



AQUA LYON

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It's an Amazing Time for Lyons!

By: Casey Hnatiuk

Hello Lyons Families,

The past two weeks have gone by in a blur, and we are already one week away from Thanksgiving, and about one month away from Christmas. Time flies when we are doing great. These past two weeks saw Lyons swimmers and divers get into action and perform at a very high level. Our swimmers swam great at Munster, Iowa and the girl's high school Sectional meets, and our divers ripped entries in a dual against Wheaton. Congratulations to Lyons swimmers Lauren Clark, Maggie Ferguson, Maeve Swinehart, Kristin Young, Mackenna Dunn, Claire Molenda and Erin Scudder on their advancement to the High School State meet this weekend, and also a shout out to one of our diving coaches, Kimmy Vitek, who will also be competing at State. Congratulations on your Sectional Championship and continue the excitement in Evanston this weekend. Way to go ladies! We will be cheering you on!

From the Desk of Coach Casey

Hello Lyons Swimmers,

I am a fan of the publication Psychology Today. Not because I receive a kickback from mentioning it, (wouldn't that be nice) but because much of the information within can be translated into pretty much every facet of your athletic life.

For that reason, I am going to post links to some articles that I find interesting, and I hope you have the time to read through some of them, and share them with your swimmer and family.

[Motivation](#)

[Timeliness](#)

[Mistakes](#)

Another on [Mistakes](#)

[Teen Angst](#)

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We Are Lyons & We Are Great!

[Behavior Change](#)

[Fulfilling your potential](#)

Another on [Motivation](#)

These are just a few of the hundreds of articles they have on their website. When you do get around to reading one or two of these, take some time to explore other articles, or type in your own search word and read away.

Finally, I would like to thank the high school boys who made these past couple of months fantastic. We know we still have lots of work in front of us, and that it will be rewarding to see the fruits of your labor. Good luck on your high school programs, and always remember that excuses are the nails in the house of failure.

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 a great meet in Munster! If you have not done so already, check out the results posted on the website. At a dry land practice after the Munster meet I had the swimmers write down a couple things for me. If they swam in the meet I asked them to write down one thing they felt they did well and something they needed to improve on. It was great to see that much of what the swimmers wrote were exactly what we discussed after their events at the meet. I also asked them all to write down a practice goal for the week, a skill that they needed to work on a daily basis. Many answers were the expected ones like starts, turn, streamlining, and correct timing of breaths. A couple wrote down that they need to listen better and socialize less at practice. While it is wonderful that they have great friend to swim with it is important that the swimmers are listening closely to the coaches throughout the practice. The coaches are always giving feedback to the swimmers and typically when a set is given there is one or two specific skills to focus on throughout the set. Good daily practice habits are the key to a swimmer's success and listening closely to their coaches is a good practice habit in addition to the basics like streamlining with dolphin

kicks or an underwater pull out off the wall, proper breathing and good stroke technique.

Attendance has been great at Silver practices and I see it getting even better over the last week as the kids are able to attend more practices on a regular basis. So it is important that the swimmers come to practice focused and ready to swim and listen to the coaches. This goes for the dry land part of practice as well. Please make sure swimmers are eating healthy and staying hydrated. All swimmers should be bringing their own water bottle to practice. It is cold outside now and I am not a fan of watching swimmers walk out of practice without a winter coat and hat. We are looking forward to a great weekend of swimming at Hinsdale. Please do not hesitate to contact me if you have any questions. Make sure to check the November calendar to see the practices changes due to Thanksgiving next week. Thanks again for giving me the opportunity to work with your swimmer. Enjoy your Thanksgiving Holiday!

Thanks! Coach Megan

From the Desk of Coach Joe

Gold 3 Point Plan update/status

REVIEW

At the beginning of the season I outlined a plan I had to give my group another tool that could help them grow both mentally and physically during this long swim season. After many weeks of practice and a couple swim meets, I want to give an update of where we are at and how the team is progressing before our next meet and the Thanksgiving holiday weekend. This update will hopefully let you know that we as a coaching staff are not just watching the kids and making them swim endlessly and hoping they become better, faster swimmers through growth alone. What I've found is some valuable insight into how we as a coaching staff and you as a parent can help Lyons Aquatics maximize our time spent with your kids.

