



# The HEAT Beat

The Newsletter of the CCYMCA HEAT



## A Word from Coach Will

I want to address a few frequently asked questions that have been presented to me the past few weeks.

1. **What is the deal with the relays?** When we send entries I have a number of swimmers that I know have signed up so I, then, enter the number of relays we have for the amount of kids going. This number ALWAYS changes before the meet because entries are usually due 5-7 weeks before the meet. So, it is impossible to make relays ahead of time. My policy is to start making relays before warm up and finish during. This way I know who is actually there. Inevitably, someone does not show up and does not email or call so I am scrambling to find replacements and kids have to be changed. At that point, if there is more than 1 relay I make the fastest relay first and then fill in the rest. ALL KIDS get to swim a relay during the course of the meet. If they do not get on a relay one day they will get to swim the other. All kids should get the experience of a relay because, many times, they swim faster and, besides, swimming with peers is fun. If a swimmer is only there one day I will try my best to get them on a relay that day, but cannot guarantee it.



Coach Will

When it comes to championship meets I will always try to make the fastest relay possible made from the seasons best times. Swimmers should be aware that their value is far greater to the team than just being on a relay. If everyone is given opportunities during the season it should be a fair decision at the end of the season.

2. **How do we know when warm ups begin for a meet?** The Monday or Tuesday before a meet I will post a "Meet Overview." This used to be called the coaches report. This is a Cliff Notes version of the meet info. All of this is in the meet packet, but here, I can post any changes or other communication necessary. If it is not there by Tuesday evening, please email me.
3. **What is a focus meet?** These are meets we choose during the year to really gear up our performance. There is extra preparation and some games the week before to mentally and physically get ready to swim fast. There are 3-4 of these meets during the course of the season depending on the schedule. We do this to practice for our championship meets at the end of the year.
4. **Why do other meets if they are not focus meet?** Swimmers cannot physically rest for every meet. We would not have time to get a good training affect. They cannot get hyped up for every meet because it takes time to refuel your emotional fuel tank, as well. But, it is extremely important to race often to gain valuable experience in different pools, situations and work on certain aspects of their races without any expectations.

Coach Will

## Fueling for Performance

Last newsletter we talked about general ways to eat to fuel your performance both at practice and at meets. The next four newsletters we will break down the specifics of those fuel and repair needs so we understand how everything comes together.

A good way to think of our bodies is like a car. The proteins are all of the hardware, the engine, fan belts, tires, wires, etc. The carbohydrates are the fuel, the gas that runs the car. Fats are like the oils, lubricants, and other fluids that help certain functions. The vitamins and minerals are additives that assist all of these systems.

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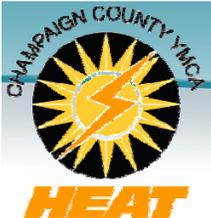
### IMPORTANT DATES:

- 12/3 HEAT Fundraiser at Noodles
  - 12/4 HEAT Apparel Orders Due
  - 12/5 YMCA Long-Bongo Meet, Bloomington
  - 12/6 YMCA Holiday Classic Shootout (Sprint Classic) Meet, Bloomington
  - 12/8 Cookie Exchange for Groups 1-3
  - 12/8 HEAT Booster Club Meeting
  - 12/10 Seth Dunscomb Meet Registration Deadline
  - 12/11-13 Lincoln-Way Invite, New Lenox
  - 12/16 Mid-Winter Classic Meet Registration Deadline
  - 12/20 Cookie Exchange for Groups 4-5
- Details on Page 2 and 3*



*We build strong kids, strong families, strong communities*

09/10 SEASON  
Issue 2  
Nov/Dec 2009



## From the Booster Board

Once again, the Erin Block Invitational was a very successful meet. The feedback from visiting parents, coaches and officials was really positive. The meet ran smoothly thanks to the efforts of all of us. Thank you very much. When everybody helps, it is definitely easier for everyone involved.

On Tuesday, November 17th, we had our monthly Booster Board Meeting. We hold these meetings the second Tuesday of every month, unless there is a conflict or it is too close to one of our three big meets. Remember they are open to every parent. You are welcome to attend. If you cannot attend and need to address any issue, please, contact your Group Representative or the Head Coach. She/he might have the answer or information that you need. If not, they will bring it to the Board for further discussion.

