

## AQUA LYON

*A monthly newsletter on all things swimming*

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Welcome

With the conclusion of October and November at our doorstep Lyons Swim club has had a healthy month of training and swim competition. After eight week our training is well underway. Practices are more set oriented. The staff no longer focuses on the basics. Simply put, we have launched into our program. The training may seem difficult, but we are committed to getting all of our swimmers to set goals and expect to see improvement in competition. Since we have kicked up training regiment it is imperative for swimmers to stay hydrated, eat well, and get the rest necessary to perform efficiently at practice. Also, as the temperature begins to drop you should be keeping warm in order to avoid the common colds we encounter in most environments.

Congratulations to all those that participated in the recent swim meets that the organization competed in. We are happy with our swims at the Champs and Pride meets. However, we look forward to seeing improvement in stroke work and time drops later in the season. Overall, with the size and depth of our organization, we are very satisfied with the effort put for by swimmers in all age groups and divisions. We would especially like to thank all those who helped and participated in the Pride meet: swimmers, timers, hospitality, officials, scorers, bullpen wranglers, meet entry compilers, and everyone in the stands. The meet could not have run smoothly without your help, and all six sessions went very well and were executed in a timely fashion.

Our plans for November are simple: continue to step-up training and improve upon our stroke work. As our practice schedule becomes more rigorous so too does the necessity of attendance. Missing even a single work out can immediately impact a swimmer's ability to keep up in the weeks that follow. If swimmers adhere to the practice schedule they will undoubtedly see improvement in times and in their technique at the upcoming Hinsdale meet. With that being

said, we look forward to seeing you all in the pool during the month of November.

### ***From the Desk of Coach Hnatiuk***

Welcome to the second issue of the Aqua Lyon. In this issue, we will go over why we choose the events we do for swim meets, highlight some of the past month's performances and various other blurbs. Take your time in reading, and if you have any suggestions, please do not hesitate to contact me.

My first order of business is to thank the many volunteers that made our Pride meet a tremendous success. The meet ran smoothly from start to finish and that is a credit to our meet directors Franny Naughton and Kelly Mitchell. This process started back in July, so those ladies have put in many hours to ensure success. Our head referee, Jim Wing, kept the meet moving quickly, as it was rather full, along with all of our other officials, veterans and rookies alike. For fear of missing any names, I would once again like to thank everyone who helped. Without your help, our meets would not run smoothly. Thank you.

We have lost one coach in Lauren Swanson, but have gained three more. Please welcome Shannon Venable (Red, White), Lauren Burrell (Blue) and Steve Roessler (Blue). Shannon is brand new to our club, but has been coaching for years, and comes from the Walker family of coaches, which has been strong for years. Lauren has been with polo, but will now be offering her talents to the Blue group. Steve is currently our Masters coach, as some may know, but will also bring a wealth of knowledge to the Blue group. If you see them, please introduce yourself.

Coach Mel touches on the meet entry philosophy, and I will also be including an article from ASCA at the end of this newsletter, but I would like to add a few things about my philosophy in selecting meet events. First, my goal is have a time for every swimmer in every event. I have come across too many 15 & over swimmers who only have times in their "best" events, usually only two or three. Let me share a little story about "best" events. I had the opportunity to talk with

the father of Christine Magnuson, currently one of the fastest butterflyers in the world. He told me that when she was in age group and high school swimming, she had really never done butterfly. She considered herself a freestyler, and swam those events. It wasn't until college that she even gave an effort at butterfly, and the rest is history. The moral is that a swimmer's "best" event may change as they get older. If Christine had not done butterfly, she would never have won the silver medal in Beijing.

Second, completing an event that the swimmer has never done will give them confidence. 99% of the time, after a swimmer swims an event that they have never done, I hear, "That wasn't so bad. I kind of liked it. I am glad that I did it." This new attitude towards swimming is refreshing to hear, and will give the swimmer more confidence when they tackle their favorite events.

Finally, after being involved in swimming for almost 30 years, and looking at results for numerous state championship meets, the teams that swim the longer events tend to win the titles. Producing athletes that are well-rounded and can score in many events is what allows these teams to accomplish that feat, and that is ultimately the goal.

Please take note of the calendar for this month. The staff and I have decided to have a fall break this season, and not have practice over the Thanksgiving holiday. Enjoy the nice four day weekend!

That is all for now. As always, until next time, make sure you streamline!

### ***From the desk of Coach Mel***

The blue group continues to do outstanding work during their practices, & this was evident through the performances we saw this past weekend at the LYONS Pride meet. Congratulations to all on a job well done!

Now that we are entering November, I'd like to share some of my principles regarding your swimmer's training. I believe firmly in training swimmers for the Individual Medley (IM). Training for the IM provides swimmers an opportunity to develop mechanics & techniques across all of the four competitive strokes, thus producing a better-rounded swimmer. It also affords the opportunity to tweak the turns involved in this event. As swimmers progress through an age-group program, coaches are always looking for ways to make kids faster. While increased training intensity is the obvious

solution to this problem, fine-tuning starts & turns is definitely an answer to cutting time.

