

# SWAC Speaks

## Southwest Allen Community Swim Team

*The time of your life!!!*

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Editor

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## August Results & September Events

It's September, which means back to school and back in the pool. SWAC is excited about our 2015-2016 SC (short course) season! We have all of our new coaches in place and we are ready for what promises to be an awesome swim season!

In AUGUST, SWAC was represented on Team Indiana at the Central Zone 14 & Under Championships (Topeka, KS) by Chandler Lipp and Cameron Luard. Both scored points for Team IN, which earned 3<sup>rd</sup> of the 7 teams/states competing; & huge congrats to Cameron for WINNING the 200 Breast!!! Way to go boys!

In SEPTEMBER, all training groups not already in the water will begin practices. As always, please remember to

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## 20 Habits of Elite Swimmers (Part 1 of 5)

By Olivier Poirier-Leroy

While there isn't an exact formula for success that can be applied to everyone, there are some typical traits and habits of those who have achieved success in swimming that are universal.

Make 2015/2016 your best year of swimming yet by embracing some of the following habits of elite swimmers:

**1. They Don't Allow Others to Dictate What They Are Capable Of.** There really isn't much more discouraging than someone you respect, admire or love telling you that your goal or dream is out of your reach, not within your abilities, or outside of the scope of your talent. Some people take this to heart, while

others use it as jet fuel to light their motivation.

**2. Be About It.** Everyone wants to be successful; everyone talks about how they want to achieve so-and-so a time, or qualify for XYZ team. Talking about it is the easy part. But successful swimmers don't stop at wanting or talking about it; they put words into action. You can say that you want to be a championship caliber athlete all you want, but are your actions reflecting this intent?

**3. Being Elite Isn't a Part Time Gig.** You can't be good and expect to be great. Likewise, you can't be great once in a while, or part time. Elite swimmers show up every day, not when they feel

like it, or when circumstances suit them.

**4. The Journey is What Makes You Elite.** Setting goals, and chasing them is about so much more than the final result, time or placing. The journey is what creates the elite swimmer, the final results are merely a symptom of what a swimmer has become by putting in work every day.

*Olivier Poirier-Leroy is a former national level swimmer from Victoria, BC; he developed [YourSwimBook](#), a log book and goal setting guide made specifically for swimmers.*

## Bobby' Blog

Hello SWAC Family! The coaching staff is VERY excited for the upcoming year! We are building off a great steam ahead! We will have some new faces on the coaching staff this season. Please take a minute to look at their bio's on our website and stop by the pool to say hello in person.

As a staff, our goal is to have two coaches for every group in the water. While this is very challenging given our size and lane space, we have added some great coaches to help. Our ultimate goal is to provide more individual attention for each and every one of our swimmers. You will see your coaches engaged with every athlete in the group. You will see our coaches pulling swimmers aside to work specifically on technique and training.

You can also expect more communication from your coaches! All Lead Coaches will be sending out

coaching information twice monthly, via email, starting 9/21/15. We also encourage families to reach out to either myself or your group's Lead Coach with any questions or feedback. We can only get better if we hear from you!

As always, we are a **TECHNIQUE BASED PROGRAM**. Even at our highest levels, we are committed to constant feedback no matter how fast we are training. At our Age Group and Exploration Levels we are committed to teaching and reinforcing the fundamentals of the sport. Our coaching staff is working on a few specific fundamentals this year:

- ❖ **Kicking** (Flutter, Dolphin & IM)
- ❖ **Streamlines**
- ❖ **Body Position** (for all strokes)
- ❖ **Turns & Breakouts**

While we are proud of ALL our athletes, I would be remiss if I didn't mention a

few very special performances from the summer:

Megan Johnson qualified for Winter Junior Nationals in the 100 Freestyle (along with setting both the SWAC 15-16 year old and open age group 100 freestyle records). All records will be updated later in the fall.

Cameron Luarde was an Indiana Age Group State Champion in the 100 AND 200 Breaststroke along with winning the 200 Breaststroke at the Central Zone Championship.

SWAC was represented at the FINA World Championships by Post Graduate Swimmer Alexis Laird. Alexis swims for the Seychelles National team and also represented them at the Indian Ocean Games taking home three Gold Medals!

**GO SWAC!!!**

## Tip of the Month: Breaststroke Pull

By Olympian Jessica Hardy



A strong and efficient arm pull will allow you to move through the water faster.