Thursday, December 3rd we can take a break from all the cooking around Thanksgiving and either dine in or take out some food from Noodles, one of our team supporters. Margaret Ballantyne organizes this fundraiser again. They always give us 10% of the sales that take place from 4 PM-9:00 PM. Tell your family, friends and neighbors to come and mention the fundraiser. They will make "art with dough" for the younger kids as well. Hope to see you there.

The Booster Board wishes you all Happy Holidays!

**Estela Canga, President**



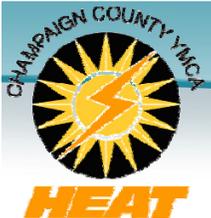
**Recent Award Winner at Erin Block**

### Nov/Dec Birthdays

Hannah Donoho	11/2
Brianna Hopper	11/2
Isabel Charter	11/3
Sushrut Vani	11/3
Katie Tollakson	11/5
Robert Bernhardt	11/7
Alle Roley	11/7
Meagan Gay	11/8
Paul Folts	11/15
Zona Hrnjak	11/20
Tanner Heinen	11/25
Samuel Stewat	11/25
Emma Garcia-Canga	11/28
Keeley Scott	11/28
Rachel Rosset	12/1
Jon Schuh	12/4
Lisa Boyce	12/5
Kate Folts	12/7
Joseph Faullin	12/14
Anastasyia Byelousova	12/15
Maisie Kern	12/18
Liara Aber	12/19
Joshua Ekberg	12/22

### Upcoming Events

- ★ **Thursday (12/3) HEAT Swim Team Benefit**
  - From 4 to 9 pm at Noodles & Company, East Green St
  - 10% of sales assist the team
  - Dine or to go
  - All HEAT members are welcome and encouraged to attend!
- ★ **Saturday (12/5) YMCA Longo-Bongo Meet**
  - Bloomington High School, Bloomington, IL
  - Warm-ups at 4:00 pm; Meet starts at 5:00 pm
  - More information on HEAT web site
- ★ **Sunday (12/6) YMCA Holiday Classic Shootout (aka Sprint Classic) Meet**
  - Bloomington High School, Bloomington, IL
  - Two Sessions—AM warm-ups at 7:00 am; PM warm-ups at 12:00 pm
  - More information on HEAT web site



## Thanks from Erin Block Meet Manager!

Congratulations to swimmers, coaches, and parents for an incredibly successful Erin Block Memorial Invitational. Our swimmers did an outstanding job – many posted best times in multiple events, and a few even set meet records. Thanks to all the coaches for their work preparing our swimmers for the meet and providing valuable feedback after their races.

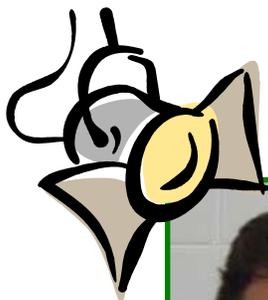
This meet was successful thanks to the many Heat parents and family members who volunteered their time and efforts for the weekend. To all those who worked or donated supplies for the meet, thank you for your generosity. A special thanks to those who worked an extra session or two or cooked an extra dish for hospitality, and to those who generously worked the weekend even though their children are not swimming with the team at this time.

Thanks to all of your hard work, we were able to host 454 swimmers from 12 different teams. Our team earned a net profit of \$9,600 on the meet, and we were able to donate \$600 of our proceeds to the St. Jude Children's Research Hospital.

