

Munster Swim Club

## Happy Birthday!

Hannah Robbins 6/2,  
John Robbins 6/2,  
Scott Robbins 6/2,  
Nathan Ault 6/2,  
Caleb Quinones 6/6,  
Madison Bevil 6/7,  
Justin Singh 6/9,  
Ashlynn Burris 6/10,  
Lauren Russell 6/12,  
Austin Talbot 6/12,  
Jack Hurubean 6/14,  
Andy Zhang 6/14,  
Hannah Dempsey 6/15,  
Rhea Khatra 6/15,  
Tiffany Wang 6/16,  
Matthew Dempsey 6/17,  
Kyle Ruckert 6/20,  
Mia Tumacder 6/20,  
Alyssa Nahnsen 6/23,  
Brigid McGinty 6/26,  
James Perino 6/29

## Did You Know?

The average human produces 25,000 quarts of spit in a lifetime, enough to fill two swimming pools.

There are 328,000,000 cubic miles of sea-water on earth, covering approximately 71% of the earth's surface.

Negative split: A race strategy, where a swimmer swims the second half of the race faster than the first half.

# Seahorsin' Around

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SEAHORSES

## Swimmer's Performance

Achievement is largely the product of steadily raising one's levels of aspiration . . . and expectation.

### PERSONAL BEST TIME ACHEIVERS

95 swimmers competed in four meets and achieved BEST TIMES in 46 IM, 223 Freestyle, 132 Backstroke, 79 Butterfly, and 91 Breaststroke events, a total of (571) individual best times!

### Dune Closed Invite- 31 Swimmers, 65 Best Times

Grant Afman, Cooper Beck, Bianca Bohling, Brisa Bohling, Anthony Bohling, Ethan Buck, Mary Buck, Samantha Buffano, Ashlyn Burris, Eliana Candelaria, Allison Cunningham, George Fischer, Katherine Foley, Isabella Gahre, Leah John, Rhea Khatra, Nathan Kunas, Georgiana Manojlovic, Ilija Manojlovic, Casey McNulty, Vincent Nieves, Griffin Poulsen, Maria Puliaeva, John Robbins, Scott Robbins, Aidan Smith, Victor Vatchev, Tiffany Wang, Quilla Young, Andy Zhang, Cody Zhang

### UTSC Summer Invite- 19 Swimmers, 37 Best Times

Ethan Buck, Mary Buck, Samantha Buffano, Allison Burris, Chloe Christian, George Fischer, Katherine Foley, Isabella

Gahre, Leah John, Siman Khatra, Aleksandra Manojlovic, Georgiana Manojlovic, Ella McComis, William McComis, Kenneth Reed, John Robbins, Scott Robbins, Evan Torres, Victor Vatchev

### Bullets Swimtacular- 29 Swimmers, 107 Best Times

Kyle Adams, Miranda Adams, Grant Afman, Joseph Baeza, Audrey Beck, Deven Burse, Eliana Candelaria, Allison Cunningham, Matthew Dempsey, Ben Dodge, Joseph Gardner, Elizabeth Hanas, Catherine Jones, Thomas Jones, Gurkiran Kaur, Nathan Kunas, Savannah Kunas, Karl Larson, Audrey Mayer, Vincent Nieves, Holden Raffin, Alec Samardzich, Collin Sroge, James Svolos, Austin Talbot, Lindsay Vanek, Tiffany Wang, Karina Weingard, Jack Wulf,

### MSC Memorial Day Invitational- 79 Swimmers, 362 Best Times

Kyle Adams, Miranda Adams, Grant Afman, Joseph Baeza, Jacobus Barnard, Audrey Beck, Fred Beckman, James Beckman, Isabella Blackford, Mary Blocher, Bianca Bohling, Brisa Bohling,

Anthony Bohling, Mary Buck, Samantha Buffano, Allison Burris, Deven Burse, Eliana Candelaria, Adriana Cattin, Chloe Christian, Lillie Cockrum, Charlene Cortez, Clarisa Cortez, Allison Cunningham, Matthew Dempsey, Michael Dempsey, Ben Dodge, Alexis Flores, Katherine Foley, Isabella Gahre, Joseph Gardner, Dakota Gronkiewicz, Elizabeth Hanas, Jake Hemingway, Kathryn Hemingway, Leah John, Catherine Jones, Patrick Jones, Thomas Jones, Anastasia Kapustina, Rhea Khatra, Siman Khatra, Nathan Kunas, Savannah Kunas, Emily Lagestee, Donovan Lambert, Karl Larson, Megan Larson, Isaac Martin, Casey McNulty, Vincent Nieves, Kristin Osborne, Griffin Poulsen, Holden Raffin, Hannah Robbins, John Robbins, Scott Robbins, Alec Samardzich, Brandon Silver, Justin Singh, SurajPal Singh, Aidan Smith, Nicole Smith, Christopher Snyder, Austin Talbot, Evan Torres, Declan Urbaniak, Margaret Valkus, Lindsay Vanek, Victor Vatchev, Marisa Walsh, Mitchell Walsh, Tiffany Wang, Seth Weston, Jack Wulf, Andy Zhang, Cody Zhang, Fenry Zhou,

## Speedo Tip of the Month - Bilateral Breathing

If you're not breathing to both sides, it's never too late to start. It helps balance your stroke, creates symmetry in back musculature, helps eliminate cramping and increases your oxygen intake, resulting in a more efficient, faster stroke. Plus in a race, breathing bilaterally helps you keep an eye on your competition.

