

Munster Swim Club

Happy Birthday!

Ashley Hwang 2/4, Mary Bridget Baeza 2/5, Peter Gallagher 2/5, Georgiana Manojlovic 2/5, Parker Olsen 2/5, Victoria Reardon 2/5, Uma Kandallu 2/6, Sierra Helton 2/7, Gurkiran Kaur 2/9, Surajpal Singh 2/9, Ilija Manojlovic 2/13, GraceGiordano 2/14, Dalton James 2/15, Nicholas Lundin 2/15, Brandon Armagast 2/17, Thomas Jones 2/17, Lillie Cockrum 2/18, Ava Quasney 2/18, Jack Zimmerman 2/24, Cooper Beck 2/25, Shayna Teppe 2/25, Evan Torres 2/25, Carlo Candelaria 2/26, Mark Caraher 2/28, Vid Dragutinovic 2/29, Megan Samuels 2/29

Did You Know?

The slowest Olympic swim stroke is the breaststroke.

Elephants can swim as many as 20 miles a day — they use their trunks as natural snorkels!

65% of people in the U.S. don't know how to swim.

Seahorsin' Around

Volume 1, Issue 2

February 2013



SEAHORSES

Swimmer's Performance

CURRENT STATE QUALIFIERS

Kyle Adams (11) Miranda Adams (12) Grant Afman (10) Joseph Baeza (12) Audrey Beck (12) Isabella Blackford (13) Brisa Bohling (12) Anthony Bohling (12) Eliana Candelaria (10) Matthew Dempsey (13) Ben Dodge (10) Elizabeth Hanas (10) Leah John (11) Catherine Jones (12) Savannah Kunas (10) Karl Larson (10) Vincent Niaves (14) Holden Raffin (11) Ben Rasamimari (12) Alec Samardzich (12) James Svolos (13) Margaret Vaitkus (14) Nicole Wakefield (14) Tiffany Wang (14) Karina Weingard (13)

Megan Wimmer (14) Jack Wulf (14) Fenry Zhou (10)

CURRENT DIVISIONAL QUALIFIERS

Jacobus Barnard (10) Samantha Buffano (10) Deven Burse (11) Olivia Candelaria (9) Clarisa Cortez (10) Rachael Dawson (10) Michael Dempsey (9) Alexis Flores (12) Katherine Foley (11) Jake Hemingway (13) Kathryn Hemingway (10) Thomas Jones (9) Tara Kandallu (11) Siman Khatra (14) Luke Knaley (10) Nathan Kunas (12) Megan Larson (13) Leanne Latocha (17) Aleksandra Manojlovic (12) Ilija Manojlovic (10) Ella McComis (12) William

McComis (12) Casey McNulty (8) Melinda Michalski (10) Alyssa Nahnsen (10) Abigail Nita (13) Ashley Nita (10) Kristin Osborne (14) Taylor Raycroft (11) Kenneth Reed (9) Hannah Robbins (9) Brandon Silver (13) Justin Singh (11) Evan Torres (12) Kestutis Vaitkus (13)



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

Speedo Tips of the Month

Keys to Success with National Teamer Haley Anderson

- **Have fun.** Don't take things too seriously. If you aren't having fun with it, you won't be successful.
- **Make the most of each experience.** When you go on trips for meets, you can meet a lot of people. It's a lot more exciting after each race sitting down with a big group and catching up.

- **Always take care of your body.** As athletes we have to constantly be aware of taking care of our body. This includes getting a lot of sleep and eating properly. When you are at your busiest, is when it's most important to pay attention to what your body needs.
- **Swimming is awesome, but**

so is the rest of your life. Keep some balance in your life. Being part of a team has helped me develop skills that will help me long after I am done competing. Stay close to the people who you care about. Keeping that balance in your life, and realizing that swimming, school and friendships all work hand-in-hand is important.