**Melanie Michael**

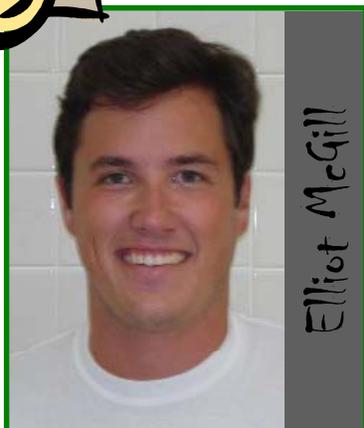
## Upcoming Events

- ★ **Tuesday (12/8) Cookie Exchange for Groups 1–3**
  - McKinley YMCA Board room starting at 7 pm
  - Each swimmer that participates is to bring 2 dozen homemade cookies and will take home 2 dozen cookies for their family! Please no nuts!
  - Any questions: please e-mail Elizabeth Dickerson at [barry.elizabeth@sbcglobal.net](mailto:barry.elizabeth@sbcglobal.net)
- ★ **Tuesday (12/8) HEAT Booster Club Meeting**
  - McKinley YMCA Board room at 7:30 pm
  - All HEAT swim parents are welcome to attend!
- ★ **Friday–Sunday (12/11–13) Lincoln-Way Holiday Splash Meet**
  - Lincoln-Way Central High School, New Lenox, IL
  - Sat/Sun AM warm-ups at 7:15 am; PM warm-ups not before 12:15 pm
  - More information on HEAT web site
- ★ **Sunday (12/20) Cookie Exchange for Groups 4–5**
  - Centennial High School starting at 2 pm
  - Each swimmer that participates is to bring 2 dozen homemade cookies and will take home 2 dozen cookies for their family! Please no nuts!
  - Any questions: please e-mail Elizabeth Dickerson at [barry.elizabeth@sbcglobal.net](mailto:barry.elizabeth@sbcglobal.net)



## Coach Spotlight

To continue making the best of the season, we tracked down the coaches to get to know them better. Here is what we learned about Elliot:



### Fun Facts about Elliot

- Hometown: Champaign, Illinois (Central)
- Coaching Experience: Volunteer part time coach with HEAT and Storm  
Volunteer dry land and conditioning coach at EIU during Spring 2009
- Favorite Event: Any relay
- Interesting Fact: "I swam two meets dual back to back with a broken toe!"



## ***Ten Tips for a Super Swim Season!***

- ★ Carry spare parts for goggles
- ★ Carry spare goggles
- ★ Wear shoes/socks to and from practices
- ★ Set your own alarm to get up for meets/practices
- ★ Take responsibility for rinsing and drying your own suit
- ★ Get to practice early
- ★ Get more sleep
- ★ Watch less TV
- ★ Touch with 2 hands on every fly and breast length
- ★ Don't breathe inside that flags

***More tips next month!***

## **Parents Corner**

### **Second 5 of 10 Commandments for Swimming Parents**

*by Rose Snyder, Managing Director Coaching Division, USOC  
Former Director of Club Services, USA Swimming  
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)  
From USA Swimming*

#### **VI. Thou shalt not criticize the officials.**

Please don't criticize those who are doing the best they can in purely voluntary positions.

#### **VII. Honor thy child's coach.**

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

#### **VIII. Thou shalt be loyal and supportive of thy team.**

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

#### **IX. Thy child shalt have goals besides winning.**

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

#### **X. Thou shalt not expect thy child to become an Olympian.**

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.





## Inside Tips from a Swim Official!

### THE BASIC SIGNALS

#### A series of short whistles:

signals swimmers to prepare to swim while behind the blocks.

#### A long whistle blast:

signals swimmers to get on blocks or into the water for backstroke.

#### A second long whistle blast: (only for backstroke)

signals swimmers to return to the wall and place their feet.

#### “Take your mark”:

signals to immediately assume a starting position and remain stationary, motionless until given the **starting signal**.



## HEAT Fundraiser

The CCYMCA HEAT SWIM TEAM is conducting a recycling fundraiser. There's nothing to buy. We are simply asking you to protect the environment by donating your used cellular phone(s), ink jet cartridge(s), laptop/notebook computer(s), iPod(s), digital camera(s) and digital video camera(s). Your used item(s) may be tax deductible and will be recycled in accordance with EPA regulations or refurbished and sold. 100% of the proceeds will help fund CCYMCA HEAT SWIM TEAM.



To participate, there will be two plastic BLUE 10 gallon bins for your disposal of items. One will be located in the lobby of the YMCA on Church Street and one bin will be located at the Centennial High School pool; just to the left as you enter the pool and under the bulletin board there. **PLEASE call me if you have a laptop.** I will pick it up from you.



As the bins fill up, I will empty the bins and mail the items into ECOPHONES. Ecophones then sends us a check for the items we have collected. Then we shall try to continue to fill up the bins again and again! Please check the HEAT website for more information or contact me. Thanks!

