

AQUA LYON

Lyons Aquatics, P.O. Box 61, Western Springs, IL 60558
www.lyonsswimclub.com, cjhnatiuk@hotmail.com



Welcome Back!

By: Casey Hnatiuk

Hello Lyons Families,

Just as fast as it ends, it starts up again! Welcome back to all our athletes for our 50th year in existence! The fall season is in full swing, with water polo already competing in a few matches, and all the swimmers and divers have a solid week of practice under their belt.

As we enter our 50th year, one of my main goals for the entire program is team spirit. Buy your team gear and wear your team gear. While it can at times be difficult to perform, knowing that there is an army of aquatic athletes, over 500 strong, behind you urging you on, can make even the most timid competitor roar like a Lyon!

The entire staff and I are very excited to see what this season has in store for us, and if our past performance is any clue, we will continue along our path of pride and perseverance!

Thank you for your time.

Inside This Issue

Welcome Back!	1
From the Desk of Coach Casey	1
From the Desk of Coach Megan	2
From the Desk of Coach Joe	2
From the Desk of Coach Nelly	3
From the Desk of Coach Credit	3
From the Desk of Coach Julie J	4
From the Desk of Coach Doug	4
From the Desk of Coach Troy	4
From the Desk of Coach Lauren	5
Calendar News and Notes	5
Notes from the "Dry" Side *NEW*	6
Links and Videos	6

We Are Lyons & We Are Great!

From the Desk of Coach Casey

Hello Lyons Swimmers,

Another season is upon us, which brings with it excitement, fun and a chance to almost start over and do something different. Think back to your final meet of the season. Was it a best time? Most likely because Lyons Swimmers rock. Could it have been swum better? Possibly. How could it have been swum better? Most likely one of our talented coaches on our staff mentioned that you needed to tighten up your streamline, shouldn't have taken that last breath within the flags, etc.

Right now is the chance to finally start off the season streamlining, not breathing off of your turns and finishing with your fingertip instead of your palm so when your final meet happens this season, all the coach will be able to say is "wow!" All those little things that the coaches have been telling you over the last few years, now is the time to make them a habit. That way, when you are stepping up for your final swim of the

season, all the little things will now be habits and you will not have to waste energy or mental thought on making sure that you do those things. They will be done automatically. All those little things add up and contribute to how well your final swim turns out.

Your final swim is not won on that day; it is won during the first few weeks of practice when you have vowed to do something different, something that will make you amazing. Every practice is an opportunity to do something amazing, something you have never done. Your goal at every practice should be to do something different, something faster. Make your good, better, and your better best. Doing it every day will take you to heights you never knew existed, not only in swimming, but also in life. I am very excited about our upcoming season, and look forward to helping you all do something amazing.

Thank you for your time and support.

Until next time, make sure you streamline,
Coach Casey

From the Desk of Coach Megan

Silver Team is off to a great start! It has been a lot of fun to be back on deck with the swimmers. The coaches have been stressing the importance of good streamlines, correct breathing, and proper stroke technique for freestyle and backstroke. We will begin to work on the other strokes as well in the upcoming week. I will be discussing and handing out goal sheets at practice later this week. The swimmers will need to work on them at home and return them to me by Friday, October 3rd. I will review them with the swimmer and give them back so that they can keep them in a safe place.

My overall goal is to enable your child to reach their potential. To do this the goal of Silver Team is to give the swimmers confidence in their strokes which is why we start with all the basics of the strokes. As the swimmers become more comfortable with doing first basic sets then we will expand their training with more developed sets, and to continue to reinforce good practice habits. One important part of any organized sport is developing GOOD PRACTICE HABITS. Below are some of these key habits for swimming:

- * Always streamline. Always.
- * Always start with a proper push off and finish each length at the wall, don't get lazy!
- * Think about what you are doing at practice when you

From the Desk of Coach Joe

The first week with Gold is in the books. I am very excited about the prospects towards the season ahead! I've introduced the new self-assessment tool for those that have been in attendance and the swimmers are showing me that there are some lessons to learn but have been very excited to learn and work their hardest. I will explain the areas I see need improvement after a few more weeks of feedback from the swimmers.

