

# AQUA LYON

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## It's Starting to get Really Busy Here!

By: Casey Hnatiuk

Hello Lyons Families,  
We are jam packed over the next two weeks with lots of happenings. First, a large contingent of swimmers will travel to Munster for the second meet of the season, then next week, the National Team travels to Iowa, our high school girls compete in Sectionals, and the divers have their first meet of the season. The fall water polo season has wrapped, to great success, and, not resting on their laurels, the winter season is starting right away, and some of our Master's swimmers are getting primed for their first meet in December. All in all, a very busy next couple weeks for Lyons Aquatics. On the business side, please visit our new SEALion store, located [here](#). It is only open for a short time, and it would be amazing to see our entire club decked out in Lyons Aquatics gear. Imagine a sea of 400 swimmers and parents all proudly displaying our name. It brings a little tear to my eye. Thank you.

## From the Desk of Coach Casey

Hello Lyons Swimmers,  
Today I will be talking about swimming in college. Through the years, we have had many swimmers, divers and water polo players continue their careers at the collegiate level, whether it be Div. I, II, III, Junior College, or at the collegiate club level. Suffice it to say that should an athlete want to continue their career, there are many opportunities. Most do not receive scholarships, and the ones that do typically receive partial ones, but there is some money out there, and numerous places to go.  
There are many misunderstandings that take place, and I will hope to clear at least one of them up.  
First, you do not have to be a state champion or Olympic Trial qualifier to compete in college. Most are not. To be fair, to compete at the best colleges in swimming, yes, you have to be really fast, but that is basically a select few in the nation, pretty much the fastest 50 swimmers or so in the country. We have had

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# We Are Lyons & We Are Great!

athletes who did not swim at the senior state level go on and compete successfully in college. All that is required is a love of the sport, and a desire to continue to improve and compete.

Swimming beyond your high school years can provide many benefits and joy that will last you the rest of your life. Only when you start doing something for you will you find the joy within. You will make great friends, make some great memories, and will never regret that you did it.

There are also many resources to help you on your quest to becoming a collegiate athlete. USA Swimming has a whole section devoted to it [here](#).

Please, do not hesitate to ask me any questions about swimming in college. There are many things to consider, and it can be overwhelming.

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 continuing to do great work at practice! As our next meet approaches this weekend I was reviewing some notes I had written down about their Pride meet swims, both good things I saw and what we needed to work on for our next meet. A common denominator was the swimmers' turns. We have spent a good amount of time working on our turns and streamlines off these turns and will continue to do so as we have two meets over the next three weeks. It would be hard to find an age group swimmer who could not improve their times by improving their turns. A race can be won or lost by the turn and the shorter the race the greater the importance of the turn. The swimmers must make it a habit to always do turns and to do these turns correctly at practice. Meet performances are created in daily practice so swimmers must practice the way they want to race. Our swimmers need to see the walls as a place to pick up speed and gain an advantage, not as a place to rest. Here is a short article that has 10 steps on how to do a faster flip turn, I thought it was a nice reminder for the swimmers to take a look at, please click [here](#) to read the article. With each practice the swimmers have the opportunity to get better, whether its turns, technique or even mindset and attitude. It is important for them to remember that what they do today at practice helps prepare them for fun to be had racing at meets!

I have recently heard a couple of the swimmers express some worry over certain events they will be swimming in upcoming meets. I want to share some advice on being confident for competition as we move into the time of the year where the swimmers are swimming at more meets. If you as

parents have ever watched a swim practice you can see that it is naturally a pretty relaxed place. This allows swimmers an opportunity to be comfortable and work on different skills, in a variety of ways, to improve their races, such as turns, starts, and of course stroke technique. Meets can be a very different experience depending on the swimmer. If the swimmer does not compete often or they just tend to get nervous, meets can be very intimidating. At the meets, unlike practices, the swimmer has to deal with some competitive pressures and they tend to worry about their events and time. On top of this, it's very easy to get distracted by what all the other racers are doing and how fast they are going. The swimmers are supposed to feel a little nervous, some of this nervousness is actually excitement and that combined with enough meet experience will actually help them to swim faster. I want the swimmers to really make sure to focus on and compete against themselves when they race. It's very easy for swimmers of all levels to get intimidated and lose their confidence when they spend too much mental energy concentrating on their opponents and on other distractions. Instead, they should be focusing on their race and their race only. It is best to avoid comparisons and "stay in your own lane", remember what you have worked on over and over at practice to prepare for your races and swim your own race!

