

# The Weekly Wave Volume II, - No. #2.

Week #2:

BRAIN TOPIC of the WEEK:

**GREAT FOOD = GREAT SWIMMING!**

**CHOCOLATE MILK AND TAGS FOR YOUR SWIM BAGS!**

Sports Drinks and Chocolate Milk are great recovery Drinks – after you SWIM (<https://eatingforperformance.com/2011/07/29/chocolate-milk-vs-sports-drink-for-recovery/>).

Great Food (fruit, Veggies, Granola Bars, Goldfish---No Junk Food!!) =  
Great Swimming—Stroke & Touch Rules---So you Do Not get D.Q.-ed (Disqualified)!!

Get ready for the 1<sup>st</sup> Swim Meet and Get your Swim Bags Ready Friday night before you go to bed and put your SWIM MEET TAG on your BAG with your NAME on it!

Thursday 6/20/19 during practice: World's Largest Swim Lesson  
([www.wlsl.org](http://www.wlsl.org)) World Wide Water Safety Promotion to Save Lives!!!

Friday 6/21/19 1:00pm - Texas Swim Center  
(<https://www.tsc.utexas.edu/directions>) Swimming and Diving Hall of Fame Tour and NCAA Texas Open Swim Meet @ The Fastest Pool in the WORLD!

Saturday 6/22/19 6:15am CCC 1st Swim Meet!!!

SWIM MEET #1 - HIGH TECH STROKES and SHADES  
6:15am Check-In (Left Arm = NO Sun Screen)  
6:30am Warm-Up  
7:00am National Anthem & The Swim Meet

PARTY THEME DURING the 2<sup>nd</sup> PRACTICE:

**HIGH TECH STROKES and SHADES (Sun Glasses)**

Swimming Stroke Rules & Touches & The Megaphone  
Pack Your Swim Bags with your TAG!

Swim Bag Checklist:

- BAG (Put your New Bag Tag On with Your Name On It in a Sharpie!)
- CCC Swim Team Shirt, Suit, Cap and Goggles (2)
- Water & Recovery Drink for during/ after the meet
- Sunscreen and ON your Body (Except for your Left Arm for the Swim Meet Events)
- GREAT Food (fruit, Veggies, Granola Bars, Goldfish---No Junk food!!)
- Towels (3), sweat pants and shirts to stay warm!
- BOOK to read between events

\*Cheer Check #2 - "WE ARE THE CYCLONES"

\*Cheer Check #1 - "BLAH BLAH BLAH BLAH BLAH"