



The HEAT Beat

The Newsletter of the CCYMCA HEAT



A Word from Coach Will

Now that we are on the back half of the season we are focusing on swimming fast, having fun, and preparing for our championships meets. There are many types of meets throughout the year and with so many on the schedule, it can become confusing deciding which ones to attend. They range from meets for beginners all the way up to Olympic Trials. All have some sort of minimum time you need to have achieved for an event called a "Time Standard". Here are the types of meets we go to in order of difficulty. Most can be found on our website under time standards:

- | | |
|--|---------------------------------|
| YMCA Jr. District Championships | no minimum, but there is a max. |
| YMCA District Championships | ccymcaheat.org |
| ISI Regional Championships | ccymcaheat.org |
| YMCA Area Championships | ccymcaheat.org |
| ISI AGE Group (14&U) State Championships | ccymcaheat.org |
| ISI Senior State (Open) Championships | ccymcaheat.org |
| USA Zone Championships | ccymcaheat.org (USA AAA time) |
| NASA Age Group Nationals (new meet) | nasaswim.com |
| USA Speedo Sectional Championships | ccymcaheat.org |
| YMCA National Championships | ccymcaheat.org |
| USA Junior National Championships | usaswimming.org |
| US Open Championships | usaswimming.org |
| USA National (Open) Championships | usaswimming.org |
| USA Olympic Trials | usaswimming.org |
| *IHSA State Championships | ihsa.org |
| *NISCA All American | niscaonline.org |



Coach Will

IMPORTANT DATES:

- 1/22-24 Mid-Winter Classic Meet, Urbana
- 1/24 Y Dual Meet Registration Deadline
- 1/26 NO Group 4 Practice
- 1/30 YMCA Dual Meet - **CANCELLED**
- 2/5-7 Schroeder A+ Meet, Brown Deer, WI
- 2/9 HEAT Booster Club Meeting
- 2/12-14 Missouri Grand Prix, Springfield, MO
- 2/20 YMCA Junior Districts, Galesburg, IL
- 2/21 **TENTATIVE** Reschedule of YMCA Dual Meet with Mattoon
- 2/25 Championship Season Pasta Dinner, Champaign
- 2/28 CC YMCA Time Trial, Champaign

Details on Page 5

We encourage attending as many championship meets as you are comfortable. Talk to your coach about which ones would be best for you. If there is a direct conflict with two meets, then, during the short course season (fall and winter) we want our priority to be with the YMCA meets and in the long course season (summer) we want the priority to be with the USA meets. Eventually, check out all of the time standards and use them as motivation to move to the next level. Good Luck Everyone!

* These are not part of our circuit, but are part of High School Swimming that most of you will experience at some point so check these out too.

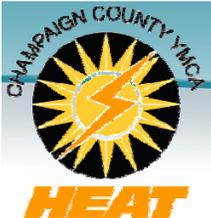
Coach Will

Fueling for Performance

When we think of carbohydrates we usually think of pasta, rice and bread. These are great sources of carbohydrates, but they are all white. One of the most overlooked sources of carbohydrate is fruit. Fresh, frozen, dried or juiced, all are excellent. Not only does fruit provide good carbohydrates, but the bright colored fruits also provide vitamins, minerals and a sub-group called antioxidants.

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From the Booster Board

Happy 2010 everybody! I hope you are having a calm, reenergizing and joyous time these holidays.

We need to get ready for a new year, although it seems we were doing this not too long ago!

Among the things we have been busy preparing for... you bet, the 2010 Mid Winter Invite (January 22-24), the opening act for the soon-to-come championship season.

The response we had from our volunteers back in November for the first of our two home meets during the short course season was truly generous, making everybody's job much easier. The response has been strong for the Mid Winter, allowing each of us to celebrate our own kids and yours as well.

Remember to check our web page often as well as your personal email. In preparation for the meet there might be more info sent to us this way. Also, the next Booster Board meeting will take place on February 9th; you are always welcome to come.

