

# The *HEAT* Beat

The Newsletter of the CCYMCA HEAT



## A Word from Coach Will

"You are what you repeatedly do." A quote heard many times, but do we really think about the consequences of this action? This is especially important in the way you think and mentally prepare for a race. There are many techniques, but today we are going to address the power of positive thinking. This means always looking for the road to success, the opportunity for learning and growing, and the bright side of things. Developing a good thought process will help a swimmer attain great mental toughness and calm focus through all levels of competition.

I have seen it time and time again. A swimmer saying things like "I don't like this event" or "I don't do well in this event" or "I don't want to swim against that person. They are too fast." So, when they get up to the blocks, they have bombarded their brain with negative thoughts and they perform lousy. Of course, upon returning to the coaches they promptly say, "See, I told you!" They have fulfilled their own thoughts.

Your mind is extremely powerful. **Whatever you think... you're right!** Think about the things you want to accomplish during your race. These must be things you can control. Things like streamlines, pacing, finishes etc. Water temperature, who you are swimming against, what other people say or your place are things you CANNOT control. So, don't even worry about them. You cannot even control your exact time! Stay focused on the skills you have been developing in practice with your coach and put them into your race. Your place is in **NO WAY** a measure of your success. Hard work and swimming smart will pay off big. If you stay positive, put your skills into your races and remember to have fun, your times will continue to improve and your level of success will grow. **GO HEAT!**

## Fueling for Performance

Optimal nutrition is important to be able to perform during practices and meets at peak abilities. Optimal nutrition comes from eating the right food at the right time to maximize energy and recovery time. To reach these top abilities, it is essential to include carbohydrate (the primary energy source for swimmers), protein (used to build cells), fat (an energy source), vitamins, minerals, and water into your daily diet. In general, follow these guidelines:

Eat food from all food groups. Try and incorporate fat into the day at times that are not close to workout. Eat colorful foods that will provide you with an assortment of vitamins and minerals.

Spread carbohydrates out over the course of the day and during workout. This means eating smaller meals and frequent snacks. At practices that last 90 minutes or more, it is helpful to drink a carb-electrolyte drink, such as Gatorade or Powerade during workout.

Eat early and often. Eat carbohydrate and protein within the first 30 minutes after practice. By doing this, the body will replenish its glycogen stores and repair muscle tissue. Follow with a full meal within the 2 hours following practice. This is critical to maximizing recovery!

*Continued on Page 5*



**Coach Will**

### Fun Facts about Will

Hometown: Champaign, IL.

Coaching experience: 3 years with Hurricane Aquatics, (Coral Gables, Florida.)

Sholem Sharks 1994-1997, Champaign Country Club 1998- present,

Champaign Central 1993-present, Storm Aquatics 1994-2007 and now HEAT!

Favorite Food: "A big, juicy, steak cooked to perfection!"

Favorite Event: 100 Fly

Interesting Fact: "I have been scuba diving on the Great Barrier Reef in Australia!"

### IMPORTANT DATES:

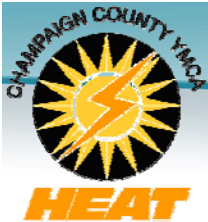
- 10/24 UI Swimming and Diving Splash Dash '09
- 10/25 Fall Sprint Classic
- 11/6-8 Erin Block Memorial Invite
- 11/17 HEAT Booster Club Meeting

**Details on Page 2 and 3**



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

09/10 SEASON  
Issue 1  
October 2009



## From the Booster Board

Welcome to our new venue of communication! Thanks to our parent volunteer Sharon Bard, the *HEAT Beat Newsletter* has arrived to complement our other sources of information. Now we can choose from the always reliable webpage, the helpful bulletin boards and the timely emails from Jane Jukes, our Team Administrator, as well as the comprehensive and brand new *HEAT Beat Newsletter*.

We have “warmed up” with two YMCA meets which had excellent attendance and lots of fast times. The next challenge is the first of our two home meets, the *Erin Block Invitational*, November 6-8. This “3-day-meet” is an excellent opportunity for our swimmers to compete at home, and for parents to shine as volunteers, demonstrating one more time how good we are at hosting meets.

