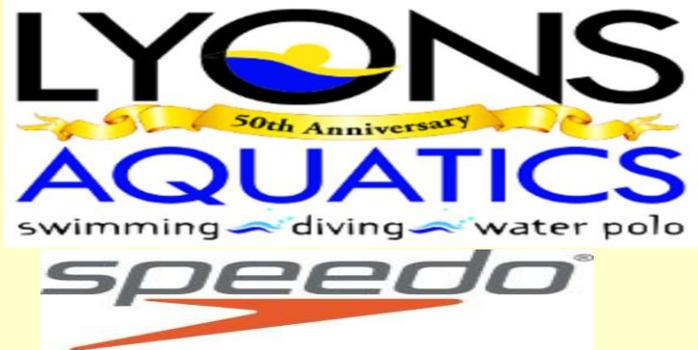


AQUA LYON

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Happy Holidays!

By: Casey Hnatiuk

Hello Lyons Families,

On behalf of the entire staff and board of Lyons Aquatics, I would like to wish you and yours the best for this holiday season. Be sure to spend some quality time with family and friends, and if you are traveling, please be safe!



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We Are Lyons & We Are Great!

From the Desk of Coach Casey

Hello Lyons Swimmers,

The holiday season is upon us, just one week from Christmas, two weeks till 2015, and probably most importantly for the swimmers, no school! This does mean, however, that there is now no homework to do, or tests to study for, so attendance at practice should be fantastic! If you are traveling out of state, or even out of the country, please find a way to get into the pool a couple times, and of course be safe and have fun.

As the year draws to a close, it seems to be the time to make lists, so I present you with the list of my favorite memories over the past year with Lyons. Some serious, some funny, but all I will remember. These are in no particular order. Should you like to know more, please feel free to ask.

1. Five more years with Lyons!
2. Scoop, scoop
3. First Hosted Regionals
4. Name change

5. USRPT
6. Snowy Indy trip
7. Largest Junior National Team
8. Relay meet
9. Travel meet dinners
10. Cheeseburger in Paradise
11. Clearwater, FL
12. Getting my first new car☺
13. Great Parents of Lyons
14. Amazing athletes
15. Fantastic staff that keeps me on my toes
16. Being Santa at Aurelio's (wait, that's tomorrow)

Year after year, we are constantly improving and looking for ways to continue on our quest for greatness. Thank you for your time and support over these last five years, and I am looking forward to making many more memories
Until next time, make sure you streamline,
Coach Casey

From the Desk of Coach Megan

Lyons swimmers have been busy in the pool. We saw some fast swimming in prelims and finals at the Fishers Santa Claus Classic! There were many best times and goal times reached. Great job swimmers, keep up the good work.

Progress reports for the swimmers will be coming home with them on Thursday and Friday. I feel the areas of performance to pay close attention to are the swimmer's practice habits and mental attitude. The coaches have been focusing on developing and always implementing these good practice habits with the swimmers all year and these good habits will help them throughout their swimming careers. Having a positive mental attitude and goals will help to keep them motivated throughout the long swimming season at both practices and meets. All of the technique information you will read on the reports should be nothing new to the swimmers. It has been told to them on more than one occasion and probably by more than one coach and is a work in progress for many and that is okay. At this level there is always going to be something for the swimmer to work on and focusing on the stroke technique at practice that needs improvement is how we are going to improve. Also race strategy is beginning introduced at the very basic level, many swimmers have a general idea how to swim most races but this is something they will learn about more in depth as they get older. Same goes for

From the Desk of Coach Joe

This Christmas is a great time for us all to be thankful. I know I'm thankful for this great opportunity to be with everyone here at Lyons Aquatics. Please don't rush through the holidays without spending some good downtime with your family. Enjoy all the truly great blessings we have amongst us right now. No matter how important the task or how urgent the deadline seems, there's never anything more important or stronger than the family.

Be Thankful

Be thankful that you don't already have everything you desire ... if you did, what would there be to look forward to?

Be thankful when you don't know something ... for it gives you the opportunity to learn.

Be thankful for the difficult times ... during those times you grow.

Be thankful for your limitations ... they give you

dryland, this is something new to many of the swimmers and they have to put in the effort to get something out of it. Dryland exercise help with the swimmer's overall coordination, general fitness and strength. One last thing about the reports, I love that the swimmers enjoy socializing with one another but many of them do need to be reminded that when the coaches are talking they should be listening. This is not something that will surprise the swimmer if they see something about better listening skills in their reports :). Please let me know if you have any questions about the reports.