Starting The Arm Pull: The starting point for breaststroke is underneath the water in a stretched and streamlined position, with your fingers pointing forwards, hands together and your palms facing down.

Understanding the OutswEEP: The outswEEP is initiated by rotating your hands so thumbs tilt downwards to a 45-degree angle, and your arms press outwards in line with forearms. Keep arms straight until you create a Y-shaped profile with your body. The width of your arm stroke is very individual, and dependent on your natural strength and feel for the water.

The Propulsive Phase: To begin the propulsive phase of the stroke, catch the water by tilting your fingers diagonally downwards, and lifting your elbow slightly.

The InswEEP: Pull your hands inwards towards each other in a powerful and accelerating manner. This is known as the insweep.

Now, sweep your elbows in front of your chest as your hands come together. During this phase, your hands should be in line with your forearms. Without pausing, stretch your arms forwards as your shoulders drop into the water, keeping them close to the water's surface as you prepare for the next stroke cycle. The arm stroke is very much a sculling movement. Try not to pull your elbow past your shoulder line.

**Watch This!**

Want to see a video of the breaststroke arm pull as explained above? Click here: <https://youtu.be/I00tfMwHvMI>

## Swim Parent 101 “Why I leave and go to dinner during my daughter’s practice.”

From NBC’s TODAY show, interviewing Olympian Dara Torres

Olympian Dara Torres’ 9-year-old daughter Tessa loves swimming and her mom swears it’s not a genetic thing. Instead, it’s a fun thing.

"She really, really likes it," Torres told TODAY Parents. "She's tried tennis, soccer, dance but she's really stuck with swimming. She just enjoys it!"

That's right: Torres, 48, who has competed in five Olympic Games and won 12 Olympic medals, is now a swim mom herself. She dutifully takes Tessa to swim practice near their MA home twice a week and then quickly disappears.

"I leave and go to dinner!" Torres said with a laugh. "It keeps me from getting too involved or looking at coach and thinking, 'Wait a minute ...' I think it's important to let the kids enjoy their time and let the coaches coach."

Additional insights Torres shared about life as swim mom:

Swimming is a team sport:

"So many parents enroll their children in swimming lessons but never really think about swimming as a team sport. It is, though! Being a part of a swim team is one of the most fun and most rewarding experiences a child can have. You're cheering your teammates on and helping each other. It's so much fun. My daughter's always smiling after she goes swimming."

Swimming has no benchwarmers (or benches):

"I like it that everyone gets to participate on a swim team. No one is left out."

Unlike other team sports, swimming can last a lifetime:

"Once kids learn how to swim, it's something they can keep doing all their lives. There are not a lot of injuries in swimming. It's easy on your joints."

Parents don't need to get too stressed:

"My mom was very laid-back (as a swim mom). She took me to every swim meet, but she never questioned anything. She never watched my practices. I don't know if she knew my times! But she was always there at every meet."

Kids love and cherish their swim moms (and dads)!

"I was swimming internationally when I was 14, so I had to go to other places at that point, and my mom and coach would come too. I think my mom saw how much I loved it and really wanted me to stay in it because I loved it so much. She sacrificed so much. That's why I gave her one of my gold medals."



## Nutrition Notes: Macronutrients

\*Article from FitDay.com

The three macronutrients of protein, fat, and carbohydrates all perform essential roles in the human body. Macronutrients are the main components of our diet. Our bodies require other nutrients as well, such as vitamins and minerals. However, these are needed in much smaller quantities, and thus are referred to as micronutrients. All 3 macronutrients are needed in the diet, as each perform vital functions in the body.

**1. Protein** should consist of about 10-35% of your diet. Amino acids are the building blocks of protein. They are linked together in complex formations. There are 20 different amino acids, 9 of which are considered essential because our bodies cannot produce them naturally, and therefore they must be obtained through the diet. Proteins that contain all 20 amino acids are called complete proteins. Complete proteins are found in animal products such as meat, eggs and milk.

Protein's crucial role in the body includes building, maintaining and repairing body

tissue. It is especially important to physically active individuals whose muscle tissue is constantly in need of repair. Protein has other roles in the body. All enzymes and hormones, which perform vital functions, are proteins. In addition, proteins are used to aid in the immune process.