Please, be generous and adventurous with your donation of time. I am sure you will get satisfaction from it. You will get to know other parents as well as swimmers and above all you are going to have a good time.

We need all of you to volunteer! Our Volunteer Coordinator, Judy Wierschem, will be organizing the many tasks the meet involves by scheduling all the needed shifts. Please, get in contact with her as soon as possible to cover those shifts well in advance.

Melanie Michael and Carolyn Gile are the Erin Block Invitational Meet Directors. They have been planning and organizing the meet and will continue to do so until it starts. During the meet they will oversee its operation. They work closely with the Volunteer Coordinator to have everybody and everything in place.

Swimmers, best of luck! Parents, see you all at the meet!



**“If you can’t take the HEAT stay out of the pool”**

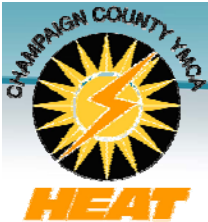
## October Birthdays

Evan Miller	10/2
Tithi Bera	10/3
Natalie Stumph	10/3
Brandon Bell	10/6
Megan Mullaney	10/6
Keegan Luttrell	10/8
William Martin	10/8
Kolton Canales	10/16
Gabrielle Bethke	10/18
Dennis Grandt	10/18
Sammie Lavin	10/20
Britt Sheafe	10/23
Ben Carnahan	10/26
Lydia Roberts	10/26
Grace Bjornbak	10/27
Sydney Longfellow	10/27
Katherine Wagner	10/28
Hannah Franklin	10/29

Estela Canga  
President

### *Upcoming Events*

- ***Saturday, October 24th—UI Swimming and Diving Splash Bash 09***
  - From 12—1 pm at the ARC Outdoor Patio
  - Free food, music, inflatable games and Big 10 Network t-shirts
  - All HEAT members are welcome and encouraged to attend!
- ***Sunday, October 25th—2nd Annual Fall Sprint Classic***
  - Lincoln-Way East High School, Frankfort, IL
  - Two sessions—AM warm-ups at 7:15 am; PM warm-ups not before 11: 30 am
  - More information on HEAT web site
- ***Tuesday, November 17th - HEAT Booster Club meeting***
  - McKinley YMCA Board room at 7:30 pm
  - All HEAT swim parents are welcome to attend!



## Upcoming Erin Block Memorial Invite Meet

It is time to sign up to help with the Erin Block meet November 6-8! We are in need of help in the following areas:

Set-up / Hospitality (donations of food for coaches and officials) / Admissions / Concessions / Safety marshall / Heat prizes / Posting results / Runners / Timers / Bullpen (morning sessions only) / Announcers / Awards / Door monitors / Clean-up

**\*\*We also need one or two people who have a pick-up truck to pick up tables and folding chairs from Brookens Gym sometime early Friday afternoon (probably around 2 pm) and bring them over to the Aquatic Center (this counts as 1 session). We also need someone who can return the tables and chairs either Sunday evening or early Monday morning after the meet.\*\***

There are five (5) sessions to this meet that need volunteers: Friday afternoon/evening, Saturday morning, Saturday afternoon, Sunday morning, and Sunday afternoon. Swimmers 10 and under will swim in the mornings and swimmers 11 and over will swim in the afternoons, with both groups swimming Friday evening.

At this time, we are asking all families of Heat swimmers to work three (3) sessions. If we end up getting enough volunteers, you may not need to work all three sessions. Even if your swimmer is not swimming in this meet and you are available that weekend, we encourage you to volunteer. The invitationals that we host (Erin Block, Mid-Winter and Illinois Open) are our main fundraisers for the team. (Without hosting these, we would be out selling products and holding car washes.) It is also a great opportunity for new swimmers to see how a meet runs.

Please email Judy Wierschem ([jlwiersch@yahoo.com](mailto:jlwiersch@yahoo.com)) with your preferred session and assignment to work. I will do my best to put you where you would like to volunteer.

Thank you for helping to make this meet a success!!

