

Munster Swim Club

Happy Birthday!

Charlene Cortez 3/6

George Dovellos 3/7

Taylor Merkel 3/7

Ben Dodge 3/8

Jacobus Barnard 3/9

Keira Hawk 3/24

Skye Alonso 3/25

Christopher Rhodes
3/25

Megan Larson 3/26

Christopher Olivieri
3/28

Did You Know?

Swimming is a great cardiovascular exercise because you are moving against the water's resistance, which is over ten times that of the air.

Peanuts are a source of energy for swimmers.

Egyptians made a picture or symbol for swimming as far back as 2500 A.

Seahorsin' Around

Volume 1, Issue 3

March 2013



SEAHORSES

Swimmer's Performance

Championship Team

Kyle Adams, Miranda Adams, Grant Afman, Joseph Baeza, Jacobus Barnard, Audrey Beck, Isabella Blackford, Anthony Bohling, Bianca Bohling, Brisa Bohling, Samantha Buffano, Deven Burse, Eliana Candelaria, Olivia Candelaria, Clarisa Cortez, Rachael Dawson, Matthew Dempsey, Michael Dempsey, Ben Dodge, Alexis Flores, Katherine Foley, Elizabeth Hanas, Jake Hemingway, Kathryn Hemingway, Leah John, Catherine Jones, Thomas Jones, Tara Kandallu, Anastasia Kapustina, Siman Khatra, Luke Knaley, Nathan Kunas, Savannah Kunas, Morgan Lagestee,

Karl Larson, Megan Larson, Aleksandra Manojlovic, Ella McComis, William McComis, Brigid McGinty, Casey McNulty, Melinda Michalski, Alyssa Nahnsen, Vincent Niaves, Abigail Nita, Ashley Nita, Steven Nowacyzk, Kristin Osborne, Griffin Poulsen, Maria Puliaeva, Holden Raffin, Ben Rasamimari, Taylor Raycroft, Kenneth Reed, Anthony Repay, Hannah Robbins, Scott Robbins, Alec Samardzich, Brandon Silver, Justin Singh, Christopher Snyder, Collin Sroge, James Svolos, Evan Torres, Alec Thompson, Kestutis Vaitkus, Margaret Vaitkus, Lindsay Vanek, Nicole Wakefield, Tiffany Wang, Karina Weingard, Seth Weston,

Megan Wimmer, Jack Wulf, Fenry Zhou



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

Senior State Team

Mary B. Baeza, Wilson Beckman, Danny/Patrick Bolda, Allison Cunningham, Joey Gardner, Audrey Mayer, Nikki Smith, Alec Thompson

ABCs OF MENTAL TRAINING - W is for Winning ~ by Aimee C. Kimball, PhD, CC-

Love to Win - Personally, I love to win, and I'm not ashamed to admit it. Coaches sometimes get criticized for telling swimmers to go out and win it or for pushing them to out-swim everyone else. Somewhere along the lines people decided focusing on winning was a bad thing. I disagree. Focusing on winning is perfectly fine. The problem really occurs when the ONLY focus is on winning.

It's Not All About Winning - To me, athletes are successful if they do everything they can (physically, mentally, nutritionally, etc...) in pursuit of being their best. No matter how much you want to win, train to win, and deserve to win, it doesn't always happen. There will be times when someone is better. Remember, winning is a by-product of your hard work. Winning is a reward

rather than necessity.

Winning Can Get Ugly - If you, your coaches, or your parents make swimming all about winning, you are in for a lot of headaches. When sport becomes all about winning, enjoyment tends to go out the window. Athletes whose sole focus is on winning: a) are often dissatisfied (because they don't always win), b) have trouble transitioning to higher levels of competition (especially if they won most of the time at lower levels), c) burnout, d) let one bad race impact their next event, and e) have significantly higher anxiety before races. When you have a combination of athletes-coaches-parents who all emphasize winning, unhealthy behaviors can result (i.e., eating disorders, overtraining, psychological and emotional issues).

Strive to Win

Most people have heard of the concept of "Fear of Failure" but what few people realize is that some athletes do have a "Fear of Success." While less common, in theory it does exist since some swimmers think about the pressure that results if they constantly win and the expectations others will have for them.

Sports are about seeing what your potential is. There will be a day when your competitive opportunities end. Until that time, strive to win. Better yet, strive to be your best—in and out of the pool—and if that results in winning, then congratulations. If it results in fitness, enjoyment and participation in what can be a life-long sport, then that is the best reward of all!



