

# LaneLineNews

## Summer 2025 - Championship



Mazie Moberly rocking the Gator Chain in Sarasota

Our 12&Under Crew swam incredibly well at the June Meet in Gainesville!

Coach John and Coach Rob repping Gator all the time!



## Finishing Up the Season, Starting Up the New One

Gator, a few highlights for this newsletter. One, we will talk about wrapping up Summer 2025 and starting up Fall 2025. Two, we have some important information on nutrition for taper that we'd like you to read.

At the very end of the newsletter, we have our Fall 2025 meet schedule dates and locations as well as our Spring 2026 meet dates and locations. PLEASE PLAN AHEAD.

We will finalize our January-February meet dates in October at the Florida Swimming HOD.

## Wrapping Up Summer 2025

We are finishing up our practices on Friday July 25th. July 26th will begin Gator's annual break between seasons (Area Champs is July 26-27th).

All of our swimmers should be swimming a season ending championship meet!

Area 4 Championships - July 26-27 Tallahassee FL

FLAGs - July 10-13 Ocala FL (all swimmers eligible D2-S1)

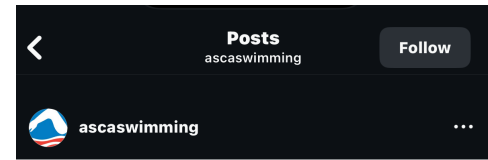
Seniors - July 17-20 Ocala FL

Futures - July 23-26 Greensboro NC

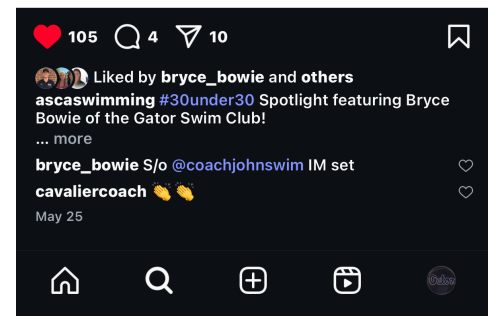
Over our team break, let the kids be kids and don't worry about 'swimming.' (You'll never hear me say that very often). Enjoy the time away from the pool, get some fun in the sun before we start back with school and the new season.

## Starting Up Fall 2025

We will start up the new season on Wednesday August 13th for the new 2025-2026 short course season. As a reminder, EVERYONE will need to re-register online. Please be sure that when you register you put ACCURATE sizing information for your swimmer (shirts, suits, etc) as we do bulk orders and what you put down as your requested size is what you'll receive. These are custom items that are not returnable. Please be sure that you are registering over the break, we will send out communication and links for re-registration very soon.



Bryce Bowie  
Gator Swim Club



Coach Bryce was honored as a 30-Under-30 grant recipient at ASCA 2024-2025 (American Swim Coaches Association)

## Sarasota Shark Open

We had two of our senior girls tie for high point at 40pts at the Sarasota Sharks Open. Senior Ava Fuller and Junior Eva Whitehead both came away with victories at the meet, Eva earning Summer Junior Nationals qualifying times in the 200IM and the 200Breast.

### Gator 1st Place Finishes:

Ben Kyong - 3 Golds - 400Free, 50Back, 100Back

Yufei Wang - 3 Golds - 200Free, 100Back, 200Back

Eva Whitehead - 3 Golds - 200IM, 400IM, 200Breast

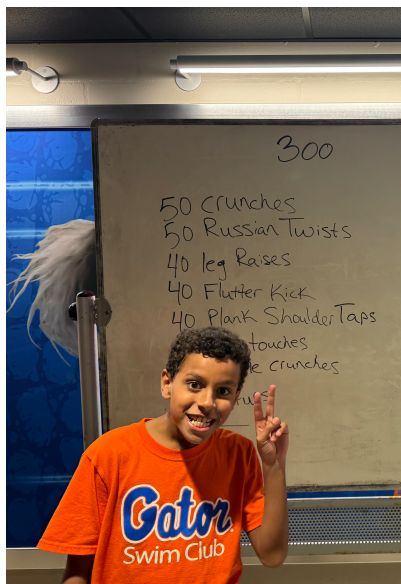
Liam Aleman - 2 Golds - 400IM, 200Breast

