

AGON

January

Jan. 30 - EJHS Home Meet
Prep & Silver 3:30-4:30 pm

February

Feb. 3 - No Practice/Pool
Closed

Feb. 5 - EJHS Home Meet Prep
& Silver 3:30-4:30 pm

Feb. 8 - EJHS Home Meet Prep
& Silver 3:30-4:30 pm

Feb. 13 - EJHS Home Meet
Prep & Silver 3:30-4:30 pm

Feb. 16-17 No Practice, team
participating in competition

Feb. 16-18 THT Arctic Blast

Feb. 19 - No Practice, EJHS
Home Meet

March

March 1 - EJHS Home Meet
Prep & Silver 3:30-4:30 pm

March 12-13 No Practice - Pool
closed for maintenance

March 14-16 Prep 6:00-7:00
pm, Silver 6:00-7:30 pm

March 18 - FAST 10 & under
Splash meet



2018 FAST Mudsock Classic Highlights

Ayrica DeHart swam the 50 breast and showed that her breaststroke kick, a difficult skill to learn, has improved considerably. **Brendan Jennings** did flip turns in all of his freestyle and backstroke events. Using flip turns in his 100 back resulted in a 7.4 second improvement over his previous best achieved without utilizing flip turns. **Sophia Kapperman** swam a personal best in her first event of the meet, the 50 back, and is learning the importance of warming down after her swims in order to perform at her best. **Ellie Lewis** swam her first 100 free and in the process earned an IM Ready score with USA Swimming. **Chloe Purcell** had a frustrating 100 back but rather than getting discouraged she refocused on the 50 back later in the meet where she dropped 2.15 seconds. **Ellie Vagedes** has been practicing with a purpose these last few weeks with the goal of being able to swim a legal 50 breast, a goal she achieved over the weekend.

December Attendance Leaders

Silver -
Ellie Lewis



Prep -
Ellie Vagedes

IM Ready Athletes

Sophia Kapperman
Ellie Lewis



Kroger Community Rewards

Our members fundraised \$38.08 this past quarter through the Kroger Community Rewards program, a bit below last quarters total of \$46.96.

If you are a Kroger shopper and not already enrolled to support Agon through their Rewards program, please consider doing so. It raises money for the team at no extra cost to you as a shopper.

Instructions for registering are attached in the email containing this newsletter. They can also be found on the "Support Us" page of the team website.



February/March Dues

Our midseason break is coming up in March so we will be splitting March dues. The portion of March that makes up the conclusion of the short course season will be applied to February dues. The remainder of March that constitutes the beginning of the long course season will be combined with April dues.



Parents & Swimmers

Nutrition is an important component of athletic success. In order for our athletes to perform at their best we need to ensure that we are fueling effectively. Rachel Noirot is a registered dietician and a coach who spoke to our team in the past. She was kind enough to share some recommendations with us in a document that is on the resources page of the team website. The document she created for us provides food recommendations, foods to avoid, and suggestions for each meal of the day.

At our next competition I'd like to see our athletes fueling for optimum performance. This means leaving the candy at home (or better yet at the store) and instead snacking on foods that will help rather than hinder our performance. Below are some snack ideas:

- Fresh fruit
- Dried fruit
- Nuts
- Whole grain bagel
- Pasta salad
- Veggies
- Peanut butter & jelly sandwich
- Trail mix
- Larabars, a fruit and nut bar
- or make your own energy bar with the recipe below

Hydration is also important. I recommend swimmers bring a water bottle filled with water (as opposed to a sugary sports drink) and sip on it throughout the session.

Homemade Energy Bars

Ingredients:

- 1 1/2 cups raw cashews
- 1/2 cup coconut flour
- 1/2 cup shredded coconut
- 1 1/2 cups chopped medjool dates
- 1/2 cup almond butter
- 1/2 tsp almond extract
- 1/3 cup coconut nectar
- 1/2 cup carob powder
- 1/2 cup melted coconut oil



Directions:

1. Place cashews in food processor and pulse until a flour.
2. Add coconut flour and shredded coconut. Pulse to combine.
3. Add chopped dates to processor and pulse until dates are finely chopped and evenly incorporated with flour mixture.
4. Add almond butter and almond extract. Pulse until a consistent dough forms.
5. Add coconut nectar and pulse until coconut nectar is well incorporated into dough ball.
6. Take ball and press out on a silpat lined baking sheet until about 1/2 inch thick. I suggest molding raised edges to contain the carob and coconut oil topping.
7. With whisk or hand blender thoroughly mix melted coconut oil and carob powder.
8. Pour carob and coconut oil mixture over pressed out dough ball.
9. Place in the fridge for 8+ hours.
10. Cut into bars and enjoy :)

Thank you for being a part of the Agon family!