

~ ~ ~ HWSA Dolphins Newsletter ~ ~ ~



June 13th, 2005 (Vol2 Issue 5)



A Weekend of Fun Coming Up!!!

This weekend the HWSA family will be outdoors together having fun in the sun.

On Saturday starting at 11am will be the 1st annual HWSA parent's softball game. Once everyone marks it to the park, we will start the game. Teams will be divided (hopefully) as follows: 11 and under parents vs. the 12 and over parents. The ages are based on your kids ages, not yours ☺ Parents covering both age groups will split up as need to make even teams.

Place: Meyer's Park – 6601 W. 127th Street, Palos Heights, field is located behind the Palos Heights Rec. center

Time: 11am – 3pm

Please bring you own cooler with beverages

Parents with the last names ending A-L: please bring an appetizer

M-Z: please bring a desert

The club will provide Browns Chicken.

You can R.S.V.P. Laura Dolan (361-8528) or Jan Pappanastos (361-8616)

If anyone has bean-bag games, bring them for the kids to play. Coaches will fill in to even out teams and to umpire the game in case things get out of hand.

On Sunday, HWSA will swim the GILS in an outdoor dual meet at Palos Heights pool.

Warm-Ups: 7am Meet Starts: 8am

Sign-ups are in the swimmers folder and on the website. Please choose 2 events and submit to Coach Tom either in his folder or by email: trieman@hotmail.com

The meet will last at the latest – 11:45am. We have to be done by then for the pool to open.

Location: 1 block south of Rt.83 right off 76th avenue in Palos Heights.

Pool size: this is a 50 meter long course pool so there will be no 25 meter/yard events.

POSA dual meet this Thursday at Stagg H.S.

Upcoming this week

Monday: Grp 3: 6:45am – 8:45am
Grp 3: 4:00pm – 6:00pm
Grp 1: 6:00pm – 6:45pm
Grp 2: 6:45pm – 8:00pm

Tuesday: Grp 3: 6:45am – 8:45am
Grp 3: 4:00pm – 6:00pm
Grp 1: 6:00pm – 6:45pm
Grp 2: 6:45pm – 8:00pm

Wed: Grp 3: 6:45am – 8:45am
Grp 3: 4:00pm – 6:00pm
Grp 1: 6:00pm – 6:45pm
Grp 2: 6:45pm – 8:00pm

Thursday: Grp 3: 6:45am – 8:45am
**Dual Meet vs POSA
at Stagg H.S.**

**W-Ups: 5:45pm
Meet Starts: 6:30pm**

Friday: Grp 3: 6:45am – 8:45am
Grp 3: 4:00pm – 6:00pm
Grp 1: 6:00pm – 6:45pm
Grp 2: 6:00pm – 7:15pm

Sat.: 1st Annual Parent Softball
game @ 11am

Sunday: **Dual Meet vs GILS
at Palos Height Pool
W-Ups: 7:00am
Meet Starts: 8:00am**

Reviewing the Past 2 Meets

St. Charles USS meet

With only 27 swimmers attending the meet, HWSA swim to 122 personal best swims. Not a bad start to the beginning of the summer season. Highlighting the weekend was the Senior time achieved by Mitch Rothstein in the 200 freestyle event on Saturday. Below are the stats from the meet.

Personal Bests

8 –	Bryce McDade			
7 –	Mitch Rothstein			
6 –	Brian Hopman	Trevor Rothstein		
5 -	Melanie Waszak			
4 -	Matt Moulton	Jamie Pappanastos	Allie Vallance	
3 -	Kaitlin DeAngelis	Leah Henrikson	Steven Jackson	David Sheehan
	Cullen Stine			

New Senior Cuts (LCM)

Mitch Rothstein	Boys	200 Free	New Time: 2:11.13
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New Age-Groups Champ Cuts (LCM)

Brian Hopman	11-12 Boys	50 Fly	New Time: 34.80
		100 Fly	New Time: 1:20.69
Steven Jackson	10 & Under Boys	200 Free	New Time: 2:47.38
		100 Fly	New Time: 1:37.54
Bryce McDade	11-12 Boys	50 Back	New Time: 38.21
Kyle Workman	11-12 Boys	100 Fly	New Time: 1:22.72
		100 Free	New Time: 1:09.30

New Regional “State A” Cuts (LCM)