"The greatest achievement is to outperform yourself."
Denis Waitley

"Aim for the top. There is plenty of room there. There are so few at the top it is almost lonely there."
Samuel Insull

"If you simply show up to practice but do not put in any effort then there is a chance you may not get the results you were hoping for."

Coach Nikki



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

Coach's Corner

By Coach Nikki

This season has gone pretty well so far but there is still a decent chunk left. All swimmers should be starting to prepare for HHSC, Boilermaker, and LCB, as well as their end of the season meets.

Swimmers should be focusing on training hard this last stretch, make it to as many practices as possible, and make each practice count. If you simply show up to practice but do not put in any effort then there is a chance you may not get the results you were hoping for. Hard work will always pay off!

There are a couple of main things I believe our swimmers can work on; flip turns and breathing patterns. Swimmers should start thinking

about not breathing in or out of the walls, it slows them down! Also a breathing pattern in butterfly should be at least a one up one down pattern and I usually like to see breathing every three for freestyle.

All in all the kids look to be heading in the right direction and should continue to drop time.



By Coach Cara

Things to think about before and during your taper can consist of...

- Watching what your eating
- Reducing the amount of swimming
- The purchase of a new suit

- Swimming smart during practices
- Shaving down before the big meet
- Mental swimming
- Technique (Turns, Starts, Streamlines, etc...)
- Relay Exchanges
- Relaxation and resting
- Be smart inside and outside the pool
- Learning what warm-up works best for pre-meet preparation
- Making sure you have everything needed for the meet (suits, caps, goggles, towel, exp.....)

Following these simple steps, any swimmer can make the best of their taper.

Message from the Board

Administrative Reminder:

Effective 2/4/13, all swimmers will enter the Aquatic Center thru the middle doors in the hallway between the boys and girls locker rooms which will take them onto the pool deck where they will proceed to the locker rooms to change for prac-

tice. The middle doors will provide the only means of ingress to the pool deck. However, the swimmers will be able to exit the pool at any time thru the locker rooms, middle door and north door by simply pushing the door handle. For this measure to be effective,

we have to ensure doors are not propped-open or held open intentionally or unintentionally provide unauthorized access. If you have any questions, please feel free to contact Matt Lee or myself.

Patrick Callahan

Getting to know: Safia Shad

By Ethan Buck

- Q: Why did you started Swimming? A: I thought I might like it... I like it... well...
- Q: What's your favorite Race? A: Freestyle, because I'm good at it.
- Q: What's your favorite movie? A: Iron Man 2.
- Q: What's your favorite Actor/Actress? A: Tony Stark (Robert Downey Jr.)
- Q: What's your favorite TV Show? A: Kickin' it.
- Q: What's your favorite Band/musician? A: Michael Jackson.
- Q: What is your GOAL in swimming w/ the Munster Swim Club? A: To beat my time every meet.
- Q: If you were on an island for the rest of your life, what would be the 3 things you would have all the time? A: TV....XBOX....laptop
- Q: Who's the funniest looking coach on the Team? A: Coach Wil.
- Q: Do you think your parents are funny looking? A: NO.
- Q: Tell us something that people don't know about you as a person (hobbies, traits, accomplishments)? A: I'm good at basketball.

What is swimming GOAL? "To beat my time every meet"

A RESOLUTION TO MAKE THE HEALTHY CHOICE, THE EASY CHOICE

By Jill Castle, Registered Dietitian and Child Nutrition Expert

Parents and coaches are powerful role models in the lives of children. Young, impressionable eyes are watching every nutrition move. Many believe that telling swimmers what to eat, rather than showing them is the best way to improve nutrition and eating. It's not.

The cliché, 'actions speak louder than words' is true. Numerous studies show that parents are the No. 1 influence over their child's eating and whether they turn out to be healthy eaters or not.

The following are some examples of nutrition actions that swimmers are exposed to around the pool. Which ones convey the message you want them to hear?

The coach who carries a can of soda on deck versus the coach who carries around a water bottle or the coach who eats a well-balanced lunch in the hospitality room versus the coach who grabs

a candy bar for a quick 'pick-me-up'.