Make sure to check the calendar for practice times over winter break. I hope to see the swimmers at as many practices as possible over the break. It is going to get cold out there so please wear winter coats and hats and keep drinking plenty of water so we can stay healthy. I wish you and your families a very happy holiday season. It is a pleasure to work with your swimmers!

Happy Holidays, Coach Megan

opportunities for improvement.

Be thankful for each new challenge... which will build your strength and character.

Be thankful for your mistakes ... they will teach you valuable lessons.

Be thankful when you're tired and weary ... because it means you've given your all.

It's easy to be thankful for the 'good' things ... yet, a life of rich fulfillment comes to those who are thankful for the setbacks.

Gratitude can turn a negative into a positive ... find a way to be thankful for your troubles and they can become your blessings.

From the Desk of Coach Nelly

It's not only Nazareth school effected by the flu, our poor team too! Our numbers have been way down due to sickness, so please take extra precautions to stay healthy. Get plenty of sleep, eat & drink healthy, take your vitamins, wash your hands (often), dress for the weather...there are many things you can do to prevent sickness. I'm excited to see all those out back at the pool again soon!

Starting this week we will intensify our endurance training with more serious aerobic conditioning. We will be focusing on quality longer yardage and LOTS of kicking. I want to see that the swimmers can maintain their good habits while tired/challenged. It's great to see their hesitation and fear turn to confidence over these longer straight swims. New can be scary, but the kids build pride over their accomplishments. To prepare for this, be sure your swimmer is coming to practice well hydrated with some healthy energy in their tummies to burn! I also recommend bringing water bottles to practice, and stocking up on bananas to ward off any cramps.

I love kicking, and firmly believe fast swimming can only exist with fast kicking. The greatest

kickers have something very important in common...ankle flexibility. Increasing your ankle flexibility will allow you to grab as much water as possible with all of your kicks, making a more effective kick. To work on your swimmer's ankle flexibility, click [here](#) for a guide to some simple at home stretches that can make a big difference.

We will be talking about "staying in your own lane" at meets, meaning to focus on your own swim, not how it compares to others. While I love to see kids racing each other (those touch outs and more), it's important for the swimmers to understand they are their toughest competitor. So, I'd like to close with a quote from Olympian & the greatest swimmer Australia has ever known, Ian Thorpe. "For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in". The best part about swimming is you are constantly competing against YOU! Strive to always be your best!!

See you at the pool,
Coach Nelly

From the Desk of Coach Credit

Happy Holidays Red Team!

I have a few notes as Winter Break approaches. First, be sure to check the **calendar** for practice changes over the break.

Second, since I was out with the flu last week, your swimmer may not be receiving their progress report until next week.

Finally, enjoy your time over the Holidays with family and friends. Count your blessings and be thankful. As always it is a pleasure to work with your swimmers! I am grateful for the opportunity and it is rewarding to see their growth.

Peace-
Coach Credit



From the Desk of Coach Julie J

Progress Reports will be emailed home this week. They serve as a nice mid-point evaluation of how your swimmer was observed swimming during practices. Stroke critique on this report should not come as a surprise to your swimmer. Our coaches regularly provide feedback to all swimmers about their stroke at every practice. Stroke mechanics and technique constantly evolve over the course of a swimming career; there is always something to improve on. Should you or your swimmer have any questions or comments please let me know.

White Notes:

While our Progress Reports included breaststroke, it's important to understand that we haven't taught breaststroke yet this season. We will be introducing it this week and it is one of the toughest strokes to learn. Often, some kids just get it automatically while others struggle for years to correct an illegal kick or the delicate timing of the kick and pull. We will have our high school coaches make guest appearances in the water to help those swimmers who need extra help mastering the stroke.

From the Desk of Coach Doug

Age Group

Our winter break schedule for Mondays, December 22nd and 29th will change to 6-7:30 pm. As of right now, I am still looking for game opportunities this winter season. Be on the lookout for more updates in January and February. We will continue to focus on game situations and scrimmages during our Wednesday practices.

High School

Wednesday night practice will move to Monday, December 22nd and 29th, from 7-8:30 pm.

Bronze Notes:

Bronze swimmers also completed a self-assessment of their strokes. This is always a good tool to weigh how they view themselves compared to what coaches are seeing. When reviewing your swimmers progress report, please review the self-assessment as well.