OBSERVATIONS

Breaking down training and grading the training. These are the first two aspects of the plan I had laid out before the season began. Weekly self-assessments are given to the swimmers at the end of each week. What I am finding is that most of our team grade themselves with a very confident self-image. With few exception we have a very honest, hardworking, and confident group of young swimmers. Giving a report on the scores provided wouldn't be of value as I am giving them feedback as a group and some individually as I perceive error's in their assessments. An example I have often had to correct is usually in the technique and underwater categories. Swimmers would typically have to be multiple event State finalist to near the 8/10 ranking in these categories. I have always been a positive reinforcement coach and over the years of coaching I have become more of a believer in the power of positive thought. These self-assessment sheets have also helped me identify some of those individuals who don't have a good

enough self-image.

FINDINGS

Some Categories have stood out in review of the weekly self-assessments. First category, attendance. Gold has 55 swimmers and our typical attendance is 50%. If you look closer, it's not the same 50% every day. Last week we had 19 swimmers that attend 4+ out the 6 days of practice. This is an area that is typically a pet peeve amongst swim coaches and I'm included. To be swimming at a high level, 4 out of 6 days per week is the minimum expected. To improve substantially at our level, commitment and dedication are a necessity. I also expect timeliness. Practice starts weekdays at 6. We often have to put lane line into the pool before we begin and swimmers are expected for this task. Please get on deck quickly when you arrive so we can start.

Some of the categories that we have a little over-confidence are the technique, underwater skills, nutrition/hydration, and the outside of the pool area. Most of this is due to their overall knowledge and as we progress they learn just how much they do and don't know about how to make themselves the best swimmers they can be.

Categories where I have been impressed: Support and rest. I'm proud to see these findings, this means they are doing their homework before practice and are receiving positive feedback at home.

In conclusion, in a short time from now we have two more swim meets, and a couple big holidays. We have a great group of kids, coaching staff, and top notch facilities. I am continually impressed by how great all our kids are on this team. Trust me in that, I'm going to continually challenge beliefs that limit themselves and make them aware just how great they are and how they can control their own destiny. Please help us make the most of the practice time by having our swimmers come to practice as consistently as possible with all the requested equipment. I like to use these tools to help maximize their potential. If only some of the team has the equipment, I don't plan to use the equipment during practice so, I end up just using kickboards. The two other pieces of equipment I like to use most are fins and snorkels, sometimes at the same time. Parents, can we please check their swimmers equipment bag. And finally, when we work together, there is no reason Lyons Aquatics cannot be the best swim team in the state.

From the Desk of Coach Nelly

This week, I'd like to take the space to answer some frequently asked questions.

1) What do you recommend to keep cramps at bay?

Easy, bananas & water! My kids always love bananas and peanut butter (PB is great for the protein and good energy to burn). Cramps come from lack of potassium (which the bananas have) or dehydration (water!).

2) How do I keep my swimmer's hair from turning green or straw like?

First, wear a swim cap (boys and girls). Second, Paul Mitchell's Shampoo Three...it's the best chlorine fighting stuff out there.

3) How can I prevent swimmer's ear?

Make a solution of equal parts white vinegar and rubbing alcohol. After they swim, have them shake their ears out, then put a few drops of the solution in each ear, and let drain. Swimmer's ear seems to really become prevalent in the cold weather months, so it doesn't hurt to do this as a precaution too.

4) What foods should my swimmer be eating?

Try the "4 more, 4 less, for ME" diet...

More – Complex carbohydrates like rice, bread and pasta

More – Lean quality protein like chicken and fish

More – Water, 100% fruit juices

More – Fresh fruit, nuts and vegetables

Less – take-out food

Less – Saturated fats and oils

Less – Processed and pre-packaged foods

Less – Soda

5) Tips for away meets?

