



Goshen Rays

Monthly Newsletter for February 2025!

Reminders: Swimmers, please make sure you have your goggles, water bottle and swimming cap! Don't RUN! Please walk and arrive on time, if you are late or can't get to practice, post on the Sports You app or send a message to one of the coaches. If your child is sick, please keep him at home, we will miss him, but we want him to be healthy while he is here, thank you!

- **Announcements:** Coach Carolina will be out during the month of February, except on Tuesdays. Coach Trevor will take charge of the Gold group during the month of February for those absent days.
- The last day of practice will be February 27 for ALL swimmers. (Gold and Middle School swimmers who made divisional times, this will not be you, your coach will discuss more practices) The meet continues until the weekend, this meet will also be the last meet unless the children make divisional/state times. Once again, your coach will discuss with you whether you made the cut or not.
- Upcoming meet on February 15 and 16th will NOT be at Notre Dame. The change of location is in South-bend at Riley High School.
- Looking ahead, the banquet for the end of the year will be tentatively on March 28. All children will receive information on the March newsletter sent home to the swimmers on the last day of practice.
- Parents, we need some board members. Please contact Lisa Estrella if you have any questions. 574-500-5100. Our club needs board members to continue with a thriving club!
- **BRING YOUR COLLECTIVE MONEY FROM SWIM TO THON ON THURSDAY, JANUARY 30!!**

PICTURE DAY! Arrive at the pool at 6 p.m.!

We have a picture day on February 7th. Please arrive at the pool by 6 p.m.! Swimmers will have to be in their red swimsuits for the photos. All swimmers should also have received a gray shirt this year with the Goshen Rays logo, please bring it or wear it too. If you didn't receive that gray shirt, please come to your coach and let him know, thank you! There is also NO practice for middle school students that day!



CLUB PHOTOS FEBRUARY 7

Photo day for swimmers! Arrive at 6pm. Red suit and gray shirt!



NO PRACTICE FEBRUARY 17

No practice. Pool closed on Presidents' Day



LAST PRACTICE ON FEBRUARY 27

Thursday will be the last practice for swimmers!



Registrations are open for the last two meets, please go commit!



Meet on Feb 15-16th @ South bend Riley High School

The deadline is February 3rd to commit!



CON-Last Chance Invitational Meet

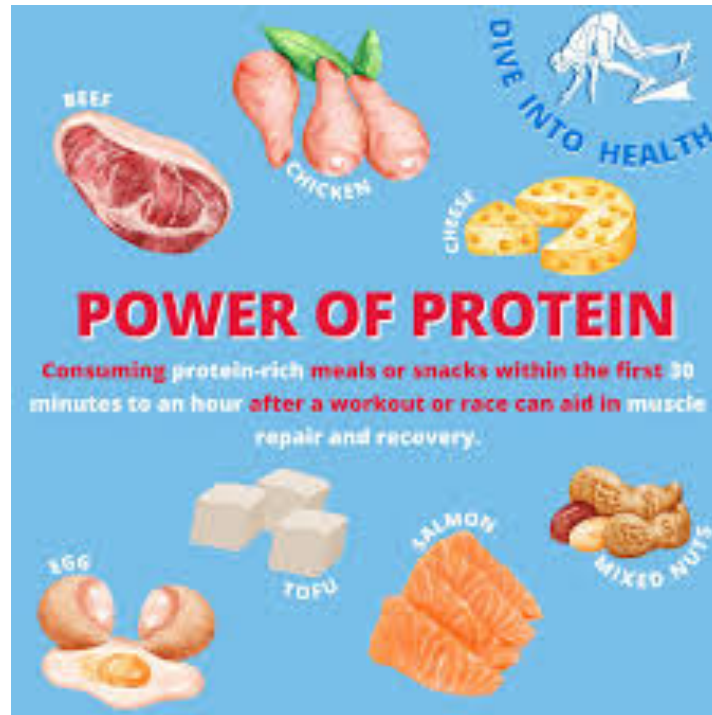
February 28 - March 2. Meet at Concord High. Deadline to commit is February 21st!

