

MESSAGE FROM THE MANAGERS

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Sign me up for Summer!

Summer's a great time to get involved at the Salt Lake Swimming & Tennis Club. To see our complete schedule of aquatics activities and events at our website, go to the Swim & Dive Team Parents link and scroll down to Summer 2010 Schedule. For tennis activities and events, click on the Adult Tennis and Junior Tennis links.

Want to give back this summer but haven't decided how to best apply your time and talents at the Club? Summertime is your opportunity—drop off the kids, take a swim lesson, and lend a hand and your ideas. The Swim & Dive Team Parents link on our website has a complete list of volunteer opportunities, including:

- Meet Results & Computer Committee
- Diving Table Committee
- Meet & Timing Committee
- Awards Banquet Committee
- Team Breakfast Chair Committee
- Conference "After" Party Committee
- Team Equipment Committee



- Photography Committee
- Tom Thorum, Sr. Development Meet Committee
- Lanes & Lines Committee (swim and tennis competition)
- Splash & Dash Committee (swim and run competition)

Check the lists at the top of the stairs, send us an email at laurie@thetennisclub.org or call us at 801.487.3206. Find your place and join the fun!

Cheers,

IAN ROTHFELS & LAURIE STATON

SUMMER PROGRAMS REGISTRATION

Register Now for Swim & Dive Teams, Tennis Camps, and Lessons!

Members and nonmembers sign up for summer aquatics and tennis programs. Some sessions are already filled, so sign up now! To register, members must be in good standing.

Calling All Locker Users!

If you are currently using a locker, please let us know which locker is yours by signing the locker list at the Front Desk or sending an email to frontdesk@thetennisclub.org. **Unreported lockers will be cleared out by June 7, 2010.**

- Pool Opens for Regular Summer Open Plunge Hours June 5th.
- Swim & Dive Team Workouts move to morning schedule June 7th.
- Session #1 of Swimming Lessons begins June 7th
- Summer Tennis Programs begin June 14th.
- Session #2 of Swimming Lessons begins June 21st

ON YOUR HEALTH -- ELECTROLYTES 101, PART II (CONTINUED FROM MAY'S NEWSLETTER)

Who needs to worry about replacing sodium?

Not many people! When you exercise, you lose some sodium via sweat, but you are unlikely to deplete your body's stores under ordinary conditions. Problems arise when people over-hydrate during exercise with too much plain water or standard sports drink. The very small amount of sodium in a sports drink is added to enhance fluid retention, not to replace sodium losses.

The concentration of sodium in your blood actually increases during exercise because you lose proportionately more water than sodium. Hence, your first need is to replace the fluid. You can easily replace the 800 mg sodium lost in two pounds of sweat during a hard hour-long workout by enjoying a recovery snack of chocolate milk and a bagel with peanut butter.

Keep in mind, most health organizations recommend we reduce our sodium intake because the typical diet contains too much sodium for the typical person who is unfit, overfat and at risk for high blood pressure and stroke.

I am training for a triathlon. Should I consume extra sodium?

After extended sweaty exercise, you should plan to replace sodium if:

1. you are craving salt, and
2. you are covered with a layer of salt on your skin.

Many tired athletes report the salt helps revive them so they feel better. Plus, it helps with rehydration because it holds water in your body.

You can also consume salty foods, such as chicken broth or ramen noodles before extended sweaty exercise, so the sodium will be in your system, helping to retain fluid and maintain hydration. Experiment with consuming pre-exercise sodium during training. Some athletes complain of intestinal upset or heaviness. You are an experiment of one!

Assuming the longer and harder you exercise, the hungrier you'll get and the more sodium-containing foods and fluids you'll eat—and easily consume more than enough electrolytes during and after the workout. Standard snacks (yogurt, bagels) and meals (pizza, pasta) have more sodium than you may realize. Nib-

bling on olives, pickles, crackers & cheese can easily replace sodium losses. (See the table and read food labels for sodium content.) As for potassium, chugging 16-ounces of chocolate milk for a recovery drink more than replaces the potassium a marathoner might lose.

What about commercial sports foods with sodium?

If you are tempted to replace sodium losses with commercial sports foods and fluids, note that most of these engineered products are relatively poor sources of sodium. (See the table below.) Some frugal ultra-distance athletes simply lick a small packet of salt from their palm or suck on a boullion cube. Tastes great if you crave it! From *Active.com*, by Nancy Clark, MS, RD

