



SCOTT COLBY USA SWIMMING SPORTS CONSULTANT TALKS WITH CPD SWIMMERS

USA Swimming Partnership

by Camaxtle Olivo

Exciting things are happening in the Chicago Park District. Since the partnership, between the Chicago Park District, Illinois Swimming Inc. and USA Swimming, began last year many NEW and extraordinary things have taken place.

The Chicago Park District is officially the largest swim club in the USA. With athletes exceeding 2900 and counting, the Chicago Park District has become the model for clubs around the country. At the top end of the spectrum for registered members, through our partnership, we strive to be among the top performers in the sport of swimming.

To begin with USA Swimming has provided the Chicago Park District coaching staff with extraordinary educational opportunities to learn from National Level sports consultants. Our 100 USA Swimming member coaches across the city are provided the same educational material of top level coaches across the country, boosting our program to new heights and elevating the level of competition within the Chicago Park District. In addition to strengthening the local community program, the Chicago Park District has opened a direct and clear path to the USA Olympic team.

Through the outreach program all of the Chicago Park District aquatic team sports has been provided with a membership to USA Swimming through Illinois Swimming Inc. as part of this partnership.

USA Swimming membership is required for any athlete seeking to qualify for National level swim meets, such as the Olympic Trials. Individuals seeking to discover how they measure up to the best swimmers in the state may now do so with a USA Swimming membership. Register for a USA Swimming sanctioned meet, at a nominal cost. Have your times recorded nationally, and qualify for championship meets beginning with the State of Illinois and continuing through a series of competitions with the ultimate goal of the Olympics. All of this opportunity included within our already great program.

The fun doesn't stop there. Illinois Swimming has been gracious enough to host the first ever Chicago Park District (USA swimming sanctioned) Swim Meet at the UIC natatorium last April. This event was an astounding success in the Chicago community. Olympic Gold medalist Cullen Jones even made an appearance.

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Chicago Park District Swim Club Newsletter

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Parents Education

by Luis Meraz

Tony Young Illinois Swimming Inc. Sports Director and Randy Julian USA Swimming Sport Development Consultant held a parent presentation during the clinics, held in November. These are just a few things that were mentioned.

Be supportive, not every athlete wins their heat. Whether they come in first or last as parents we must show support, win or lose. Be there to provide emotional support during the tough times, of which there will be many, even during school.

Encourage independency have your child to pack up and empty their own swim bags, make their own breakfast, and carry their own swim bags. This will help create independent and self-motivated swimmers, with a strong sense of confidence.

Be punctual, whether it's at school or at practice. By showing up 15 minutes early it give the athletes time to engage conversation with friends in their ongoing day. When practice has starts everyone should be focused on swimming, having had time with friends they are more likely to be better focused. This also allows the parents to ask questions to the coaches about swimming or other concerns without interrupting practice.



Randy Julian USA Swimming Sport Development Consultant gives parent presentation

Nutrition- Avoid sugary/greasy snacks. Although this may create a temporary improvement, during competition the body will suffer from lack of protein and carbohydrates that the body requires after an all-out race.

Fruits are a good source of natural sugar. They will keep the athlete energized throughout the day. Cheese sticks, beef jerky, milk, yogurts and eggs are a good, quick and easy source of protein for competition. Nuts (if not Allergic) are an excellent alternative source of protein. A small bag of non-salted cashews, walnuts or almonds is recommended. Wheat bread and oatmeal are a great source of Carbohydrates. If possible cooked pasta in a cup for the go.

Keep in mind this are just snacks to keep our athletes going. Avoid full course meals or fast food.

Hydration is of the utmost importance. Water, Gatorade, and teas are fine to keep them well hydrated. Any other kind of drink like soda or sugary substances will only make them stay dehydrated and drink more than they should. As a result their performance will suffer.

This is just some of the information that was given during the presentation. Use this information and apply it to help your athlete Improve.

Swimming Tips

by Camaxtle Olivo

The objective of a racing start is to carry maximum speed forward into the water. Setting up on the block is just as important as what happens after you enter the water.

The most popular start to achieve this is the track start. There are 4 key components to setting up the track start.

#1 High HIPS & Flat BACK

The position of the HIPS effects the center of mass. Higher hips will generate more inertia. The back and shoulders should be horizontal or the shoulders should be below horizontal. A flat straight back optimizes the leg push and connects the lower to the upper in the body chain. Avoid a crouched, rounded back.

#2 EYES Down

Do NOT throw your head forward. Keep your head straight and looking down. Do NOT look back or at your feet or up at the opposite wall.

#3 ARMS Loaded

Wrap your thumbs around the block. Elbows bent & ready to pull. Your elbows should be pointing backwards NOT out to the side. Pulling with the arms is critical to getting the upper body and hips moving forward and keeps the body low. When available use the handles on a starting block. Statistics have shown, the handles will improve at start even if an athlete has never used them before.

