



AQUA LYON

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Happy New Year!

By: Casey Hnatiuk

Hello Lyons Families,

Happy New Year! The end of 2014 was fantastic, as was the beginning of the 2015 year as Lyons won the invite at Hickory Willow, and brought home a large amount of hardware. With all the cold this first week of the new year, we have had to cancel many practices, but with the solid training our athletes did over the winter break, there will be no ill effects of a couple days off, and perhaps a rejuvenation of energy across the board as everyone begins to get a little stir crazy sitting in their homes, and can't wait to get out and expend some of that pent up excitement! Stay warm, keep the outside faucets dripping, and cuddle up with a good book and a warm fire if that is what pleases you. The next few weeks will be a flurry of excitement for all of our athletes, and a very busy time in preparation for the end of season competitions. Keep up the great work!

From the Desk of Coach Casey

Hello Lyons Swimmers,

I have recently begun to notice a trend that does not make me very happy, and definitely does not give me a warm and fuzzy. The lack of team caps on our swimmer's heads at meets is upsetting. Every swimmer on our team receives a free team cap. I understand that not everyone likes latex, and some might be allergic, but for those, there is an option to purchase silicone caps. If you just don't like the latex, wear it over your silicone cap. There is not a rule against wearing two caps. At most meets, we have at least three people in every heat, and it looks fantastic when we are all wearing the same cap, and usually winning said heat. Another reason for wearing them is that this gives people in the stands an opportunity to see what club is doing so fantastic without having to search the heat sheet. Finally, team caps provide a sense of camaraderie amongst the team, and as we have many swimmers in different groups, provides a large sense of belonging to something bigger

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We Are Lyons & We Are Great!

than themselves. So, wear your **TEAM**
CAP!!!!!!!!!!!!!!

On a different note, the end of season meets are almost upon us. I will be posting relay names, regional qualifiers, state qualifiers and so on the meet schedule page. Be sure to check it out regularly as it will change after every meet, especially the state and Indy relays. The final determination for State relays will be made after the County Line Classic in February, unless new state relay cuts are made at Regionals. One final note about relays, while the staff and I typically go with the four fastest swimmers, we reserve the right to place whomever we feel would be the best on that given day. Thank you for your time.
Until next time, make sure you streamline,
Coach Casey

From the Desk of Coach Megan

Happy New Year! I hope that everyone had a wonderful holiday season and a nice relaxing winter break. The swimmers did a great job with some tougher training over the break. They swam more than they were used to and worked very hard. I know that all the coaches were impressed with the effort that was put in at these practices. Great job! We ended the winter break at the Hickory Willows Winter Splash where we saw a lot of fast and smart swimming. So many new personal best times, BB, Regional, and State times I actually lost count :). It was a lot of fun to watch!

Believe it or not the County Line Classic is about 5 weeks away! I will be having the swimmers think about their goals from the beginning of the season and see where they are at and what still needs to happen to reach these goals. Practice is where the preparations take place to accomplish their goals. So please try and get to as many practices as you can. When the swimmers are at practice it is important for them to listen carefully to the coaches and know what they are doing throughout the practice and what they need to be focusing on. It is a good idea to pick a couple specific things to work on every day at practice, throughout the entire practice. We have talked about many good practice habits and we need to always be thinking about those perfect streamlines, our head position,

From the Desk of Coach Joe

This was a very good weekend at the HWSA Winter Splash. Many, many, great swims. I bet some surprised you, many even surprised me. And, I bet some even surprised the swimmers themselves. While I see and feel the confidence growing, many of our swimmers still need some help. If you hear comments or statements such as below, please help us dispel these excuses.

Here is a list I found of common excuses our swimmers should stop telling themselves the next time they strap on those goggles (or any other time for that matter!)—

1. I'm not talented enough.

History is filled with people and swimmers who don't succeed despite an abundance of natural born talent. In fact, for many the in-grown talent is often a burden or a curse, as they glide along on their talent alone, never forging the skill of hard work. (How many times can you remember hearing about a particular swimmer, how talented they were, and how good they *could* have been?)

2. I don't deserve it.

There are a couple reasons athletes have this pop through their mind. On one hand, making the decision to chase after our dreams makes us feel selfish. More commonly, I believe, is that we are laden with a belief that success only happens for others, and not ourselves.

3. I'm not ready.

Important, breaking news announcement—you'll never be completely ready. Conditions will never be perfect, and you will never completely and absolutely "feel like it."

doing fast turns, dolphin kicks off the wall, kicking hard, and good breakouts are some the basic ones the swimmers should be focusing on. Just thinking about these things at a meet is not enough. The swimmers have to do it at practice to do it at a meet. When it is done at practice all the time especially when they are tired from the training it will happen during a race without the swimmer thinking about it and they can focus on the race and swimming fast!

