

# Flipturn

## BUT I WAS AT PRACTICE COACH



### *Do you have an Academic Plan?*

If you are in your 10th grade year, your senior year is closer than you think! It is not too early to think about college and now is the time to start preparing:

#### **10th grade:**

- Reconnect with your guidance counselors (bring them cookies!) and discuss any changes in your college plan. Make sure your classes are still on track. Ask about any DualCredit /AP courses you could take.

*(cont. p.2)*

### **How to Get Into an Ivy League School**

After 21 years of running American College Connection I have seen huge changes in the recruiting process. One of the most recent changes is by Ivy League coaches as they are recruiting much earlier than ever before. Many of them are offering verbal commitments to high school juniors. We have had 61 swimmers attend an Ivy League school. The average acceptance rate at an Ivy League school is around 7%. Our acceptance rate is over 80%.

*(cont. p.2)*

### **Check out our NEW Nutrition section!**

We are so excited to announced that we are partnering with María Inés Flores, former Olympic gymnast and Certified Nutritional Coach, to provide your families with nutrition tips. Please check out her article on page 3 of our newsletter:

[What do World Class Swimmers Eat for Breakfast?](#)

Please share the newsletter with all of your families.

*(cont. p.3)*



### **Academia** *Do you have an Academic Plan? (cont...)*

- Register for PSAT or pre-ACT. Colleges won't look at it but you could qualify for National Merit Scholarship AND it will help you prepare for SAT/ACT in your junior year.
- Continue your extracurricular activities to stand out on your college applications.
- Attend college fairs and information sessions. It's not too early to visit colleges. But you won't be able to talk to a coach face to face until after your sophomore year.
- Think about how you can volunteer or intern at a place of interest.
- Talk with parents about creating a college budget
- Take an SAT / ACT prep course toward the end of summer to be ready for testing. No matter how high your GPA is, taking standardized tests is a skill you may need to practice.

By Melynda Nash - *Academic Advisor,*  
*American College Connection*  
 Melynda@ACCrecruits.com

### **How to Get Into an Ivy League School (cont...)**

All of the Ivy League coaches are excellent and do a great job of helping the student-athletes balance academics and swimming.

Scenario: I'm a junior and I just got an email from an Ivy League coach so I am headed to the Ivy League.  
 Not so fast. Just because a coach sent you an email doesn't mean that you are a shoe in for an Ivy League school.

Nearly all of the Ivy League coaches are recruiting much earlier than ever before just like every other coach. We have never seen an Ivy League school offer a verbal commitment to one of our high school juniors until last year. We had 4 of our swimmers give their verbal commitment to Ivy League schools last year. Each of the coaches committed to use an admission slot. I spoke with a couple of the coaches and they said that if they don't go after the faster kids early they are all gone by their senior year. This makes painting a picture of your potential much more important than ever before. The coaches have to identify potential since they are recruiting juniors.

Here is how the Ivy League works:  
 Everyone is a Walk-On (no athletic aid).

Each coach has an average of 8 admission slots each year that they can use to get a recruit admitted into their school. The recruit must meet the minimum academic requirements and should have 3 events that can score in at least the top 16 at conference.

If a coach uses an admission slot it doesn't guarantee admission, but it is very likely.  
 A lot of our high school juniors are getting emails from Ivy League coaches early in their junior year. Once they get to know the coach we have our swimmers ask the following questions. "Coach, what kind of times will I need for you to use an admission slot and when do I need them by?"

Here are 2 excellent websites that explain what it takes to get admitted into an Ivy League school.

<https://www.shemmassianconsulting.com/blog/how-to-get-into-ivy-league>

[heres-what-it-really-takes-to-get-into-the-ivy-league-these-days \(usatoday.com\)](https://www.usatoday.com/story/sports/college/ivy-league/2021/09/15/ivy-league-admission-requirements/8250000002)

By Rick Paine - CEO / Director of swimming,  
*American College Connection*  
 For more information reach out to Rick@ACCrecruits.com

## What do World Class Swimmers Eat for Breakfast?

Nearly half the swimmers I talk to tell me they often skip breakfast. Before we analyze whether breakfast truly is “the most important meal of the day”, let’s look at what some world-class swimmers, including Caeleb Dressel, Ryan Lochte, and Katie Ledecky are having for breakfast.



**The powerful Caeleb Dressel**, whom the media likes to compare to Michael Phelps, is very clear about his breakfast: mostly complex carbs. Dressel told USA Today that before heading off to morning practice, he needs food that gives him good energy but that doesn’t make him feel too full to swim.

So what are “complex carbs”? They are carbohydrates that provide slowly releasing energy which means they will provide fuel through more than a couple of sprints.

So, Dressel is eating things like whole-grain bagels, toast,

vegetables (green beans, peas, bell pepper), and oatmeal. For many athletes, this type of breakfast works great if you don’t have a lot of time between breakfast and practice, perhaps just 30 minutes.

**Ryan Lochte** is quite a different story. His breakfast often includes 3 eggs with spinach and tomato, pancakes, oatmeal, fruit, and coffee with milk. It’s safe to assume that all of this is *not* eaten just 30 minutes before practice! (most likely 1.5-2 hours). He is getting all the macros - protein, fats, and carbs- which means that both building muscle and increasing his energy are important to him.





Katie Ledecky shared a typical daily meal with Prevention magazine, including a breakfast of fiber-rich oatmeal with banana and berries. That she emphasizes “high fiber” means that Ledecky understands the importance of fiber. Fiber provides a lot of health benefits that are important

to athletes, including aiding in digestion and it keeps you feeling full longer. However, if you are not used to eating a lot of fiber, you may want to ease into it gradually and also, be particularly watchful of how quickly it makes you go to the bathroom (number 2), so that you can prepare well and not have any surprises like having to run to the bathroom when you’re about to swim your 200 IM.

## What if I really don't feel like eating breakfast?

So, “is breakfast king?”

Perhaps.

When you have been fasting (not eating at all) because you were asleep, you should ideally “break the fast” before jumping into the day’s activities. Your body has been resting and repairing itself during the night so when you wake up, the energy reserves in your blood, muscles, and liver are all used up and your body is ripe for nutrition. This is a great time to drink water as a first thing but then get in nutritious food, too!

In reality, many athletes have early practice and want to sleep until the very last second. In this case, try eating something very small and easy to digest such as half a cup of oatmeal, watermelon, papaya, or a few grapes. You can also drink a smoothie with almond milk, strawberries, and blueberries. Because each person is different, in nutrition it’s often important to try several things and find what works best for you.



**María Inés Flores is an Olympic gymnast and Certified Nutritional Coach.**

I help young athletes incorporate stress-free nutrition and lifestyle changes that are key to unlocking higher levels of energy and agility, fast recovery times, and confidence so they can consistently perform at the top of their game.

You can reach Maria at [mariaines@letsbefittoday.com](mailto:mariaines@letsbefittoday.com)