

AQUA LYON

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



Lyons Pride!

By: Casey Hnatiuk

Hello Lyons Families,

Our first meet of the season is almost upon us and the swimmers and coaches are gearing up to have a fantastic Pride meet. The first meet of the season is always exciting and sometimes overwhelming for our new athletes and parents.

For that reason, next Wednesday, October 15th, I will be hosting a pool side chat titled “Everything you need to know about a meet.” It will take place in the stands at South campus, and will start at 7:00pm. Everyone is welcome, including swimmers, and please bring questions. I will cover some of the basics such as arrival time, what to bring, etc., but I know that many of you will have questions, so don’t be shy. I look forward to seeing you there. Also, I am around most nights, so if you have a question, or just want to chat, please come up and introduce yourself. I truly enjoy chatting with you and talking shop. Thank you.

From the Desk of Coach Casey

Hello Lyons Swimmers,

At the senior level, we have been discussing mental toughness, and a champion’s mindset. Here is a little blurb from a book I have been reading called “The Champions Mind,” by Jim Afremow. If you are able to purchase it, it is a solid read.

“To perform at a champion’s level, you must have a winning off-field game plan that includes specific strategies—for instance, well-placed environmental cues that you can use to achieve excellence and to remind yourself that you are working to win. Tape a note that says, “Think gold and never settle for silver” somewhere noticeable and make it the desktop background on your computer to motivate you to start and continue your day with a winning mind-set. Think gold and never settle for silver.

Schedule automatic, electronic “think gold” or “personal best” reminders throughout the day; for example, set the reminder function on your cell phone to chime at certain

Inside This Issue

Lyons Pride!	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!

times and display “Champion.” If at specific times during the day you feel fatigued or vulnerable to distractions—time-waster stuff on the Internet, junk food, or alcohol—then schedule your “think gold” electronic reminder for these times.”

Excerpt From: Afremow, Jim. “The Champion's Mind.” Rodale Press, 2013. iBooks.

This material may be protected by copyright.

Check out this book on the iBooks Store:
<https://itun.es/us/bWCjO.l>

Thank you for your time and support.
Until next time, make sure you streamline,
Coach Casey

From the Desk of Coach Megan

I cannot believe that we have just over a week until the Lyons Pride Meet! The coaches are very excited to see the swimmers race since they have been putting in the hard work and doing a nice job listening to the coaches. The first meet of the year is always a lot of fun. The coaches have been emphasizing efficient stroke technique and we have been able to do some work with all the strokes. We have really stressed good technique and practice habits and hopefully your swimmers have worked on building good habits not reinforcing bad ones. Goal sheets still need to be turned in by many of the swimmers. I will have copies at practice and the goal sheet can also be found on the Silver Shutterfly site.

For the rest of the practices leading up to the Pride we will continue to work on stroke mechanics, turns and starts. It is also very important that we don't forget the basics like streamlining and breathing at the right times, these are the things that will help you win the close races! Please come to as many practices as you can between now and the meet. There will be practices on Wednesdays for the next 3 weeks (10/8, 10/15, 10/22) from 6:30-7:30pm at North Campus Pool. We will not have practice on Friday 10/10 due to the "Social Practice" pizza party at the LTHS Girls' Swim Meet at South Campus Pool from 5:30-7:30pm. Please see the

From the Desk of Coach Joe

I know we're only a short time away from our first swim meet and while I'm not happy with our overall team attendance, I also see the stress on the faces of both parents and kids. As the school year cranked up, and kids' involvement in after school activities have gotten well under way. Everyone in the family gets on the activity round-about once school started. Now is a good time to take stock of your family's after-school schedule to make sure that there's time for some relaxation, free play and catching up with family. A recent study found that most children spend more time in organized, structured activities than in unstructured play. Many modern kids don't have a chance to get bored. They are always on the go. But has it gone too far? While high parental involvement to maximize kids' potential in the early years is to be applauded, this flurry of activity can leave parents exhausted too. The idea of having a few spare hours to read a book or laze on the couch is foreign to many parents. There are vague memories of a different life stage when life revolved around them, their partner and friends. It seems we try to fit so much in our days that there isn't a lot of fun in parenting for many people. Kids too are feeling the strain. The rise in childhood anxiety as reported by educators and health professionals indicates that the push for early success comes at a cost to children's well-being and mental health. Seek a balance. Most of the evidence suggests that parents should take a

information about this event at the end of the AquaLyon. Also, we will not be having practice on Friday 10/17. Silver Team should instead report to South Campus Pool at 5:45pm to help mentor the White Team swimmers during their Inter Squad Meet.

