

~ ~ ~ HWSA Dolphins Newsletter ~ ~ ~



May 16th, 2005 (Vol2 Issue 3)



Catching Up with the USS Meet Schedule

So far we have been accepted to all three of the USS meets we submitted entries for, Naperville, Notre Dame, and St. Charles. Once we start swimming some LCM (long-course meter) events, entry times to these meets will be updated and seeded properly. We still have 2 more USS meets this summer to turn in entries for, Decatur and Hinsdale. The Decatur entries are due this Wednesday, May 18th. It is important to get to as many of these summer USS meets because there are not many chances to swim LCM events. JO, Senior, Zones are all LCM meets. If your swimmer wants to be seeded in these championship meets properly, you'll want some updated LCM times. It is also important to try to sign up for as many meets as possible, because there is never any guarantee that we will be accepted to any of these last 2 USS meets. Then all we are left with is trying to scramble around to find a time trial at the end of the season.

What is really comes down to is that we have a very special season on our hands and I don't want the season to go by without opportunities missed. This team has the ability to send many swimmers to all of these championship meets and do successfully at them.

On the bulleting board up in the pool balcony are listings of hotels that we have blocked off for Notre Dame and Decatur. So if you are looking for hotels to stay at for these weekends, take a walk upstairs and check them out.

Check out our team's website: www.hwsadolphins.org .

Upcoming this week

Monday:	Grp 1: 6:15 - 7:00	Thursday:	Grp 1: 6:15 - 7:00
	Grp 2: 6:30 - 7:20		Grp 2: 7:00 - 8:15
	Grp 3: 7:30 - 9:15		Grp 3: 7:30 - 9:15
	Dryland Grp 3: 6:15 - 7:25	Friday:	Grp 1: 6:15 - 7:00
Tuesday:	Grp 1: 6:15 - 7:00		Grp 2: 7:00 - 8:15
	Grp 2: 7:00 - 8:15		Grp 3: 7:30 - 9:15
	Grp 3: 7:30 - 9:15		Dryland Grp 3: 6:15 - 7:25
Wed:	Grp 1: 6:00 - 6:45	Sat.:	Naperville USS meet
	Grp 2: 6:45 - 8:00		AM Session: 12 and unders
	Grp 3: 7:00 - 8:30		PM Session: 13 and overs
	Dryland Grp 3: 6:00 - 6:55	Sunday:	Naperville USS meet
			AM Session: 12 and unders
			PM Session: 13 and overs

Dates to Remember

- May 18th:** Deadline for entries for the Decatur USS meet on June 24th - 26th
May 24th: Entries for our first dual meet against Tinley Park are due by this date.
May 25th: HWSA's first dual meet of the season. Home against Tinley Park.
June 1st: Deadline for entries for the Decatur USS meet on July 7th - 10th.

Goal Sheets from Group 3

Where are they?!? As mentioned before, all group 3 swimmers must have their goal sheets turned in to Coach Tom before they can swim in a meet. We only have about 60% turned in so far. So get them in soon and get your goal meeting scheduled ASAP. Don't forget we have a meet this weekend.

Decatur USS meet entries are due by this Wednesday

Drinks at Practice

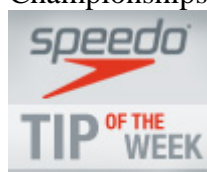
Swimmers need to be bringing their bottles to practice either filled with water or Gatorade. These are the recommended drinks for our swimmers. NO pop will be allowed on deck. Gatorade is the preferred drink especially for our group 3 swimmers who are training hard.

Q: What should my athletes be drinking, water or Gatorade?

A: Water is a good thirst quencher, but not a good rehydrator. That's because water turns off thirst prematurely and turns on the kidneys. As a result, research shows that people drink less water than they need during exercise and lose more in the form of urine. Keep in mind that Gatorade is formulated to work best when people need it most. In other words, the harder you work, the better it works. Your players should have both water and Gatorade available at practices and games. Giving athletes a choice of beverages will also encourage them to stay hydrated. Finally, sodium can indeed be replaced by Gatorade, but your athletes will still need to ingest a normal diet that contains ample salt. That's because we lose sodium chloride in the sweat at far greater rates than Gatorade can replace it. The salt in Gatorade (no more than in the same amount of milk) helps maintain the desire to drink and stimulates rapid rehydration following exercise.

Backstroke Starts

This week's Speedo Tip of the Week comes from Randall Bal, a member of the 2005 U.S. World Championships team. Bal offers some advice on improving your backstroke start.



Bal's Tip:

Improving your backstroke start is an easy way to shave a few tenths off any backstroke event. One of the key elements to improving your backstroke start is to stay relaxed from the moment you set your feet and hands on the block until the moment you hear the buzzer go off. This allows your body to react quickly and precisely.



The next step to having a great start is to grab hold of the handles on the block and place your feet below the surface of the water at a comfortable depth, while keeping your knees bent and close to your chest. By doing this correctly, it will lessen the chance of your feet slipping while taking your mark. Generally, I like to keep my feet about six to seven inches below the surface and about four to five inches apart.



Once you feel comfortable with the position of your feet, you are now ready to take your mark. To do this properly, you will need to compress and roll your body into a tight ball while staying relaxed at the same time.

Once this position is established, you are ready to explode outward. To do this properly, you will need to initiate your start by throwing your head back while swinging and extending your arms over your head while pushing up and outward with your legs (when done correctly it looks and feels as if it is one motion). Once your arms are over your head, be sure to streamline and arch your body so that your hands hit the water first. If everything goes well, your body will enter the water through the same hole that your hands did. This will make you feel as if you were shot out of a canon.

With practice, you will soon learn what works best for you, whether it be the placement and depth necessary for your feet, or the angle and arch needed for your body to enter the water through the same hole as your hands. One thing that I find helpful is to have my coach watch me do a few starts and provide me with feedback. Best of luck!



Speedo Tips are from USA Swimming's website, www.usaswimming.org



----- Happy Swimming, Coach Tom