

AQUA LYON

A monthly newsletter on all things swimming

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First and foremost, the Staff and Board would like to wish everyone a safe and happy holiday season. Be careful driving on the snowy roads when bringing your swimmers to practice, and when driving home from those fun holiday parties! The swimmers are entering a time of year where everything gets ramped up a little bit; the training becomes a little bit more difficult and the expectations rise in the eyes of the coaches. The swimmers will tackle longer hours in the pool during Christmas break, and much more difficult practices. That will pay off in the upcoming months as the swimmers slowly start to enter their Championship season and swim faster than ever!

From the Desk of Coach Hnatiuk

I couldn't be happier with the results of the entire team so far. We have had countless lifetime bests, numerous first time swims of an event, and everyone is learning to push themselves a little harder and get more from their training. I just want to thank everyone who has contributed to this success, especially the coaches and swimmers. I feel that we have the best Staff in Illinois, and the swimmers are showing it in the pool. We are on the right track in our training and in our competitions. Parents, you have had a hand in it as well by bringing your child to practice and trusting the Staff to coach. I appreciate that.

On a different note, there are a few meets left for which sign-ups are still open. Please, please, please sign up on time. The meets we have left will be very full and will most likely not be able to accept late entries, so please, if you would like your swimmers to swim in a meet, get them signed up!

That is all for now. Until next time, make sure you streamline!!

From the desk of Coach Mel

The blue group (& entire team) continues to do outstanding work in the pool. Our performances at the Hinsdale Fall Classic were fantastic, with exemplary swims from everyone that participated. Special congratulations to those that tackled an event they had not previously swum. Many were tentative to try the 100 fly for the first time, but most of these kids were surprised to find out that it wasn't as challenging as they had anticipated. Perhaps at that particular moment, they were slightly grateful for their training!

Now that we are entering December I'd like to discuss the practices that will happen over winter break. We will be practicing for 2 hours daily at south campus pool. The extended time will afford us the opportunity to do a variety of things, from technique work to middle distance training. We will also be tweaking our starts, turns, and finishes, and breaking into smaller groups to address individual needs. I plan to ask Coach Walker to join us a few times as a guest coach. He brings plenty of enthusiasm to the sport, & very much enjoys working with younger swimmers (mostly because he likes to believe he's still a kid himself!). We hope you take advantage of our winter break practice schedule, now posted on our website.

Most importantly, I'd like to thank the rest of the coaching staff, not only those assisting with blue group (Alison, Steve, Dana, Doug, Drew, Lauren) but the others that help to solidify a strong staff that is always looking to improve our program. This group of coaches truly puts forth maximum thought & effort in regard to the training & practices that your child benefits from, and with a group as large as blue group, it would be difficult to do this alone. Also I'd like to thank the Board of Directors that oversees the organization, and the Boosters club for continually supporting our program in so many

ways. Finally, thank you to all the parents that are regularly driving back & forth to get their swimmers to practice & to meets. Without your commitment & support, we would not have made the progress we have made thus far. I am proud to be a part of Lyons Swim Club, not only as a coach, but as a parent as well, and I hope your family is too!

Wishing you and yours the happiest of holidays!

GO LYONS!

From the desk of Coach Nelly

Three months into season, the expectations have risen. Swimmers from both the White and Red groups have been thoroughly trained in the correct techniques of each stroke. The kids are working on swimming smart, and sticking to these correct techniques, instead of reinforcing their old bad habits. This is actually more difficult than one may think. The kids need to constantly remind themselves to reach, point their toes, flatten their feet, and move their hips...all the right moves in all the right places! Please encourage your swimmers to swim legally!

A few meet notes. First off, thank you for getting your swimmers on deck early for warm-ups. Arriving late means your swimmer is not prepared, but also distracts the whole team and may result in your swimmer being removed from their relay. Now on to safety. Meets are organized with safety in mind. There are deck safety coordinators, officials, volunteers and facility security. Even with all these measures in place, kids will be kids. Please remind your kids to obey the rules and stay in designated areas. In regards to past meet performance, I couldn't be happier! The kids are DQing less and dropping time. I also love to see them cheering each other on behind the blocks...go Lyons!! Keep up the great work!