Ava Fuller - 2 Golds - 100Free, 200Free

Zander Mauldin - 2 Gold - 100Breast, 200Breast

Gabby Beauchamp - 1 Gold - 200Free





Taha Awad celebrating a successful core day in Dryland

## Championship Diet

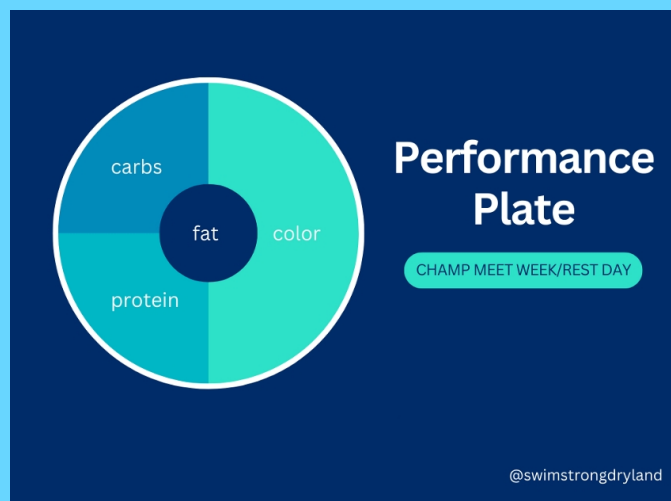
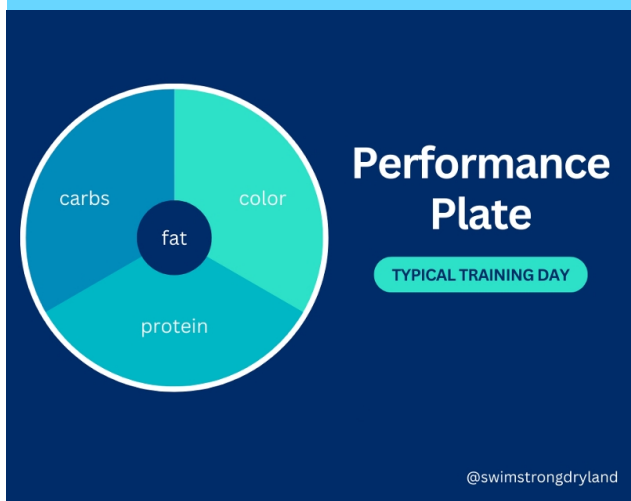
**As we progress towards our championship season, it is time again to discuss nutrition during this window and particularly how it should change. Our training and practices are dramatically different, therefore we need to follow up with alterations to habits out of water.**

**During training season we talk about a plate consisting of equal amounts of carbs, protein, and “colorful foods”, along with 1-2 servings of healthy fat**

- **Colorful foods meaning:** berries, cherries, oranges, apples, peppers, leafy greens, beets, etc.
- **Healthy fats meaning:** Nuts, seeds, nut/seed butters, avocados, fish, olives, coconut, etc.

**Now let's look at how that should change. We are swimming less, therefore we should eat less and be more focused on what we are consuming. People often increase carb portions during this time, however that should actually decrease, along with proteins. Now carbs and proteins should still be equal, but each representing 25% of the plate, while “colorful foods” make up the remaining half. When you get to meet week itself, you should also boost the healthy fat intake to 2-4 servings, which is needed for energy and to boost endurance.**

**It can be easy to gain weight during taper period if your diet remains the same, even if that diet is healthy and was successful throughout the season. Additional pounds WILL have a negative impact on your bodyline in the water. Please be aware of this and make the necessary modifications so we can maximize the potential results this championship season.**





200 Backstroke Crew - last event of the meet - best event of the meet.

## Championship Meets in July:

July 10-13 2025 - Florida Age Group Championships (FLAGs) - Ocala

Our top 14&Under meet in the state! This is the first time in years of running the north and south together, and we will be competing with the best of the best!

July 17-20 2025 - Florida Senior Championships - Ocala

Our LSC Championship Meet for those with the qualifying times, GSC and our collegiate UF swimmers will be competing in Ocala, FL.

July 23-26 2025 - USA Swimming Futures - Greensboro, NC

Our top swimmers from Gator Swim Club will be competing in Greensboro, NC at this national meet. We have 12 swimmers qualified for the meet and look forward to seeing their success!

## Wellness Note:

We can appreciate getting the maximum, or sometimes even an appropriate amount of sleep, can be difficult during much of the season. Especially during finals season that recently ended, however now let's put an even greater emphasis on sleep. Challenge yourself to get 8-10 hours every night. More sleep = better recovery. Which means faster swimming.

Included below is a new breakdown from SwimStrong, outlining habits to improve gut health. Parents, if you are able to incorporate this into family meals, not only will your swimmers improve their recovery, everyone can benefit as well.