What is protein?

Proteins have one of the widest ranges of function of any nutrient and for this reason it is one of the most important for any athlete. During exercise, micro tears occur in our muscles. It may sound scary, but the process of using protein to repair these micro tears is how our bodies build muscle. However, not all proteins are the same, because the different amino acids have different uses in our bodies. That's why it's important to make sure you're eating complete protein. A complete protein is a protein source that contains the 9 essential amino acids that are the individual building blocks of the protein. Meat, dairy products, and eggs are generally considered complete proteins, while you may need to mix and combine different plant sources to form complete proteins.

How much protein?

The general rule for athletes is to eat about 1.5 grams of protein per kilogram of body weight. For example, if you weighed 120 pounds, you would weigh about 55 kg. 55 kg multiplied by 1.5 would be 82.5 grams of protein. As long as this 120-pound athlete ate between 75 and 85 grams of complete protein every day, they would make sure that his body has exactly what it needs to recover and develop strength and muscle mass.



Sources of protein?

Each source of protein we eat has different benefits and disadvantages depending on the needs of each person. Here are some examples of complete protein sources:

Beef: Beef is a complete source of protein and is also a good source of creatine, a compound that helps provide energy to our muscles and has great benefits for brain health.

Seafood: Fish is by far my favorite way to get my daily protein. If you want to swim like a fish, you should eat like one because fish is high in omega 3 fats that have a great impact on brain and heart health.

Soy: Soy is one of the few complete vegetable proteins and can be converted into a large number of different products. My favorite is tofu. For a quick and easy meal, you can cut some tofu and mix it with soy sauce, sesame oil and some of your favorite hot sauce.

Potatoes: It may be unexpected, but potatoes are actually a complete source of protein and a great source of carbohydrates; perfect for a recovery snack after a meeting. However, the fact that French fries can contain complete proteins does not mean that they are healthy. Be sure to be careful with the high unhealthy saturated fat salts.

Sprouted Grains: Sprouted Grain bread company "Food for Life" has an Ezekiel bread that was inspired by biblical facts. The grains and seeds in the bread contains, Wheat, Barley, beans, lentils, millet and spelt. When these six grains and legumes are sprouted and combined an amazing thing happens. A complete protein is created that contains all 9 essential amino acids. There are 18 amino acids present in this unique bread -from all vegetable sources-naturally balanced in nature.

SWIMMERS: HERE IS A RECIPE FOR A COMPLETE PROTEIN AFTER A GOOD SWIMMING WORKOUT

Burrito Bowl

Ingredients:

- 2 pounds of ground beef, boneless and skinless chicken thighs or vegetarian meat substitute
- 1 large onion
- 2 bell peppers
- 1 bag of spinach (or half a bag of frozen spinach)
- 3 tablespoons of chili powder or burrito
- 2 cups of brown rice or quinoa
- Olive oil
- Toppings: Chopped fresh tomatoes, cilantro, sliced avocado or guacamole, cheddar cheese, natural Greek yogurt (a great protein-rich alternative to sour cream), tortilla chips

Directions:

1. Cook the rice or quinoa separately according to the instructions
2. Brown the beef or cook the chicken in a pan with olive oil, chopped onions and chili seasoning
3. If you use beef, drain excess fat after browning
4. If you use chicken, cut it into small pieces after it is fully cooked
5. Add the chopped peppers and spinach to the pan, sauté together until the spinach is wilted and the peppers soften
6. Allow athletes to build their own bowls with rice, meat and vegetables, and the ingredients they prefer



Recovery Nutrition for Swimmers

- **Rehydrate:** Replace fluid and electrolytes
- **Refuel:** Refill carbohydrate energy stores
- **Repair:** Protein to build and repair muscle