



Goshen Rays

Monthly Newsletter for January! Happy New Year 2025!

Reminders: Swimmers please make sure to have your goggles, water bottle and cap for swimming! **NO RUNNING!** Please walk and arrive on time, if you will be late or not able to make it to practice please post on Sports You App or message one of the coaches. If your child is sick please keep them home, we will miss them but we want them to be healthy while here, thanks!

Announcements: Our team has been invited to be the guests of honor at the Goshen High School's last home meet on January 21st! Come and join us all to cheer on our high school team, most of which are current or former GSI/Rays swimmers. There will also be an opportunity for our swimmers to volunteer as timers, runners, and more. Because of the home meet, there will be no practice. We will send out more details and reminders in the coming weeks.

Also please parents double check your USA swimming memberships. It's a new year and some of them have expired. Your child cannot swim in practice or meets until these have been renewed.

Coach Trevor- Middle School Coach Carolina- Gold Coach Liz- Silver

Swim A-thon

January 16th from 6pm-8pm

This is the time to make sure your asking your family and friends to help sponsor you. They can pledge per lap(\$1 per lap, one length of the pool) or they can give a flat donation for the event. All pledges and donations are due on January 30th. Swimmers must have 1 pledge to participate in the swim a-thon. We have a goal of \$100 per swimmer and prizes will be awarded for the fundraising and laps swam. **WE NEED VOLUNTEERS-** please help with recording lap swims and also we currently have a sign up on Sports You App for food, please go and sign up and help!



**NO PRACTICE
JANUARY 9TH**

No practice, due to Goshen having a Home Swim Meet.



**YES PRACTICE
JANUARY 20TH**

We WILL still have normal practice on Martin Luther King Jr. Day



**NO PRACTICE
JANUARY 21ST**

No practice, due to Goshen having a Home Swim Meet.



Upcoming meet

For those attending, January 4-5th in Huntington, IN.



Registration open for January 25-26 meet @ Concord
Please go commit your swimmer. Deadline is January 17th

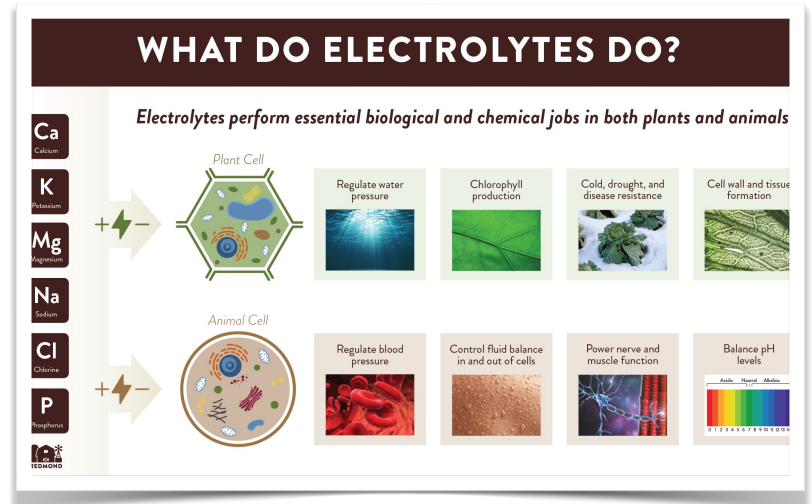


Thinking ahead

February 15 and 16th meet will also be at Concord. Will post in Sports You APP when registration is open

Why is Hydration important?

Proper hydration is essential to good health and optimum energy all year around and more specifically while exercising and during the hot summer season. The human body needs water to maintain normal body functions such as body temperature and flushing out toxins. Yet many times we don't even know we are already in a state of dehydration until uncomfortable symptoms occur such as extreme thirst, fatigue, lightheadedness, headaches, and constipation just to name a few. It is important to drink before you feel thirsty and maintain a habit of drinking water throughout the day for better health.



Electrolytes and why we use them while working out.

Swimmers need electrolytes while swimming because even though they are in water, they still sweat and lose electrolytes through perspiration, which can lead to muscle cramps, fatigue, and impaired performance if not replenished; electrolytes. Electrolytes are essential for muscle contraction and relaxation, preventing cramps during swimming as well as proper nerve function.



SWIMMERS YOUR GOAL THIS MONTH IS TO STAY HYDRATED!

To make a homemade Electrolyte drink mix all the ingredients together and enjoy! Or Make a double or triple batch for the next 3 days in the fridge.

- 2 cups of coconut water
- Juice of lemon or lime
- 1 tablespoon of Raw Honey or Maple Syrup
- 1/2 tsp of Salt
- Store in fridge and enjoy for up to 3 days!

