

*"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

## Is It OK to Eat Cereal?



*By María Inés Flores*

*Olympic Gymnast*

*Nutritional Coach*

[www.letsbefittoday.com](http://www.letsbefittoday.com)

It seems that cereals are “the bad” guys lately. Who can compare them to a green smoothie with spinach, cucumber, and pineapple, chock full of protein, fiber, and antioxidants, or to an omelet with onions, bell peppers, and broccoli?

The good news is not all breakfast cereals are created equal. Cereals have gotten a bad rap largely due to the high amounts of added sugars that many of them contain. For example, one cup of Kellogg’s Cocoa Krispies has 15 grams of sugar, less than one gram of fiber, and very little protein.

Although there are many high-quality brands available, some of my favorites include Cascadian Farm, Kashi GO, Bob’s Red Mill Paleo-Style Muesli, and Ezequiel 4:9 sprouted grain cereals.

*(cont. p.2 top)*

## Transferring- can college recruiting get any crazier?



*By Rick Paine*

*CEO/Director of*

*Swimming*

[Rick@ACCRecruits.com](mailto:Rick@ACCRecruits.com)

Transferring from one school to another has become very easy. All a swimmer has to do is let the coach know they want to transfer and the school must place them in the NCAA transfer portal within 48 hours. Once in the portal, a swimmer is free to attend any school they wish without penalty if they are eligible to return to their previous school. Some conferences have rules against transferring within the conference without sitting out a year.

How does this affect recruiting? We are seeing the largest number of college swimmers transfer than I have ever seen. Some of this is due to the super seniors choosing to change schools for their 5th year of eligibility, but a lot of it is due to the ease of transferring.

This means that there is much less certainty in recruiting for the coaches and the swimmers. It also means that there is more competition for high school recruits.

Although there is more competition; there are also more openings. The key is to stay on top of the transfers and what school is losing what swimmer. Keep in mind that recruiting changes daily.



**Is It OK to Eat Cereal?** (cont...)

Let's look at one: **Kashi GO Chocolate Crunch.**

It has the following per serving (2/3 cup)

- 10 grams of plant-based protein
- 16 grams of whole grains
- 32 grams of carbs including 6 g of fiber (26 g net carbs)
- 9 grams of added sugars
- Iron, magnesium, zinc, phosphorous (10-15% of the RDA for a 2,000-calorie diet)
- 210 calories

If you need to severely limit your sugar intake, then Ezequiel cereals (with just 1-2 grams of added sugar per serving) may be a better option, however, I like the 2.6:1 carb-to-protein ratio in his cereal (which actually makes it ideal as an after-practice recovery snack), the whole grains, fiber, and the great flavor, which makes it easy for everyone in the family to eat.

So next time you're at the store, don't shy away from the cereals aisle. Look for whole-grain options with at least 8 grams of protein per serving and choose the amount of sugar that is adequate for your specific needs. And remember to include a variety of things for breakfast each week, such as smoothies, eggs, wraps, and other options to make sure your body gets all of the nutrients it needs.



**Test your nutrition knowledge- take the 2-minute health quiz !**

<https://letsbefittoday.com/health-quiz-v1/>

**June 15 is coming!**

Many swimmers & divers finishing their sophomore year will be receiving their first contacts from coaches.

Are you ready?

**When to start**

The upper level coaches start putting recruiting lists together with 9<sup>th</sup> graders.

Depending on the swimmer's best times, the freshman year is the time to get info in front of the college coaches if the swimmer is at least at Sectional times or faster.

It is a must for a swimmer to get their info in front of coaches at least by their sophomore year. D-I and D-II coaches are allowed to start contacting recruits starting June 15 after grade 10. D-III, NAIA and Junior College Coaches don't have restrictions and many D-III coaches will reach out to recruits during grade 10.



**GOALS HAVE  
BEEN AROUND  
A LONG, LONG  
TIME!**

**HOW BIG ARE YOUR DREAMS?**