We are getting back to specific stroke work this week. We will be working on breaststroke and butterfly for the next month. Many swimmers don't have the timing down correctly for these two strokes so they don't perform them as efficiently as they can. We will be doing a lot of drill-based work to correct that.

Reminders:

1. Please check the holiday practice schedule on Shutterfly.
2. Coach Megan and I will be offering some stroke clinics over the holiday break. Please sign up for those on the website. Pre-registration is required.

Thanks!

Coach Julie J.

Breaststroke drills to do at home:

http://m.youtube.com/watch?v=v61nEYU5_0

Breaststroke video:

<http://m.youtube.com/watch?v=hSMzh2FpmUE>

From the Desk of Coach Troy

Working out while Sick

With flu season upon us the question of whether or not one should work out while battling an illness always pops up. While it's a highly personal question- you should trust what your body is telling you and you should be cognizant of who you could get sick- there are a few rules of thumb you can go by.

1. If your illness is from the neck up you are generally ok to work out. Sore throats, stuffy noses, and headaches are relatively mild symptoms and pose no real hindrance to physical activity. If you feel OK with these symptoms give it a go but be sure to scale back the intensity a bit. Going too hard could lower your immune system too much and make things worse instead of better.
2. If your illness is below your neck it is best to hold off on exercise. Coughs, nausea, and diarrhea are not symptoms you want to mess around with. Besides all the nasty things that could happen during your workout with those symptoms they generally mean that something worse has taken hold, and you'll be needing all the immune response you can muster. And with a lowered immune response your ability to recover is severely impaired.
3. Err on the side of caution. Listen to your body. It is far better to miss a few workout than to try to soldier through and put yourself out of commission for much longer.

Troy Dequaine B.S, CPT

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>

Sign up for Holiday Stroke Clinics! Coach Julie J, Coach Megan and Coach Joe H will be running them. They are limited to the first 30 swimmers, so sign up now! Go to the online registration tab on our website to sign up.

From the Desk of Coach Julie M

We are now in our second session of diving. This session started on November 16th and will run until January 16th. The divers are very busy learning many new dives. We will have practice over the Holiday break at our regular days and times. We want to congratulate our Wonderful Diving Coach Kimmy Vitek. Kimmy placed eighth at the High School State diving meet. Way to go Coach Kimmy! From all of us at Lyons Dive we want to wish you and your families a very Happy and healthy Holiday Season.

Masters' Corner

From the desk of Coach Lauren

Masters Swimmers!

As we head into the holidays, Christmas cookies and the colder weather around us wherever we go, it's important that we stay focused in the pool! Take a look back at all the weekly focuses we have had the past few weeks for a little brush up because we will come back to these through the next few weeks.

1. Flip turns
2. Breaststroke
 - a. Underwater pullouts
3. Backstroke
4. Butterfly
5. Streamlines!
6. Endurance and Distance per Stroke

Those of you that have expressed interest in attending the Candy Cane swim meet, Sunday December 14th in Lemont, please contact me ASAP at lyonsmasters@gmail.com

Check the website for more information about the meet and updates!

lyonsmasters.blogspot.com

lyonsmasters@gmail.com

UPCOMING MEETS/EVENTS

[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

Lots of exciting events happening in the next month!

This Thursday, Dec. 18th, get your dinner from Aurelio's! Aurelio's Pizza in LaGrange is generously supporting a delicious Fundraiser for Lyons Aquatics for the evening of Thursday, December 18th from 5 p.m. - 9 p.m. Lyons Aquatics will receive 20% of the proceeds from all Dine in, Carry outs and Deliveries. When placing the order be sure to tell them it is for LYONS AQUATICS FUNDRAISER in order for us to gain that credit.

There is a rumor that Santa will be there from 5:30-6:30, so be sure to bring your camera and swimmers to take a pic with him when you pick up your pizza.

We have a Lyons Aquatics Christmas Tree to decorate!!! (At the base of the Water Tower in Western Springs - just look for the lions head)

Help 'Ludwig von Streamline' celebrate the season as he guards our Christmas tree and help keep him company with YOUR awesome Christmas ornaments!

Create an ornament (By yourself or with teammates) - hang it on our tree, take a picture (don't forget to streamline of course) and send it in! The most creative picture will win some kind of very valuable prize, so get going and get into the Holiday Spirit!

Lyons Aquatics
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If it Involves Water, it Involves Us!

www.lyonsswimclub.com