I and the other coaches for gold have been starting slowly with the stroke drills and even dry-land exercises, emphasizing performing the skills to perfection. For a long time in my coaching career I've prioritized teaching the fundamentals of swimming and when these are part of their normal habits then we can start to really focus on more of the finer aspects of what makes a truly exceptional swimmer and athlete. Finally, I know this was only the first week and there are a lot of beginning of school year

are doing it, especially the drills which should be done correct and speed is not a concern.

* Remember when you are practicing you are reinforcing habits- good or bad. Let's make sure we are reinforcing the good ones!

* Always give your best effort. Even when you are tired. Especially when you are tired.

* Eat healthy. It is important for athletes to have a well-balanced diet. General guidelines are to eat a variety of fruits and vegetables, whole grains, lean protein, and drink plenty of water. Stay away from sugary drinks!

* Go to bed! A good night's sleep is important for the body to recover from a challenging practice and a long day at school.

If there are still questions about which equipment to purchase please send me an email. Dry land takes place on Mondays from 5:30-6 and Tuesday and Thursdays from 8-8:30. On Fridays we are done at 8:00pm. Silver Team's season plan will be posted on the Silver Team's Shutterfly Site later this week with a copy of the goal sheet I'll be handing out at practice. Please do not hesitate to contact me with any questions you have at any time.

Thanks, Coach Megan

activities and obligations. I want to state that the signature aspect of a swimmer who improves dramatically year in and year out; ATTENDANCE. A swimmer who attends 90%+ of the practices at the Gold group level is guaranteed a season of success. The more a child comes to practice regularly, the more they will build friendships with others, learn the skills of swimming, maybe enjoy the hard work, possibly learn to like the coaches, and actually start to never want to miss swim practice because of holidays and breaks.

Coach Joe's goal for attendance by the end of the year: Over 80%

This week we were at 53%, with a high of 88% on Monday, and a low of 33% on Friday. Moral of the story, please get to practice.

Thanks,
Coach Joe

From the Desk of Coach Nelly

What a fantastic first week of practice! I love that our attendance has been so high, and the kids have had positive attitudes and been great listeners...keep up the good work! Thank you for juggling those busy schedules and finding a way to get your athlete to the pool. I am excited to be joined on deck by several very talented coaches this season: Coach Paul, Coach Marc, Coach Megan and Coach Julie J. Please take a moment to introduce yourself, if you get the chance.

As I'm sure you've heard, practice has been quite easy and will continue to be for the next several weeks. I strongly believe the first six weeks of the season should be spent on reinforcing good technical habits, starting from the beginning. I see no benefit in starting endurance training right off the bat, which will only reinforce the swimmer's bad habits. Instead, I'd rather take the time to straighten out some of the kinks, so when they work hard, they will be successful. A great coach once said that the swimmer who wins is the one who swims with the best technique for the longest. I want this for all my swimmers. Fall season is very long, and soon your swimmers will be coming home exhausted from practice, but not yet.

As you will notice throughout the season, the coaching staff will often times have their iPads &

phones out; they are not texting! We have the workouts there, and are also videotaping. We film their swims hoping to "show" where the changes need to take place and much more. Today's technology has allowed coaches to add a whole new dimension to athletics that wasn't available before.

A few reminders:

- Goal Sheets and Equipment are all due Thursday!
- Sign-up for Hinsdale closes Sunday (fun close meet, sign-up!)
- Sign-up for Deck Pass on USASwimming.com
- Follow Lyons Swim Club on Facebook and Instagram! Check entries for accuracy immediately when they are posted. Mistakes happen.

Thanks to all the parents that came out for the Parent Welcome Meeting! It was lovely to get a chance to talk with many of you. The Communications Committee will be sending out a copy of the directory soon, please use it often for playdates and carpools! If anyone needs contact information before it is released, feel free to stop by the pool and check out my copy. See you at the pool! Coach Nelly

From the Desk of Coach Credit

Hello Red Team Swimmers and Parents!

Way to go with the first week of practice! The coaches are really impressed with the line-ups, ready positions, and streamlines! Ask your swimmer to show you their streamline and "rocket jumps". They can work on streamline jumps any time; waiting in line at Mariano's, waiting for the school bus, or to burn off some extra energy before bedtime! Streamlining is VERY important and we want the swimmers to do it perfectly every time. This week we will continue to work on these skills, learn a few more freestyle drills, and introduce some backstroke drills. The swimmers can be very proud of their progress thus far!

