

Munster Swim Club

Happy Birthday!

Julia Pena 4/1, Jimmy Svolos 4/2, Joanne Hwang 4/3, Quilla Young 4/3, Alexis Perez 4/4, Isabelle Perez 4/4, George Fischer 4/4, Aleksandra Manojlovic 4/5, Demetri Delis 4/6, Grant Afman 4/7, Collin Sroge 4/8, Andres Bedolla 4/9, Arielle Martin 4/9, Declan Urbaniak 4/10, Brianna Plemons 4/10, Alec Thompson 4/20, Olivia Candelaria 4/21, Victor Vatchev 4/22, Brianna Condes 4/23, Bianca Bohling 4/23, Morgan Lages-tee 4/24, Chufan Gao 4/26, Supitcha Muangmingsuk 4/29, Matthew Specht 4/29, Melinda Michalski 4/30, Mary Blocher 4/30, Kate Foley 5/2, Aditya Mishra 5/5, Jennifer Tassaró 5/5, Cody Zhang 5/6, James Bieniak 5/6, Jada Smith 5/9, Alec Samardzich 5/11, Nicole Smith 5/13, Maria Puliaeva 5/15, Ben Rasamimari 5/18, Lindsay Vanek 5/20, Luke Knaley 5/21, Dakota Gronkiewicz 5/22, Julianna Dodge 5/23 Emily Wimmer 5/26, Joshua Korwek 5/27, Van Lambert 5/27, Lola Papanikolaou 5/30, Miranda Adams 5/30, Leah John 5/31, Jalen Evans 5/31

Did You Know?

The common term 'fast pool' doesn't refer to how quickly the swimmers are cutting through the water, but instead, describes a pool that has a good gutter system along its sides.

Seahorsin' Around

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SEAHORSES

Swimmer's Performance

CONGRATS to the Munster Swim Club swimmers who participated at the **2013 Age Group State Championship** meet held at IUPUI march 15-17 and brought home a 12th place overall finish for Munster!



11-12 Boys 200 Medley relay team from left, Kyle Adams, Holden Raffin, Tony Bohling and Alec Samardzich, placed **6th**.



11-12 Girls 200 Freestyle relay team from left, Libby Jones, Brisa Bohling, Audrey Beck and Miranda Adams, placed **3rd**.

Congrats to all athletes who participated and represented MSC well! Kyle Adams, Miranda Adams, Grant Afman, Joey Baeza, Audrey Beck, Isabella Blackford, Brisa Bohling, Tony Bohling, Samantha Bufano, Deven Burse, Eliana Candelaria, Olivia Candelaria,

Clarisa Cortez, Matt Dempsey, Mike Dempsey, Ben Dodge, Alexis Flores, Kay Foley, Elizabeth Hanas, Katie Hemingway, Leah John, Libby Jones, Tommy Jones, Luke Knaley, Savannah Kunas, Morgan Lages-tee, Karl Larson, Will McComis, Ella McComis, Bridey McGinty, Alyssa Nahnsen, Vinny Niaves, Holden Raffin, Kenny Reed, Ben Rasamimari, Scott Robbins, Justin Singh, Alec Samardzich, Jimmy Svolos, Maggie Vaitkus, Nicole Wakefield, Tiffany Wang, Karina Weingard, Megan Wimmer, Jack Wulf, Fenry Zhou

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

Speedo tips of the month—UNDERSTANDING YOUR PHYSICAL GROWTH AND DEVELOPMENT

Did you know?

Athletes follow a predictable pattern of physical growth but the rate at which you go through this growth varies by individual.

Consider...

You typically grow about 2.5 in/yr and gain about 5 lb/yr.

Your growth spurt occurs during puberty/adolescence.

This means that someone the same age as you can vary by as much as 5 biological years, meaning with two 11-year-old swimmers, one may be 10 and the other 15, biologically.

What can you do?

Be aware of your growth cycle so

you understand what is happening to your body as you develop.

Did you know?

Performance can be influenced by rate of maturity, which is out of your control! Some young athletes, therefore, may have a performance advantage over others.

Consider...

If you are an early maturer, you may have a physical size advantage and may perform better than late maturers. Early maturers experience more early success due to a physical growth advantage and not necessarily enhanced skills or abilities.

If you are a late maturer, you may experience frustration because of

being physically "behind" someone that's the same age as you.

Late maturers often catch up to or exceed the performance of early maturers by the mid-teen years, but only if you stay in the sport. Some athletes drop out because of a lack of early performance success.

Early maturers can maintain early gains by develop good technique and take on new challenges.