Estela Canga, President

January Birthdays!

| | |
|----------------------|------|
| Ryan Wierschem | 1/02 |
| Joy Jin | 1/05 |
| Pranali Vani | 1/07 |
| Madeleine Heiser | 1/08 |
| Mary Evans Dickerson | 1/10 |
| Leah Siegel | 1/10 |
| Katherine Asklund | 1/11 |
| Blake Lehmann | 1/14 |
| Claire Dickerson | 1/14 |
| Joe Garey | 1/22 |
| Hunter Jones | 1/22 |
| Brian Bernhardt | 1/27 |
| Alberto Blanco | 1/27 |

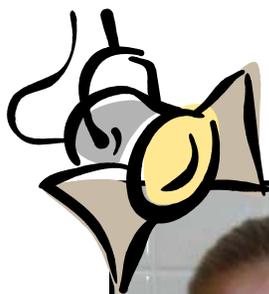
Coach News!

We have two new coaches and one returning.

On Tuesdays, Howie Schein will be leading Group 3. He and his Assistant coach, Dave Graffy, will help kids with technique and stroke development. They coach UNI High School during the Girls High School season.

On Mondays, look for Natalie Kenny with Group 3. She is also helping on weekends. She is a Champaign Central high School Grad and swam for SIU.

All of their Bios should be posted soon.



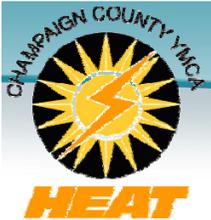
Coach Spotlight



To continue making the best of the season, we tracked down the coaches to get to know them better. Here is what we learned about Becca:

Fun Facts about Becca

- Hometown: Champaign, Illinois (Central)
- Favorite Food: Pizza or pasta
- Favorite Event: 100 Breast Stroke
- Interesting Fact: "I am a twin!"



SO, YOU'RE GOING TO A SWIM MEET! ROLES OF OFFICIALS AND PARENTS:

Officials try to ensure each swimmer has a fair and equal opportunity to perform at his or her best during each event.

This includes:

- « Watching each start, so that no swimmer leaves early (False Start);
- « Observing each event so that each swimmer swims the stroke according to the rules for that stroke (specific rules will be covered in later columns).

Key Explanations

FALSE STARTS — A false start occurs when a swimmer leaves the block top early or there is a problem with the gun or equipment. In the event of a false start, the recall starter sounds the gun or beep repeatedly signaling swimmers to stop. A rope is also lowered into the water to stop swimmers who do not respond to the signals. If all these fail, a coach or older swimmer jumps in to stop the swimmer! If the false start is the result of your starting before the beep or gun, you will be disqualified from that event. If this is the case, the starter will tell you personally.

OFFICIALS — Many officials are present on the pool deck in a sanctioned U.S. Swimming meet. They usually wear white shirts with blue or khaki pants/shorts. Most meets have a referee, starter, recall starter, a stroke judge for each 3 (or 4) lanes of the pool, and two turn judges on the end of the pool. Each lane also has two (or more) timers present as a back up to the electronic system. This organization and structure ensures that each U.S. meet is run consistently throughout the national organization and that all times are "official." Times made at U.S. Swimming meets can be used to qualify for the state and higher level meets.

DISQUALIFICATIONS — A swimmer may be disqualified by the judges or other qualified officials for not swimming a stroke correctly, making an improper turn, etc. For example, a swimmer could be disqualified for doing a flutter kick with the butterfly stroke or failure to touch the wall in a turn. Most swimmers get disqualified at some point in their swimming careers! Swimmers will be told by an official if they were disqualified and for what reason. The swimmer must see the coach after this occurs for suggestions to see that it doesn't happen again. After the swimmer understands what the mistake was, he or she should "shake it off" and focus on his next event. Parents should be supportive, rather than critical, treating the disqualification as a learning experience.