## WHY GUT HEALTH MATTERS FOR SWIMMERS



Better  
Absorption +  
Utilization of  
Nutrients



Stronger  
Immune  
System



Improved  
Recovery

### FIBER



oats

lentils/beans

### OMEGA-3'S

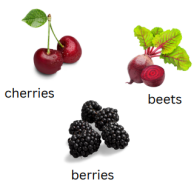


salmon

flax seeds

chia seeds

### POLYPHENOLS



cherries

beets

berries

### PREBIOTICS



asparagus

apples

bananas

### PROBIOTICS



greek yogurt

cottage cheese

sauerkraut

### FIBER

- contributes to a healthy gut environment, improved cognition, decreased disease risk, better regularity + detoxification
- many high-polyphenol foods and prebiotic foods also contain fiber

### POLYPHENOLS

- lower inflammation, help strengthen the gut lining

### PROBIOTICS

- good bacteria that contribute to a healthy gut environment
- certain strains found naturally in specific foods; certain scenarios may benefit from strain-specific supplementation

### PREBIOTICS

- "feed" the good bacteria in the gut
- many high-polyphenol foods also contain prebiotic fiber

### OMEGA-3'S

- promote the growth of good bacteria, reduce inflammation + support the gut lining
- Can only get EPA + DHA from fish; ALA from plant foods

## TOP FOODS FOR GUT HEALTH



Fiber



Polyphenols



Prebiotic  
Foods



Probiotic  
Foods



Omega-3's

## Nutrition Corner

As championship season nears, we need to begin thinking about some of the finer details when it comes to preparation. The training we have done will put you in a strong position for success, now in order to maximize the results you need to place a greater emphasis on recovery and taking care of your body. We want to decrease soreness and increase sleep quality. Tart cherry juice will help with both. Not only will it help your body recover by reducing inflammation and soreness, it is a natural melatonin and results have shown it improves the duration and quality of sleep. Many elite athletes, including at the University of Florida, have been using tart cherry juice to their advantage and swear by the results. The article below will expand upon the positive impacts in greater length!

### What's The Deal With Tart Cherry Juice?

As more and more reputable studies are conducted in the world of sports nutrition, we are confirming just how powerful foods can be to the swim athlete's performance. Fruits, like cherries, have long been considered a great option to add to a healthy diet. However, new research shows that they may be more than just a "great option." For some swimmers, they could be a game changer.

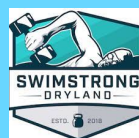
All cherries contain polyphenols (anthocyanins being one of them) with strong antioxidant properties. Antioxidants help reduce oxidative stress and fight free radicals in the body. Long story short, they help your body recover. So, what makes TART cherries so coveted? They contain more anthocyanins than sweet cherries (about 27% more), the compounds that decrease inflammation and pain. Tart cherries also contain the highest concentration of melatonin. Studies have shown tart cherry juice to improve both the onset and quality of sleep.

The main type of tart cherry grown in the United States is the Montmorency cherry. It's bright red in color, while sweet cherries are a darker red/purple. Both are in-season during the summer months, especially July/August. However, tart cherries can be made into juice and bottled up, ready to enjoy any time of the year. They can also be made into powders and capsules. Studies show that any of these options are viable, if it's a quality brand. For swimmers, we recommend the juice version as a first option, as most of the studies out there are using juice. Tart Cherry Juice is also a food product, so it's regulated by the FDA. Supplements are not regulated, so they are much harder to sort through to find a viable option.

When buying tart cherry juice, look for brands that are minimally processed, with ideally only one ingredient: tart cherries. Opting for "not from concentrate" is ideal, as it will have the best nutrient profile. Fresh tart cherry juice will likely list the number of cherries per bottle. Most of the studies with athletes used the equivalent of 45-270 tart cherries per day. That's A LOT of cherries to eat whole but is easy to obtain through juice. For example, if the bottle says it contains 270 cherries and there are four 8 fl oz servings, you'd be getting 67.5 cherries in one serving (which would fall within the efficacious range). A few examples of brands we recommend are Smart Juice Organic, Cheribundi (Original and Pure), and Lakewood Pure Tart Cherry.

When short and long course are in full swing, your muscles are going to go through an adaptation process. It may seem counterintuitive, but some of the pain/soreness felt after training is actually a good thing. It means your body is adapting and changing. That's why tart cherry juice should be used strategically at specific times during the season. Too much of a good thing isn't always a good thing. We recommend 8oz, 1-2x per day in the 5 days leading up to a meet, and then 48 hours after. As always, make sure to check with your physician before altering your diet, as there could be interactions with certain medications (specifically blood pressure and cholesterol meds). Focus on a solid nutrition foundation first, before considering adding tart cherry juice to your current regimen.

