

AQUA LYON

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First Team Travel Meet This Weekend

By: Casey Hnatiuk

Hello Lyons Families,

I hope this finds you well rested and full after a great Thanksgiving weekend.

This weekend, we will have a decent size group of about 70 heading down to the Indianapolis area to compete at the Fishers Santa Claus invite. This will be a fantastic meet with lots of fast swimming, and we look to bring home some hardware. Travel safe families!

Elsewhere in the swimming world, the short course World Championships, U.S.A. Winter Nationals and U.S.A. Junior Nationals are also taking place. The first day of the Worlds were exciting with many world records broken, and some amazing swims. I believe it will be on NBC Universal at various times during the week, so look out for that.

Finally, one of our diving coaches, Kimmy Vitek, placed 10th at the recent High School State meet. Congratulations!

From the Desk of Coach Casey

Hello Lyons Swimmers,

More and more, I am reading about performing in the now. I covered this topic recently, but feel it bears repeating.

Time and time again, athletes at the top of their game are always competing in the now. The reasons for this are many.

Being in the now is pretty much the only thing that an athlete has control over. They cannot control the future, the past is already over, and as much as you may want to, you can't control someone else's actions. As a swimmer, being in the now means concentrating on the feel of the water as it is being pushed back, the location of your hands, tightness of the streamline, etc. The exact point of concentration can differ depending on the stroke, but the process remains the same.

Being in the now means that you do not worry about the reactions of the coaches or parents. It has been my experience that many swimmers are worried so

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We Are Lyons & We Are Great!

about what the coach or parent is going to say after the race, that they forget to focus on the actual race during the race, and the outcome is less than desired. This leads to a vicious cycle where the athlete is constantly trying to please someone else, and worried about the reaction, and the race again becomes undesirable.

One of the reasons I stopped printing out practices was to keep athletes from worrying about what is coming next. They should only concentrate on the task at hand, and not be concerned with what is next. Focus on the now of practice. Focus and concentration should be practiced during practice, so when the time comes at a meet, it is easy.

Focus on the now, and don't worry about what anyone else is doing or saying, and the end result may surprise you. I am happy to talk further on the subject if you or your swimmer has any questions. Thank you for your time and support. Until next time, make sure you streamline, Coach Casey

From the Desk of Coach Megan

Lyons swimmers had another exciting weekend of racing at the Hinsdale Fall Classic! We continue to swim faster, smarter, and improve all around. I was very proud of the swimmers and I thank the swimmers for listening to the coaches at practices and meets and attempting to make the adjustments we ask them to make. It is not always easy but I do see the swimmers trying very hard! I also want thank the parents for getting the swimmers to practice as much as they can, I know how busy this time of the year can be for everyone.

Coming up at our practices over the next few weeks and throughout winter break we will be focusing on training a little harder, think of it as building the engine of the swimmers. Up to this point the swimmers have done some swimming hard and a good amount of technique and drill work where they are focusing on something specific and always focusing on great streamlines and great practice habits. We will continue to do technique work but we are going to start shifting gears. We are going to train a bit harder with some faster swimming and we will do some longer swims. The swimmers are going to be asked to work hard to condition their racing strokes. So the

good news is that they will most likely be a little more tired when they come home from practice :). I hope to see the swimmers at as many practices as possible starting now and through the winter break. I know that the swimmers all have season goals. It is that time of the year where we may need to reassess our goals as we continue to meet some of them and continue to work towards others. Click [here](#) for a nice outline on how to start taking action on reaching your goals.

Please check the calendar for practice time over winter break. The weather is definitely going to be getting cold. I like to see the kids leaving the pool with warm coats and hats on so they will stay warm and healthy. Swimmers should also be bringing a water bottle to practice every day! They need to make sure they are staying hydrated. I am really pleased with how everyone is working and performing. Keep up the good work and I look forward to another great meet this weekend at Fishers. If you are traveling to Fishers this weekend don't forget we are there to swim but will have some fun as well! Be safe traveling to the meet. As always please let me know if you have any questions. Thanks, Coach Megan

From the Desk of Coach Joe

START LIVING YOUR GOALS

Positive thinking is nice and dandy, but much better and far more effective is positive action. Fake it till you make it isn't just a rhyming catchphrase, it's an actual, like, real thing. Research done as far back as 1970 at Clark University showed that the moods exhibited by participants quickly mirrored the expressions they were asked to make. When told to smile they felt happier, when asked to clench their teeth their anger quickly rose.

