7-9

You can check your swimmer's times at the [www.usaswimming.org](http://www.usaswimming.org). Click on the link for time/time standards. You have the option to search by person/swimmer. If you have questions regarding qualifications, please refer to the SCS ([www.socalswim.org](http://www.socalswim.org)) time standards. Meet forms can be found at our website [www.ccaqswim.org](http://www.ccaqswim.org) or [www.socalswim.org](http://www.socalswim.org). We would like to encourage you to print out your own copies as we tend to run out on the deck quickly. Thank you!

## Calling All Timers!

CCAQ is responsible for timing at ALL meets we attend. Each family is responsible for at least one timing shift per swimmer. Remember these tips:

- ~ Sign up for your shift as you arrive to the meet.
- ~ Pay attention to time so you are not late for your shift.
- ~ Know how to operate your stopwatch prior to the event.
- ~ Practice "start-stop-clear" several times before the event begins.
- ~ Pay attention at all times. It is easy to chat with your fellow timers and forget your stopwatch.

## Team suits!

Part of being on a team is the uniform. A team must "look" like they are a team. There are several nice options of our team competition suits for the boys and girls. You can visit our Pro Shop for suits, caps and all your swimmer's equipment needs.

**Meet Manager**~ Meshele Townsend

[townperf@sbcglobal.net](mailto:townperf@sbcglobal.net)

**Secretary**~ Patty Davis

[ccaq\\_communication@sbcglobal.net](mailto:ccaq_communication@sbcglobal.net)

**Ways & Means**~ Debbie Murataya

[djmurataya@yahoo.com](mailto:djmurataya@yahoo.com)