

NEWS LETTER

February Edition



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PVS

Benefit Swim

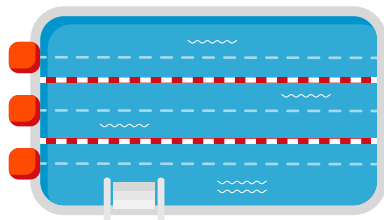
WE ARE EXCITED TO ANNOUNCE A BENEFIT SWIM THAT WILL BENEFIT HAWAIIAN SWIMMING

THE FUNDS RAISED WILL DIRECTLY BENEFIT THE HAWAIIAN ATHLETES, ASSISTING THEM WITH TRAVEL EXPENSES, MEET FEES, AND OTHER NECESSITIES THAT MIGHT BE CHALLENGING FOR THEM TO AFFORD.

Locations Are To Be Decided

In this Newsletter

- **PVS Benefit Swim**
- **February Swim Meet Schedule**
- **Athlete Spotlight**
- **Quick Meet Meal**
- **Social Media Handles**
- **USA Swimming Safesport Training**
- **Olympic Trials**



3-4 Mako Qualifer - George Mason University
3-4 Super Fish Bowl XIV - Spring Hill Rec Center
3-4 Gender Blender Mini Meet - Kennedy Shriver Aquatic Center
4 Emperor Penguin Pentathlon - Fairland Aquatic Center
4 February Friendship Mini Meet - Providence Rec Center
10-11 PM 14&U Champs Qualifer - Cub Run Rec Center
11 PVS February Distance Meet - Fairland Aquatic Center
11 Munchkin Mania - Fairland Aquatic Center
16-18 Presidents Day Classic - Freedom Center
16-18 37th Annual Black History Meet - Takoma Aquatic Center
16-18 February Qualifer - Warrenton Aquatic and Recreation Facility
17-18 Winter Gator Mini Meet - Long Bridge Park
23-25 RSMC February Invitational - Martin Luther King Jr. Swim Center
23-25 Machine Spring Qualifier - The St. James
24-25 Foxes Forty Niner - PWCS Aquatics Center
24-25 NCAP Mini Championships - Freedom Center

SWIM MEET MEAL



FOODS TO EAT

Lean red meat
Turkey and
chicken breast
Fish and shrimp
Eggs
Milk, cheese,
and Greek
yogurt
Beans
Oats
Vegetables
Whey or plant-
based protein

Even if there's an early start to your first race, do not skip breakfast. Breakfast is the metabolism boost every swimmer needs and should be about 500-1000 calories, depending on your body type and weight. Keep it light if your first race is early or opt for a heavier breakfast if your race competition is in the afternoon.

Try: Instant oatmeal made with skim or low-fat milk, whole grain toast with nut butter, dry cereal with yogurt and fruit, or a whole grain waffle with sliced fruit and cottage cheese. To drink, enjoy a glass of water or all natural fruit juice.

USA Swimming Safesport

TRAINING FOR PARENTS

WED., FEB 21 AT 8:00 P.M. EST | [REGISTER](#)

WED., MARCH 13 AT 8:00 P.M. EST | [REGISTER](#)

TRAINING FOR ATHLETES

THUR., FEB 22 AT 8:00 P.M. EST | [REGISTER](#)

THUR., MAR 14 AT 8:00 P.M. EST | [REGISTER](#)

TRAINING FOR COACHES

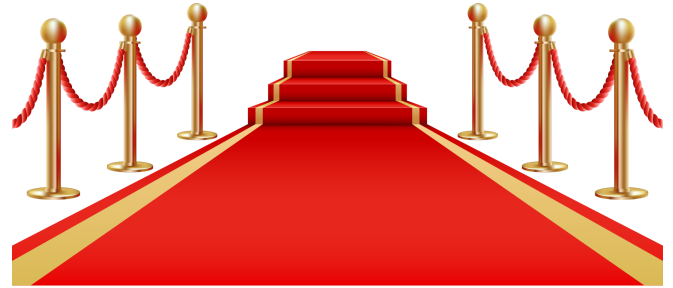
FRI., FEB 23 AT 3:00 P.M. EST | [REGISTER](#)

FRI., MAR 15 AT 3:00 P.M. EST | [REGISTER](#)



ATHLETE SPOTLIGHT

Fill out the quick five minute
google form to be featured on to
the Potomac Valley Athletes
Instagram



<https://forms.gle/BPfHLeFCxxaqB9vh8>

**134 Days
Until
Olympic
Trials**



**FUEL LIKE A
CHAMPION SO
THAT YOU CAN
RACE LIKE A
CHAMPION.**

 **pvathletes**

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Tag Us !

#potomacvalleyathlete