

# AQUA LYON

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## Lyons Pride Success!

By: Casey Hnatiuk

Hello Lyons Families,  
Well, our first meet of the year went fantastic, and the coaches couldn't be happier. A meet this large would not be possible without the help of some outstanding volunteer parents. The staff and I would like to thank our meet directors - Beth McMeen and Jody Ohm, Head Referee - Jim Wing, Hospitality - Janice Stahl and Dawn Pecoraro, Concessions - Heather Yuknis and Susan Dixon, Head Timer - Mark Wanless, AJ Table - Jennifer Johnston, Bullpen - Erik Claesson, and the over 200 more parents and family members that made this a great meet. The White team intersquad on Friday was also amazing, and a special thank you to all the "Bigs" that came out Friday night and made the night a very special occasion for all. It was fantastic to see the older swimmers bonding with the younger ones and take away any stress or nervousness the younger swimmers might have had. Thank you ALL.

## From the Desk of Coach Casey

Hello Lyons Swimmers,  
Recently I chatted with the National and High School team about the topic of mindfulness. Very simplified, it is living in the now. It is something that has been around for years, and is also something that some of the greatest athletes and most successful people practice in various ways. In this day and age, all too often we are focused on what is coming, or what happened, and we never take the time to "stop and smell the roses."  
The following is from an article that the group and I discussed from Psychology Today:  
"Life unfolds in the present. But so often, we let the present slip away, allowing time to rush past unobserved and unseized, and squandering the precious seconds of our lives as we worry about the future and ruminate about what's past. 'We're living in a world that contributes in a major way to mental fragmentation, disintegration, distraction, decoherence,' says Buddhist scholar B. Alan Wallace. We're always doing

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# We Are Lyons & We Are Great!

something, and we allow little time to practice stillness and calm.

When we're at work, we fantasize about being on vacation; on vacation, we worry about the work piling up on our desks. We dwell on intrusive memories of the past or fret about what may or may not happen in the future. We don't appreciate the living present because our 'monkey minds,' as Buddhists call them, vault from thought to thought like monkeys swinging from tree to tree."

(Jay Dixit, published on November 01, 2008) For the rest of the above article, please continue reading [here](#). This topic is something that I will be doing more research on, and also practicing.

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

## From the Desk of Coach Megan

What a great weekend at the Lyons Pride Meet! I can't even begin to tell you what a pleasure it was coaching the kids this weekend. Let me start off by letting the swimmers know how pleased I was to see those that came out to help with the White team intra-squad meet on Friday night. They were great big buddies to the White team swimmers which played a huge part in making the meet a fun and positive experience for our newer Lyons swimmers.

At the Pride Meet the swimmers were fantastic! There were so many best times and good smart swims, I am very proud of each and every one of them. They should be very proud as well. I saw a lot of what we have been working on so hard on at practice like good streamlines and correct breathing. In the longer races we tended not to hold our streamlines as long as we could but we will be stressing this at practices over the upcoming weeks before our next meets. I also was very pleased to see the great sportsmanship displayed after their races. We did have some DQs but we have discussed these infractions at practice so the swimmer should be aware of anything they did during their swims. Finally a huge "THANK YOU" to all the parent volunteers, everything was great! The meet results are posted on the website so take a look at them as well as

the entries for the upcoming Munster and Hinsdale meets.

At practices we will continue to focus on good practice habits (good streamlines, proper breathing), stroke technique, improving our turns and more kicking as we build up our endurance base. Many silver team swimmers will be swimming longer races at Munster and Hinsdale. When we practice we are reinforcing habits- good or bad so we need to always practice our good habits. One of the keys to continued success is consistent practice attendance and when at practice try your best, listen to the coaches, and have fun! Please let me know if you have any questions. I am really enjoying working with the swimmers and look forward to their continued success.

Thanks,  
Coach Megan

## From the Desk of Coach Joe

Competition Season has begun!

