



NOVEMBER 2025 • ISSUE 26

IMPORTANT DATES

November 7-9

Commonwealth Cup
13 & Over Athletes
w/Qualifying Times
Prelims & Finals
CSAC

November 15-16

WAC Swim Meet
All Athletes
CSAC

November 22, 8:30-Noon

*Service Opportunity for
Age Group & Senior
Swimmers at Chesterfield
County Food Bank
See Email for Details*

December 4-7

*RAYS Nutcracker Classic
Athletes w/BB+ Times
Prelims & Finals
JRSSC - Stafford, VA*

December 5-7

*NOVA December Dip
All 12 & Unders with B/C
Times and 13 & Overs
NOVA-Regency*

CLUB EXCELLENCE AWARD

I am pleased to announce that Quest Swimming was awarded the Bronze medal status from USA Swimming for the 2025-2026 season. The status recognizes the 200 highest-performing clubs within the country in the development of athletes ages 18 years & younger. Clubs are awarded Gold, Silver or Bronze medal status via a point system based on athlete performance scores.

Quest Swimming has been awarded the Silver medal status in 2013, 2015, 2016, 2018 as well as Bronze level statuses in 2021, 2023, 2025 and now 2026.



The program recognizes, identifies, and promotes the USA Swimming member clubs that are developing strong well rounded age group athletes & transitioning these athletes into senior programs that are producing elite 18 & Under athletes.

This award is always a significant accomplishment because it highlights that at Quest, our Philosophy of Development that runs through our program is continually moving athletes towards the highest potential levels within the sport and USA Swimming.

I would like to thank the coaches for their continual commitment to the teaching of technical skills and the development of the mental game that is necessary to progress athletes from Novice levels through Age Group and into Elite 18 & Under athletes.

Our main goal is to continually make success inevitable by creating an environment of excellence on the team! This kind of environment is always created together (Parents, Coaches, and Athletes). When the combined energy of everything is positive then the natural outcome will always be success and fun things like this can always happen.

Thank you to everyone who supports our program and makes this achievement possible!
~Coach John



NOVEMBER 15th

Tech Suit & Christmas Order Deadline

With December Championship Meets & the holidays fast approaching, be sure to take care of ordering your swimmers technical suit and any holiday gifts by November 15th through the Swim Shop. Click [HERE](#) to start your order today!

Quest For Excellence

NUTRITION MESSAGE FROM COACH JOHN

Swimming is an incredibly demanding sport that requires the proper nutrition. Swimmers have higher energy demands and hydration needs than most other sports because of the training durations, the water's cooling effect masking sweat, and the need for both power and endurance.

Athletes need to have quality carbohydrates and protein sources as well as intentional timing.

An athlete's age, ability levels, practice duration, intensity levels, and the number of sessions per week will all play a role in the amount of carbohydrates, protein and hydration needed daily.

High School swimmers should be aiming for 3-4 meals per day. Carbohydrates are the swimmers main fuel source. Whole grains, potatoes, rice, fruit, oats, beans and vegetables are good sources of carbohydrates.

Protein helps athletes build and repair muscle. Eggs, dairy, chicken, beef, turkey, tofu, beans, lentils, nuts and seeds are excellent sources of protein.

Snacks are an important part of daily nutrition between meals and should have a combination of protein and carbohydrates.

Healthy fats are also essential for hormonal health and endurance. Nut butters, olive oil, avocado and seeds are good sources of healthy fats.

Because swimmers have multiple events across a session the goal should be to refuel between races.

Fruit bars that are 100% fruit, dried fruit, applesauce, pretzels or crackers, fruit smoothies, Honey and rice cakes, bananas and PB&J are good meet day options. Sports drinks that have electrolytes are good for hydration needs.

Fueling like a swimmer is about consistency, balanced meals and smart snacks. When athletes are intentional about eating habits they practice better, recover faster and perform at higher levels on competition days.

As a competitive swimmer you can't outrace an overall lack of consistency in daily nutrition or poor food habits on competition days!



Teaching the Art of Swimming & Playing the Game of Racing