



[www.waterworks2.com](http://www.waterworks2.com)

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**Wellness!**

With our community buzzing about the H1N1 (or swine) Flu, I wanted to take a look at wellness. To me wellness is a better word than health because it encompasses the actions you can take to improve your health. Does swimming effect your wellness? YOU BET IT DOES! Staying active is right up there with getting enough sleep and eating a balanced diet, for keeping you healthy. Who knew that just by being swimmers you were actually taking steps to fight off the flu. I took the below quote from the Center for Disease Control website:

**What should I do to keep from getting the flu?**

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be **physically active**, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

This Flu outbreak will affect our scheduled in the coming weeks. TWU has closed its pool for next week. The BB swim Meet that we were not attending this weekend has been cancelled. We will keep you posted on the B/C swim meet next weekend at Plano (May 9-10).

**Practice Schedule**

**Next Week: May 4-8**

With the closing on TWU we do not have a pool to swim in. All age groups are invited to meet in the south parking lot of the Benbrook YMCA for Dry Land practices on Monday-Wednesday-Friday from 5-6pm. We will stretch, run, exercise, and possible play some field games.

**Week of May 11-15**

Stay close to your e-mail, we would like to move outside to LMRA this week, but it will depend on the water temperature. If the water is too cold we will be at Benbrook for Dry land practice on M-W-F and back at TWU at the regular times on Tuesday and Thursday.

**Week of May 18-22**

We will be at LMRA (3400 Bryant Irvin Rd.) at our regular M-W-F practice times (same as TCC).

**News and Notes**

- Go check out [www.chuckburrs swimcamp.com](http://www.chuckburrs swimcamp.com) it is a great place to send your friends or to get a little more individualized stroke instruction. The camp is May 19-22 at LMRA.

**Up coming swim Meets**

**Meet Schedule**

<u>Date</u>	<u>Classification</u>	<u>Location</u>
May 8-10	BC	Plano
May 15-17	A	Mansfield
May 30-31	BB	Lewisville/Keller
June 13-14	BC	Grapevine

**\*\*\*\*\*June 27-28 Open Schlitterbahn, New Braunfels**

July 11-12	A Champs	Mansfield
July 18-19	BB Champs	Southlake
July 25-26	BC Champs	Grapevine

All Swim Meet entries are due the Monday, two weeks before the meet. If you are not able to make it to a practice that entries are due, please contact Brian at the above phone or e-mail.