

~ ~ ~ HWSA Dolphins Newsletter ~ ~ ~



May 2nd, 2005 (Vol2 Issue 1)



Welcome to the Start of a New Season

Welcome to the start of the Spring/Summer season at Hickory Willow! We are expecting an exciting season this summer so be ready to have some fun. The season is currently in the 3rd week now and is now back to our normal practice times. Thank you all for your patience and understand with the always changing practice times. We had to make these adjustments because the high school water polo teams are still in season and their games do not end until 7pm.

Coming back this season to coach the team are Coach Tom, Coach Kristen, Coach Katie, Coach Angeline, Coach Julie, Coach Sofia, Coach Janine, and Coach Liz. New to the team is Coach Brittany who will be helping the team in Group 1. Please remember parents that if you need to speak to any of these coaches to please do so before or after practice. The rest of their time is spent coaching our swimmers. Any and all issues must be reported to Coach Tom. Please do not approach the assistant coaches because they will just remind you to go to Coach Tom.

Some quick ground rules of the team

1. All swimmers must be ready to swim at their assigned practice times. That means swim suit on and ready to go. Please do your best to follow this rule. Swimmers running late causes disruption to the practice.
2. Parents are not allowed on the pool deck. This is a USS rule according to our insurance. Only the swimmers and coaches are insured during practice times. There are a few parents who have their USS cards for officiating which covers them also. However please be aware that any parent coming on deck during practice will be turned away unless in the case of emergencies.
3. If a swimmer is to leave practice early for whatever reason, they must notify the coaching staff before their practice starts. If a swimmer forgets to inform the coaching staff, the parents picking up the swimmer must come to the pool to notify the coaches. They can do this from the pool doors or from the balcony. This protects any swimmer from roaming the school hallways.
4. The high school has reminded us again that no swimmers and siblings of all swimmers can be roaming the hallways of the school. We are to be confined to the pool area only.
5. The high school has also reminded us that we cannot use the carpet in the hallway to hold open the doors to the outside. This is an accident waiting to happen tripping over the carpet or a kickboard.
6. Yes Coach Tom is approachable. He just prefers to talk to the parents either before or after practice. The swimmers come first; it's why we are all here in the first place. You can also reach Coach Tom by cell: 312-301-1870 or by email at trieman@hotmail.com.

Dates to Remember

May 5th: Deadline for entries for the Notre Dame USS meet on May 27th – 29th

May 5th: Deadline for entries for the St. Charles USS meet on June 10th – 12th

May 11th: Parent Meeting 7:00 – 8:00 in the upstairs pool balcony.

May 25th: HWSA's first dual meet of the season. Home against Tinley Park.

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			Dryland Grp 3: 6:15 - 7:25
Tuesday:	Grp 1: 6:15 - 7:00		Friday:	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
Wed:	Grp 1: 6:00 - 6:45			Dryland Grp 3: 6:15 - 7:25
	Grp 2: 6:45 - 8:00		Sat.:	Grp 3: noon - 2:00
	Grp 3: 7:00 - 8:30		Sunday:	No practice
	Dryland Grp 3: 6:00 - 6:55			

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Goal Sheets and Video Taping – what's it all about?

Coach Tom has Group 3 setting their goals for this summer season. Each swimmer in Group 3 must return a filled out goal sheet to Coach Tom before they can swim in any meets. They must also schedule a goal meeting with Coach Tom to discuss their goals. This helps set reasonable goals for the swimmers. This not only gives the swimmer something to strive for, but it gives Coach Tom a better understanding of each swimmer.

Coach Tom is also video taping each Group 3 swimmer who wants their strokes look at more carefully. This is not required, but is highly encouraged. Swimmers should expect their review back to them within a 1 – 2 week time period from the date when they were taped.