In the movie Boiler Room, Ben Affleck talks about "acting as if." (This movie is not appropriate for young swimmers). This same technique can be applied to your swimming.

Act as if you are a champion swimmer. Act as if you love the hard sets. Act as if you love the grind.

Acting as if doesn't mean sitting around,

*thinking and dreaming about your goal and expecting it to happen. Acting as if implies exactly what it says – acting. That part is unavoidably critical – you must act, or take action in accordance with your goal.
Boom.*

Above is a small article I saw on the site swimswam.com. It exemplifies what we as a coaching staff continually try to impress upon our young swimmers. It's a lesson I've been reminded of time and time again both in the pool and out of the pool. Swimmers on the Gold team are at a tricky age. Pre-teen and young teenagers are still trying to figure out themselves, and what works best for them. As a coach, there is a fine line between being too tough on them and asking for the world or being too nice and having fun. Sometimes a combination or one or the other work best in various situations. Not everyone responds the same way though. I'm sure your kids come home with all different kinds of reactions to all kinds of days of practice. Keep up the great support for our team and keep coming with the great questions. Coach Joe

From the Desk of Coach Nelly

Hopefully everyone had a Thanksgiving similar to mine, surrounded by family and great food! I also had a fantastic time at the Turkey Bowl, with a packed house of Lyons athletes! What a fun way to start the holiday! Thank you to those coaches & parents who helped make it an awesome event!!

We have talked much the last few weeks on kindness, how to show it to individuals on our Team, as well as our competitors, and the facilities we use. I feel sometimes children get confused with being competitive and being mean. They are very different things. I want my swimmers to be the nicest, most encouraging athletes, who are then able to get in the water and blow everyone away. Showing kindness is not a sign of weakness, but quite the opposite. It shows maturity and strength to do the right thing. Hopefully parents can also encourage this type of athlete at home.

Thank you to Coach Paul, who spent every practice last week in the water with those swimmers having a hard time with their starts. It was awesome to see the improvements! The other group spent the week racing.

Going forward, we are challenging the swimmers to embrace being uncomfortable in practice, to push themselves harder every day. Fear of pain is common in all athletes. The ability to push that fear aside and work while tired/sore/cramped, is what makes an especially strong athlete.

I am very excited for this weekend's first real travel meet. Fishers is a great facility, I know we will see many fast times. Please stay focused on your reason for being there. Allow the swimmers to play in the hotel (a perk of travel meets), but get them to bed EARLY. Staying up all night roaming the halls and room hopping is a sure fire way to see some really poor swimming the next day. Be sure to pack lots of healthy food to have on hand at the hotel too, so the kids don't get stuck making poor snacking choices.

Thanks,
Coach Nelly

From the Desk of Coach Credit

Hello Red Team!

Great swimming at the Hinsdale Fall Classic! It was fun to see a lot more of the Red Team swimmers competing at a local meet. We had a lot of "best times", which was very exciting; but we also had about an equal number of "DQs"⊗. If your swimmer was DQ'd and we receive a DQ report, you will get an email from me explaining the reason for the DQ. Please share this info with them. Once again, we are really hoping the kids are learning about the **RULES** and not getting DQs for "breaking rules" such as not touching the walls with two hands at the same time on FLY and BREAST, or not staying on the back for BACKSTROKE. There may still be DQs for improper stroke technique; but it will take a lot of practice time to learn the basic stroke techniques – especially in breast, fly, and backstroke flip turns. This week, we will continue to review these rules and check the efficiency of our FREESTYLE pull by using the pull buoys and a few drills, such as swimming with fists. It is especially important for swimmers to learn to use their forearms more when they swim freestyle in order to save their shoulders. [Here is a video](#) that shows how changing the "lever" in your arms makes it easier and more efficient to pull (or push) the water.

