

# SHARK TALES

*Elmwood Sharks Swim Team Monthly News*



## Spring Training is in the Air

*By Sarah Carr*

Spring Training is upon us! More sunshine, warmer temperatures, spring festivals, and long course season are finally here! As we start the new season, we are reminded the importance of building a solid foundation and perfecting technique in training. You may have noticed your coaches giving more emphasis to kick sets, drill work, and sculling. Spring training focuses a great deal on technique. This can be one of the best parts of spring practices. Spring is the time for learning new drills or improving upon old ones, meaning there is always something to work on. And with less time prepping for a meet, there is more time to focus on perfecting the little things. Perfecting technique goes hand in hand with building a strong foundation. The most important part about the spring season is that it's the foundation for not only the upcoming summer meets, but the entire year to follow. Whatever work you do during these weeks is the starting point that you will build on in the months to come.

Spring training is always a team favorite! I hope all the Sharks can enjoy the work we put in now and be motivated for the future!



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## UPCOMING Meets & Events

- **April 9th SWAT Spring Sprint Meet**  
Tupelo, Mississippi
- **April 14th Sharks Team Fundraiser**  
Adventure Quest Laser Tag, Elmwood
- **April 29 - May 1 Laurel Summer Invitational**  
Laurel, Mississippi



## Athletes in the Kitchen Vitamin C

Vitamin C is critical for optimal adolescent athlete health and development. Vitamin C supports the formation of collagen, which is a protein in the body and a major building block for muscles, bones, and skin. Vitamin C helps you fight infections by supporting a healthy immune system and is critical for the absorption of iron from food. It also keeps teeth, bones and gums healthy. Vitamin C is an important micronutrient found naturally in fresh fruit and vegetables. Daily habits and foods to increase Vitamin C intake:

- Citrus Fruits like oranges and lemons - squeeze into cold water for a refreshing kick!
- Kiwi Fruit and Berries - add them to yogurt or other snacks.
- Broccoli, brussel sprouts and tomatoes all add color and Vitamin C to your plate!

## Swimmer of the Month

Caleb Scott has shown consistent dedication and a positive mindset in 2022! As a Senior White swimmer, Caleb has a stellar attendance record and shows up to work hard. His efforts were clear as he was a top performer at the recent Fitter and Faster Swim Clinic in March. He is also an exemplary athlete during our team sessions in Ochsner Performance Training (OPT). Caleb's improvements are proof that hard work and a positive, growth mindset set the foundation for success!

Keep up the great work, Caleb!

