

AQUA LYON

A monthly newsletter on all things swimming

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Lyons Welcomes Swimmers, Parents and Coaches to the 2011

With the arrival of the new swim season, Lyons Swim Club looks forward to a progressive and strong year of growth and development. The organization has continued to build the base accepting many new swimmers, and also welcoming back many returning swimmers, in order to lay the solid foundation necessary to build a team that is competitive on the state and national level. While organization and action may prove difficult, Lyons has hired new head Coach Casey Hnatiuk level 3 A.S.C.A to lead the program's ongoing development. Coach Hnatiuk is an Illinois native, a veteran, a father and husband, and our coach with a plan.¹

¹ For more information on Coach Hnatiuk visit our website and see his comments on p(1)

To our swimmers, we look forward to a strong season. We suggest that if you have not already begun to take an interest in your times and setting goals then take a look at the time standards available at ilswim.org. Also feel free to have conversations with your coaches about individual goals. We will talk more through out the season about setting targets in and out of the pool to achieve these goals.

Parents, with our first meet right around the corner we would like to remind you to have all necessary paper work complete and submitted to the staff. Also, for our upcoming meet this weekend please have your swimmers on time for check-in with all their necessary essentials, e.g. suits, goggles, towels.

Lyons Swim Club looks forward to having a successful and positive season. With the cooperation of swimmers, coaches and parents, this year will be

not only one of progress but also great fun! We look forward to seeing you in the water.

From the Desk of Coach Hnatiuk

Welcome to the first edition of Aqua Lyon, our new monthly newsletter! With the help of aspiring writer and fellow coach, Andrew Stephens, we will be bringing you some informational blurbs, notes from the staff, maybe an interview or two with a swimmer and many other things! As with everything else, we are constantly looking for ways to improve, so constructive feedback, positive or negative, is always appreciated.

The first thing that I would like to stress is the meet entry system. While it is a change from past years, we feel that we have made it easier overall to enter meets. There are still a few kinks that we will work out, but

for now it is going well. We recently had two meet sign-up deadlines that have since passed. As we are hosting one of the meets, and the host was very accommodating for the other, we were able to honor most late requests to sign-up. Let me stress that in the future, we will not be able to accept those. Please pay attention to the deadlines on the meet sign-up page and plan accordingly. With our new system, you are able to sign-up for all the meets in the future, so when the deadline comes, you are not scrambling to register.

Next, in case you haven't realized by the tired swimmers coming home after practice, the training has slowly started to ramp up in the Senior and Gold groups. Please ensure that your children are adequately hydrated as cramps are starting to be a bit of an issue, and make sure they eat enough to cover all the calories they are burning, especially those doing multiple sports!

For the meet this weekend, I have mentioned to the swimmers that this meet is not necessarily about

the times they achieve, but more how they swim the race. I only ask that they give 100%, and focus on the things that we have been working on in practice: lots of kicking, tight streamlines and strong finishes. The times will be there. Remember to provide positive reinforcement to your children, we, the staff, will take care of the rest.

At the end of the newsletter, I will be posting something from the American Coaches Swimming Association. They send out a weekly newsletter dealing with various topics from coaches around the country. I will go through them, and post the ones that I feel stress something we have been working on, or pertain to something that will happen in the upcoming month.

As there is much more information to go through, I will finish up with an inspirational quote: "You have no control over what the other guy does. You only have control over what you do." -A J Kitt

From the desk of Coach Mel

In anticipation of our first meet, I'd like to give some important information that will help things go smoothly for the swimmers.

It is imperative that your swimmer be on time for warm-up (check the meet packet on the website for exact time). This allows the swimmers time to adequately loosen up, and provides an opportunity for the coaches to fine tune things prior to the competition. It also ensures your swimmer makes positive check-in. If they fail to make positive check-in before it closes, they will NOT be seeded in the meet.

Once the meet begins, relays will be developed and posted (if there are relays). If a swimmer needs to leave the meet early, he/she must let the coaches know immediately to ensure a substitute swimmer can be secured. Swimmers should remember to report to their coach following an event for feedback.

Finally, we'd like to stress how important it is to come to practice REGULARLY! We understand that kids are involved in multiple activities outside of the pool, but if they only make one or two practices, they are missing out on a variety of skills that are covered throughout the week, and their progress through our system will be minimal. On that note, if your swimmer is somewhat inexperienced, understand that they will make mistakes & that disqualifications are part of the process. The coaches use DQ's as a learning experience and do not dwell on them. Parents can help their swimmers by encouraging them and not making a big deal out of DQ's as they happen even with experienced swimmers at the high school level.

Remember to check email and the website regularly, as important information regarding meet deadlines, practice changes and other events will be provided via these outlets.

Remind your swimmers to wear LYONS gear to the meets to show their team spirit. Parent, if you ordered sportswear through Boosters, show your LYONS pride too!

We are off to a great start this season; let's keep it rolling right into the Lyons Pride meet!

GO LYONS!

From the desk of Coach Nelly

This season has started off better than I could have imagined! The Red and White teams have had high attendance, thank you for getting your swimmer to the pool. The kids have worked very hard perfecting the foundation to freestyle and backstroke. This includes a streamline (ask your kids how many lines they are to streamline for), hip and shoulder rotation, appropriate "sneaky" breathing by 3, and a fast & constant kick. Repetition, Repetition, Repetition! The more we repeat the correct actions, the quicker and easier these actions will become habits.