From the desk of Coach Doug

The winter age group water polo season is off to a great start. It is great to have so many players returning with the addition of many new players to the program. We will continue to work on all aspects of the game such as technical skills with

the ball, passing, shooting, counter attacks, press attack, and press defense.

The high school girls' season has also started and they will be competing in the Illinois Water Polo High School League as well as the CPD Girls Winter League. These leagues will provide our players with some valuable game experience

Coach Credit's Choice Quotes

Swimmers, you can be proud of your achievements lately! Great job at the Hinsdale Meet. I definitely see evidence of hard work in practice paying off at the meet. Please remember that as you improve in swimming, the time-drops get smaller. There is no reason for disappointment. In fact, there is no reason for disappointment even if you add a few seconds on to your time once in a while. "Bad times" have a value; they create motivation for a smart swimmer to learn where things went wrong, how to fix them, and then repeatedly practice it at every workout.

Ian Thorpe, Australian Olympic Gold Medalist, said best what I believe to be true: "When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've gotten the best you can out of yourself on that given day, that's where you get satisfaction from

Friendly Reminders

Please check the calendar regularly as it may change.

Please check the parent resource page on our website as we continue to add new things.

If you have a facebook page, become a fan of USA Swimming. They provide some interesting tidbits, facts and help for new and veteran families alike.

ACSA Information

Published by The American Swimming Coaches
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Three Variables of a Swimmer's Performance That Parents Contribute To

By Jack Maddan, Head Coach and CEO of
Hilton Head Aquatics.

As we approach the midpoint of the short course season the athletes are realizing that they are on the path to reaching their goals or they need to make some wholesale changes. Each season presents another mountain to climb for each swimmer. The climb they have to make will depend on the level of success they achieved in the previous season. Success is a relative term and is different for each athlete and training group in the program. For one swimmer it might be to qualify for the State meet and for another it might be to make Olympic trials. Whatever the goal might be, each swimmer has to be willing to do more work than they did in the previous season. And parents can help.

Parents put a lot of time, money and commitment into the sport. You assist in providing the best opportunity for your children to be successful in the pool. Coaches appreciate that. There are certain variables that you have a direct impact on that do affect the swimmers' level of success.

One variable is practice attendance. As a parent, we are asking you to support the coaching staff and encourage your swimmers to be at the number of practices required by the coach. If the swimmers are not making that requirement it is hard for them to benefit from the whole seasonal plan. This is critical because each coach has a daily, weekly and seasonal plan and missing out on that will hinder the overall success. This is different with each group, but as each swimmer moves within the program, the expectations become much greater.

Another set of variables are nutrition, rest and body changes. This is, for some people, the most

sensitive area, but it is significant and should be addressed seriously. As parents, if you are not providing your children with good fuel on a daily basis then over time they will not excel in practice. This starts the moment they enter the program. If you start with good nutritional habits it makes it easier for them to sustain over the course of the season and to establish a healthy lifestyle in the long term.

It is also imperative that each swimmer is getting adequate rest. When a swimmer is burning the candle at both ends this is where injuries and illness set in. When we have a day off, all swimmers should be wise about the decisions made so their bodies can recover properly.

The physiological factors that take place in athletes can impede or accelerate their progress. When a swimmer is growing, depending on how much they are growing, this can be a good or bad thing. Many swimmers struggle physically and mentally during this time. The growth can make them stronger in the water or can cause them to be awkward because of growing too quickly. This is usually more typical in boys between the ages of 13-16. For the girls, going through puberty affects body composition and proportions and can really mess up stroke techniques especially in butterfly and breaststroke. In addition, girls go from an 11-14 year old with a lean body that recovers very quickly to a young woman's body that takes longer to recover between workouts. This is where plateaus sometimes take place and can last up to several years. Parental support in a positive manner is a key component in helping them to wade through these waters. There are two specific things a parent can do. First, never allow a young swimmer to be identified as a stroke specialist – Be cautious in saying things like, "You're my perfect little butterflyer," or "You'll be swimming the breaststroke in the 2020 Olympics." Secondly, focus comments on continual, long term improvement in all strokes.