Food	Sodium (mg)
Chicken noodle soup, 1 can Campbell's	2,350
Pizza, 1 small Domino's cheese	2,330
Ramen noodles, Maruchan, 1 packet	1,580
Spaghetti sauce, 1 cup Ragu	1,160
Boullion, 1 cube Herb-Ox Chicken	1,100
Salt, 1 small packet	590
Pretzels, 1 oz (30 g) Rold Gold thins	560
Bagel, 1 Thomas' New York style (3.7 oz)	540
V-8 Juice, 8 ounces	480
American cheese, 1 slice Kraft	250
SaltStick capsule, 1	215
Cheerios, 1 cup multigrain	200
Yogurt, 6 oz Stonyfield Farms vanilla	115
Bread, 1 slice Pepperidge Farm hearty slices	190
Saltine crackers, 5	180
Potato chips, 20 Lay's	180
Chocolate milk, Nesquik, 8 oz	150
Gatorade, 8 ounces	110
Endurolytes (electrolytes), 1 capsule	100
Powerade, 8 ounces	70
Beer, 12 ounce can	15
Coke, 12 ounce can	10
Orange juice, 8 ounces	5
Potential loss in a two-hour workout	1,000-2,000

EVIDENCE KEEPS BUILDING: TENNIS IMPROVES BRAIN POWER

The plethora of research supports, without doubt, the following facts: The more one exercises, the more active one is, the greater the intensity of exercise, and the higher one's level of fitness, the more positive the benefits for the brain. Another study found that high levels of cardiovascular fitness, achieved by age 18, were directly associated and could actually be used to predict educational achievement later in life. Now, let's examine the scientific literature and see what has been found relative to tennis and also what some top experts perceive as the benefits of playing our great game.

What is it about tennis that might help people who participate in this sport have an edge over people who are not active or who participate in other activities? Let's discuss what some believe happens, in tennis, to facilitate positive brain growth.

John Ratey, Harvard psychiatrist and author of the critically acclaimed book, "Spark," has been a fan of

the benefits reaped from tennis for a long time. Ratey said, "Neurons that fire together wire together means that the more we repeat the same actions and thoughts—from practicing a tennis serve to memorizing multiplication tables—the more we encourage the formation of certain connections and the more fixed the neural circuits in the brain for that activity become."

Interestingly, in tennis, you naturally learn how to plan and implement a strategy based on your anticipation of your opponent's moves. In between every point, players have the opportunity to plan what they intend to do next. This natural course of events is another way in which tennis complements everyday life. You execute during a point, then, you recover from that stress, and immediately plan what you want to do before the next point begins.

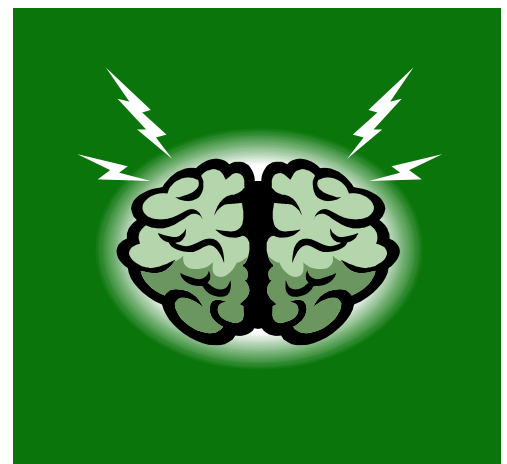
Historically, there is quite a bit of research showing that tennis plays a role in other aspects of brain de-

velopment. In 1989, research showed that junior tennis players, through regular training, had quicker reaction times than their sedentary peers. This was supported for veteran tennis players in a study from 1978, demonstrating that seniors showed significantly quicker reaction times than their nonactive, age-matched peers. Further research, in 2001, demonstrated that eye movement tracking improved during tennis participation.

I believe the scientific world is going to find even more positive data about our great game as time goes by. Let's change the world together and get people on the tennis court!—*Jack L. Groppe, Ph.D., FACSM, USPTA Master Professional*



"From practicing a tennis serve to memorizing multiplication tables—the more we encourage the formation of certain connections and the more fixed the neural circuits in the brain for that activity to become."



COME TO PLAY

JUNE 2010

SUN	MON	TUE	WED	THU	FRI	SAT
<u>Pool Hours Starting June 7th</u> M-F 1-9pm (except on Swim Meet Nights) S-S 11am-7pm	<u>Snack Bar Hours</u> M-F 8am-7pm Sat 11-7pm Sun - CLOSED	1 Highland Park Elementary 11-2 S.L. Running Co. Wetsuit Demo	2 Highland Park Elementary 11-2	3	4	5
6	7 Swim Team Morning Workout Schedule Begins Swim Lesson Session #1 Pool Hours: 1-9pm	8	9 Pool Closes at 4:30pm Time Trial #1 5pm	10	11	12
13	14 Jr. Tennis Session #1 Treehouse @ TC Swim & Dive	15	16 TC @ Willow Creek Swim & Dive	17	18	19
20	21 Jr. Tennis Session #2 Swim Lessons Session #2 Pepperwood @ TC Swim & Dive	22 S.L. Running Co. Wetsuit Demo	23	24 Board Meeting 7pm	25	26
27	28 Jr. Tennis Session #3 North Crest @ TC Swim & Dive	29	30		<u>Dive Meet Schedule</u> 3:15 Pool Closes 3:30 Warm-up 4-5pm Dive Meet	<u>Swim Meet Schedule</u> 4:45 Swimmers arrive 5-5:30 Warm Up 5:30 Swim Meet