**We greatly appreciate your support! Go Heat!**

**Best regards, Margaret Ballantyne**

**(Phone: 217-355-4773)**

## Winter Break Practice Schedule

**Groups 1, 2 and 3** are the same except no practice on 24th, and 31st.

**Group 1** - 6:15-7:15 M-Th, YMCA

**Group 2** - 7:15-8:15 M-Th, YMCA

Sun 2:00-3:00, Centennial

**Group 3** - 7:00-8:30 pm M-Th, YMCA

Sun 2:00-3:30, Centennial

**Group 4:**

12:15-1:45 at Centennial M-Th, Sun 12:00-1:30

There IS practice for Group 4 on the 24th and 31st

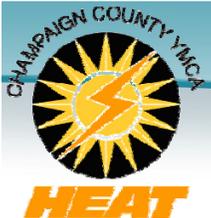
**Group 5** is the same, but add four mornings:

7-9 at Urbana M-Th

Sun 12-2, Centennial

Mornings - 6-8am T, Th 22, 24 and 29, 31

**No practice for all groups 25th and 1st (and of course Sat.)**



# YSPLASH™

We build strong kids, strong families, strong communities.

## ***Volunteers Needed!***

Help teach children about water safety and basic swimming skills  
December 14-17, 2009

### **VOLUNTEER TIMES**

Preschool Lessons (ages 3-5)

Monday-Thursday 4:00-4:30 PM, 4:45-5:15 PM, and 5:30-6:00 PM

School Age Lessons (ages 6-12)

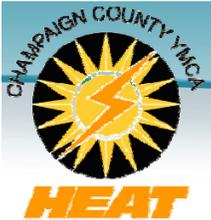
Monday-Thursday 4:15-5:00 PM, 5:15-6:00 PM, and 6:15-7:00 PM

*We are seeking volunteers who can hopefully commit to teaching one time block for the entire week. Lesson plans and orientation are provided.*

Please contact Moira Priven at  
239-2814 or [moira@ccymca.net](mailto:moira@ccymca.net) if you  
would like to volunteer or have any questions.



***Erin Block Meet Memories***



## Fueling for Performance (continued from pg. 1)

Today we talk about protein. These amino acids are the building blocks of our bodies. All of our muscles, organs, ligaments, tendons etc. are made from these basic structures. During training we work hard and slightly damage our muscles. When you experience these tiny “micro tears” in our muscles it results in soreness. We need to get protein into our bodies soon after workout to help repair those muscles. Our bodies don’t like to be sore, so when it repairs the muscles it will make the muscles a little stronger so it does not happen again. This is called adaptation and this is how we get faster.

Food does not make you swim faster, training does. There is no magic food that you can eat that makes you fast. Food fuels the entire process. So, you see, you start the process by fueling up so you can train hard. You refuel and repair after practice and see your gains during recovery.

Remember to refuel within 30 min post workout! USA Swimming recommends you try one of these: power bar, peanut butter and jelly sandwich, cliff bar or a big glass of low fat chocolate milk. These will provide the necessary ratios of carbohydrates, proteins and fats.

Visit [USA\\_Swimming.org](http://USA_Swimming.org) and go to the swimmers page. Click on swimmers resources and you can make a nutrition tracker that will help in your nutrition planning. We started with protein because it is often the most overlooked. Next issue: carbohydrates.



Examples of Good Protein Sources			
Lean Beef	Eggs	Chickpeas	Seitan
Lamb	Cheese	Lentils	Soy products
Chicken	Milk	Peanut butter	Buckwheat flour
Turkey	Couscous	Almonds	Low fat yogurt

## *Hints for Being a Successful Swimmer*

- ★ Be on time for meets so you can get checked in and the coaches can make relays.
- ★ Be early for practice. This gives you time to socialize so you are not trying to catch up with someone you haven't seen in a while during warm-up. If you miss all of warm-up, you run the risk of injury by jumping into a higher intensity set before your body is ready. If you are more than 15 minutes late to practice, it would be better if you wait until the next practice.
- ★ If you are swimming in a lane with multiple people, there will be swimmers of different abilities. Here is some lane etiquette tips:
  - If you need to pass someone, just gently touch their feet
  - If your feet are touched, wait until the next wall and move to the right and let them pass. Jump back in as long it is not right in front of the next swimmer.
  - If you have to stop at a wall for any reason, stay out of the middle of the lane so others can turn.
  - When you jump back into the set, never leave right in front of someone. Wait until you have 5 sec between swimmers.

