

January Calendar

Condor's 9 and Under Meet – 8th

MLK Going the Distance Meet – 17th

Badger January Meet (*10 and Under only*) – 23rd

BGNW Marlin's Last Chance Meet – 29th-30th

Happy January Birthdays!

Zhao Xu	2
Kristina Wang	5
Katelin Du	7
Alexis Daniel	10
Cally Bayer	13
Chris Hicks	14
Emma Monaghan	15
Andrew Dell'Orto	15
Cavin Park	16
Angelina Campanile	20
Allison Liu	29

Opportunities to Volunteer

MLK Going the Distance (before the meet): We will need to collect water and snacks for the coach/official hospitality section.

MLK Going the Distance (during the meet): We still need volunteers to cover many portions of the meet. Please email MHall@ywcawpcw.org to see what's needed.

Special News

One of our Middies team members is moving back to Japan in January. Good luck and we'll miss you, Kanae.

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MIDDIES

FYI

Athletes prepare for competition in many different ways. Some listen to certain music, some need to intensely focus, and some need to keep their minds off of the race. The following comes from World-Record Holder, Aaron Peirsol, whose approach is unorthodox for some and PERFECT for him.

Always remember to allow your athlete to find their perfect way to prepare for competition and hold on to it.

From USA Swimming:

"In swimming circles, Aaron Peirsol has long been known as the sport's "laid back superstar." It's an easy and apt label for the Southern California native. On the surface at least, his relaxed persona stands in sharp contrast to the intensity of a Brendan Hansen, or the fiery focus of a Michael Phelps. Peirsol, it seems, does what he likes and likes what he does. No need to stress, no need to rush." Article by Casey Barrett



Aaron Peirsol, photo from
USAswimming.org

Recipes for meets

Share recipes: MHall@ywcawpcw.org

Peanut Butter Bars

1 jar of peanut butter

1 small jar of honey

Mix in Rice Chex cereal as preferred

Granola, Almonds, and Chocolate Chips added

Mix together and place in a 9 x 9 cake pan and place in refrigerator for 3 hours.

This is a great snack that is high in protein and can stay in a cooler all weekend.

Attendance All-Stars

These Middies are on the move and making 90% practice attendance, *or better* in December!

Bronze Group

Wolf Cukier, Stephani Mejia, Emma Monaghan, Rae-Anne Richards

Senior Group

Ayano Nagaishi

TOP 10 Metro Swimming

These Middies are posted on the most recently updated top times in the LSC!

Katelin Du 8 year old age group: 25 Free (6), 50 Free (2), 100 Free (3), 25 Back (3), 50 Back (3), 25 Fly (4), 50 Fly (3), 100 IM (3)

Amanda Broderick 11-12 age group: 50 Fly (6)

Katelin Doherty 13-14 age group: 50 Free (10), 100 Free (8), 500 Free (9)

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