



Creature Monthly Newsletter

March

Past Month Summary

In the month of February, the Sea Creatures:

- Hosted our NSC Relay Sprintacular Time Trial which helped swimmers achieve best times and new cuts
- Saw many of our senior swimmers competed in the IHSAA sectional and state championships



The Creature Difference

Multiple Olympic gold medalists are coming to Newburgh in the spring!

- Olympic gold medalist, Cody Miller, will attend our Spring Spotlight meet on May 5 – 6 as this year's Spotlight Athlete! In addition to competing in the meet, Cody will host two clinics to help kids of all ages and ability levels improve their skills. If interested, please sign-up on our website.
- Nick Thoman will be in Newburgh on April 7th to host 2 clinics as a clinician for the Fitter and Faster Tour. Expect to see more information pertaining to these clinics soon!



The Creature Difference - April Learn to Swim Clinics

This year, we are reaching out to the community to help teach kids of all ages how to swim and be safe in the water.

The clinics will last one week and will be run by our coaching staff and members of Creature Elite, Senior, and Senior Development groups. Please spread the word!

When: April 2nd – April 5th

Class Block # 1: 5:15 – 6:00pm

Class Block # 2: 6:15 – 7:00pm

Where: Castle High School Natatorium

Cost: \$45 for the ENTIRE WEEK

Please sign up on our website if you are interested in participating.

Congratulations – Academic Success

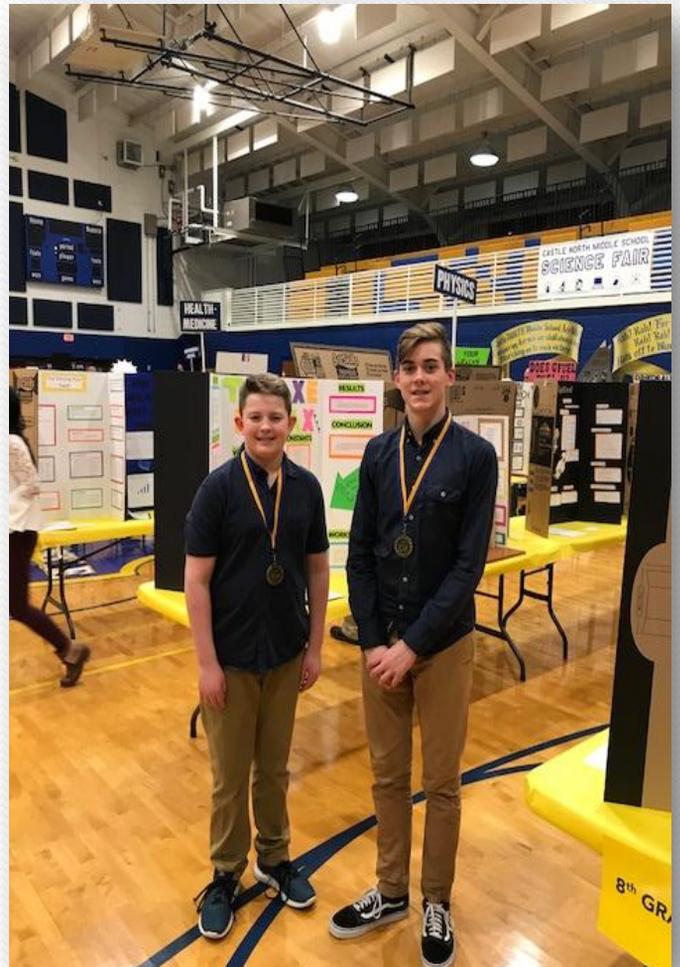
As always, we stress being able to balance both school work and swimming. We are proud to announce that we had three of our Sea Creatures win their categories at Castle North Middle School.

Caitleen Reyes – Grand Winner in Biology and Environmental Special Award Recipient

Owen Metzger – 7th grade Physics

Ben Schott – 8th grade Physics

Congratulations, Caitleen Reyes, Owen Metzger and Ben Schott!



Owen Metzger, 7th grade physics winner, and Ben Schott, 8th grade physics winner, posing in victory after the science fair

Congratulations – College Commitments

- Congratulations to Alex Montgomery for his commitment to New York University!
- “I chose NYU because of its phenomenal arts program through Tisch and also because of the strong team culture and training program Coach Trevor has created. Go Violets!”



Upcoming Events & Important Dates

Upcoming Events

- March 16 – 18: 2018 SCY Age Group State Championships
 - Indianapolis, IN
 - The short course Age Group State meet is prelims/finals and will be a highly competitive meet.
 - **Groups Attending:** Any who qualify
 - **Registration Deadline:** March 5
- April 6th : NSC Swim Team Banquet
 - Rolling Hills Country Club, Newburgh, IN
 - Start Time: 6:00p
 - This is a banquet for all of the team. The coaches will speak, the swimmers will eat, and everyone will have fun! Please RSVP on the website.
 - **Groups Attending:** ALL
 - **Registration/RSVP Deadline:** April 1

2018 Summer Meet Schedule

2018 Summer Season Meet Schedule

Date	Meet	Location	Meet Format
April 21st	Sea Creature Mini-Meet	Newburgh, IN	Timed Finals
May 5 - 6	NSC Spring Spotlight	Newburgh, IN	Timed Finals
June 2nd	Sea Creature Mini-Meet	Newburgh, IN	Timed Finals
June 15 - 17	JAWS Jet Invitational	Jasper, IN	Timed Finals
June 22 - 24	EXCEL Firecracker Frenzy	Nashville, TN	Prelim / Final
June 21 - 23	NAC Summer Sizzler*	Nashville, TN	Prelim / Final
July 13 - 15	NSC Summer Showdown	Newburgh, IN	Prelim / Final
July 19 - 22	IN Swimming Senior State Championships*	TBA	Prelim / Final
July 27 - 29	IN Swimming Age Group State Championships*	TBA	Prelim / Final
July 31 - August 4	NSCA Junior National Championships*	Indianapolis, IN	Prelim / Final

* Indicates a meet with qualification time standards

Ask The Coaches

In this new section, we look to tackle some of the frequently asked questions heard from our members. As always, don't hesitate to ask us if you have questions!

- Why has the website changed?
 - We are in process of updating our website to make it more inviting and easy to navigate for everyone.
 - The update is not complete yet. We plan to continue updating the website in phases over the course of the next two months. We hope you enjoy it!

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- What does “taper” mean?
 - In short, taper in swimming means getting your body ready to race at its best.
 - Not all taper plans are the same. Most tapers are based on a variety of factors; a few of them being the individuals' body composition, physical maturity, and focus events.
 - Example: Coach Kyle did a 3 week long taper, while Coach Aaron did a 7 day taper, all because Kyle focused more on sprint events and Aaron focused more on 200 yards and above.
- Here is an article by Olivier Poirier-Leroy on tapering. I recommend that you read this with your swimmer so that they get a better grasp of what the coaches are trying to do.
 - <https://www.yourswimlog.com/swimming-taper/>

Tip for the Month

Our mission statement is to cultivate athletes, leaders, and role model through swimming. While the coaches develop our Creatures in the water, you can help by continuing our message at home! Follow the link below for more information on how you can grow our swimmers into champions.

[Controlling Your Concentration Before and During the Race](#) – USA Swimming

[What the Winter Olympics can Teach us about Swimming](#) – USA Swimming