The first meet with Gold is in the books. Coach Joe and our other coaches for gold have been working hard with the strokes, emphasizing performing the skills to perfection. The results have already showed at the first meet. We had an extremely high percentage of lifetime best swims and we had 10 new cuts to State Regional's championships were achieved by our swimmers.

I am now even more excited about the season ahead! I've introduced that new self-assessment tool and have been taking and compiling attendance. The swimmers are showing me that there are some lessons to learn but, they have been very excited to learn and work their hardest. I applaud them all for their enthusiasm, attention, and patience with the coaches.

Remember, be sure that our diets are healthy and in the evening after practice, make sure they have some GOOD food to help refuel their bodies. Don't let them good to bed after practice with only eating dessert and soft drinks. I often organize practice with very little downtime, just 15 minutes between swimming and dryland. That's 2 and ¼ hours of exercise, these little bodies need all kinds of energy, protein, vitamins, minerals and fluids to operate at peak levels both physically and mentally. Most of you probably don't know, I'm a big healthy smoothie fan made with just a regular blender. I think they taste great and I often make one when I get home from practice. If anyone needs ideas, let me know, it's actually easy and doesn't cost much.

Finally, I just want to say again how much I love the commitment and great work ethic at practice. Our overall attendance is sure to raise soon, thank you for the encouragement.

## From the Desk of Coach Nelly

What an amazing weekend for Lyons!! I was very proud of our swimmers with their focused & fast swims! I could tell the kids were really applying the techniques we have been working on over the past 6 weeks. Not only did all our swimmers get multiple best times, but we dominated the meet with an easy win! The results are posted online now on the meet page.

Many thanks go out to all the wonderful parents who volunteered their time to make our first meet of the season run so smoothly. Your generous efforts were greatly appreciated.

I'd also like to thank the social committee, and all those who volunteered, for the fun Carbo Carnival! I have a strong feeling this event set us off on the right foot for our great weekend!! I loved the posters the kids made too!

I received & will be forwarding on our DQ's. Disqualifications are a natural part of the learning process...and part of being a kid, mistakes happen :) Our job as coaches is to inform the swimmers and help them to learn

from their mistakes.

We have graduated from our initial technical phase, and are moving on to a more aerobic phase. This will consist of longer swims focusing on a few technical aspects each week & lots of kicking. Remember to feed your swimmer healthy meals & snacks and drink lots of water (bring a bottle to the pool too!), as they will be needing the extra healthy energy. For tips on athlete nutrition, click on the "Nutrition Info" link under "Parent Resources" on our website.

MARK YOUR CALENDAR

~10/30/14~ Spooktacular Practice! (See invite in calendar news and notes section)

~10/31/14~ No practice, have a safe & fun Halloween!

See you at the pool!

Coach Nelly

## From the Desk of Coach Credit

Way to go RED TEAM SWIMMERS and PARENTS!!!

What a great first meet of the season! The LYONS PRIDE is a fitting name – the swimmers can be very proud of themselves!

With the variety of emotions present such as nervousness, anxiety, fear, and excitement, the kids were able to handle all of these feelings and still try their best. This is a very advanced skill to learn and a lot to expect from kids in the 9 and under age group. Judging from all the smiles on deck, it appears that they had a lot of FUN, which in the end is most important. I would also like to give a heartfelt, huge "THANK YOU" to the parent volunteers that helped run a fantastic first meet of the season. The bar has been set high!