The parent who sits in the stands with a large soda from the local convenience store versus the parent who packs a nutritious cooler of food and drink for the family at swim meets.

Swimmers watch and learn about the world based on their developmental stage. School-age swimmers process things in a black-and-white or right-or-wrong. Teens are emerging from this concrete thinking into abstract, consequence-oriented thinking. Meanwhile, teens are also becoming more independent and willing to take risks, even with nutrition.

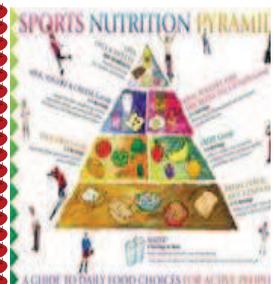
To cultivate a swim culture of healthy eating, we have to create an environment that encourages success with healthy eating.

Concession stand - while more and

more swim teams are savvy about healthy options, the truth is that double chocolate muffins, donuts, candy and soda get sold alongside the fruit cups, veggie/dip combos, and the yogurt parfaits. Kids' taste buds are hard-wired to enjoy sweets, salt and fat. It can take a childhood to cultivate a palate that accepts and enjoys all foods, therefore, the healthier option often takes second place.

Hospitality room - items run the gamut from yogurt parfaits and oatmeal to candy bowls, chips and pizzas. The truth is, even adults have a hard time making the healthy choice when faced with so many temptations. An environment that supports poor eating habits almost never works toward success in these areas.

We make it harder on everyone to make the right choice when the food landscape is mottled with less than ideal



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

food options. So, as you ring in the New Year, I challenge you to look at the food culture and nutrition messages circulating around your swimmers. Can you be better at modeling the nutrition outcomes and make the healthy choice, the easy choice?



Munster Swim Club

Important Dates to Remember

MEET DEADLINES (exceptions will NOT be made after deadlines)

-MSC/LCB Developmental DUAL - 2/12/13 (Novice-2 swimmers allowed to sign-up and compete!)

-LCB Prelim/Final Invite - 2/15/13 (final meet of the regular season for MSC!)

FINAL day of regular season practice for non divisional/age group state swimmers - 2/21/13

Age Group State RELAY announcement - 2/25/13...**those NOT able to participate the weekend of March 15-17, 2013 (age group champs) need to email Coach Sam (grammiesamiam@aol.com) by FEB 21st!!** or your swimmer MAY be considered for STATE relays and be expected to practice through that date.

...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

Applebees' fundraiser runs every Wed in February. MSC will get 15% of your bill (not including alcohol) donated by Applebees. Don't forget to take the flier with you to get credit. Also, if you turn in a copy of your receipt with your families name on the back, MSC will give you credit for the 15% to your fundraising obligation.

MSC is hosting a Fitter/Faster Tour at MHS on April 6th & 7th!!! Please check out the link under "events" on our website. The clinic will feature Chloe Sutton and Tyler McGill, both 2012 USA Olympians in a 4 hour session more specifically set up for 11 & Unders (Sat) and 12 & overs (Sun)... questions, contact Coach Matt at:

matthewalee@comcast.net

SPRING / SUMMER Signups will be April 10th & 11th from 5:30pm-7:30pm @ MHS...more info to come. Please check website for AG/Senior Signups link. Season will begin April 17th with Bronze @ 5:30pm, Silver @ 6:30pm, and Gold @ 5:30pm.



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

The **2013 NW Divisional Meet** is being held at MHS, co-hosted by the Munster Swim Club and the Lake Central Barracudas, on March 1st through March 3rd. This is a 3 day Indiana Swimming Championship Meet with 20 Teams and some fast swimming! The meet is a Prelim/Final format with a 10 & Under "Finals" session in the afternoon. Look for volunteer signups on our website soon as we will ask for ALL parents to volunteer that weekend to make the meet a success! The coaches will be looking at who will be swimming this meet in the coming weeks! Stay Tuned and check out the website page (2013 NW Divisionals) on our website.