One more variable: parental support of the swimmer and coach. This should be the easiest one to control, but it is not always the case. Parents have only one role at a swim meet:

support the swimmer and the coach to achieve the athlete's goals. I think this is important to remember because sometimes the athlete and parent have different goals.

These are the comments a coach would most appreciate a parent to say to their child before and after a swim: Before the swim - "Good luck and have fun." After the swim -- "Good Job," and "What did your coach say?" and "I'm proud of you," or sometimes, "I am sure you will do better next time."

If your dialogue is different than this, then you are not supporting the coach and swimmer relationship. The most detrimental thing you can do for your child is compare them to another swimmer, coach them before or after a swim, or give them negative feedback after a race.

So what I recommend is to make sure that you are communicating with your son or daughter on how they are doing in practice on a daily basis. Periodically check in with their coach and ask him or her how your child is doing, so there are no surprises when it comes to competition time.

Remember, swimming is a sport where we look at long term progress. Some athletes have to work for 6 months to drop one second in an event. If you can really be aware what the contributing variables are for success (and remember that means having some patience to reach the process), then I stand behind the belief that your children will be better prepared for anything that comes their way in life.

Why is Swimming a Year Round Sport
For Age Group Swimmers?

First, at the competitive level a swimming athlete must train year around just to stay competitive with all the other athletes. Swimming is both conditioning intensive and skill intensive. Strength and endurance conditioning for swimming are not readily transferable from other sports or activities so they must be developed in the pool and in swimming specific dry land exercises. Swimming skills are constantly being developed and refined throughout the swimmer's career.

Not all swimmers are at competitive levels so what is the point in training year around for them? The simple answer is that a good swimming program provides far more than swimming skill development and improvements in strength and endurance — it provides active development of life skills. By "active development" we mean planned — not by accident and not by coincidence. Coaches regularly stop practice to take advantage of teaching moments to demonstrate or discuss a life skill and we plan short 10 minute discussions on a variety of topics. Life skills that are actively promoted by this team include responsibility, self-discipline, work ethic, coping with peer pressure to use drugs, time management, team commitment and loyalty, lifetime fitness, nutrition, setting and meeting goals, learning to extend themselves, challenges, cooperation, and goal setting.

We know through research that sport in and of itself do not build character or life skills. These skills are developed by the influence of role models, the environment, and through a systematic, planned process. Our staff does this all year around and it is a very compelling reason to keep your child in the water all year around.

Upcoming Events
December Birthdays

Margaret Barney F 10
 Katherine Beumer F 10
 Robert Bolan M 8
 Alanah Buinauskas F 11
 Peter Buinauskas M 7
 Katherine Buzzell F 14
 Isabella Byczek F 8
 Robert Ciccirelli M 9
 Eleanor Cooper F 11
 Elizabeth Cummings F 10
 Michael Cummings M 12
 Harper Daniels F 9
 Brian Donatelli M 17
 Francesca Enrietti F 14
 Mary Gannon F 9
 Claire Garvin F 9
 Olivia Gresge F 10
 Mason Halm M 9
 Francesca Heffner F 11
 Grace Johnston F 9
 Elizabeth Juracic F 10
 Antonio Klaczynski M 9
 Michael Korenchan M 9
 Brian Kral M 11
 Andrew Lipchik M 15
 Edward McCarter M 14
 Ryan McHugh M 12
 Grace McNamara F
 Madeleine Moeller F
 Kyle Norbut M 12
 Joelle Peterchak F 6
 John Petrak M 8
 Lucy Rogan F 14
 Seamus Ryan M 8
 Jacob Schoneman M 11
 Matthew Tobin M 10
 Alec Valentino M 7
 Hallie Vlahos F 12

December Calendar Reminders

Westmont Meet 3-5th
 Classic Sign-up 5th
 Elmhurst Meet 10-12th
 INDY Sign-up 12th
 TOPS sign-up 17th
 Coach Casey's Birthday 21st
 Christmas 25th

Contact

For all questions and comments visit us on the web at lyonsswimclub.com. For inquires pertaining to the newsletter e-mail Coach Hnatiuk at cjhntiuk@hotmail.com.