Judy Wierschem



*Awards at a Past Erin Block Meet*



## Coach spotlight on Tina Johnson

To start off the new season, we tracked down the coaches to get to know them better. Here is what we learned about Tina:

### *Fun Facts about Tina*

Hometown: Chicago then Urbana. Illinois State University (Go Redbirds!)

Coaching experience: includes teaching lessons and coaching at ISU and the YMCA.

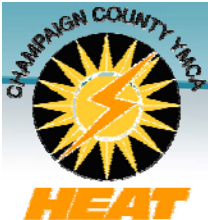
Tina has experience teaching children with disabilities, including hard of hearing individuals, as well as a student who utilized bio-feedback.

Favorite food: pizza and fruit

Favorite Event: Distance and both relays

Fun Fact: Tina was the only girl on the all guys swim team at UHS.





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

- Train regularly
- Always bring a water bottle to practice
- Eat less saturated fat; poly and unsaturated fats are essential to good endurance
- Eat more fresh fruits
- Stretch every day—even if it's not a swim day
- Practice kicking
- Thank your coach after each practice
- Make a friend with a younger swimmer on the team—they look up to you!
- Don't take a breath 3 strokes in AND 3 strokes out of ALL of your freestyle turns
- Drink less pop
- **More tips next month!**



### **Something to Add?**

If you have an article, swimmer recipe, picture or anything else you would like to see in the *HEAT Beat*, e-mail it to Jane Jukes at [jane@ccymca.net](mailto:jane@ccymca.net)

## **Parents Corner**

### ***First 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

#### **I. Thou shalt not impose thy ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

#### **II. Thou shalt be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

#### **III. Thou shalt not coach thy child.**

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

#### **IV. Thou shalt only have positive things to say at a swimming meet.**

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

#### **V. Thou shalt acknowledge thy child's fears.**

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

**Stay Tuned:**

**Remaining 5 of the 10 Commandments for Swimming Parents in next month's newsletter!**

## Fueling for Performance (Cont from P. 1)

Drink early and often. It is important to prepare for workout by being fully hydrated and to refuel hydration during and after practice.

When it comes close to meet time, fueling the body for success is crucial. Swimmers should focus on fueling for the day, not the race. Focus on maintaining energy/blood sugar levels and hydration. Here are some easy steps to follow:

The night before eat a high-carbohydrate snack. Drink at least 2 full water bottles of water and fluids.

On the day of the meet, timing when to eat is critical. For breakfast order food that is high in carbohydrates, such as pancakes, waffles, French toast, bagels, cereal, English muffins, fruit or juice. Avoid high-fat food, such as bacon, sausage, or biscuits and gravy. For the hours leading up to the start of races follow the table below:



CCYMCA Swim Meet

### Fueling for Meets

<u>3-4 hours to go</u>	<u>2-3 hours to go</u>	<u>1 hour or less to go</u>
Fresh fruit and fruit and vegetable juices	Fresh fruit and fruit and vegetable juices	Fruit and vegetable juice such as orange, tomato, or V8
<b>AND</b>	<b>AND</b>	<b>AND/OR</b>
Breads, bagels, baked potatoes, cereal with low-fat or skim milk, low-fat yogurt, sandwiches with a small amount of peanut butter or lean meats and cheese	Breads, bagels, English muffins with limited amount of butter, margarine, cream cheese, or peanut butter.	Fresh fruit such as apples, watermelon, peaches, grapes, or oranges
<b>AND/OR</b>	<b>AND/OR</b>	<b>AND/OR</b>
7.5 cups of a sport drink, like Gatorade	4 cups of a sport drink, like Gatorade	1 to .5 cups of a sport drink, like Gatorade

Table found at [www.usaswimming.org](http://www.usaswimming.org)

### ***Hints for the swimmer for a successful meet:***

- ✓ Arrive in plenty of time prior to warm-ups to find your team, change and organize your belongings
- ✓ Make sure you sign in and let your coach know you are at the meet
- ✓ YOU are responsible for knowing in which events and heats you are participating, NOT the coach or your parents
- ✓ ALWAYS talk to the coach before AND after EACH race