Brittany Bond	13-14 Girls	100 Free	New Time: 1:10.28
Kaitlin DeAngelis	10 & Under Girls	50 Back	New Time: 44.17
Ian Disteldorf	10 & Under Boys	100 Back	New Time: 1:43.90
		50 Breast	New Time: 50.77
Leah Henrikson	13-14 Girls	200 Breast	New Time: 3:20.96
Steven Jackson	10 & Under Boys	100 Breast	New Time: 1:50.28
		50 Breast	New Time: 51.33
Matt Moulton	10 & Under Boys	50 Free	New Time: 38.55
		50 Breast	New Time: 52.06
Mitch Rothstein	15-18 Boys	400 IM	New Time: 5:36.71
Trevor Rothstein	13-14 Boys	200 Free	New Time: 2:28.07
David Sheehan	13-14 Boys	100 Fly	New Time: 1:21.59
Allie Vallance	10 & Under Girls	50 Back	New Time: 45.89
		100 Back	New Time: 1:41.87
		50 Breast	New Time: 49.87
Melaine Waszak	13-14 Girls	400 Free	New Time: 5:12.71
Richie Waszak	15-18 Boys	200 Back	New Time: 2:45.94
Kyle Workman	11-12 Boys	100 Back	New Time: 1:29.82

Richards Dual Meet at Richards H.S.

With only a few swimmers making it to the Richards dual meet on Thursday June 2nd, HWSA comes away with a victory by over 150 points. Let's keep up the good swims. Hopefully now that school is over we can see a better turn out to the dual meets.

Personal Bests

- | | | | | |
|-----|-----------------|-------------------|-------------|-------------|
| 3 - | Ian Disteldorf | | | |
| 2 - | Leslie Cichocki | Kristen DeAngelis | Liz Hadhazy | Jess Norden |
| | Dominic Senese | Konard Witek | Tommy Witek | |

Dates to Remember

June 16th: POSA dual meet at Stagg H.S. Warm-ups are at 5:45pm.

June 18th: 1st Annual Parents Softball Game @ 11am

June 19th: Dual meet against GILS at Palos Heights pool, w-ups are at 7:00am.

June 24th- 26th: Decatur USS meet.

June 28th: Elk Grove dual meet at Elk Grove, w-ups are at 5:00pm.

Preventing Dehydration: Sports Drinks or Water

Introduction

The 2000 National Athletic Trainers' Association (NATA) position stand on Fluid Replacement for Athletes states that "the onset of significant dehydration is preventable, or at least modifiable, when hydration protocols are followed to ensure all athletes the most productive and safest athletic experience."¹ Minimizing dehydration is the simplest, yet the most effective step athletes can take to protect both health and performance.

Athletes regularly encounter dehydration and hyperthermia, and some fall victim to the consequences. Whenever vigorous physical activity occurs – and especially when it occurs in a warm environment – cardiovascular and thermoregulatory functions are placed under severe stress. In fact, there is little doubt that vigorous physical activity in a warm environment is one of the greatest physiological stresses the human body can encounter. The competition between muscle and skin for a limited blood supply can quickly overwhelm the body's cardiovascular capacity to cope and can create the negative physiological circumstances that have tragically claimed the lives of athletes.

During vigorous exercise, plasma volume decreases and, along with a concomitant increase in plasma osmolality, provokes a cascade of physiological events designed to maintain cardiovascular function (e.g., central venous pressure, skin blood flow, muscle blood flow) and allow for continued exercise.² There is, however, a limit to the body's ability to maintain physiological homeostasis during exercise in a warm environment when the body is no longer capable of coping with the demands placed upon it. When this limit is reached, fatigue occurs and exercise ceases or is at least curtailed. If physical activity is continued, symptoms of impaired cardiovascular function often develop (e.g., syncope, heat exhaustion), and, in severe cases, neurological failure and severe hyperthermia ensue (e.g., heat stroke).

Effects of Dehydration on Physiology and Performance

Hydration status is a critical determinant of the athlete's physiological capacity to train, compete, and recover successfully. Even slight dehydration (e.g., a 1-2% loss in body weight) has a negative effect on physiological function and performance. An athlete who fails to replace body fluids lost as sweat typically experiences many adverse functional changes, including a higher exercise heart rate, a higher plasma osmolality, a lower blood flow to the skin, and a higher core temperature. As dehydration becomes greater, so does the negative impact on performance. The fact that athletes regularly encounter dehydration during training and competition makes adequate fluid intake the number one nutrition intervention for all athletes. The performance benefits of drinking ample fluid during exercise have been clearly established by decades of scientific investigation. The simple truth is that no other nutritional intervention comes close to providing the performance-enhancing effects of staying well hydrated.