I am looking forward to seeing Lyons swimmers swim great this weekend in Munster! Please do not hesitate to contact me with any questions.

Thanks! Coach Megan

## From the Desk of Coach Joe

Specialization: Coach Joe's perspective

Should your swimmer only swim, or participate in several sports? As a swim coach for more years than I want to count, I've had this conversation on the pool deck over and over.

Even as I grew up I played soccer, baseball, basketball and swam, all at the same time but, not in the same season. It was crazy fun. I had all these interests and I went all around town trying to do it all.

I'd swim in the summer and winter and then do other sports in the spring and fall. I didn't really figure out that swimming was the only sport for me until High School. I knew I loved the control over my own destiny swimming gave me was not available in the other sports. In my case, sports specialization was self-directed, not parent-coerced. I grew weary of trying to be good at all the sports and rushing from swim practice to play the other sports in the fall and spring. And, as I've been told my whole life, I'm ultra-competitive. I hate to lose, no matter what the game. I'm the oldest of 8 kids and I'd rarely let any of the younger brothers and

sisters win at anything. So, am I trying to say that I want all the swimmers to be so ultra-competitive and only swim? We have so many talented swimmers here at Lyons Aquatics, I could make a good case on just how good they can be if they just only focused more on swimming. Every day I have swimmers showing up late, leaving early, or just not showing up at all. I'd have to say that we have a good number of kids not at 2, 3, or more practices per week. Our typical attendance at a gold practice is just over 50%. Gold has 58 swimmers registered. How should I react? HERE'S MY TIP:

**Follow your swimmers' lead and support them in their choices. They will know when and if they want to specialize.** They can't put in the hours and hard work swimming requires to please their parents or their coach. **They** have to love it! I try to foster that love and in some weird way, I've been good at this in the past and I hope to again now and in the future. Sometimes I get mad and loud at practice and feel guilty I'm being too mad and loud but, I do try to have them leave with a good feeling about how hard they worked and/or how much they've learned. I do encourage and give much attention to really incredible efforts in practice and to kids that ask and answer questions that I pose to the group.

## From the Desk of Coach Nelly

We have been working with weekly focuses for the past month; starting with meet warm-up etiquette, then streamlining underwater PAST the flags off every wall, then forward shoulder reach (versus down) on free extension, and now finishes. There are a few aspects of finishes we will be focusing on....

- 1) HEAD DOWN (except in back)
- 2) Fingertips just below the water surface
- 3) 2 hand touch in breast and fly, 1 hand reaching in free and back

The picture [here](#) is of Michael Phelps winning his 7th gold medal in the 2008 Olympics. As you can clearly see, he kept his head down, while Serbia's Milo Cavic did not, resulting in a difference of .01 seconds! Milo had a fantastic race, clearly ahead of Michael, until his poor finish. Amazing!! HEAD DOWN!!

If you have not already, please sign your swimmer up for DECK PASS. A USA Swimming program, Deck Pass is a fun way for swimmers to track their times, get "rewards" from the coaches, and even have their teammates as friends. It also is a great way to learn your IMX score, and watch it improve with each meet! Click [HERE](#), then click "get

started" to join!

Have you ever wondered what you should be feeding your swimmer to fuel them for these upcoming meets and their strenuous practice schedule? Click [HERE](#) for a list of the 30 Top Foods for Swimmers!!