"Some people want it to happen, some wish it would happen, others make it happen." Michael Jordan

"People of mediocre ability often achieve success because they don't know enough to quit." Bernard Baruch

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." John Quincy Adams

"your BEST races happen when you aren't thinking so much about specifics ..." Coach Matt



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

Coach's Corner

As we are in our final week of the season, there always seems to be more excitement, more energy, and more goofiness as our team continues to rest up and prepare for our final championship meet, Age Group STATE! This is the big one kids, the meet that we all want to impress at and be at our best. If you've done the work, stayed healthy (for the most part as Munster, IN was completely plagued this season!), and worked as hard as you can, chances are very favorable that resting up will create some great swims at the fastest pool in the world! I always look forward to the 2 age group state meets because I not only get to see OUR swimmers at their best, but about 50 other teams that have also prepared for this weekend! Young athletes are AWESOME and I don't openly give you all the credit you deserve....but maybe it's my job to appear never satisfied and always wanting more from you guys.

I want to share a quick story about a HS experience I had that turned out GREAT in the end, but at the time and even now, is somewhat hard to specifically remember due to outside circumstances.

It was my Junior Year and we had some awesome Friday preliminary swims, putting our swimmers in TOP-8 individual races and having our free relays being ranked #1, and #3 (200 and 400) headed into finals. So we were pretty pumped up and excited to swim.....not cocky or anything, but pretty confident that all the hard work we put in, swimming without lane lines and wearing UMBRO soccer shorts the entire season in the old pool, and our overall just "having fun" was going to

take us through SAT. This is where things got weird...

Our first individual races were really good....a third and fourth place finishes in the 200 free and IM got us rolling. BUT our main focus that day was the 200 free relay. We were almost a full second faster than anyone in the prelims and knew we had a great shot at a title. On our walkout to blocks, I had my music on and was getting ready to anchor the relay....well behind lane 4 I went to get my goggles on and low and behold....NO GOGGLES! Obviously the



last thing I want to do is panic and cause the others to wonder as well, I run over to our bench, hugging people and teammates in the process asking quietly, "where are my goggles?" ok, maybe not too quietly...

I still to this day think it maybe was someone in the ready room and some clever thievery, but I'll never know for sure. So anyways, My brother leads off the relay....gets out and I calmly tell him, "Jeff, I need your goggles" to which another high five occurred and a "here ya go bro" from Jeff.....this was GREAT news that Jeff could help me out. Second swimmer flips his turn and we're winning....I think....not really watching the relay at this point. I go to put his goggles on and to my surprise, Jeff's head is about as big as football helmet! The straps are clearly too big and I know this isn't good....third swimmer flipping his turn and I'm up. Ok, it is what it is. I dive in with what I think was

a decent relay start but who really knows and swim my butt off. I don't know where the other teams are, but I DO know my goggles are half full of water! thanks Jeff for having a HUGE MELON HEAD! I finish, look up and see 3 hands up top waiting for high fives, so I assume we won, which we did....get out, look at the time, which was another second drop from prelims and a state championship relay! So all was good....the thing was, I cannot remember anything about that race at all....I mean, the WHOLE relay itself. I have tried before, but cannot recall how I felt, my turn, my start, my finish....I was so preoccupied at that point which actually helped to our advantage of just "letting go."

The moral of the story is, your BEST races happen when you aren't thinking so much about specifics of the race or how you feel, or who you're swimming against or how you place! The BEST swims happen when you go out and just swim as hard as you can, not worrying about anything at all. The practice sessions since September have prepared you for your races this weekend.

Let's go out this weekend and have a ton of fun, with LESS PRESSURE on ourselves to swim fast. I will tell you that we will all be pleasantly surprised with our swims, places and times and it will conclude a good season overall. Don't get me wrong, we need to focus and be ready to compete, but let's enjoy the ride while we're there!

Coach Matt

Message from the Board

MSC Parents,

I would personally like to thank all our Volunteers and Officials who participated in the 2013 NW Indiana Divisionals hosted by the Munster Swim Club and the Lake Central Swim Club. Your efforts helped

make this Championship Meet a tremendous success!

I received a number of compliments regarding the festive decorations as well as the overall execution of the meet.

Hopefully, this will solidify

our capability to host future Divisional Championship events.

Thanks again for a great Job !!

Patrick Callahan

MSC Board President

Getting to know: Ben Rasamimari

by Vinny Niaves

Q: Why did you start swimming? A: I wanted to spend more time with friends and my mom thought I needed the exercise.