Please check the calendar for practice changes this month and over the winter break. This month, the coaches will be filling out progress reports for the swimmers. The kids will receive a paper copy to bring home, and you will also receive it via

email. Over the break, it is also my goal to video tape every swimmer at practice. ALL of the kids can do a fantastic streamline while standing on land; however, many may see in their video they are not doing it so well when they push off the walls or off the start. In practice we talk about "streamline kick for 8". The swimmers will work on improving their head and body position in relation to the water surface more this month. If the swimmer's back is less than 2 feet below the surface of the water, they are 20% slower. A Phelps streamline places the arms slightly folded behind the head, chin tucked. This position forces the swimmer to stay streamlined, especially when learning. Michael Phelps set a world record in the 200 Free in Beijing and his last streamline was 10 kicks in 12.25 seconds, moving ahead of the competition by just kicking fly. The better the streamline, the less you have to swim! Take a look at [this awesome video](#) that proves how underwater streamline can be faster than swimming. Granted, in BACK, it is illegal to streamline past the 15-meter mark, so the swimmer was disqualified. But his time was world record pace! Here are a couple of other examples of a [great streamline](#) by [Ryan Lochte](#)! We will continue to work our underwater streamlines and strive for this speed!

Thanks for your support and Just Keep Swimming!
Coach Credit

From the Desk of Coach Julie J

What swimming has taught me – Kristen Young. At the Lyons Classic in 2003 a handful of six-year-olds conquered the 100 IM. We were all disqualified because of our breaststroke but right then it did not matter, each one of us did it. We did it together.

Jump forward 12 years, and on Friday November 21st I competed at my last high school meet ever. As I sat next to those same girls awaiting the results of the last event, the 400 free relay, I reflected on what I have learned since that day when we all swam the 100 IM together. Through swimming I have learned dedication, perseverance, discipline, sportsmanship, leadership and teamwork. It might not have always been easy, it might have not always been enjoyable, but we did it. We overcame every obstacle and passed every test, and just like we had done 12 years prior, on Friday we conquered our race – our last race together.

Friday was the last time that I would ever swim for Coach Johns and Coach Credit. It was the last time I would ever swim at the Illinois State Meet,

and it was the last time I would ever swim with my friends. Best friends. So when the results came up and we missed All-State Honors by .5 of a second, it was more than just that unlucky 13th place. It was the realization that we have spent almost every day of the past 12 years together. Because of each other (and our coaches) we were competing at one of the largest meets in high school swimming. Every goal we had, every time we got, every medal we received, every road trip we went on, was with each other. Swimming has taught me that it is much more than times and places; it is a sport about accomplishing goals, making friends, working hard, and most importantly, having fun.

While I have coached the White Team over the past two years, I have imagined myself being a part of the same team 12 years ago. The White Team was the beginning of my swimming career; it was the beginning of swimsuits, caps, goggles and reeking of chlorine. It was the beginning of a sport that defined my elementary, middle school, and high school years. The White Team was the first time that I swam with, and conquered with, - who would become - my best friends.

From the Desk of Coach Doug

Age Group

The winter season is underway and we are using our practices to focus on specific aspects of the game. Over the last few weeks, we have focused on attacking a zone offense, playing a zone defense, and incorporating those skills into the 6x5/5x6. This past week has been spent working on the tactical skills involved with a swim off and quickly setting up into a front court offense and defense.

High School

Most of the high school boys are swimming for their high school teams but the girls are coming back to the team. There will be plenty of opportunities to play this winter in the Illinois High School Winter League. The game schedule will be released shortly.

For ALL female water polo players interested in the Olympic Development Program

The Girls Camp Dates are quickly approaching. USA Water Polo is looking to make sure the best athletes are included in the tryout process regardless of the situation. The tryout process is now much more affordable and there is greater access to National Team coaches.

The first tryout is next **Saturday and Sunday, December 13th and 14th** at Lyons Township High School, South Campus.

Please forward and review the information on the link for more details.