Time to order all your Lyons Holiday Gifts!! The SEALion Store closes November 14th. Many new items have been added! I already have the Bella shirt (& love it), and am ordering a couple hoodies for myself & the kids! Love it all: towels, headbands, clothes for mom/dad/grandparents/kids!! Plus, we stand out as quite the powerhouse filling the stands at meets all geared out. Click [HERE](#) and shop now :).

As always, don't hesitate to contact me if you have any questions about your swimmers progress or concerns. The development, and enjoyment of the program, of every one of your children is very important to me, so don't hesitate to reach out.

See you at the pool!

Coach Nelly

## From the Desk of Coach Credit

**Good Day Red Team! I HOPE EVERYONE HAD A HAPPY HALLOWEEN!!** It was fun to have a scary, scream-y, BOO-nanza practice last Thursday!

### Meet Reminders:

1. Munster is this weekend. If you are swimming, please check the meet packet and entry online. It helps immensely for the swimmers to arrive with their events written on their hands so we can add in the Heats and Lanes. There is **Positive Check-in**; so if your swimmer is swimming, PLEASE make sure you sign them in at the positive check-in area before warm-ups. If you miss it, they will NOT BE IN THE MEET. You can also check the meet packet [here](#) on our website to see the appropriate warm-up times of the different sessions. This meet is fun because the swimmers are only competing against others their current age, rather than a group. SYOA means Swim Your Own Age ☺
2. Keep an eye on the website for when the Hickory Willow meet opens. It shows a close date of November 30, which will certainly sneak up on us! This meet is held January 2-4, which is the end of the winter break.

### Practice Reminders:

1. Remember to check the calendar online for

practice times and changes. During the LT Boys' HS season, there will be a couple of cancelled practices due to their home meets. Additionally, there are some practice changes over Thanksgiving and the winter break.

2. The kids are doing a great job and working really hard. Please keep getting them to practice! This week we will continue to work on our endurance, stroke techniques, starts, turns, & finishes but we are also going to talk about good sportsmanship. We will talk about how to handle ourselves after a race whether we've won, lost, or DQ'd. Additionally, we will talk about being a "pleasant visitor" and cleaning up after ourselves at a swim meet. I do not recommend food or drink (other than water) on deck at a swim meet. It gets to be GROSS around our seating area when snacks spill and wrappers fall. It is important to stay hydrated and fueled, but please encourage your swimmer to meet with you in the hall or concession area to have a quick snack or sports drink. Water bottles on deck are ENCOURAGED for meets *and* practice!
3. Remind your child to turn off the showers after practice and to CLEAN UP after themselves! The mess in the locker room after Halloween practice was unacceptable; and we will lose locker room privileges if the locker rooms are not treated with respect. Thanks for your help!
4. Winter is knocking...Please make sure the kids dress warm and have hats, coats, and long pants to wear before & after practice.

Make it a great day and just keep swimming!

Coach Credit

## From the Desk of Coach Julie J

Bronze and White Team Families,

I hope that everyone had a safe and Happy Halloween and that the mounds of candy are slowly disappearing. Sadly, with our extra hour this past weekend comes earlier sunsets and colder nights. Please make sure your swimmer has a hat with them to wear home over their wet heads.

At practice we go over the “rules” of the strokes constantly. Swimmers often know most of the rules but may make a mistake that results in a DQ. Since some of you are new parents to swimming, I’ve included most of the reasons swimmers are disqualified below.

**Freestyle:** Walking on the bottom, pulling on the lane rope, not touching the wall on a turn, or not completing the distance.

**Backstroke:** Pulling or kicking into the wall once a swimmer has turned passed the vertical onto the breast. Turning onto the breast before touching the wall with the hand at the finish of the race.

**Breaststroke:** An illegal kick such as flutter (freestyle), dolphin (butterfly), or scissors (side stroke); not on the breast; alternating movements of the arms; taking two arm strokes or two leg kicks while the head is under water; touching with only one hand at the turns or finish.

**Butterfly:** Alternating movements of the arms or legs; pushing the arms forward under instead of over the water surface (underwater recovery); a breaststroke style of kick; touching with only one hand at the turns or finish.