A couple of reminders: please remember to drop your swimmer at the pool 15 minutes prior to practice starting. This will allow time for taking attendance and talking to the swimmers, without using up our pool time. Also, for safety reasons please continue to pick your swimmers up inside of the north campus building.

I am looking forward to an exciting weekend at Morton West. For many of the Red and White swimmers, this will be their introduction to competitive swimming. For others it is another opportunity to show off their hard work in the pool. We have a great spectrum of abilities and goals, one of the things that make the developmental teams so special! As long as the swimmers try their best & have fun, the meet will be a huge success!

Thanks for allowing Lauren and I work with your children. The pleasure and challenge has been all ours!

From the desk of Coach Julie

This year's diving team has doubled in numbers. We have a great group of enthusiastic divers, ranging in age from 7 years old to 15. They are working hard and learning many new skills. We are looking forward to a fantastic season.
Coach Julie
Coach Matt
Coach Tom
Coach Coco

Friendly Reminders

The LCM Top Ten lists have been posted. We are represented by 5 swimmers!! See the complete list here:
<http://www.ilswim.org/records/index.htm>

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
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American Swimming
Coaches Association
5101 NW 21 Ave., Suite
200
Fort Lauderdale FL
33309

When Your Child Is Disqualified

Concern: I've noticed that when some of our team's swimmers are disqualified the coach does not approach the official to question the call while at other times she confronts the official immediately. There appears to be favoritism.

Response: If this is a case of favoritism we certainly do not condone this type of coach behavior. We recommend a direct, but polite discussion with the coach at a time when everyone has had some time and distance from the situation.

If not favoritism, then the following may explain your coach's behavior:

The coach observed the infraction, was not surprised by the infraction, noted it, and

talked with the swimmer about it. Coaches work with their swimmers every day and know each individual's difficulties with technique and tendency for mistakes. Coaches continually work with their athletes helping them to improve technique and correct mistakes but the results are rarely instantaneous. Swimmers take time to improve technique and eliminate mistakes. Coaches will enter a marginally legal swimmer in an event so that the swimmer gains experience. If the swimmer is disqualified, the coach uses it as a learning situation for the athlete.

In some sports it is expected that there be a confrontation between coach and official with every call but that has not been our way in swimming.

When there is a confrontation it is generally over a judgment call made by the official for an infraction that the athlete does not have a history of making, and, in the eyes of the coach, was not a good call. In this case the coach will usually ask the official for a clarification

of the call and the specific rule broken. The coach

will also ask the official if he was in a proper

position to make such a call.

Upcoming Events

September Birthdays

Claire Bradley F 9
Martin brown M 9
Jordan Bryant M 11
Marisol Cowan F 13
Ella DaDan F 14
Dynah Daly F 11
Grace Devitt F 14
Sam Dillon M 11
William Duerr M 10
Callahan Dunn F 9
Daniela Elias F 16
Erik Grosskopf M 15

Henry Groya M 12
Emma Hackett F 11
Stephanie Heffner F 9
Caroline Hughes F 11
Emily Lange F 13
Katherine LaVoie F 11
Matthew Linden M 12
Katherine McGill F 17
Julie Mekhail F 11
Eric Merrion M 18
Olivia O'Donnell F 8
Lukas Paltanavicius M 10

Zachary Patrick M 8
Amanda Phillips F 10
Madeline Prendergast F 12
Andrew Schodrof M 9
Colleen Shea F 9
Nolan Sovcik M 15
Kaysie Stuba F 11
Sarah Tobin F 9
Spencer Walker M 11
Jessica Wittenberg F 14

October Birthdays

Andrew Best M 12
Megan Beumer F 11
Kathryn Brown F 7
Allison Caruso F 9
Elizabeth Cipra F 8
Julia Cohen F 13
Reagan Credit F 7
Jack Del Giudice M 10
Katherine Dickman F 7
Jacquelyn Doyle F 10
Mackenna Dunn F 12
Riley Egan F 9
Hannah Flynn F 12
Michael Flynn M 6

Kaitlyn Grimes F 7
James Haggerty M 7
Geraldine Harding F 11
Haley Hughes F 14
Margaret Kahn F 8
Sandra Kahn F 8
Zoey Laipple F 7
Daniel Lynch M 9
Nathan Madell M 9
Eric Markey M 8
Colin McHugh M 7
MaryClaire McKenna F 12
Margaret Meehan F 7
Kaylee Miller F 11

Anne Naughton F 12
Grace Prendergast F 9
Cooper Schodrof M 6
Lauren Scriba F 9
Samuel Scriba M 12
Erin Scudder F 11
Gregory Smith M 9
Claire Stevens F 11
Elizabeth Tabisz F 8
Alison Valentino F 12
Grace Wackerman F 12
Christina Wyckoff F 10

October

1 & 2- Champs Meet

13- Hinsdale Fall Classic sign-up deadline

14, 21, 28- No Practice at South Pool [due to HS girl's home swim meets]

23 & 24 – Lyons Pride Meet

25- Westmont sign-up deadline [Eligibility list will be posted]

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 or Andrew Stephens at astephe3@gmail.com.