I also want to see our athletes trying some of the middle-distance events, which includes both the 200 free & the 200 IM. We are hitting a point in our training where the athletes are capable of swimming these events, although they may be a bit apprehensive.

Parents can help with this process by encouraging their swimmer to believe in themselves & their coaches. An ideal swim parent (or parent of any athlete) is one that shows interest in their child's sport & is involved, but leaves the technical aspect of the sport to the coaches. These parents will trust & listen to the coach while respecting & supporting their decisions, and will support the swimmer in the absence of additional pressure.

I'm adding this tidbit not because there have been any issues with this, but because as parents we ALL want to see our children succeed, & there are definitely ways that you can help make this happen for your swimmers. By the time these athletes are college-bound; very few will continue a competitive swimming career. What I hope they remember from their experience with me is that hard work does pay off, and that fast swimming was actually one small piece of a much bigger puzzle they were putting together while here. As they mature into adults, I hope they recognize the values & characteristics swimming provided (hard work, persistence, sportsmanship, unity, integrity) that will eventually make them an all-around good person.

GO LYONS!

### ***From the desk of Coach Nelly***

It has been an exciting month for the White and Red Team. Both groups have been working hard on the four primary strokes, turns and starts. We have been busy repeating drills and working on fast kicking. The goal is for the kids to swim "pretty" even when tired at a meet.

We have had an array of fabulous coaches helping out, Coach Lauren, Coach Julie, Coach Andrew...even Coach Casey! I am thrilled to say that, finally, our full time assistant coach is here.

Please take the time to say hello to Coach Shannon and welcome her to our Lyons Family. She comes with much enthusiasm and knowledge, we are very lucky to have her!

Congratulations to all those who swam at the Morton Glow Meet and the Lyons Pride Meet. The full spectrum of emotions was

visible...nervous, excited, fearful, anxious. I was so proud of all the swimmers for going out there and performing their very best! All I ask and expect of the swimmers is to apply what they are learning in practice...and they did!!

Looking forward to a fabulous November!

### ***From the desk of Coach Doug***

"What a great way to finish the season! Our 14 and under coed team finished 4-0 this past weekend to win the Midwest League Championships. The team used great team defense and an opportunistic offense to win the championship. All of the players contributed to the dominating performance over the other coed teams.

This caps of our most successful season in many years with a second place finish at the 12 and under coed level and a first place finish at the 14 and under coed level. Congratulations to all of the players.

I would also add that our parent volunteers did an outstanding job all season with all of your help at our tournaments as well as getting our players to the games. This was our best season in many years on all fronts.

We will start our Winter Water Polo season on Wednesday, November 3rd from 6:45 to 8:15 pm. The winter season practices on Wednesdays only and is a great way to continue to work on your skills or try the sport for the first time. Registration is open at [www.lyonsswimclub.com](http://www.lyonsswimclub.com)."

***Coach Credit's Choice Quotes*** - (say that fast three times!)

"Luck is when preparation meets opportunity."  
- Seneca

Think about that next time someone wishes you "good luck" before your event; and remember all the practices you have endured to get yourself prepared for your event!

### ***Notes from Andrew***

Having finally gotten around to meeting the entire team over the course of the past month I am impressed by the diversity of swimmers and overall skill level. Over the past few weeks I have worked with all levels (seniors aside) on flip turns, stroke work, and even lane etiquette. Now, I look forward to taking what we have learned and practicing all aspects of swimming in a more rigorous training program. Swimmers in all

groups can expect that we will be working on using the clock, and being able to keep track of entire sets. While swimming is a big part of practice and competition, I hope we build strong team camaraderie, which remains an essential part of all great teams. Swimmers, I look forward to seeing you all in the water.

### ***Message from the Board***

Another Lyons Swim Club season is underway with our swim team having competed in two meets including the Lyons Pride, our divers learning more every week, and the co-ed water polo teams finishing a successful string of tournament play. The success of our club and ability to provide comprehensive aquatics experiences for our children is directly related to the quality of our coaches and members. We are extremely fortunate to have an experienced, cohesive swimming, water polo and diving coaching staff, led by new head coach Casey Hnatiuk.

A primary goal this season is to enhance communication and club stability, while better tapping into the talents of our members. Many of you have already completed a questionnaire providing information for a club directory and volunteered to further support the club in areas including; Board, Boosters, Corporate Governance and Communications, Newcomers, Officiating.

Thanks to our members who have already volunteered in so many ways this year. Our Club hosts two swim meets a year, the proceeds from which help offset club operating expenses. The first meet, Lyons Pride, was fantastic again this year, but wouldn't be possible without the commitment of our meet directors Franny Naughton and Kelly Mitchell, Jim Wing who was our head meet official, and all of you who volunteered your mornings and afternoons to ensure a smooth, successful meet. Our co-ed water polo teams have hosted three tournaments, which couldn't be possible without Barb Zahorik coordinating our parent volunteers. Thank you!

Please continue volunteering and providing comments and suggestions to the board directly, or to our email address at [lyonsswimboard@gmail.com](mailto:lyonsswimboard@gmail.com).