Q: What are your 2 favorite races and why? A: 50 BACK - Adrenaline Rush! 200 FREE - It feels good when I swim it.

Q: What's your favorite band/musician? A: Owl City Q: Favorite Food? A: Cheeseburger

Q: What's your favorite place to hang out? A: My house

Q: Who is your favorite 'One Direction' member? A: NONE!

Q: What is your GOAL swimming with MSC? A: Long term GOALS with MSC/MHS: make a ZONE time in the 200 free.

Q: Do you want more than anything to beat a CARMEL swimmer (the answer has to be YES!)? A: YES!

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: A weapon, food, and water.

A: "I'm secretly BATMAN!"

Q: Who's the funniest looking coach on the team? A: None

Q: Do you think your parents are funny looking? A: NO

Q: A train leaves.... (same question as the other ones): A: "Before they leave the station"

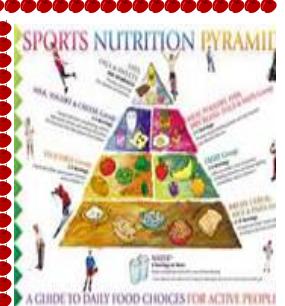
Q: Do you think the Chicago Cubs will ever win the World Series? A: NO

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 secretly BAT-MAN!"

Fluid for Thought

Jill Castle, Registered Dietitian and Child Nutrition Expert



Do you ever wonder how much fluid is needed to prevent dehydration? If you've experienced dehydration, you know it derails swim performance and causes other effects such as tiredness, headaches and confusion or poor judgment. Fluid is the overlooked "magic bullet" for swimmers and one of the best ways to optimize swim performance.

Experts suggest that 2% dehydration (2 pounds weight loss in a 100-pound child) negatively impacts athletic performance.

Research also suggests, that if youth athletes are given the opportunity to drink during exercise, the thirst mechanism will allow for adequate fluid intake so they meet their hydration needs. To prevent dehydration, child athletes should drink 6 ml per pound of body weight per hour (100# young swimmer needs 600 ml or 20 oz, per hour). Drink this amount 2-3 hours before jumping into the pool and during exercise.

To replenish fluids after exercise, drink 2 ml per pound of body weight per hour (100-pound child swimmer needs 200 ml per hour or ~7 ounces, per hour). Drink this amount 1-2 hours after exercise—it promotes adequate hydration status for the next exercise session.

Water and other beverages can help satisfy the hydration needs of the swimmer. Many parents already know that it isn't wise to offer up sugar-sweetened beverages like soda and sugar-added fruit juices routinely throughout the day. These drinks may help keep swimmers hydrated, but they can have a negative impact on overall diet quality.

Sports drinks are perfect for the long workout (greater than 1 hour in duration), and provide sugar, fluid and electrolytes to help beat dehydration. And they are effective! Because they are flavored, they encourage drinking. It's best to keep their role limited to the pool, though.

Here are a few other beverage guidelines to help prioritize the young swimmer's health and swim performance:

- GOOD:** 100% real fruit juice (maximum of 1 to 1 ½ cups per day). Infrequent use of sugar-sweetened beverages.
- BETTER:** Milk, or calcium/ Vitamin D-fortified milk substitutes (aim for 3 cups per day).
- BEST:** Drink water, more than you think! The bulk of beverages should be from water. Use Sports drinks wisely and target their usage around workouts and race day.

It's a mistake to think that just because swimmers are in the water, they get enough fluid. Coaches and parents have an opportunity to train young swimmers to drink regularly and make good choices. Good hydration habits are learned in and around the pool—maximize this asset for great performance!

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



Munster Swim Club

...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.

Important Dates to Remember

Fitter/Faster Tour at MHS on April 6th & 7th. These clinics feature Chloe Sutton and Tyler McGill, both 2012 USA Olympians in a 4 hour session on both days... See EVENT page on our website for more information/registration.

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.

Summer Tentative Meet Schedule:

5/24/13 - 5/26/13 - MSC Memorial Day Invite

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

7/13/13 - MSC Last Chance Invite

LOOK for a FULL meet line-up to be posted on our website in the coming weeks to include possible Friday Night Swims throughout the summer.

Community... Events

As we close our Fall/Winter Short Course season, we certainly can reflect on the moments of joy, sorrow, challenge, sharing, friendship, and giving, we experienced since September. Many things we can all be very thankful for and what has brought us to this point.

We look forward to the short break between now and the Summer Long Course season as we will be creative in our thinking of new ideas coming for the next season....

Stay tuned in April for how MSC will plan to contribute to our community.



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