What can you do?

Early maturers keep success in perspective as late maturers will often catch up. All athletes are encouraged to recognize individual improvement and avoid comparing athletic performances.

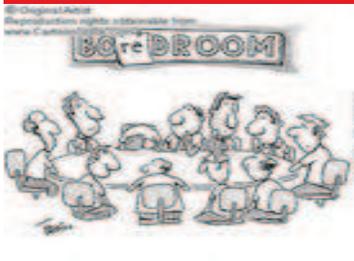


"Motivation is what gets you started, HABIT is what keeps you going!"
-Anonymous

"The greatest problem you have is your greatest opportunity"
-Michael Wickett

"It is through cooperation, NOT conflict, that your greatest successes will be derived"
-Ralph Charell

"In order to combat shoulder issues, sore muscles, etc...., we need to take care of ourselves before, during, and after practice."



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

Coach's Corner

Beware of the Off-Season Kinks

As we begin our season, it's important to remember that most of us have been out of the water for a good month, maybe even more. Our bodies are NOT used to doing what we may have been doing in, say... FEBRUARY. In order to combat shoulder issues, sore muscles, etc...., we need to take care of ourselves before, during, and after practice. This involves proper stretching, staying hydrated, and our course, eating and sleeping right.

Here is a quick article from a fellow teammate of mine at the University of Virginia, Russell Mark, who is the biomechanics coordinator for USA Swimming and gets to work with the best of the best each and every day at the National Olympic Team Training Facility in Colorado. Please take a minute and read the following and let's have a great spring leading into summer!!

Coach Matt



Shoulder Problems: Fix Your Technique

Shoulder pain is unfortunately a very common occurrence in swimming. Many people accept it as a part of the sport – a result of thousands upon thousands of repeated strokes – and some people are

lucky to never experience pain and some people aren't. It doesn't have to be like that! Certainly, some people's shoulder pain is unavoidable, but for many others, a simple change in technique could be the fix.

It's not necessarily repeated strokes that cause shoulder pain. It's repeated strokes with flawed technique. The one thing you need to be aware of:

Don't let your arm go behind your back.

The hard thing is that most swimmers don't even realize this is happening. They just feel pain as they start pulling the water with their arm. In freestyle, backstroke and butterfly, it's all too easy to start the pull while your arm is in a high-risk position.

If you're feeling pain at the beginning of your stroke or as you're pulling through, you need to be aware of where your arm is when you're feeling the pain. If your upper-arm (from your shoulder to your elbow) is behind your back (from shoulder to shoulder), that is bad for most people. Your upper-arm and back have to line up if you want to protect your shoulder.

In freestyle, you might feel pain when the stroke starts because your shoulder is rotated down when the arm starts pulling. If you're feeling pain, either decrease the rotation to that side or pull more in front of you (not as wide). This can be a

common problem on a swimmer's non-breathing side because many swimmers lean on that side when they breathe.

A second problem spot in freestyle is the start of the recovery. If you feel pain there, you might be exaggerating the finish motion too much, and the hand and arm are too high when the recovery starts. Keep the arm lower to the water to start the recovery.

In backstroke, many swimmers press down with their hand and arm to start the stroke. This can definitely make the arm go behind the back. If you're feeling pain, either rotate more to that side or pull shallower. (I'd recommend a shallower pull.)

In butterfly, the potentially painful position can happen if the swimmer presses deep with their chest and the hands stay high at the surface. If you feel pain, press forward with the chest and have a flatter stroke. This video and picture shows exactly where the high-risk position typically occurs in freestyle and the type of position to avoid in all strokes:

By Russell Mark//National Team
High Performance Consultant

Message from the Board

MSC Parents & Swimmers,
With the 2013 Summer Season underway, I would like to welcome back the returning swimmers and extend a special, warm welcome to those families new to the MSC community!

Additionally, I would like to

wish "Best of Luck" to our older swimmers as they move on to join the Munster High School Swim Team!

We look forward to a fantastic 2013 Summer Season filled with MANY Personal and MSC Records as our

team prepares for Summer State and Summer Zones !!

Swimmers – Train hard and set your sights to new levels!! Go SeaHorses!

Patrick Callahan

MSC Board President

Getting to know: Clarisa Cortez

by Deven Burse

Q: Why did you start swimming? A: I liked swimming as a kid and decided to join the swim team.

Q: What are your 2 favorite races and why? A: 50 Breast - Easiest for me when I started. 50 Back - I am very good at this event and have my State cut.