The end of the season will come fast with the NAC IMX meet this weekend, the travel meet to Indianapolis at the end of the month and the Express meet the first weekend in February. Sign-ups close on Monday 1/12 for the Express meet. Please always double check the entries on the website. PLEASE make sure that the swimmers are dressed for the weather when leaving practice, it has been so very cold we don't want any more sickness. As always you can email me with any questions you may have. I am very proud of the swimmers and they should be proud of their accomplishments thus far! Thanks, Coach Megan

4. I'll never be as good as so-and-so, so why bother?

Your abilities and physical attributes are completely and utterly yours, so embrace it. You aren't going to be the next Michael Phelps; you are going to be the first you, which in so many ways is much cooler.

5. It's too late.

Is it, though? Whatever your swimming goals, I bet you there is still time. (Now, that isn't an excuse to procrastinate or wait further.) Dara Torres swam at an elite level well into her mid 40's. If that isn't inspiration to get your butt in the pool I am not sure what is.

6. I can't do it.

It pains me to hear young athletes say this sentence. The solution? Learn the difference between "can't" and "won't." Things you cannot do: Fly like Superman. Be a Transformer. Things you won't do: Put your best effort in every chance you get. Focus on your strengths while improving your weaknesses. Show up early and stay late.

Again, this was a very good weekend for Lyons and I know I'm very excited to get back to practice and try and help all our swimmers keep learning the skills that can make them great. While the next couple months will come and go fast, every practice from now on is crucial. There is very little time to repeat lessons. Please help us make our time with our swimmers rewarding by committing to come to practice as often as possible.

From the Desk of Coach Nelly

Happy New Year Lyons!

Blue team threw out some very awesome training sessions over break! We worked a great deal on finishing our strokes, starts, kicking and stroke rate. The kids also did their first 1400 straight! We had a few who were scared, but all ended confident and proud of what they did. This week we will continue to work on our good habits while going fast, emphasizing streamlines AFTER our turns.

Congratulations to all those who came out to the HWSA meet last weekend. The coaches were very impressed by the fast and smart swims! How much fun were those Hot Heats too?! We had several swimmers bring home extra goodies to celebrate their victories. I appreciated that several kids came with their goals written on their hands along with their events, how cool! It is great for kids to strive for these times, or technical accomplishments. Some swimmers are still figuring out *how* to turn their bodies on, to go fast. Allot of this is just their age. Don't worry that your child is lazy or unmotivated. If they are having fun, and listening & applying in practice, they will be ready when their competitive drive kicks in.

This weekend coming up we have our first IMX meet of the

year! I'm thrilled so many swimmers signed up, and am looking forward to the kids achieving their first IMX or IMR score.

For those looking ahead to their swimmers final meet/practice, here are the guidelines...

- Those qualifying for *State* will train/compete up to that meet.
- Those qualifying for *Regionals* will train/compete up to that meet.
- Those *NOT* qualified for Regionals or State, your last practice will be February 12th & the Countyline Classic will be your last meet.

See you at the pool,
Coach Nelly

From the Desk of Coach Credit

Happy 2015 RED TEAM!!!

I expect you all had a great winter break from school and busy schedules. For those of you who travelled, I hope you made some great memories on your trips! For those of you who were in town over the break, I have to say GREAT JOB on your training at practices! We definitely worked hard, had some fun, increased distances in sets, improved our starts & turns, and even completed a 15-minute straight kick!

Congratulations!! All of your hard work is showing and will continue to show at the meets. We had some great swims and best times at the Hickory Willow Winter Splash. The kids loved winning bag tags, hot heat treats, and medals! It seems this meet was this kickoff to the polar vortex, as well; so please bundle up! Thank you for braving the elements to get to the pools for competition & practices. Looking ahead, we have the Express meet in less than a month with the meet signup closing on Monday, 1/12. We will then be finishing the season with our very own County Line Classic

on February 13-15. At these meets, as well as in practice, EVERY Red Team swimmer should be completing flip turns in freestyle and backstroke. All are Capable of trying and will only improve by practicing. It is a necessary skill for advancement through the program. We will continue to work on these and other skills throughout the end of the season. I am so proud of the swimmers, and they can be very proud of their accomplishments in the pool thus far! Please make every effort to get to practice this month as there are only 5 weeks remaining! Just Keep Swimming!
Coach Credit



From the Desk of Coach Julie J

Happy New Year Swim Families!
I hope that everyone is staying warm and safe out there. Please make sure that your swimmer has warm clothes and a hat to wear home from practice. I always see a couple of kids walking out without a hat.

Breaststroke Kick- [here](#) is my favorite video to help your swimmer develop a legal breaststroke kick **at home**.

Bronze Team Notes:

I'm very happy with all the hard work and increased distances we did over the break. The swimmers showed a lot of enthusiasm while working hard which is always so nice to see.