**2. Fat**, the misconception about fat is that it is always bad for you. In fact, fat is essential for maintaining a healthy body. Your diet should consist of about 20% fat. The trick is to eat more of the good fats and less of the bad fats. Saturated and trans fats should be avoided while increased levels of unsaturated and the essential fatty acids, such as omega 3 and omega 6, can be good for you. Replacing sweets and high fat meats with foods such as nuts, avocados, olive oil, will help shift the balance away from unhealthy towards those fats that are useful to the body.

Fat has many roles in the human body. One of fat's main functions is protection. This includes insulation to keep body temperature and cushioning to protect body

organs. It also promotes growth and development, as well as maintaining cell membranes. Fat, in addition, plays a vital role in the digestion of vitamins. Vitamins A, D, E, and K are fat soluble vitamins, meaning they need fat in order to be absorbed into the body.

**3. Carbohydrates** are the main energy source of the body. They are chains of small, simple sugars that are broken down and enter the body as glucose. Glucose is essential for the body, as it is the preferred source of energy in our brain, heart and central nervous system. For this reason, your diet should consist of at least 45-65% carbohydrates.

Carbohydrates are found in many foods. However, you should stay away from sweet foods with excess sugar. Instead, opt for healthier options like fruits, vegetables, beans and nuts, as well as whole grains. These foods also contain fiber. Fiber cannot be digested by your body. However, fiber aids our intestine in expelling waste and can help lower cholesterol.



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 To provide a program  
 of long-term  
 development and  
 competitive swimming  
 excellence.

## “Official” Words: Understanding DQs Part I

Parents new to swimming often have questions about swimmer disqualification (or DQ). DQs are a part of the learning process and a standard aspect of the meet experience.

Swimming is a technical sport. Developing the skills in each stroke takes time, practice, repetition, and coaching feedback. As a young or beginning swimmer develops, they will get stronger and more consistent with time. Sometimes, swimmers are able to perform the skills correctly first for short distances (a few strokes, a half lap, a single 25, etc.), and may start out a race with a "legal" stroke, but lose that stroke as they start to tire. Or, the swimmer might perform most of race correctly, and make an infraction during a turn, finish, or single stroke. Trained officials observe the swimmers during each event. If they observe a stroke infraction, they will fill out a DQ card, which gets passed along to the coach. Often, the coaching staff observes and already knows of the infraction before seeing the card. Sometimes, because of the angle they observe from, an official may notice something that the coach can't



see from their position on the pool side.

Almost always, the coaches have already given the athlete feedback about this specific issue during practice and the DQ slip is a good opportunity to reinforce a skill we are already working on. From our youngest athletes up to the elite level, the coaching staff uses each race as a learning experience. The "learning" might come from a DQ, or from other technical observations. Or, from a conversation about race preparation, focus during practice, or making a specific stroke change.

## Business Briefs

**TEAM PICTURES** will be Wednesday, October 14<sup>th</sup> (Individuals 4:30 p.m. & Team 5:00 p.m.). Swimville USA will be on site selling NEW team suits (Arena) and equipment. More details to come.

**TEAM UNIFY**-to change your password in TU, simply select Password at the top of the page and follow the prompts. It is recommended that you change your password every 3 months or when necessary.

**CONGRATULATIONS** to the following 2014-2015 swimmers for these awards:

High Point: 8 & under: Ruby Stumph & Owen Lindsey; 9-10: Ripley Merrit & Austin McGrogan; 11-12: Audrey Cesar, Lily Kaiser & Cameron Luard; 13-14: Kiley Maher & Julian Norman; 15-18: Megan Johnson & Bryce Warner.

Mental Attitude: 8 & under: Allison Tonsil; 9-10: Syd Koehrn; 11-12: Maggie Stock; 13-14: Kiley Maher; 15+: Michael Nichter.

SWAC Top Swimmer Awards: Megan Johnson & Cameron Frank.

SWAC Volunteerism Award: The Luard Family.

Well done everyone!

**GROUP ACTIVITIES**-Attention parents! Would you be willing to organize get-togethers for your swimmer's training group? SWAC would like to see 2-4 group activities (ie: bowling, lazer tag, paintball, etc.) planned throughout the SC season. Please talk to your swimmer's lead coach if you can help!

**SWAC Annual Meeting & General Election** is Tuesday, September 15<sup>th</sup>, at the Summit MS Cafetorium at 6:30 p.m. ALL members are welcome and encouraged to attend!

## SWAC SPONSOR SPOTLIGHT: Frontier Communications

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