The results of the meet have been posted on the website. Almost 100% of Red Team swimmers posted a lifetime best swim in at least one event. Many swimmers had all best times, as it was their 1 meet! It is nice that many swimmers now have baseline times from which to see improvement throughout the season. We did have some DQs, but less than I expected. We will remind the swimmers about DQs, and explain that it is OK as long as we learn from it. No swimmer should ever be DQ'd for the same infraction twice; especially if it is a "simple swimming rule" such as the 2-hand touch in FL and BR. Other rules that apply more to technique, such as the breaststroke kick and backstroke flip turns, are harder to learn. Multiple DQs are a possibility as we continue to learn these skills. Considering we only had 13 practice opportunities leading up to the meet (along with soccer, volleyball, and other conflicts), I am extremely pleased with how much the kids have learned and applied to their races. Swimming is a very technical sport & we will constantly be reviewing the rules & infractions that we see in practice in hopes to avoid them in a meet. Please remember your job as a parent is to support your child. Parents can help by encouraging their swimmer to believe in themselves & their coaches. Parents can also help by reviewing good listening skills with their swimmers at home. Definitely show interest and be involved in your swimmer's experience, but leave the technical aspect of the sport to the coaches. If you are wondering how a swimmer can be DQ'd, there is a

link to the USA Swimming rules at the end of the newsletter – now there's some interesting reading! Finally, we will also be stressing the importance of good sportsmanship in future meets by encouraging our swimmers to shake hands with the swimmers next to them at the end of every race, and cheering for our teammates during the meet.

The plan leading up to the Munster (11/7-9) and Hinsdale (11/21-23) meets:

1. Lane assignments will eventually be changed based on performances & times in order to better serve the needs of the swimmer.
  2. Team changes. Some changes have already been made based on practice performance; but there may be a few additional. If a change will benefit the swimmer, it may be recommended and you will receive an email from me. Requests for changes cannot be taken at this time.
  3. Stroke Technique. Continuing to learn the basics of all 4 strokes.
  4. Good Habits. Push from Ready Position, Streamline for 8, not breathing the first stroke off the walls, following the "simple swimming rules".
  5. Developing a strong kicking base. Learning that kicking should be done at a fast pace!
  6. Improving starts and learning "flyover start" etiquette for the meets.
  7. Improving freestyle flip turns.
  8. Learning Backstroke turns and Breaststroke underwater pullouts.
  9. Meet Expectations. Good Sportsmanship. TALKING WITH ONE OF YOUR COACHES IMMEDIATELY FOLLOWING YOUR SWIM!
- Working on relay exchanges. Please NEVER leave a meet without checking with the coach. Your swimmer may be needed on a relay! As our practice schedule is more rigorous in the next few weeks, so is the necessity of attendance. Missing one practice when there are only three per week can immediately impact a swimmer's ability to keep up in the days and weeks that follow. If swimmers adhere to the practice schedule they will undoubtedly see improvement in times and in their technique at the next meet. Thanks for giving me the opportunity to coach your child. It has been a pleasure thus far and I am really excited to see where they go from here. I keep the bar held high and believe every swimmer can reach it in their own time.

Make it a great day and just keep swimming!

Coach Credit

GO LYONS!!!

## From the Desk of Coach Julie J

Congratulations White Team!

I am very proud of every swimmer who participated in the White inter squad meet. I thought all the swimmers swam really well. I noticed some really nice streamlines and some fast kicking. I hope that everyone enjoyed the meet as much as I did. And, special thank you to all our parent volunteers.

Meet results are posted on the website [HERE](#). Please be aware that we did not issue any DQ's in this meet.

Going forward our practices will have longer and longer kick sets with varied stroke work. Even though we will introduce butterfly and breaststroke soon, our number one goal is to perfect long streamlines, efficient strokes and good practice habits. To go along with the longer kick sets and varied stroke work, we will introduce the concept of circle swimming. Circle swimming is exactly like driving a car. Swimmers need to stay on the right side of the lane during practice to avoid injuries. We will do a lot of circle swimming with a kick board first to make sure swimmers understand. Please make sure you reinforce the concept of circle swimming at practice at home too.

Thanks again to all parents and swimmers for a great inter squad meet!