<http://www.usawaterpolo.org/odp/>

Click on the "Girls Camp Dates"

For a great article on water polo and importance of torso height, please click [here](#)

From the Desk of Coach Troy

The Most Underrated Aspect of Recovery

One of the most underrated, yet most important, aspects of recovery is sleep. During sleeping hours our bodies go into overdrive recovering from the day. We build up muscle, repair injuries, and replenish energy while nocturnal. Even one night of sub-par sleeping will set performance back.

A good rule of thumb is 7-9 hours of uninterrupted sleep every night. The best hours to sleep are between 9 pm and 6 am as that is what our biology has been accustomed to for millennia. Here are some tips to get the best sleep possible:

1. Get your room as dark as possible. Ambient light, especially from TVs and electronics disrupts the hormonal cascade that happens when we go to bed. This can negatively affect our ability to fall asleep and stay asleep.
2. Develop and stick to a night time routine. Read a book, take a bath, light some candles, just as long as it is relaxing and you can be consistent with it. This routine tells your body it's time to wind down and prepare to sleep. Going to bed and waking up at the same time every day- even on weekends- is also part of this routine.
3. Keep the room cool but not cold. The ideal temperature for sleeping is around 60 degrees. This might not be possible in the summer but should help in the more temperate months.

Calendar News & Notes

- **To make sure you get the latest calendar updates and changes please sign-up for a Shutterfly account. Links are below:**
 National/High School Teams:
<http://www.lyonsnationalhighschool.shutterfly.com>
 Gold Team:
<http://www.lyonsgoldteam.shutterfly.com>
 Silver Team:
<http://www.lyonssilverteam.shutterfly.com>
 Bronze Team:
<http://www.lyonsbronzeteam.shutterfly.com>
 Blue Team:
<http://www.lyonsblueteam.shutterfly.com>
 Red Team:
<http://www.lyonsredteam.shutterfly.com>
 White Team:
<http://www.lyonswhiteteam.shutterfly.com>
 Master/Water Polo/Dive:
<http://www.lyonswaterpolodivemasters.shutterfly.com>

Masters' Corner

From the desk of Coach Lauren

Masters Swimmers!

As we head into the holidays, Christmas cookies and the colder weather around us wherever we go, it's important that we stay focused in the pool! Take a look back at all the weekly focuses we have had the past few weeks for a little brush up because we will come back to these through the next few weeks.

1. Flip turns
2. Breaststroke
 - a. Underwater pullouts
3. Backstroke
4. Butterfly
5. Streamlines!
6. Endurance and Distance per Stroke

Those of you that have expressed interest in attending the Candy Cane swim meet, Sunday December 14th in Lemont, please contact me ASAP at lyonsmasters@gmail.com

Check the website for more information about the meet and updates!

lyonsmasters.blogspot.com
lyonsmasters@gmail.com

UPCOMING MEETS/EVENTS

[Candy Cane Swim Meet](#)

Date: December 14

Location: Lemont, IL

Sign-up Deadline: December 10/No Deck Entries

[Lattof YMCA Swim Meet](#)

Date: January 11

Location: Des Plaines, IL

Sign-up Deadline: January 7

[Swim-A-Poolooza](#)

Date: January 25

Location: Lemont, IL

Sign-up Deadline: January 12

[St. Charles Super Bowl Swim Meet](#)

Date: February 1

Location: St. Charles, IL

Sign-up Deadline: January 19/No Deck Entries

Be sure to check our [blog](#) for updates on new events, team gatherings, and workouts!

Links and Videos

[Behaving like a Champion](#)

[ABC's of Mental Training](#)

[Deck Pass!](#) - Use it!

[Tip of the Week](#)

[Nutrition Tracker](#)

[Nutrition Articles](#)

[Basic Swim Knowledge](#)

[Swimming 101](#)

[Working harder](#)

[Worrier or Warrior?](#)

[Pasta Parties?](#)

[Starts and Turns](#)

[How to be a great sports parent](#)

[USA Swimming Rules](#)

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=2580&Alias=Rainbow&Lang=en>

<http://swimswam.com/10-career-lessons-learn-competitive-swimming/>

<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1729&Alias=Rainbow&Lang=en&mid=4193&ItemId=3044>

Notes from the "Dry" Side

Stay tuned for many more exciting developments from the Board!

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If it Involves Water, it Involves Us!

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