This week, we will be talking about GOALS. Goal setting is an important part of the swim team experience, even at a young age. It helps provide direction and reminds the swimmer where they want to go, and how they are going to get there. Setting goals enhances motivation and helps to build confidence. At this stage in the process, the swimmer's goal may be to learn how to do a flip turn or start from the block; or it could be to make three new friends; or to attend three practices per week. Eventually, the goals will be more performance based and include "goal times" for specific events. I will be emailing a goal sheet for your swimmer to complete and return to me by next Friday, 10/3. To assist with keeping track of progress, there is a USA swimming sponsored app called "Deck Pass Plus". The kids can create an account with your help, and earn patches for the good work they do in practice and at the meets. It is a safe, social

network and a great way for the kids to see their times and improvement over the season. If you have not already set up a deck pass account, please do so and "friend me"! [Click here](#) to get started on Deck Pass.

Everything seems to be going well with the locker room behavior. The Red Team is to use the MENS and WOMENS locker rooms to help alleviate the chaos of three teams in the girls and boys locker rooms. These are community lockers and used by the Masters Swimmers later in the evening, as well. Please help your swimmer keep track of their belongings and help keep the locker room clean. Ask your swimmer to tell you "the rules" about the locker room. We encourage the celebration of birthdays and welcome treats for the end of practice; however, the swimmers will have to remember "we are responsible for our things, and will clean up after ourselves" in order for this privilege to continue.

The first meet of the season is the **LYONS PRIDE** (October 18-19) at our home pool! If you are able to participate, you should have already signed up via the website. Coach Casey will be posting the entries on the website as well. Please check it over to make sure your swimmer is entered in the meet for the appropriate sessions. It is very difficult, if not impossible, to add a swimmer to a meet after the deadline. Finally, the swimmers should have their equipment this week at practices!

Make it a great day and just keep swimming!
 ☺ Coach Credit

From the Desk of Coach Julie J

White Team Parents,

What a great first week of swimming! The past week of practices have focused on streamlining, which is one of the most important skills they can master. The coaches are making it mandatory that swimmers have a good ready position and a streamline that lasts for 8 seconds every time they push off the wall. If your swimmer doesn't do this he or she will be asked to come back to the wall and try it again. We want to make sure they build good practice habits that will help them throughout their swimming career. I have included a video on streamlining [here](#). Please take a couple of minutes to watch this with your swimmer and have them demonstrate their new skill. This next week we will be building on our perfect ready positions and streamlining with some basic freestyle skills. We will be perfecting our "sneaky breath", building up our leg strength with some kicking and working on elongating our strokes.

Sign-ups for the White intersquad meet on Friday October 17th will open next week. We will be requesting 18-20 parent volunteers for this meet. Most of these volunteer positions are timing positions. Timing a swim meet is the best way to watch it, you're down on the pool deck where all the action is and you get to see your swimmer after each event. It should be a great learning experience for both swimmers and parents. More details will follow, but if you have any questions before that I'll be happy to answer them.

On our website, www.lyonsswimclub.com, there are updated articles under parent resources. This is a great place to review if you're new to swimming especially the

Swim Meet General Information and Swim Team Glossary.

To limit the lost and found items, please make sure that all your swimmers equipment is labeled with your last name and phone number.

Bronze Team Parents,

What a great first week of swimming! Our practices have focused on building or reinforcing good practice habits. Each practice has started off reinforcing our ready position, good streamline off the wall and a breakout that waits 2-3 strokes before taking a breath. The streamline and push off is the fastest your swimmer will go during each 25yd swim and we want to maximize that speed. [Here](#) is a great video on streamlining. From there we have moved on to various freestyle drills or kicking sets. During this we are building leg strength and assuring that our body is performing efficiently. We will be continuing to work on Freestyle this week and start Backstroke skill reinforcement on Tuesday.

I hope that all swimmers have signed up for our Lyons Pride that will be held in October. I've received a few questions from parents about entries. Once you have signed up for a session, coaches will select your swimmers events. Please check back to the meet sign up page and select "ENTRY" to view what events your swimmer is entered in. ENTRY is usually posted 4-7 days after meet sign up closes.