## From the Desk of Coach Doug

### 12u Coed Team

The team continued to improve during the fall and finished in 4th place for the regular season. The 12u championships at Fenwick are this weekend on Sunday, October 26th. Our first game is at 2:20 pm and the second game will be at 4:00 (if we lose the first game) or 4:50 pm (if we win the first game).

### 14u Girls Team

The girls team finished in 3rd place for the regular season. There have been many close and exciting games this season and the girls are positioned to finish in the top tier of the league. The 14u girls' championships are next Saturday at LT. The first game is at 2:50 pm and the second game is at 3:40 pm.

### 14u Boys Team

The boys team finished in 2nd place for the regular season and is primed for a championship run. The championship tournament is next Sunday, November 2nd at LT. The first game is scheduled for 12:20 pm and the second game is either 1:10 pm (if we lose the first game) or 2:00 pm (if we win the first game). Looking forward to an exciting end to the season!

Congratulations Bronze Team!

I'm thrilled with the times I saw from all the Bronze swimmers. We had 84% best times with another 5 swimmers participating in their first meet. What a great start to our season!

I will have our official DQ report with me at practice this week. It is very common for swimmers to get disqualified while they are still learning and perfecting the strokes. It happens to A LOT of swimmers. I look at a DQ as an opportunity to learn and improve.

Back at practice we will continue to focus on technique by doing lots of drills. [Here](#) is a great little article about why drills are so important. This article emphasizes one of the main goals this season, to repeat good stroke technique so it becomes the new habit. Good habits develop efficient strokes that lead to increased speed in the water.

Hinsdale is the next meet that we are participating in. Sign up has closed and the meet entry is posted on the website. Please review it for accuracy.

Thanks!

Coach Julie J.

## From the Desk of Coach Troy

### The Dryland Pyramid- Part 3- Strength and Power

Strength and power are at the top for a reason. They cannot be put in place until mobility and muscular balance are present. Putting strength and power on top of a shaky foundation will only lead to collapse.

For swimmer there are a few main reasons to work on strength and power.

1. Efficiency in the water: Being efficient with a stroke is a matter of coaching. Being efficient with the energy it takes to perform each and every stroke is a matter of strength and power. Being strong means that a swimmer will be able to perform the same amount of work at a lower relative intensity. This conserves energy and allows the swimmer to perform each stroke harder and faster.

2. Pushing off the walls: Having a strong lower body and core allows for a stronger push off the wall at each turn and a stronger kick under the water. Having a strong upper body and core maintains a better streamline and reduces drag.

3. Jumping off the blocks: As seen time and time again swimming is a sport of inches. Gaining the advantage in those inches wherever possible is important. Being able to jump harder, faster and further into the water allows for a stronger and faster streamline. A lot of jumping off the blocks is dependent on reaction time but being stronger off the blocks can help to overcome a slow start.

Coach Troy



## 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>



**Who:** Silver & Blue Teams

**When:** October 30, 2014  
5-6:30pm Blue (Party Only)  
5-7:30pm Silver (Party & Practice)

**Where:** Meet in North Campus Gym

**Details:** Come in Costume!  
Last names A~L Bring Drinks  
Last Names M~Z Bring Desserts

## Masters' Corner

### From the desk of Coach Lauren

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.

I am incorporating a Weekly Focus into work outs. This will be different every week and we will do a short drill set at the beginning of practice and build on it throughout the week. Last week we focused on breaststroke. If you haven't already, check the videos to reference the drills: Breaststroke; 3 kicks 1 pull (\*will now do 2 kicks!); [underwater pullouts](#)

This Week's Focus: Backstroke! Be sure to watch the videos posted on the blog about backstroke posted this week.

#### UPCOMING MEETS/EVENTS

##### [Libertyville Sink or Swim](#)

Date: November 2

Location: Vernon Hills, IL

Sign-up Deadline: October 27

##### [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

**Lyons Aquatics Special Events  
Committee****Todd Stahl & Mark Wanless– Co-Chairs**

**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

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**If it Involves Water, it Involves Us!**

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

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