The key to doing this correctly is proper rotation. If you're whipping your head around to breathe on your weaker side, your hips will drop and throw your balance. Here's how to make bilateral breathing easier:

**Practice rotation drills.** A great one to start with your body on its side, with the bottom arm extending out in front and the top arm resting on

your side. Point your nose to the bottom of the pool. Slowly kick to keep your hips up. Roll and stroke until you are lying on the opposite side. Breathe freely and check your balance. Then turn your head so your nose points to the bottom, and stay on your side for 10 kicks. Repeat the motion for the length of the pool.

**Try a set** where you breathe to your right side on one length and to your left on the next.

**On a set of 75s,** breathe every five strokes on the first 25, every three strokes on the second length and every stroke (right-left-right-left) on the last length.

**Breathe to your weak side** in all warm ups, cool downs and slower

swimming sets, and to your strong side on main sets. Gradually make the shift to bilateral breathing on main sets.

**It doesn't matter** if you practice bilateral breathing per lap or per set. What matters is staying balanced and symmetrical so you can breathe easily on both sides. Once you begin regular bilateral breathing, it gets easier with every practice.

**Stay smooth and fluid** while breathing every third stroke. Eventually with practice, breathing every cycle with no interruption in your flow should be easy. Your goal should be to breathe evenly to both sides in all your practices and races.



Whether you think you can, or you think you can't – you're right.  
*Henry Ford*

A mind troubled by doubt cannot focus on the course to victory.  
*Arthur Golden*

In my experience, there is only one motivation, and that is desire. No reasons or principle contain it or stand against it.  
*Jane Smiley*

"Be responsible for your performance at practice.

Do not force the coaches to focus on behavior instead of swimming."

## Coach's Corner

We are already at the mid-point of the summer season. Some swimmers have perfect or near perfect attendance, some swimmers haven't been to very many practices, and then there are those who are somewhere in between. Attendance is important for improvement, but there are several other factors that should be taken into consideration.

**Follow these ten tips to make your practices more productive:**

**Attend** as many practices as possible and plan to stay for the entire practice. If your parents are unable to bring you, find a teammate who will give you

a ride.

**Be ready** to start when practice is scheduled to begin.

**Do not use excuses** to skip any part of practice. This includes fixing goggles and/or caps,



bathroom breaks, stretching, etc.

**Be quiet and listen carefully** when coaches are giving instructions. Ask questions, if needed, when the coach is finished speaking.

**Be responsible** for your performance at practice. Do not force the coaches to focus on behavior instead of swimming.

**Accept stroke corrections** from coaches and work hard to make the correction.

**Think** while you are swimming. Choose to concentrate on your technique.

**Remember the feedback** you got from coaches at the last meet you attended. Try to work to fix any deficits before your next competition.

**Push yourself** to make challenging sets, or complete a sendoff you have not been able to make in the past.

**Do not allow** a teammate to distract you from working toward your swimming goals!



"The wise refrain from conflict. Fools love to provoke it, often just to prove a point" *Phillip Arnold*

## Message from the Board

With the Summer Season upon us, please keep in mind to display good sportsmanship at all times. This goes for how we act towards the other clubs and how we act amongst ourselves. Competition is great and wanting to be the fastest swimmer in the pool is the goal of everyone

who dives in, but also remember that we should always support each other as teammates and always display respect and good sportsmanship to our opponents. The MSC Seahorses have always been a team known for their fast swimmers, spirit and great atti-

tude!! Let's continue to show that in and out of the water at all times.

Have a great Summer Season and give your all - that is all anyone can ever ask of you !!

Patrick Callahan  
MSC Board President

# Getting to know: Miranda Adams

by Matt Lee

Q: Why did you start swimming? A: Bella told me about it.

Q: What are your 2 favorite races and why? A: 50 Back and 50 Free - Both are fast and fun to do.

Q: What's your favorite movie? A: Pitch Perfect Q: Favorite actress? A: The girl from "Pretty Little Liar," Troian Bellisario. Q: What's your favorite TV show? A: Pretty Little Liars Q: Favorite Food? A: Any kind of Chicken

Q: Who's your favorite Band? A: Maroon 5 Q: Favorite place to hang out? A: Outside or my basement

Q: Who is your favorite 'One Direction' member? A: Why is that a question?

Q: What is your GOAL swimming with MSC this summer? A: To make individual State cuts as a 13-14 swimmer.

Q: Long term with MSC/MHS? A: To swim in College with a scholarship.