Just a quick reminder about the day of the meet: Make sure the swimmers eat a light breakfast if they are swimming in the morning. A bowl of cereal and a banana, or a bagel and fruit in the morning is perfect. If they are swimming in the afternoon, eat a good breakfast and a light lunch. Bring some snacks to the meet, as well as plenty of water to stay hydrated. Some of the best foods are pasta, cereals, breads, fruits, and vegetables. Bananas are great because they have potassium which makes you more resistant to fatigue. Remember, stay away from sugar until after the meet! Looking forward to seeing some great swims. Don't forget to sign up for the Munster Swim Your Own Age Meet, the deadline is Monday, October 13th.

Please email me if you have any questions.

Thanks, Coach Megan

balanced approach to child-rearing and make sure that kids have sufficient time to just be kids. Not everything in their lives needs to be tied to learning or needs to have a purpose. One or two organized activities a day may be okay, but any more, and you may find you are creating a 'stimulus junkie'. When children want to add an organized or adult-lead activity to an already bulging schedule then they should be encouraged to delete an activity, which is a great life skill. Build regular down-time into family life. Avoid being a family that's always on the go. Make sure you have some down-time so family members can relax and have the chance to connect. And don't be afraid that your kids may become bored. Boredom gives kids opportunities to keep themselves occupied. This may mean that you need to say no to an afterschool activity. Alternatively, kids can participate but maybe another adult can take them and pick them up. Some tips for getting the balance of activities right:

1. Make sure kids have a couple of after-school activities that suit their interests, and that they want to do.
2. They should have enough spare time to do homework without feeling stressed.
3. Make sure they have spare time each day for self-initiated activities including watching television, and socializing.
4. Check that children have opportunities each day to spend time with family members including parents. I love a Sunday night dinner with my family then everyone stays for an after dinner game time.

Coach Joe

From the Desk of Coach Nelly

Only TWO weeks of practice until Pride!! We will continue to alternate between our short axis strokes (fly & breast) and our long axis strokes (free & back) drills in practice. During our short axis days, we will remain in our legal and illegal groups. The intention here is to focus on what the swimmers really need, versus handling them all the same. Those illegal will get a chance to hone in on their exact fouls, and be given focused drills to get them legal. Our legal group will continue to work a great deal on timing. Your swimmers should recall the timing with the words “*Pencil, Pull/Breathe, Kick, Pencil, Pencil, Pencil*”. In breast, the pencil stance is always our starting and ending position.

In fly, the timing of the breath is critical to the stroke. If you breathe on time (at the beginning of your pull), fly is a fun stroke to swim. If you breathe late, it is an uncomfortably painful stroke to swim. Those illegal in fly tend to sneak in breast or free kicks while breathing, not recover their arms all the way out of the water, or touch with

one hand versus two on the walls.

On our long axis strokes, we will continue to work on lengthening our strokes to make them more efficient. Sometimes in swimming you need to slow down in order to actually go faster, a difficult concept for many young swimmers to grasp.

Thank you for registering for our meets on the website. If you are having problem entering, email me directly before the deadline so I can get your swimmer in the meet. I also appreciate everyone checking the entries as soon as they are posted. Mistakes happen, and can be fixed if caught immediately. Checking the weekend of the meet and noticing a mistake, it will most likely not be fixable

See you at the pool!
Coach Nelly

From the Desk of Coach Credit

Hello Red Team! Here are some important announcements:

1. **Meet sign up** for Munster **ENDS October 13!** If you were unable to participate in the LYONS PRIDE or Hinsdale meets, be sure to sign up for Munster! They have an AWESOME pool and it is actually not that far away. The nice people in Indiana run great swim meets quickly, so you may even spend less time at this meet than you would in Chicago :) There are ***no late entries accepted***, please sign up now if you are interested.
2. Only 5 practices until the Lyons Pride Meet. Please make every effort to be at practice!
3. Goal Sheets should be turned in already. Email me if your swimmer needs a sheet to complete their goals. I will return their goal sheet to them before the Pride Meet. Reminder: Equipment should be brought to every practice.
4. If you have been observing practice, thank you! I would like to clarify that if you see any coaches using iPad or iPhone, we are not texting or tweeting☺. We are using them to refer to the workout, goals of the workout, to take attendance and notes, or to take video/pictures of the practice. They are great tools we use to help the kids improve.
5. It was a pleasure to meet many of you at the parent meeting. Please keep reintroducing yourself to the coaches. We are trying to get to know your

swimmers and apologize if we do not recognize you as "their parent" yet!

6. On Friday, October 10, we will be having a “social practice” at South to support the LT Girls swim team against OPRF. Diving starts at 5:00pm and swimming starts around 5:45. Bring your swimmer to see some fast swimming and cheer on LT in close races. There will be pizza and water and the LT girls are having a fundraiser for their classmate’s memorial foundation, Kelli Joy O’Laughlin Foundation. There will be raffles and private swim lessons up for auction. There should be more information about this event coming from the Lyons Swim Board or at the end of this AquaLyon. GO LT!
7. Finally, the swimmers are doing a FANTASTIC job at practice! I hope they have been enjoying the season thus far. It has been a pleasure coaching them; and very exciting to see the progress they are making! I am proud and impressed with how well they are listening, learning, and trying their best. We have spent time learning the basics of ready position on the wall, streamlining, freestyle, and backstroke. This week we will begin the basics of Butterfly and finally, Breaststroke. We are almost to the 1st meet of the season and I’m really looking forward to seeing many of the swimmers start racing. It’s time to have some fun with racing!

Thanks for your continued support. Please email me if you have any questions.
Make it a great day and just keep swimming!
Coach Credit

From the Desk of Coach Julie J

White Team

Practice Notes:

Wow, it's the third week already? I bet your swimmer can answer the following questions:

1. How long do you streamline for after you push off the wall?
2. How many freestyle strokes do you take after your streamline before you take a breath?
3. What do the flags that hang over the pool mean?

Answers: 1. 8 seconds, 2. 3 strokes 3. Backstroke flags warn you that the wall is close. Swimmers count the number of strokes it takes from the flags to the wall.

Right now, most of our practices are spent building good practice habits and strengthening our legs. We will be using our fins and kickboard every practice. If you have not purchased these items for your swimmer, please get them as soon as possible.

We've introduced some backstroke, dolphin kick, racing dives and worked on our somersaults. We will continue to work on our backstroke and racing starts in preparation for our Inter Squad meet. [Here](#) is a quick video of Matt Grevers swimming backstroke in Barcelona. Notice in the video all the swimmers have an excellent streamline and powerful kick off the wall? All successful swimmers MUST have a tight streamline and explosive kick off the wall to succeed. It's why we stress streamlines and kicking so much.

Practice Tips outside of White Team Practice:

If you happen to go to Open Swim at LTHS, please have your swimmer work on his/her somersaults. Most of our

swimmers have trouble doing flip turns because they have difficulty doing a somersault in the water. While we don't expect for them to master the flip turn at this time, it's a fun skill they can practice at open swim too.

Bronze Team

Lyons Pride is just a little over a week away! I hope that you all have had a chance to review what your child is swimming. If you haven't, please be sure to check it out [here](#). Also, we have the Hinsdale Fall Classic meet entries posted [here](#) as well. If you need more information about the meet in general, please be sure to read through the meet packet, which is available on line for both of these meets. To find the meet packet please go to Lyons Homepage, Meet Schedule/Online Meet Sign up and look at the individual meets. This is also where the entries are located.

I've gotten a couple questions regarding what to bring to a swim meet or how to prepare for a swim meet. Please read our Parent Handbook, page 21, which should answer most of your questions. It can be found [here](#). As always, please don't hesitate to email me with any questions or comments.