Athletes Usually Do Not Drink Enough

Even though the benefits of hydration are well established, most athletes still experience dehydration during training and competition. Even the most well-intentioned, well-educated athlete, with fluid easily available, may become dehydrated because athletes generally underestimate their sweat loss and therefore do not voluntarily

consume enough fluid, and because the human thirst mechanism is an inaccurate short-term indicator of fluid needs. For these reasons, significant dehydration can quickly occur in highly fit athletes.³ Unfortunately, there is no clear physiological signal that dehydration is occurring, and most athletes are oblivious to the subtle effects of dehydration (thirst, growing fatigue, irritability, inability to mentally focus, hyperthermia), in large part because they are so accustomed to experiencing these symptoms.

Hydration Guidelines

Consuming adequate fluid at regular intervals during exercise easily prevents dehydration. All athletes can train themselves to become better drinkers and can learn from experience just how much fluid they need under varying circumstances of exercise and environment. Athletes who are profuse sweaters (> 2 liters/hour) may not be able to ingest enough fluid to remain completely hydrated. However, all athletes can learn to become better drinkers, and procedures should be put in place to assure that they do.

Current fluid replacement guidelines recommend that the goal of fluid replacement is to replace 100% of sweat loss during exercise. For instance, if an athlete loses sweat at a modest rate of one liter per hour, ingesting 8 oz every 15 minutes would fully replace sweat loss. Of course, it is important that athletes have a good idea of just how much sweat they lose during a typical practice or game so that they can judge how much fluid to ingest. This is most easily accomplished by having athletes record a nude body weight before and after practice. Any weight deficit represents a failure to drink adequately. For example, if an athlete weighs 178 lb before practice and 176 lb after practice, the 2-lb difference reflects the need to drink an additional 32 oz of fluid in future practices.

Fluid balance, electrolyte homeostasis, cardiovascular function, and thermoregulatory control are intimately linked and each has a major impact on health and performance. For this reason, it is important for coaches, athletic trainers, fitness leaders, exercise scientists, and sports medicine physicians to understand the fundamental physiological mechanisms that allow the human body to cope with the stress imposed by exercise.

Science of Sports Drinks

One of the most effective ways to prevent dehydration is to have athletes consume adequate amounts of a properly formulated sports drink. The four primary benefits to consuming a properly formulated sports drink are:

- Encourage voluntary fluid intake
- Stimulate fast absorption
- Promote rapid and complete rehydration
- Improve performance

Encourage voluntary fluid intake. Athletes typically don't drink enough to keep pace with sweat loss.³ That is, they voluntarily dehydrate, a fairly common physiological occurrence during physical activity. An effective sports drink then, must not only have the taste characteristics to maximize overall acceptance during physical activity. In addition, because the thirst mechanism in the brain is stimulated by the osmotic effects of electrolytes in body fluids, an effective sports drink must also contain the correct electrolyte profile to maintain the osmotic drive for drinking.

A sports drink can best stimulate drinking by making sure that the sports drink formula strikes the proper balance between palatability and function. A sports drink must taste best when athletes are hot, sweaty and thirsty, and it must also have the proper electrolyte profile to maintain the physiological drive to drink. Many athletes rely on thirst alone to stimulate them to drink, but thirst is an inaccurate gauge of fluid needs when we're physically active. Thirst is driven by two key physiological changes: a rise in the concentration of sodium level and a drop in blood volume. Whenever we sweat, part of that sweat comes from blood. And by virtue of the fact that we lose more water molecules from the blood than we do electrolytes, plasma-sodium concentration – the saltiness of the blood – rises, which stimulates thirst. But if sweat is replaced by plain water, the plasma sodium concentration falls, which reduces thirst.

Plain water then, although a good thirst quencher, is a poor rehydrator. As opposed to a sports drink that helps maintain the physiological drive to drink, water shuts off thirst before an athlete can properly rehydrate.³ Unfortunately, when athletes drink only water, the osmotic drive to drink is removed because plasma blood sodium level – the primary determinant of plasma osmolality – is quickly lowered below the thirst threshold. Ingesting water can alleviate thirst when hydration status is not even close to normal.