Q: What's your favorite movie? A: Pitch Perfect Q: Favorite actress? A: Fat Amy in Pitch Perfect

Q: What's your favorite TV show? A: Austin and Ally Q: Favorite Food? A: Sushi/Seafood

Q: Who's your favorite Band? A: One Direction Q: Favorite place to hang out? A: At home

Q: Who is your favorite 'One Direction' member? A: Louis Tomlinson

Q: What is your GOAL swimming with MSC this summer? A: To make more State cuts and make the "A" group.

Q: Long term with MSC/MHS? A: YES! I want to swim at Munster High, I've been swimming since I was 5.

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: Phone with Wi Fi, food, and water.

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

Q: A train leaves.... (same question as the other ones): A: Never

Q: Do you think the Chicago Cubs will ever win the World Series? A: YES!

Q: Could you beat an MHS swimmer in a race? A: YES!

Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)? A: "I'm a runner, I'm good at Math and ALL my teachers like me!"

Q: If you were on an island...
A: Phone with Wi Fi

Carbohydrate Loading for Young Swimmers—By Jill Castle, MS, RDN

It's not uncommon to see teams of young swimmers filing into the local Italian restaurant to load up on pasta the night before a big meet. Or hear of parents planning to cook up a big meal with pasta, rice or potatoes at home. The common conception is that loading up on a high carbohydrate meal will prepare the muscles with a ready source of glycogen (stored carbohydrate in the muscle) the following day, usually a race day. As a result, the swimmer will avoid early muscle fatigue, low energy, and the big bonus: swim fast.

So the thinking goes.

The problem with the idea of carbohydrate loading in young athletes is that it is an approach based on what we know about the adult metabolism of carbohydrate. The reality is there is little scientific evidence supporting the benefit of this practice in children.

Kids are not like adults when it comes to breaking down, utilizing, and storing carbohydrate. Young swimmers (and all child athletes) use fat more readily as an energy source, which is not the case for adults. Young swimmers have a limited ability to store large amounts of carbohydrate in their muscles. And females have less overall muscle mass compared to males, and therefore, less capacity for glycogen storage.

Also, swimming on race day generally occurs in short, fast bursts. This limits the need for accessing glycogen and breaking it down, a need associated with prolonged exercise. And the truth is, we don't have a lot of evidence that high carbohydrate intake during prolonged training is beneficial in young athletes, either.

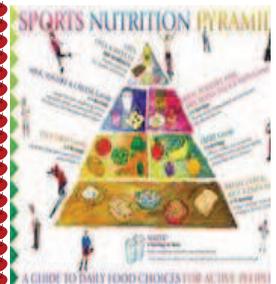
While this may go against what you

have long believed about carbohydrate loading and general carbohydrate consumption for swimmers, rest assured, researchers still advise a daily high carbohydrate diet for young athletes.

They just don't support the idea that there is a benefit to carbohydrate loading for swimmers who are still growing. We do know that as children age, their ability to metabolize (process) carbohydrate becomes more adult-like.

The healthiest and best approach to getting the carbohydrate needed for optimal swimming performance is to follow a training diet that is loaded with fruits, vegetables, whole grains and low fat dairy products. Just as important is getting the timing of eating regulated. Eat every 3 to 4 hours, so there is a steady supply of carbohydrate and nutrients to the muscles and brain.

Nailing these two nutrition strategies will



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

keep the young swimmer ready for competition without a need to "load" with carbohydrate-rich foods the night before a meet, or go above and beyond your normal healthy meal.



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

Summer Meet Schedule: HOME AWAY

5/11/13 - Dune Invite—By Invitation Only
 5/18/13 - 5/19/13 - Academy Bullets Speedo Spring Swimtacular
 5/18/13 - 5/19/13 - UTSC Summer Invitational
 5/24/13 - 5/26/13 - MSC Memorial Day Invite
 5/31/13 - 6/2/13 - LCB Summer Invitational
 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

...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

MSC hosted our first **Fitter and Faster Swim Clinic Tour** on April 6th & 7th. It was a huge success as many different clubs and their respective swimmers gained valuable knowledge from Olympians Chloe Sutton, Tyler McGill and Emily Silver.



Pictured: Chloe, Emily, Matt, Tyler



Pictured: Chloe giving instruction



Pictured: Tyler getting down in Dry Land

COMMUNITY SERVICE: On Saturday, May 4th MSC swimmers wishing to volunteer an hour of their time should participate in helping the Town of Munster, Parks and Recreation department "Spring Clean" Bieker Woods. This is a great way to fulfill community service hours for school, church, or just because you want to share doing a good deed with your teammates.



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