Paul Berley – Lyons Swim Club Board President

### ***Swimming in the News***

Michael Phelps talks briefly about future goals and qualifying for London Olympics in 2012, in an article posted by USA Today. For the complete story visit

[http://www.usatoday.com/sports/olympics/2010-10-16-2936301258\\_x.htm](http://www.usatoday.com/sports/olympics/2010-10-16-2936301258_x.htm)

### ***Friendly Reminders***

Please check the calendar regularly as it might 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 older families alike.

### ***ACSA Information***

News For  
SWIM PARENTS  
Published by the American Swimming Coaches Association  
5101 NW 21 Ave., Suite 200  
Fort Lauderdale FL 33309

### ***Which Events Should Your Child Swim?***

Issue: My 12 year old will be aging up before the end of the season and she needs every opportunity to make AAA times in her best events before then. The coach, however, seems to have different ideas about the meets we attend and the events she swims. I do not like the way the coach selects my child's meet and event schedule.

Response: Rule number one for any concern regarding decisions made by the coach is to communicate directly with the coach at your earliest opportunity. The coach may mention one or more of the following considerations:

1. Age group swimmers should have an opportunity to experience all the official events for their age group. In fact, many coaches would make a case for having intermediate to advanced age group swimmers also swim 200's of back, breast, and fly, as well as the 400 IM and distance freestyles. BUT, there needs to be a balance found between the time and expense of driving to too many meets versus the larger objectives of a good age group program. See numbers 2, 3, and 4 below.

2. Achievement should be viewed as career long and not dependent on a mid-season peak in coordination with a last meet effort before aging up. A major push at end of an age group often leads to a letdown than can occur when the child ages up. This discourages the steady and consistent progress that most coaches encourage in age group swimming. Coaches plan careers around seasonal planning, not around birthdays. The primary focus should be on preparing swimmers for the senior team and a secondary focus would be on end of season meets.

3. A combined and unified team effort for end of the season meets is more important than allowing individual swimmers to "peak" for mid-season meets in order to achieve time standards or rankings.

4. The coach is the technical expert of the team and the one with the best perspective for event selection. Event selection often times deliberately includes the swimmer's weakest events as a challenge, as an evaluation tool, as a change of focus, and/or as preparation for future events. Frankly, parents and age group swimmers will not often choose events that offer difficult challenges, change the points of focus, or prepare the swimmer in a tactical way for future events. This is a technical matter and best left to the technical expert – the coach.

Here are a few examples: Distance oriented swimmers may be asked to swim sprint events in order to work on their speed. (If the swimmer's best time in the 100 meter free is 1:13 and they are trying to break 5 minutes in the 400 meter swim then they need the ability to go in 1:13 to 1:14 in the 400 and swimming the 100 gives them a chance to work on their "going out speed.")

A swimmer who has been a good butterflyer for the last couple of years and has begun to be identified as a "flyer" by herself and friends and possibly parents, but then finds herself having difficulty improving in the fly events – perhaps due to changes in her body as she matures -- can find new motivation in the other events if given a chance to focus on something different.

One of the great core values of swimming is learning to meet difficult challenges with determination for success. A good coach may deliberately schedule every 11 and 12 year old for the 200 meter butterfly in an upcoming meet and

then prepare them for it physically and mentally in practice so that they may face the challenge with some courage. It's a great confidence builder.

...And building confidence comes not only from doing what one is good at, but from doing the uncomfortable and difficult.

## ***Upcoming Events***

### ***November Birthdays***

Hannah Bradbury F 11  
 Jacob Burr M 10  
 Keegan Casella F 7  
 Erin Cook F 11  
 Cameron Cowan M 10  
 Jeffrey Dillon M 9  
 Megan Dillon F 7  
 Almasa Duheric F 13  
 Maura Ferguson F 7  
 Kathleen Hackett F 8  
 Mary Hart F 10  
 Owen Hays M 7  
 Maja Kosic F 12  
 Olivia Land F 12  
 Kate McGee F 7  
 Annika Moore F 11  
 Lauren Reich F 9  
 Nicholas Rogers M 11  
 Kristine Rosenberger F  
 Andrew Rowley M 17  
 Henry Siegelman M  
 Elaine Smith F 14  
 Emilio Tamez M 10  
 Madison Wanless F 10  
 Thomas Waters M 13  
 Charlotte Wisthuff F 7

## ***November***

Elmhurst sign-up deadline - 2<sup>nd</sup>  
 High School Girls Sectionals - 13<sup>th</sup>  
 High School Girls State - 19<sup>th</sup> & 20<sup>th</sup>  
 Hinsdale Meet - 19<sup>th</sup>-21<sup>st</sup>  
 Thanksgiving -25<sup>th</sup>

## ***Contact***

For all questions and comments visit us on the web at [lyonsswimclub.com](http://lyonsswimclub.com). For inquiries pertaining to the newsletter e-mail Coach Hnatiuk at [cjhntiuk@hotmail.com](mailto:cjhntiuk@hotmail.com) or Andrew Stephens at [astephe3@gmail.com](mailto:astephe3@gmail.com).