PARENTS AT A SWIM MEET — It is a parent's responsibility to be familiar with meet procedures and have their swimmers understand the procedures. The most important roles parents play are getting swimmers to warm-ups on time and double checking sign-ins. Then a parent can sit back, cheer for the swimmers, and enjoy the meet. Parents are asked not to be on deck unless they are timing. In fact, U.S. Swimming rules state that only swimmers, coaches, timers, and officials are allowed on deck. If you are asked to leave the deck, please don't take it personally.

Swim Meet Volunteering!

Thank you to the families who volunteered for our Mid-Winter Classic Invitational meet for January 22-24th, 2010.

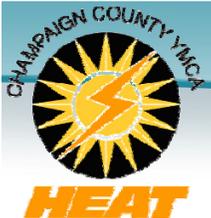
As a reminder, per our handbook, each family does need to volunteer **3 sessions** (2 sessions for group 1 swimmers) for each of our **home** invitational (USA) meets and one worker for 1/2 of the scheduled YMCA meets.

If you would like to send us your request, we would be happy to start filling the spots. Please contact Judy Wierschem or Denise Bell

Watch your email for more updates soon!

Volunteers!





Tips for a Super Swim Season!

- « Learn one new skill every week
- « Ask your coach for advice at every practice
- « Get your homework done before practice starts
- « Thank your parents for bringing you to practice
- « Don't pull on the lane lines
- « Don't walk on the bottom of the pool when your coach isn't watching
- « Write your name on all of your swim gear
- « Help put the kick boards away

More tips next month!

Parents Corner

Today we discuss the training ups and downs of a season and a life time. It is important to understand what your athletes go through to improve and the affects of training on the body. The most important point you must keep in mind is: ALL ATHLETES ARE DIFFERENT PHYSICALLY, PHYSIOLOGICALLY AND EMOTIONALLY. They will not improve at the same rate even if they happen to be the same age, in the same group or even the same height and body type. So, it is important to keep your swimmer focused on the things that they can control like the things they work on in practice. Do not get caught up in comparing them to others.

The sport of swimming is like no other because of the amount of work that is required to improve. We try to mix our training so that our kids learn to have fun and strive to improve themselves every day because it gets more and more challenging to get better the faster they get. We need to establish good habits early so they learn that training is part of the fun. Also, part of that training encompasses competitions. Not every meet will be great. There will be many that we train through for many reasons. So, DO NOT expect best times at every meet. They are extremely important for training and experience, but none will be exact same situation.

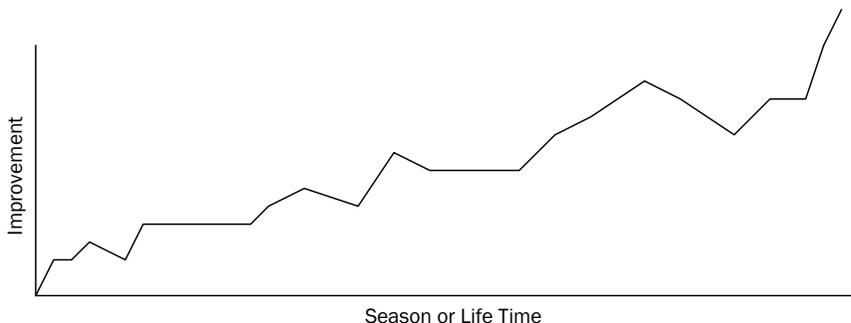
They must enjoy the entire process or they will loose their passion for the sport and give up. This will establish bad habits for later when they are trying to succeed in life. Therefore, there should be no crying fits at meets when an athlete does not get a best time. There will obviously be disappointments, but when an athlete has a crying fit or tantrum there is some sort of unnecessary pressure on him or her. This often comes from the athlete, but many times comes from peers, parents or even sometimes coaches.