Thank you all! We are all looking forward to seeing some fantastic swimming!

Thank you,
Coach Julie J.

From the Desk of Coach Doug

Our 14u girls' team went 2-0 last weekend at Mundelein. The girls managed to defeat Windy City and West Suburban in close contests. They truly played as a team and played well in all phases of the game- defense, offense, and counter attacks. The team is definitely headed in the right direction as we approach the end of our fall season.

All of our teams (14u boys, 14u girls, and 12u Coed) will be in action this Sunday at LTHS. Games start at 8 am and we will be finished up by 1 pm. Please feel free to stop by and cheer on the water polo teams. GO LYONS!

From the Desk of Coach Troy

The Dryland Pyramid- Part 2- Muscular Balance

Muscular balance was touched upon in the first part of this series, Mobility. The two typically go hand in hand and are usually a chicken and egg type conundrum. It's hard to tell which causes which. Either way once you've got acceptable levels of mobility, muscular balance needs to be attacked.

Swimmers are very much front side athletes. That is, the majority of their movements involve front side muscles including the pecs, shoulders, quadriceps, and hip flexors. Because of this many swimmer's backside muscles- upper back muscles and lats, gluteals, and hamstrings- often get neglected. This can lead to them being weak, tight, or both.

On top of decreases in performance these imbalances put the swimmer at a much higher risk of injury, especially overuse type injuries. If the swimmer is hyper-mobile, which is too much flexibility through a joint, muscle balance and strength becomes doubly important and having all the muscle surrounding the joint will prevent hyperextensions.

Troy Dequaine B.S., CSCS



Calendar News & Notes

- **The Munster meet sign-up closes this Monday, October 13th.**
- **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>

[Lyons Pack the Pool Night](#)

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.
- 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>

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

Notes from the "Dry" Side

Lyons Aquatics Special Events Committee

Todd Stahl & Mark Wanless– Co-Chairs

Don't miss these 3 exciting, upcoming October Lyons Aquatics social events!!!!

THIS FRIDAY, OCTOBER 10th – Come to "Pack the Pool" and watch the LTHS girls swim team battle OPRF. Wear your Lyons shirts, bring \$5 for admission, pizza and drinks and join in Coach Megan's awesome 'Social Practice' - see flyer for specifics. The meet starts at 5pm with diving followed by the swim portion of the meet around 5:45. It's a great way to support the community and watch many former (& current) Lyons Aquatics members in one of their final home meets of the season. This is also the HS meet fundraiser for the Kelli Joy O'Laughlin Memorial Fund, who would have been a senior at LT this year.

October 16th – Join your friends and teammates and stop by the Carbo Carnival at the Corral from 5:30-7:30 pm to make EPIC posters & AWESOME signs for the Lyons Pride meet... and of course, load up with a BIG plate of pasta in advance of our first meet of the season!

Week of October 27th – Be on the lookout for goblins and ghosts... Celebrate Halloween with your swim team. Stay tuned for more information from your lead coach about their plans and the Halloween themed practice

Also, here is the announcement from Coach Johns to the HS swim parents about the meet on 10.10

In addition: Come help PACK THE POOL this Friday as we battle OPRF and raise money for the Kelli Joy O'Laughlin Memorial Fund! Each year, the girls select a charity for a team fundraiser, and they have decided to honor Kelli Joy O'Laughlin, who would have been a senior at LT and was a friend to many of our girls on the team. There will be a "split the pot" random drawing and a silent auction for swim lessons given by our very own team members. Please come out this Friday to cheer our team on and support this year's fundraising effort! Please help to spread the word to your friends in school as well as your friends in the swimming and diving community. If you know of any "future Lyons swimmers or divers" please invite them to come to the meet as well. It will be a great opportunity for them to see what a high school meet is like and may be interested in one of our private lessons that will be auctioned off.

Lyons Aquatics

P.O. Box 61

Western Springs, IL 60558

E-Mail: cjhnatiuk@hotmail.com

If it Involves Water, it Involves Us!

www.lyonsswimclub.com