Urban Tri Gear will be at South Campus Pool on Thursday September 25th at 7:00pm if you would like to purchase a team suit. If you chose to purchase a team suit, please only wear the team suit for swim meets.

Thank you,
Coach Julie J.

From the Desk of Coach Doug

The age group fall league is underway with all three of our teams (12u coed, 14u boys, and 14u girls) playing in weekend games. All of our teams have been able to play four games and we will continue over the next several weeks. The championship tournament for the 12u team in the weekend of October 25th and 26th. The 14u boys and 14u girls' teams will finish up the weekend of November 1st and 2nd.

From the Desk of Coach Troy

The Dryland Pyramid Part 1- Mobility

As the Lyons Aquatics Strength and Conditioning Coach I view my job as giving each athlete a toolbox of athletic qualities. It is then up to the individual swimmer to use these qualities in swim practice and competition to improve their times as a swimmer. For swimmers there are three main qualities: Mobility, Balance, and Strength and Power.

Mobility is the foundation of the pyramid because without a solid base the rest of the pyramid is not stable and strong. Trying to put muscle balance and strength on top of poor mobility is asking for poor results at best and injuries at worst.

With swimmer the main areas of focus are the hips and shoulder girdle (see previous installments of AquaLyon). All swimmers kick with their quadriceps. Over time, the quadriceps and hip flexors can become tight and actually pull the pelvis into forward pelvic tilt. This is a big cause of lower back pain. Most swimming takes place with over hand actions of the shoulders. The front side musculature of the shoulder (pectorals and anterior deltoids) can also become tight which can pull the shoulder joint out of proper position also leading to potential injuries.

As you can see, poor mobility cause poor balance which can decrease strength and power. Fixing any mobility flaws is the first step to performing at your best.

Troy Dequaine B.S., CSCS

Calendar News & Notes

- **The Hinsdale meet sign-up closes this Sunday, September 28th.**
- **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

Welcome Back Masters Swimmers!

Reminders:

- Send me your USMS registration ASAP. Either via e-mail or a paper copy
- GOALS! You should have received an e-mail just a document. I encourage you to fill it out and send it to me. This will help me prepare workouts to help everyone achieve their goals.
- **On Saturday, September 27th, practice will be held at North Campus pool 6-7 AM.**
- If you have not already done so, please purchase any and all equipment used during practices. These include: pull buoy, kickboard, fins, and paddles.

Upcoming Events:

[Urbana Short Course Meters \(October 12\)](#)

[Libertyville Sink or Swim Classic \(November 2\)](#)

[Urbana Short Course Meet](#)

Date: October 12

Location: Urbana, IL

Sign-up Deadline: October 8

[Libertyville Sink or Swim](#)

Date: November 2

Location: Vernon Hills, IL

Sign-up Deadline: October 27

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>

Notes from the "Dry" Side

Lyons Aquatics Fundraising Committee

Jackie Mesec & Jill Daniels – Co-Chairs

Jacqueline.mesec@yahoo.com &

jill.daniels@gmail.com

Let's Put the "Fun" in Fundraising!

Lyons Aquatics is a nonprofit organization bringing Aquatics sports to the Lyons Township community. We have created a fundraising committee to continue our great sporting programs, cover unanticipated costs of operations and providing scholarships to families that qualify.

We need help to plan the Fundraising events for the 2014/2015 Aquatic Season. We want to have two "Fun" events this season. Some of the ideas we are looking at are a Family Winter Carnival, Adult Casino/Karaoke Night, Super Bowl 2015 Squares, Team Photos, Donations from local Families/Business, Lyons Aquatics Cookbook, etc. If you have a great fundraising idea, experience fundraising or time to help out, be a part of our committee and help put the "Fun" in Fundraising!

We appreciate any time that you could dedicate to our committee. Feel free to contact either Jackie Mesec or Jill Daniels in you are interested.

Lyons Aquatics
P.O. Box 61
Western Springs, IL 60558
E-Mail: cjhniuk@hotmail.com

If it Involves Water, it Involves Us!

www.lyonsswimclub.com