

SHARK TALES

Elmwood Sharks Swim Team Monthly News



Putting in the Work

By Sarah Carr

Thomas Edison said “there is no substitute for hard work.” Showing up, getting in the pool, and giving your best effort is necessary to build a foundation for success. We live in a society that always looks for short-cuts and immediate gratification.

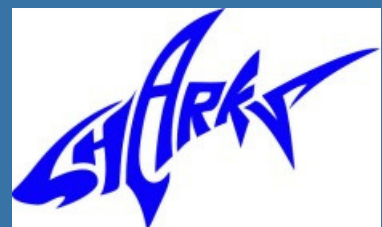
We see the results of hard work and consistent effort, but don't see the entire journey. Everywhere we look, we are being told that you can outsmart hard work. However, there is no replacement for time spent in the pool.

The path to success in the pool isn't an easy one; it's full of struggles, failures, and a ton of hard work. Therefore, attendance at workouts is a key aspect to making physical progress in each season. When a swimmer misses a workout, they miss a key step in their training plan. For example, if a swimmer attends the recovery workouts and misses the stressful workouts, then they are losing out on key yardage and stress sets. In the next scenario, the swimmer may miss a series of recovery workouts, attends only the stressful workouts, and are at risk of injury and frustration. Life gets busy, especially as we face exams and year-end deadlines; however, we have to remember our commitments and prioritize our goals. Let's put away the phones and distractions at home to prioritize our studies, so then we can carve out the time to exercise, work hard, and be with our teammates.



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UPCOMING Meets & Events

- **May 6 - May 8 Makos LC Invitational**
Flowood, MS
- **May 13 - May 15 Crawfish LC Invitational**
Baton Rouge, LA



Athletes in the Kitchen

Make the Calories Count

Swimming requires massive amounts of energy, whether it's a practice or a 3 day meet. Because of this high energy expenditure, swimmers need to take the right steps to stay fueled for the day and replenish the nutrients lost. A calorie is a unit of measure of energy (not a scary thing that makes you gain weight). Swimmers need good quality calories to fuel their workouts, aid in recovery, and keep up with their growing body's needs! However, not all calories are created equal. Swimmers need to prioritize foods that supply protein, key vitamins & minerals, and adequate calories. For example, 300 calories in an order of french fries is not providing the same nutritional value of 300 calories in a bowl of oatmeal with fruit. So, don't count the calories, but make the calories count!

Swimmer of the Month

Greyson Collins has shown consistent dedication and a positive growth mindset in 2022! As a Senior Silver swimmer, Greyson has a solid attendance record and has made big improvements in his ability to show up to work hard. His efforts helped him to achieve new Long Course State Qualifying Times at the SWAT Sprint Meet in Tupelo in April. Greyson has also overcome meet anxiety to become more independent and confident at competitions! Greyson's improvements are proof that hard work and a positive, growth mindset set the foundation for success!

Keep up the great work, Greyson!