Q: If you were on an island for the rest of your life, what would be the 3 things you would have with you ALL THE TIME? A: H<sub>2</sub>O, a stick to carry with me, and a compass.

Q: Who's the funniest looking coach on the team? A: Bill Q: Do you think your parents are funny looking? A: NO

Q: A train leaves heading West; another heading East.... (same question as the other ones): A: Same time?

Q: Do you think the Chicago Blackhawks will win the Stanley Cup? (answer had better be YES) A: Sure... they could

Q: Could you beat an MHS swimmer in a race? A: I don't know how fast they are.

Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)? A: I play orchestra (Viola)

Q: Any summer plans besides working hard in the pool? A: Nada

Q: Tell us something that people don't know about you  
A: I play orchestra (Viola)

## FACTS ABOUT SUGAR

### 1. Sugar is not energy food

Several studies have proven the fact that refined sugars, that includes white, brown and caramelized sugars, are definitely not energy food but that they actually cause spikes and drops in blood sugar that interfere with your body's delicate system of energy production causing fatigue rather than energy. (The only place where refined sugars play a role is when endurance athletes have used up all there available glucose stores.)

### 2. Sugar depresses immunity

This is a disconcerting fact that

has been proven over and over again. Sugar decreases the ability of the white blood cells, or defense cells, to fight infection and even to fight of cancer. That is why refined sugar is a really bad idea for people with chronic infections like HIV/AIDS and people with cancer.

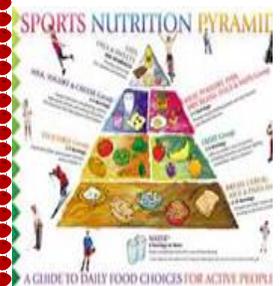
### 3. Sugar makes people depressed

To add insult to injury, sugar interferes with the important system of hormones that control how you feel. Sugar interferes with the normal functioning of the mood receptors in the brain preventing the real

mood hormones from doing their job. Combine this with caffeine which has a similar effect and you have depression in a cup.

### 4. Sugar causes an overload syndrome

Your pancreas, which produces the important blood glucose regulating hormone 'insulin', becomes overloaded when you eat food that contains sugar and that can be a cause of many health problems (such as diabetes and heart disease). These diseases can manifest at any age, so don't think you're too young to develop problems as a result of



I like seafood... I see food and I eat it!

sugar abuse.

By Michelle Rensburg, www.thesourcesa.co.za



## Munster Swim Club

### Important Reminders

**Black "M" caps** will need to be worn at **ALL** competitions as well as **MSC Team suits** or **plain BLACK suits**.

**NO** technical suits allowed early season. Questions? email Coach Matt

**FALL/WINTER sign-ups** will be during the second week of **SEPTEMBER**.

### Summer Meet Schedule: HOME AWAY

6/7/13 - MSC Friday Night Swim

6/15/13 - 6/16/13 - Wisconsin SwimFest hosted by Lake Forest Swim Club

6/28/13 - 6/30/13 - MSC Summer Splash

7/13/13 - MSC Last Chance Invite

7/17/13 MSC/LCB Developmental Dual

\*USA Swimming WORLD CHAMP TRIALS @ IUPUI Natatorium - 6/25-29/2013 (possibly televised...more info to come)

...is dedicated to developing and motivating swimmers by teaching proper technique, physical fitness, and instilling the spirit of sportsmanship. Our social developmental philosophy for swimmers includes; supporting personal accountability, teaching individual goal setting, and encouraging self discipline. We recognize the contribution of all of it's members and strive to maintain athletic excellence in a supportive team environment.

## Community... Events



**COMMUNITY SERVICE:** On Saturday, May 4th over 20 MSC swimmers volunteered an hour of their time in helping the Town of Munster, Parks and Recreation department "Spring Clean" Bieker Woods.

### Waste in the Woods

On May 4<sup>th</sup>, some of the MSC's swimmers went into Bieker Woods to pick up trash. There were many interesting things we found in Bieker Woods such as: Frito bags, soda cans, rusty train track spikes, huge pieces of cardboard, and unfortunately, beer bottles, spray

paint cans, and chewing tobacco wrappers.

Our trip to the woods was very successful and, believe it or not, it was really fun! We filled up 10 big, black trash bags which I'm sure was unexpected when the town had to come around Monday to collect them all.

It felt great to give back to Mother Nature, allowing the deer, squirrels, and birds to eat in a natural environment. I couldn't imagine sitting down at my dinner table and seeing trash all around, could you? Overall, we had a very fun time and look forward to the next community service event.

*by Deven Burse*

### Community service being considered:

Swim for Missy Franklin for MS, Clean up Gibson Woods County park, Swim-a-thon/Toy Drive for Comers Children Hospital, Swim for Breast Cancer, Organic farming with Growing Power of Chicago, and pulling weeds at MHS!



**TOGETHER** we stand, **TOGETHER** we fall, **TOGETHER** we win, and winners take **ALL**.