Parent Meeting May 11th

How to sign up for dual meets and USS meets

Dual Meets:

All swimmers are encouraged to swim as many dual meets as they can. They are no minimum number of meets you have to swim to be eligible for the Conference meet. However if you are not swimming the meets, how can the coaching staff choose the best line-up for conference? This gives the coaching staff to see what we are doing in practice is working for the swimmers. You can sign up for the dual meets by filling out entry forms that will appear in your folder and returning them to Coach Tom's folder. You can also email Coach Tom of your intentions to participate in the meet.

USS Meets:

Highly encourage for all swimmers unless you are a first time swimmers. These meets give the swimmers a chance to swim others at close to their own ability. This is also one of the best ways for Coach Tom to see your racing strokes. Sign-ups for these meets have critical sign up periods which have deadline usually one month before the meet. These dates are listed on the sign-up sheets. If you attempt to try to sign up for one of these meets past the deadline, it is almost impossible to enter you swimmer in. These meets fill up fast and it is up to the host team whether or not they will take more swimmers. You will find these sign up sheets located in a bin upstairs in the balcony and on our website. Please return the sign-up sheets to Coach Tom's folder or email your entries.



A More Effective Body Dolphin

Swimmer wrote: *I've been working on my butterfly, but I still have problems with my hips sinking. Can you tell me how to get my butt to break the surface?*

Most of the younger swimmers (and many of those older) were swimming butterfly with a big, splashy kick that burned lots of energy but left their hips dragging.

We started by teaching them NOT to kick – at least in the way most people interpret the term. We also pointed out that dolphin-kicking is a misnomer. Dolphins DON'T kick.

Our first step was to have them swim short repeats (three to five strokes) of whole-stroke butterfly without kicking, letting the legs simply follow the movement of the core-body – and particularly to do this without noise or splash. Immediately, their hips were reaching the surface without “trying.”

Once we eliminated what was inhibiting their hips, then we focused on teaching them to use the core and synchronize it with the whole body with these steps:

Horizontal Body Dolphin – Float face-down with arms at your sides and begin a relaxed rocking motion by rhythmically pulsing your chest down and forward. Each chest pulse should lift your hips to the surface. Don't use your thigh muscles at all. Keep your legs long and supple. Breathe every four to eight pulses at first, later every two to three pulses. When you breathe, keep your chin in the water and eyes looking down. Maintain your pulsing rhythm through each breath. If you're not getting propulsion, it can be helpful to use a pair of fins. Let the fin blade pick up signals from your core-body movements. That will help you understand how your legs should similarly take their cue from the core in the whole stroke.

Hand-Lead Body Dolphin – When you feel a relaxed rhythm in the exercise above, extend your arms forward. Keep your arms at shoulder width, and focus on feeling your fingertips move toward the far wall with each pulse. Because you've lengthened the “lever” forward of your chest by extending your arms, you'll feel more thigh muscle in your dolphin, but avoid splash by keeping your feet in the water. Once you feel a natural rhythm, count the number of pulses per length. Try for 15 to 20 (10 to 15 with fins) pulses per 25. Breathe every two to three pulses and maintain your core-body rhythm through each breath.

Add Strokes – Just add one at first. Start with two pulses as above, putting an extra emphasis on the second. Use that more emphatic pulse to initiate one full stroke (breathe or not as you feel most comfortable), then return immediately to two more pulses. Then stop. Repeat this sequence several times, trying to feel as if your stroke integrates smoothly with the pulsing rhythm. Each downward pulse of your chest should raise your hips above the surface and the same should happen during the single stroke. If you feel that, then try a full 25, alternating two pulses with one stroke all the way.

Try Whole Stroke – After practicing each activity above for five to ten minutes, experiment with several short repeats of whole-stroke swimming. Each time you return to whole-stroke repeats, strive for a heightened sense of including rhythmic chest-pulsing as the foundation of your stroke. After each stroke, gravity and your pulsing rhythm should drive your chest well below the surface – and your hips above it.

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



----- Happy Swimming, Coach Tom