Tart cherry juice is a powerful tool swimmers can use to decrease inflammation, muscle soreness, and improve sleep leading up to competition time. Be sure to look for a brand that is minimally processed, with the main ingredient being tart cherries. Research has shown lots of benefits from drinking tart cherry juice strategically throughout the season – and could get you ahead of the competition.



Article from  
SwimStrong Dryland

## Prelim/Finals Recovery Tips and a Dive into Carbs

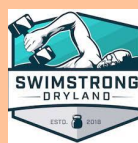
You've trained strong and recovered well, but what about at the meet itself? Particularly what should you do between prelims and finals? This is a critical time frame that needs to be executed well in order to maximize the performance for the night.

- **Cool down**
  - Definitely don't skip doing a cool down, you will have enough time in between sessions to get in a proper cool down and everything else you need.
- **High protein fuel**
  - When you get back to your hotel, or wherever you're staying, you will need some fuel. This first portion should be protein heavy, since at this point you will have enough time for it to digest and reap the benefits for recovery.
- **Nap**
  - Prelims finals meets are tiring, physically and mentally, take a nap! However it shouldn't be any longer than an hour, even if you feel like you could sleep for hours.
  - Wake up 60-90 minutes before it is time to leave for the pool.
    - If you typically wake up groggy, it should be at least 90 minutes before leaving. If you always wake up immediately to the alarm and alert, 60 minutes is fine.
    - This will give you enough time to fuel again and arrive at the pool alert and ready for racing.
- **Carb fuel**
  - After waking up you are going to need a boost of energy to carry you through the evening session. This is when you should look for carbs. Why carbs? The article below will explain the reasoning.

With all this done, you will be in the best position possible for the finals session, both rested and fueled up. PLEASE PLEASE PLEASE don't nap the whole time between sessions. It is so easy to drift into that, it is a common mistake. Napping for longer than an hour will make you groggy in the evening, which leads to slow reactions and weakened performance. Relax between sessions, but stay focused on the task at hand. Then when it's time, lock back in and swim fast. The best swimmers show up at night!

Carbs are king when it comes to reaching your potential as a swim athlete. Carbs are energy (aka fast swimming!); the breakdown of carbs generates a lot of ATP, the body's energy currency. Carbs are brain fuel; they help you focus in school and react off the blocks. Carbs are muscle fuel; they help you build/maintain lean muscle. Many foods provide carbohydrates for the swim athlete to perform at their highest level. Both unprocessed, whole food sources and processed sources can be used as part of a healthy, high performing fueling plan. A carbohydrate can be simple (short-chain) or complex (long-chain). Simple carbs are also known as "fast" carbs that digest rapidly and easily, while complex carbs are also known as "slow" carbs that provide sustained energy. Check out the ABC's of Nutrition for some food examples of these. Simple carbohydrates, as mentioned, are very easy for the body to digest and contain monosaccharides and/or disaccharides. Glucose, for example, is a monosaccharide which is stored as glycogen (a long chain of glucose molecules) in the muscles and liver. Complex carbs can be maltodextrins (a combo of 6-20 glucose molecules), starches, fibers, or glycogen. Whether simple or complex, the end result of carbohydrate breakdown is mostly glucose (sugar). This glucose is used by our cells and starts the process of creating ATP for energy. Sports drinks, gummies/chews, rice krispies, honey, maple syrup, crackers, pretzels, fruit bars, dried mango, bananas and dates are all comprised of short-chain carbs. These options are easy to digest and quick for the body to use as fuel. While a piece of fruit (like a banana, date) has naturally occurring vitamins/minerals, these options also contain fiber which may not be well-tolerated by many athletes in the ~30-60 minutes prior to training/racing. Every athlete has an individual response and should be practicing their fueling strategy just like they practice technique in the pool. On the other hand, whole grains like quinoa, oats, and brown rice, legumes, and high-fiber fruits/veggies contain long-chain carbohydrates that take longer to digest and are not a good source of quick fuel in the ~30-60 minutes before training/racing. Rather, these options are great as part of larger meals that are spaced further away from training/racing in order to give the body ample time to digest.

Eliminating processed foods altogether may put an athlete at higher risk for entering a state of relative energy deficiency. RED-S (relative energy deficiency in sport) has many serious complications, both in the short and long term. RED-S can cause symptoms like impaired growth and development, loss of menstrual cycle in females, poor recovery, low energy, decreased performance, impaired GI health, and poor mental health, to name a few. Rather than eliminating processed foods altogether, we recommend strategically utilizing them as part of a nutrient dense fueling plan. Processed foods fall on a spectrum (milk, for example, is processed) and a small amount utilized intentionally has been shown to benefit performance and health of the growing athlete. Both whole, unprocessed foods as well as processed foods can be used to the swimmer's advantage and put them ahead of the competition.