Pack the day before: healthy snacks, warm deck clothes, 2 towels, 2 suits, 2 goggles, and fun things to do with your friends. Pack a pillow for the car at away meets to get a few more minutes of sleep on the way there and to pass out after!

6) Recommendations as to how to stay involved as a parent?

A few! Watch practices, volunteer whenever possible (we have several very cool committees you can be a part of), do playdates with teammates (use the directory to reach out to parents, email me if you need another copy), carpool (you'll learn some great stuff by listening to the banter), and follow Lyons on Facebook & Instagram!

I am very excited for the meet this weekend! I acknowledge that the Hinsdale Central facility is not the most impressive, but going back to my alma mater is always special to me. I have seen many amazing things happen in that pool, and expect to see many more this weekend. Please remind your swimmer to speak with me after EVERY race, as this is valuable time to give feedback. All swimmers must sit in the cafeteria together, they are not allowed in the stands (packing ideas above).

Thanksgiving Week:

Wednesday – 10-11am North, Turkey Bowl 2-4:30pm at Tivoli Bowl (RSVP to Evite, or click [HERE](#) if you have not already).

Thursday & Friday – No Practice.

From the Desk of Coach Credit

Dive in Red Team!

1. Great swimming at the Munster meet! Thanks for making the "trek" to Indiana. The kids did a great job at this BIG meet and the results are on the website.

2. Also on the website you can find the ENTRIES for the Hinsdale meet this weekend! I'm really looking forward to seeing many of our Red Team swimmers at this meet.

3. The SIGN-UP for the Hickory Willow Winter Splash on January 2-4 (the end of Winter Break) is also on the website. If you wish to participate, sign up by November 30. The only other meet open at this time for Red swimmers is the NAC IMR(X) meet on January 10-11. It closes 12/3 and the meet is held at Lincoln-Way North HS in Frankfort. At this meet Red Team swimmers would be swimming the IMR line-up, which consists of 100 free, 50 fly, 50 back, 50 breast, and 100 IM. In order to receive an IMR score, the swimmers have to swim all of these events and attend the meet both days.

4. If you are participating in the Hinsdale meet, please have your swimmer there 15 minutes prior to the warm-up start time for their session. The kids are usually held in the lunchroom at this meet. It can be chilly in there so have blankets and sweats. Don't forget to write their events on their hand! You can find it on the entry on the website. The coaches will fill in the heats and lanes at the meet. This meet will have POSITIVE CHECK-IN. You need to be sure to check your swimmer in at the start of warm-ups or they will not be seeded in the meet!

5. Does your swimmer have a DECK PASS account on

USAswimming.org yet? It is an easy way to keep track of your swimmer's times and progress. They will also be awarded patches on their account from USA Swimming and the coaches.

6. It's FREEZING out. Please make sure your swimmer is dressed for the weather – hats, coats, & long pants going to and from the pool!

7. PLEASE check the November/December calendar. There are practice changes due to Thanksgiving and the LT Boys' home meets!

8. This week we will continue to work on our stroke techniques, starts, turns, & finishes. The "newness" of the swim team has started to wear off a little, and the practices are getting to be a little tougher aerobically (especially with the fast kick sets we continue to do even quicker every week). You might be hearing some "do I have to go to practice?" and you can also expect some tired kids when you pick them up. We still try to bring the FUN even when working hard, though! They are learning a lot and working hard; but if they're not having fun while doing it then it's not worth sticking with at this time. Swimming "careers" can be long and distinguished, and swim "seasons" can just be LONG! Both will be more commendable if the swimmers are enjoying themselves.

9. Don't forget to RSVP here for the [TURKEY BOWL](#) held on Wednesday, 11/26. More details are in the link as well.

10. Thanks again for giving me the opportunity to work with your swimmer. I hope they are having as much fun as the coaches! Enjoy your Thanksgiving Holiday and just keep swimming!
Coach Credit

From the Desk of Coach Julie J

Bronze and White Team Families,

I came across an article on swimswam.com that reviewed how long it takes to create good swimming habits and I thought this is just what I talk about every day in my practice groups. The full article is available [here](#) if you'd like to read it but I'm going to summarize it.

