

# The Donner Splash

12/15/2016

Edition 1, Vol

## Donner Swimmers Enjoy Parade of Lights



*Swimmers decked in Donner wear helped light up the night armed with glow sticks, candy, and smiles!*



## Upcoming Events

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**Dec. 21** Donner Christmas Party

**Dec. 21** LAST GREEN PRACTICE of fall season

**Jan. 2** Donner Evaluations @ CNHS – 5:30-7:00 PM

**Jan. 2** Donner Team January Meet Sign-Up deadline

**Jan. 5** East vs. Bedford-North Lawrence (@ East HS)

**Jan.6-8** Indian Creek Invitational

**Jan. 10** East vs. Madison Consolidated (@ East HS)

**Jan. 14** North Girls Conference Indiana (@ North HS)

**Jan. 19-21** Donner January Meet

Know someone interested in joining? Encourage new families to come to Donner Evaluations on Jan. 2<sup>nd</sup> from 5:30-7:00.

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**Vision:** To provide a community focused club that fosters an environment of success as an athlete and a person. To teach swimmers to confront challenges and accept responsibility for success.

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# Swim a Little Faster...

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## Nutrition Tips: Check Your Cereal

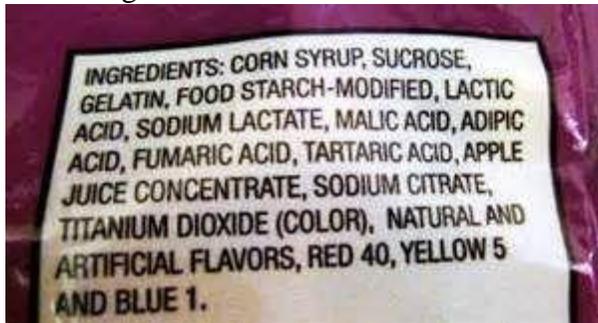
<https://swimswam.com/nutrition-tips-check-cereal/> (October 27<sup>th</sup>, 2016)

By **Anita Nall Richesson**, Olympian & Nutritionist

If you are anything like me when I was a swimmer, you eat a lot of cereal. When I decided to transform my eating habits in order to achieve better health and increase performance, I realized the ‘healthy cereal’ I was eating wasn’t so healthy. During the process of seeking vibrant health, I acquired an essential skill for having an elite mindset in nutrition; *Ingredient reading* is the first step in understanding what’s going INTO your body. It’s the number one thing to do when you’re grocery shopping for foods other than fruit, vegetable and meat.

We are traditionally taught to look at fat, protein and carbohydrate first, so this may be a shift for some of you. I am NOT saying macronutrient know-how isn’t important, but understanding what’s going into your body and the potential impact it could have is the key to optimal health and performance. I am going to teach you how to recognize health-promoting ingredients versus health diminishing ones.

First, when picking up a box, bag or bundle of anything at the store, look at the list of ingredients. It’ll look something like this:



Next, see if your product contains any of the following list of my Ingredients to Avoid. (*You can print this list out, laminate it and put it in your wallet for the store*):  
*Hydrogenated Oils, sugar, High fructose corn syrup, Sucralose, Acesulfame K & Aspartamine, MSG, Safflower, sunflower, canola, soybean oils, red, blue, yellow #5, 40, etc. Dextrose, Maltose, Fructose (OSE).*

This list of ingredients diminishes health in numerous ways. The main thing they all have in common is that they *increase* inflammation and as an athlete, you don’t want increased inflammation. I am not saying you’ll never eat these things again, but reducing them will significantly improve your health. It may improve your health in ways you didn’t expect too. Decreased acne & eczema, reduced migraines and even reduced joint pain are just a few symptoms I’ve seen change in people who take these ingredients out of their diet.

Lastly, if you notice that much of the food you consume contains these ingredients, begin to look for simple switches. For example, there are a ton of peanut butters on the market now *without* hydrogenated oil. There are several applesauce products on the market that contain only apples, water and vitamin C, choose these over their high fructose counterparts. Look for more natural products with the least amount of ingredients- these products will be less likely to contain ingredients from our list. These are simple switches you can make to

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reduce your daily inflammation and improve your performance.



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We would sink without the volunteers that have helped our meets run smoothly this season thus far. Your help with timing, marshalling, hospitality, admissions, concessions, at the head table, and more is appreciated! We also value the support provided through donations for concessions!

Special thanks to Marianne Wahling for providing an officials training session. Interested in becoming an official and being where the action is? Contact a board member! Thank you to those who attended December's training: Joe Brault, Sara Donathen-Smith, Rachel LeCrone, & Kevin Sherlock.

Additional thanks to those of you who participated in the Parade of Lights and to Marlene Miller for capturing the fun evening in pictures!

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## Coaches

### **GOLD**

**Logan Schaefer**

### **BLUE**

**Jill Arnholt**

**Erin Bieger**

### **ORANGE**

**Kathleen**

**Proffitt**

**Kristin**

**VanDeventer**

### **GREEN**

**Rusty Imlay**

### 2016-17 Board Members:

Presidents: Jennifer Carroll & Tom King      Vice Presidents: Rajesh Thyagarajan & Tim Proctor

Secretary: Laura Gutman      Concessions: Judy Hoovler      Activities: Sara Donathen-Smith

Vendor: Bev Addis      Web Admin: Jack Tregoning      Hospitality: Wendy Johnson

Head Coach: Logan Schafer

through swimming.

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# Swimmers Making a Splash...

**Green Swimmers of the Month: Ellie Eaton (Green 1), Emiliano Lopez (Green 2), Luis Valerdi (Green 3)**



Ellie (not pictured), Emiliano, and Luis have shown consistent excitement, work ethic, and improvement through their positive attitude, consistent attendance, and progress on their fundamental skills.

**Orange Swimmer of the Month: Ainsley Sherlock**



Nine year old Ainsley Sherlock joined Donner a couple of seasons ago. She loves breast stroke! She always does her best to listen to her coaches and work on anything she is asked to do. Her competitive spirit drives her to complete sets with a smile!

**Blue Swimmer of the Month: Cole Ehara**



Over the past year, Cole has worked extremely hard at fixing not only his body position in the water but learning how to practice. Each day Cole comes in with a great attitude and willingness to work hard each day. At the Donner November meet, Cole saw not only significant time drops but also made his first ever Divisional cut in the 50 free!

**Congratulations to Darby Coles!**  
Darby committed to Marshall University in West Virginia.



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