I've gotten a couple emails from parents about swim meets. The next meet Bronze is eligible to swim in is the County Line Classic, February 13-15. Bronze can also swim in a dual meet with TOPS the following weekend 2/21. I will send out an email when meet sign up is open later this month.

White Team Notes:

We've successfully covered the basics of all four of the strokes. We'll continue to work on breaststroke this week and then we'll introduce the concept of IM (Individual Medley). There are two races that constitute a medley of strokes, the IM and Medley Relay. Both have different

orders and many young swimmers get the two mixed up.

Medley Relay: Each stroke swam by different individuals.

Order: Backstroke, Breaststroke, Butterfly, Freestyle.

Individual Medley: All strokes swam by the same person.

Order: Butterfly, Backstroke, Breaststroke, Freestyle.

Don't worry, we won't be swimming any IM's but we will do some 25's of stroke drills in IM order, getting the swimmers familiar with the order of strokes.

As always, let me know if you have any questions or comments.

Thanks,

Coach Julie J.

"We all experience doubts and fears as we approach new challenges. The fear diminishes with the confidence that comes from experience and faith. Sometimes you just have to go for it and see what happens. Jumping into the battle does not guarantee victory, but being afraid to try guarantees defeat."

— Brian Goodell

Video Links:

Breaststroke:

https://www.youtube.com/watch?v=v61nEYU5_0

From the Desk of Coach Julie M

The Lyons divers have been working hard this session on learning and improving many new dives. Session two will end on January 19th which is a Monday. Here is our schedule for the last two weeks of diving:

Friday-1/9- No practice (boy's HS meet)

Sunday-1/11- Regular practice schedule 5-6 or 6-7

Monday-1/12- Make-up practice 6-7

Friday-1/16- No practice (boy's HS meet)

Sunday-1/18- 11 and under **Diving Meet**.

Warm-ups 4-5 Meet start 5:00pm- Go Lyons!

Monday 1/19- Make-up practice- 6-7 Last day of session two diving

If you have any questions or concerns please contact Coach Julie. Thank you and stay warm.

From the Desk of Coach Troy

The Water Needs of the Athlete

Water is by far the most important nutrient in our diets. Our bodies are roughly 70% water and it is needed in every single metabolic process (millions take place every day!) that takes place.

A good rule of thumb for how much one should drink is to consume ½ of your body weight in ounces EVERY day. A 200 pound man would need to consume 100 ounces per day then.

When it comes to swimmers, however, that number gets a bit trickier to tack down. The biggest problem is that most swimmers don't realize how much they sweat. They are in the pool and don't feel it or see it as would a wrestler or basketball player. They are still sweating nonetheless. Drinking just water day in a day out can become a chore for many kids and many will just not do it. Here are some tips to get more water without even realizing it.

Eat your water via juicy fruits such as apples, oranges, grapes, and watermelon.

Add flavoring. This can be MIO shots, crystal lite packets, or even a few frozen berries.

Drink from a water bottle that tells you how much water is in it. That way you just need to remember to drink X number of bottles.

Drink constantly in small doses. Things like milk, tea, and juices all count as water. Soda and other soft drinks do not. Coffee is dependent on the individual and the subject of a whole other AquaLyon.

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>

Only one more week to Pledge and give Lyons a chance to win \$2500! With only 77 pledges, we are in the top 20, and need to get into the top 5. If everyone pledges, we should win! Should we win, we will never have to pledge again. Otherwise, we will do another round in a couple months. Pledge NOW! Click [here](#) to pledge.

Masters' Corner

From the desk of Coach Lauren

Happy 2015 Masters Swimmers!

As we head into the New Year, everyone is making their resolutions for the year ahead. I hope that one of those resolutions is to swim in a swim meet! We have plenty of opportunities in the next few months! What a better way to see how far you have progressed and put your skills to the test than a swim meet! Still unsure if you want to participate in a meet—that's okay. Please read this article, [Afraid to Try a Swim Meet?](#), and it might shed a little light into those concerns and open your mind to the idea of a swim meet...it's not so scary! Take a look below at the upcoming meets:

[Swim-A-Poolooza 2015](#) (Jan 25): This is a 100 x 100 challenge in Lemont.

[St. Charles Masters Super Bowl Meet](#) (Feb 1): This is a fun one! Why not pick a couple events and swim before you head to your Super Bowl parties? Beware the deadline is Monday, January 19th and there are NO DECK ENTRIES! So, GO and sign up and let's get a group to go swim at this meet!

[High Ridge Dolphins Masters Meet](#) (March 8)

[2015 ILMAS State Meet](#), Pleasant Prairie, WI (April 10-12)

Be sure to check our [blog](#) for updates on new events, team gatherings, and workouts!

[Links and Videos](#)

Notes from the “Dry” Side

[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>

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If it Involves Water, it Involves Us!

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