On average, the belief was that it takes 21 days to establish a new routine or behavior. This was introduced by a 1950's plastic surgeon that noted that his patients took an average of 21 days to adjust to the new image of themselves post-surgery. That belief was popularized by self-help gurus and motivational speakers because 21 days was something people felt was an appropriate length of time and that length of time was practicable. Now this seemed to be a little skewed to me because viewing your own image in the mirror can be influenced by social perceptions and has nothing to do with muscle memory.

Which brings us to another study was done in 2010 that tested a myriad of behaviors from eating better to exercising. The results from this self-reported study were more believable. The results ranged from 18 days to 8 months but the average amount of time for a new behavior to stick was 66 days. Obviously the easier the behavior the quicker the behavior became a habit.

Now that we are 2+ months into our swim season you should see some of those good swim habits become automatic. If your swimmer hasn't developed these and is

putting in the work, don't worry, it will happen. We will keep stressing them at practice every day. A good quote from that article is "Remember that habit formation is a process, not an event."

White team notes:

Below are some great videos to show your swimmer(s) on Backstroke.

Ryan Lochte – www.youtube.com/watch?v=7CmM_Z3Zt5U
Backstroke Start -
<https://www.youtube.com/watch?v=iJ5j9bPwYJU>

Bronze team notes:

Hinsdale is this weekend! Please refer to the meet packet [here](#) for additional information and check the meet entry [here](#). I am very excited to see all the swimmers compete. Please remind your swimmer to talk to Coach Julie M (13&over) or myself after each event. Swim smart Bronze team!

From the Desk of Coach Doug

Age Group

Our winter season is underway with practices on Mondays and Wednesdays from 7-8:30 pm at the South Campus pool. We still have roster spots available so spread the word and bring a friend to try it out. We are always welcoming new players and the winter is a great time to start.

High School

The fall season for the high schools boys is quickly coming to an end. The high schools will soon be taking over the practices on Sunday (7-9pm) and Wednesday (8:30-9:30pm). There will be game details for the high school girls' winter season schedule coming out soon!

From the Desk of Coach Troy

My Favorite Exercise Part 2: The Inverted Row

Swimming is an overwhelmingly overhead sport. This means that swimmers use the front side musculature of the pectorals and deltoids of the shoulders. Over time, this can lead to postural and muscular imbalance issues. The inverted row can help counteract this and keep the shoulder girdle strong and injury-free.

The inverted row is performed by hanging from a bar that is about waist height. The elbows are pulled back and the chest is pulled up to the bar. Think of it like a reverse push up.

One of the main reasons I love the inverted row is its supreme scalability. Anyone of any strength level can use it. It can be made easier by raising the bar so gravity plays less of a roll. It can be made harder by elevating the feet so you are pulling the totality of your weight. From there you can even add weight to your body to make it harder.

Most trainees would be good with 3-5 sets of 10-15 while working towards making the exercise harder.

From the Desk of Coach Julie M

Lyons divers had their first meet against Wheaton Swim Club on Sunday, November 9th. The divers did a fantastic job diving. For many this was their first meet. Coach Julie, Coach Matt, Coach Annie, and Coach Kimmy were so proud. The winter session for diving started on Sunday, November 16th. It's not too late to join us. We practice on Friday and Sunday evenings. The winter session will run through January.

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

Happy November Masters Swimmers!

Reminders:

- Thanksgiving Practice 7-8 AM at South Campus!

Candy Cane Meet—December 14th! Some people have expressed interest in attending this meet. Check out the website and see if it is something you are interested in. If you are, please e-mail me 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

Annual All Club Meeting

Monday Nov 24th 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@gmail.com

Thank you

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If it Involves Water, it Involves Us!

www.lyonsswimclub.com