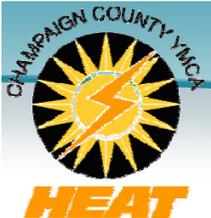
Be your kids #1 fan and just support their journey and find enjoyment in the process. If they are acting in a negative manor after a race remind them that they are going to experience ups and downs, but they just need to get back to the pool and work hard and try again. Think about the Olympic athlete who might go 4 YEARS before they get a best time because it takes that long to train and adapt to get there...

It sometimes helps to think of the season and the entire swim experience like the stock market. Sometimes your times will improve and sometime they won't, but overall they will get better as long as you are consistently training striving to get your self to that next level. (Vertical = improvement and Horizontal = season or life time)

Something to Add? 

If you have an article, swimmer recipe, picture or anything else you would like to see in the *HEAT Beat*, e-mail it to Jane Jukes at jane@ccymca.net





Lincoln-Way Swim Meet Results—Congratulations to ALL Swimmers!

High Point Award Winners:

- « Elizabeth Gile (First, Girls 8 & Under)
- « Maddie Michael (Third, Girls 8 & Under)
- « Ema Rajic (Third, Girls, 10 & Under)
- « Audrey Rodawig (First, Girls 13–14)
- « Jenny Hill (First, Girls)

Other Point Recipients:

- « Alex Shilts
- « Ryan Wierschem
- « Annemarie Michael
- « Michael Bernhardt
- « Emma Garcia-Canga
- « Claire Michael
- « Gabi Rajic
- « Kenzie Armstrong
- « Elizabeth Michael



Upcoming Events

- « *Friday, January 22—Sunday, January 24, Mid-Winter Classic, UIAC, Urbana*
 - Friday evening—warm-ups start at 5:30 pm; positive check-in closes at 5:45 pm; meet starts at 6:30 pm
 - Saturday and Sunday mornings—warm-ups start at 7:15 am; positive check-in closes at 7:45; meet starts 8:30 am
 - Saturday and Sunday afternoons—warm-ups begin not before 12:15 pm; positive check-in closes at 12:45; meet starts not before 1:30 pm
- « *Friday, February 5—Sunday, February 7, Schroeder A+ Meet*
 - Schroeder Y, Brown Deer, WI
 - More information on HEAT web site
- « *Tuesday, February 9, HEAT Booster Club Meeting*
 - McKinley YMCA Board room at 7:30 pm
 - All HEAT swim parents are welcome to attend!
- « *Friday, February 12—Sunday, February 14, Missouri Grand Prix Meet*
 - Mizzou Aquatic Center, Springfield, MO
 - More information on HEAT web site



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Fueling for Performance (continued from pg. 1)

Remember from last newsletter that exercise is the stimulus that leads to adaptations. These adaptations can only occur if you give your body the right kinds of fuels during your rest period.

One of the side effects of training is the generation of “free radicals.” These are molecules that can cause damage to muscle tissue above and beyond the damage by normal exercise. These molecules are NOT a desired part of training because these “scavengers” continue to cause damage well after training has stopped; however, this is the time when you are supposed to be adapting.

Anti-oxidants “absorb” free radicals, neutralizing their effect in the body before their damage to muscles can amount to much. Keeping your body fueled with colorful fruits (and vegetables) will keep it supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum.

Some examples: apples, strawberries, blueberries, bananas, oranges, kiwi, watermelon, raspberries, grapes, mango, papaya, apricots, red peppers, broccoli, squash, carrots, peas, green beans, tomatoes.



Hints for Being a Successful Swimmer



As you progress through the season and your swimming career you should be improving. It won't always be predictable (see parents article on best times), so you have to keep working hard and doing all that you can to continue to swim faster. Part of that progression is adding new and longer events to your meet line up.

Trying *different* events develops confidence and mental toughness. Working on your weaknesses will only make you a stronger swimmer. Trying *longer* events develops physical toughness, good conditioning and prepares the athlete for the next age group.

Signing up for the maximum events available to you develops good racing skills.



We build strong kids, strong families, strong communities

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