### White Practice Notes:

At practice we have been working on butterfly. We have introduced the basic concepts and have done quite a bit of drill work. After Wednesday we will move on to some longer distance Free and Back work to minimize any frustration there could be with butterfly. Don’t worry; we’ll come back to Butterfly later in the season so the kids will have another chance to master it.

### Bronze Practice Notes:

We have been busy! We did a 15-minute kick set. Swimmers were asked to kick as many lengths as possible in 15 minutes and I recorded the distance. We will do this probably two more times during the season and swimmers will get a chance to beat their distance. We’ve also started doing some sets with intervals, so swimmers are being challenged to do some math while swimming. We have kept the intervals pretty basic but will use some more complicated ones later in the season. Lastly, we have spent a good deal of time working on flip turns. I personally love flip turns – they can make or break so many races. So, we need to improve our flip turns and make them one of our greatest assets and secret weapons. The Hinsdale swim meet is coming up in a couple weeks. Please make sure you have checked the entry to see what events your swimmer will be competing in.

Lastly, getting ready for the Thanksgiving season, a special thank you to all the parents for shuttling your kids to and from all their various activities, feeding them on the run and providing them with unconditional emotional support.

## From the Desk of Coach Doug

The age group program wrapped up the fall season this past weekend. The 12u Coed and 14u Girls teams finished in 3rd place in their respective divisions. The 14u Boys team finished in 2nd place in their division. The players made tremendous strides throughout the season and provided so many exciting moments.

The winter season started this past Monday and registration is still open. We practice on Monday and Wednesday nights from 7-8:30 at the South Campus pool.

## From the Desk of Coach Troy

### My Favorite Exercise- Part 1: The Goblet Squat

Many times the question “If you could do only one exercise for the rest of your life what would it be?” gets bandied about. A better way to rephrase the question would be, “Which exercise gives you the best results/carryover?” For swimmers my answer would be the Goblet Squat.

The goblet squat is performed by holding a weight- kettlebell, dumbbell, medicine ball or weight plate- on the front of the chest and performing a squat.

The position of the weight offers a twofold benefit. At lighter loads it helps beginners squat better by reinforcing posture and activating the core musculature. This keeps the spine rigid and allows the hips to move freely through the squat motion.

At heavier loads it induces strength and power adaptations through the hips and legs. This helps achieve stronger kicks and pushes off the walls and blocks.

## From the Desk of Coach Julie M

On Sunday, November 9th we will have our meet against Wheaton Swim Club at South campus. This will be our last day for the Fall dive session. We will start the Winter dive session on Sunday, Nov. 16<sup>th</sup>. Here are the details:

Lyons v. Wheaton, Sunday, Nov. 9<sup>th</sup>. The warm-ups will start at 4:00 p.m. and the meet will start at 5:00 p.m. There will be two events the 11 and under and the 12 and overs. The girls will dive against the girls and boys will dive against boys. The 11 and unders will do 2 dives and the 12 and overs will do three dives. We hope to be done by 6:00p.m. Hope you can come. If you have any questions feel free to contact Coach Julie at 630-202-1988. Thank you to all the divers for working so hard and making all the coaches so proud. Keep up the great diving!

## 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>

**Munster Meet Info**

Click [HERE](#)

## Masters' Corner

### From the desk of Coach Lauren

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.

We have now covered breaststroke, backstroke, and butterfly. If you haven't already, check the videos to reference the drills on the [blog](#).

This Week's Focus: STREAMLINES! Streamline is the most efficient and fastest way to move through the water. We use this off of every wall—starts, dive, turns. Be sure to watch the videos posted on the blog about streamlines posted this week.

#### 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

### **Annual All Club Meeting**

Monday Nov 24<sup>th</sup> 7 -8 PM

WS City Hall Board Room

All are invited for a summary of our club '14/'15 Progress and Plans

Feel free to email questions to:

[lyonswimclubboard.com](mailto:lyonswimclubboard.com)

Thank you

Lyons Aquatics

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

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