Article from  
SwimStrong Dryland

## **GSC Move-up Philosophy and Timing**

So, you're wondering when your Gator will move up and progress through GSC's team structure.

Firstly, what is a **move up**? Moving up is **the process of transitioning from one group to the next highest group within GSC**. The coaching staff is constantly evaluating and discussing each athlete's progression and readiness to move up.

There are **three programs** within Gator Swim Club: **Developmental** (Developmental 1, 2, & 3), **Age Group** (Age Group 1, 2, & 3) and **Senior** (Flex 1&2, Senior 1, 2, & 3).

There are many factors that determine a move up. In the Developmental groups, swimmers are gaining the fundamental skills for a strong competitive swimming foundation. In the Age group program, swimmers are aiming to perform at a high level and compete with the best in the state. They may also aim to achieve qualification times for higher-level swimming competition (FLAGS, [A & above times](#), and Senior Championship cuts).

In most cases, **swimmers spend about one year (or two seasons) in each group**. It is not guaranteed that a swimmer will move up at the end of a season, or after any particular period of time. They must meet the below standards and be approved by the head age group coach.

At the age-group level, a swimmer cannot skip over any group in the move up process.

- Age
  - Groups are age-limited. This is to ensure that swimmers of similar physical, mental, and maturity are grouped together as much as possible.
- Achievements and Skills
  - These criteria include a combination of the following factors:
    - Times achieved at meets
    - Times/sets achieved/completed at practice
    - Distances completed at meets/practice
    - Physical skills (technical ability, turns, etc.)
  - Mental skills (understanding sets and intervals at practice, utilizing race strategies at meets, understanding nuance of stroke efficiency etc.)
- Attendance and Commitment
  - Practice attendance
  - Meet attendance
  - Willingness to try new things and take on new challenges at practice and at meets

[See the full breakdown of the group requirements here.](#)

Please keep in mind that assessments are multifactorial. **There is not one single factor that will automatically move a swimmer from one group to another**. Just because a swimmer is a certain age or has achieved a specific time standard does not mean that they will automatically be moved to the next group.

So, when do move ups happen?

Move-ups can happen three times per year. Most swimmers will receive notification of moving up at the end of the summer, before the start of the Fall season (early August). A small, select group of swimmers may move up after the winter championship meets (mid-December) and/or after the spring championship meets (late March).

The head coach and the head age group coach reserve the right to move any swimmer up at any time in the season at their sole discretion.

If you have any questions regarding move-ups, please contact Coach Jason ([jason@gatorswimclub.com](mailto:jason@gatorswimclub.com))

## Upcoming Events - Fall 2025

September 6-7 2025	Hydro Fall Classic	D2-S3, F1-2	Ormond Beach
TBD	Novice Intrasquad	D1-D3	Gainesville
September 21 2025	FAST Meet	D2-S3, F1-2	Ocala
October 10-12 2025	FAST Pumpkin Plunge	D2-S3, F1-2	Ocala
October 25-26	Planet Swim Halloween Invite	D2-S1, F1-2	Ponte Vedra
November 9 2025	High School Time Trial 3A/4A	3A 4A Senior Swimmers	Ocala
November 16 2025	High School Time Trial 1A/2A	1A 2A Senior Swimmers	Ocala
November 21-23	Rosen Almost Turkey	D2-S1	Orlando
December 5-7	Gator Speedo Holiday Classic	Qualifiers Only A1-3 No-Qual Times added to Afternoon	Ocala
December 10-13 2025	Junior Nationals	Qualifiers Only	Indianapolis
December 13-14	FAST December Invite	D2-A3, F1-2 (non-HolidayClassic)	Ocala

### Championship Meets

Feb 28 - Mar 1 2026	Area 4 Championships	All without FLAGS/Seniors	Ocala
March 5-8 2026	FLAGS	14&Under qualifiers	Ocala
March 12-15 2026	Senior Championships	Senior(s) qualifiers	Orlando

[Meet Calendar](#)



[O'Dome Developmental 1](#)  
[Developmental 2](#)  
[Developmental 3](#)  
[Age Group 1](#)  
[Age Group 2](#)  
[Age Group 3](#)  
[Senior 1](#)  
[Senior 2](#)  
[Senior 3](#)