

"American College Connection is a great resource for all levels of swimmers. It is the most comprehensive service I know of and has provided me with excellent insight as I go through the recruiting process."

Ted Knapp

Former Head Coach

Stanford University



Flipturn

Got Sore Muscles From Training? Here's Why and What You Can Do



By María Inés Flores

Olympic Gymnast

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Sore muscles after an intensive workout are common. The demands of training cause micro damage to muscles and their ability to recover and regenerate are part of the training process. Muscle soreness may occur especially as a result of unusual exertion during exercise or introducing a new physical activity such as a new movement or skill. As the body attempts to adapt, muscle soreness and stiffness may set in after exercise, usually peaking at 24 to 48 hours. This is known as **delayed-onset muscle soreness (DOMS)**. You may experience DOMS if you are starting at the gym for the first time or as an elite athlete since it's caused by doing new things or the same exercise at a higher intensity.

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Can YOU SELL your Potential?



By Kevin Weldon

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At American College Connection we believe one of the most important aspects of recruiting is the ability to sell your potential. So many senior student-athletes graduating each year and vying for the same spots on college rosters it will come down to how well ACC helps you sell your potential. Our goal is to get you out in front of the college coaches, so that you get them to chase YOU!

Easier said than done am I right? Selling One's Potential will be the "game changer" today and in the future. We know that there are approximately 40K female and 32K male student-athletes around the world graduating each year all looking at approximately 2200 and 1800 spots respectively. How will a coach ever choose? You must set yourself apart from others, so they will notice YOU!

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How Can I Prevent Sore Muscles?

You can only prevent sore muscles by doing everything at the same pace and intensity as you have previously done it, which is illogical since the whole point of training is to get better and stronger, and for this, you need to do new things.

The good news is that your body's adaptation process produces greater stamina and stronger muscles!

How Do I Minimize DOMS and Help My Body Recover Faster?

- Warm up properly (to increase the flow of oxygen and nutrients to your muscles before you work them)
- Gradually increase either the intensity or the duration of your workout, not both at once
- Don't over train
- Get enough sleep and rest
- Use correct technique when exercising
- Use specialized recovery therapies such as massage, chiropractic, cupping, and compression therapy Hydrate well (I've covered hydration before and it is still the "lowest hanging fruit" for athletes!)
- Keep going! Don't give up exercising or training at high intensity altogether due to sore muscles, allow for some recovery and continue. Otherwise, you will start again from scratch instead of building up progressively toward better strength and performance

<https://www.teamusa.org/USA-Triathlon/News/Blogs/Fuel-Station/2019/April/30/This-is-Why-You-Should-Use-Tart-Cherry-Juice-For-Recovery>

What are some ways I can set myself apart from other swimmers (besides swimming faster times)?

Know Yourself

- What are your values?
- What are you passionate about?
- Be yourself when talking to coaches

Be the best you can be

- What can you do to raise the bar when talking about yourself
- Be motivated in your actions
- Talk passionately about your grades and your swimming

Develop quality relationships

- Work on your communication skills when talking to college coaches
- Point out ways you are a team player
- Ask great questions to the coach about the university and team

Take initiative

- Be proactive during the recruiting process...do the work instead of your parents
- Display "ownership"

Project confidence

- Maintain a positive attitude throughout the entire process
- Trust yourself
- Be a positive influence on all social media!
- Be willing to take risks & learn from your actions

Be patient and determined

- Develop a plan and timeline
- Give yourself time to reach your goals
- Be "affirmative" with your goals, "I will go such and such a time"
- Show you have "grit"