#4 Rear FOOT behind the HIPS

If the hips and back are crouched and rounded it takes longer to get the center of mass moving. Your toes should face forward and your feet should be positioned just inside hip width. NOT lined up one in front of the

other, comfort is key. The torso may lean on the front thigh if need be.

Be sure to remember to jump forward, NOT up.

The start begins with the arms pulling, the elbows go back and the hands follow the elbows back (finish all the way back, hands should be behind the back at the moment the athlete leaves the block) Do NOT shoot your hands forward off the block/ pull the block. Your hands should go back first before they go forward. Almost EVERYONE can use their arms more. Push the chin & chest forward, don't over tuck your chin.

And always remember NOT to stand up or lift the shoulders at the beginning of your start.



This list consists of the athletes that have achieved a qualifying time this 2017-18 SCY season. (Please note all athletes are subject to the age-up date. These qualifying times are of current age. If an athlete has a birthday prior to the meet they may qualify in the new age group if the time corresponds to their age at the meet.)

USA SWIMMING QUALIFYING TIMES

Avery McDowell – Ping Tom Park

50yd Freestyle	32.34	Regional
50yd Breaststroke	40.48	State
100yd Breaststroke	1.32.28	Regional
100yd Individual Medley	1.24.79	Regional

Ricardo Rosales – Wentworth/Kennedy Park

50yd Freestyle	30.77	Regional
100yd Individual Medley	1.19.82	Regional
200yd Freestyle	2.40.78	Regional
50yd Breaststroke	40.33	Regional
100yd Breaststroke	1.27.70	State

Rafael Munoz – Shabbona Park

50yd Freestyle	25.68	Regional
200yd Freestyle	2.04.96	Regional
100yd Breaststroke	1.12.47	Regional
400yd Individual Medley	5.04.51	Regional

Emily Belcik – Wentworth/Kennedy Park

50yd Butterfly	32.83	Regional
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Grace Murphy – Ridge Park

50yd Freestyle	29.72	Regional
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USA Swimming Partnership continued

by Camaxtle Olivo

There were over 600 children participants ranging in age from 6 years old to 17 years old.

Cullen Jones greeted all the athletes, signed many autographs, and even offered a few words of encouragement during a coach's meeting. Cullen Jones also participated in a race against select relay teams comprised of children from the Chicago Park district, creating an event that most will never forget.

Cullen Jones is the first African-American to hold a world record (4x100-meter freestyle relay) in swimming. As part of the American team, at the 2008 United States Olympic Trials, Jones broke the American record in the 50-meter freestyle with a time of 21.59. (It has since been broken.) At the 2008 Olympic Games in Beijing, China, he won a gold medal in the 4x100-meter freestyle relay in a world record time of 3:08.24 with Michael Phelps, Jason Lezak and Garrett Weber-Gale. At the 2012 Summer Olympics, he won silver medals in the 4 x 100-meter freestyle relay and the 50-meter freestyle, as well as the gold in the 4 x 100-meter medley.

The entire event was officiated by volunteer members of Illinois Swimming Inc. and provide the Chicago Park District the opportunity to offer this event at an unprecedented \$1 per event. Allowing a child of the Chicago Park District to participate in 6 events during a two day meet for as little as \$6. How Amazing? Meets of this nature normally range \$30-\$40 for a 2 day event, if not more.

Clinics that normally range upwards of \$100-\$200 per athlete are often out of the range for many. Not when you are part of the Chicago Park District.

The Chicago Park District hosted 8 USA Swimming clinics this past November. National Level coaches & sports consultants from around the country flew into Chicago to work with our children. Mark Hesse, Randy Julian, Scott Colby, and Tony Young were gracious enough to run the clinics alongside the CPD coaching staff. The clinics were held at 4 locations through-out the city; Shabbona Park, Ping Tom Park, Harrison Park, and Foster Park. Although space at these clinics was limited, these clinics were open to the entire Chicago Park District aquatics team sports program.

Anyone practicing at any location within the Chicago Park District was eligible to be put on the list of attendees on a first come first serve basis. Parents, children and coaches alike raved about the clinic, and the useful knowledge obtained. As mentioned before these clinics were limited, but don't worry there is more to come.

USA swimming will be coming out this spring to host a clinic geared toward parents. Parents are an important part of USA Swimming and Illinois Swimming Inc. Please join us for this clinic, learn how you can become more involved in your children's sport.

The Chicago Park District will be hosting the 2nd Annual April Swim Meet this upcoming year 2018. Once again Illinois Swimming Inc. will provide volunteer officials to staff the event. This meet will maintain a very low entry fee ensuring participation at minimal cost.

In conjunction with the April Swim Meet, a special Top 100 Swim Clinic will be held by USA Swimming in June. This special clinic will be much more extensive and take a full day. It will be conducted by National Level coaches and sports consultants, alongside our own CPD coaching staff. This opportunity will only be available to the top 100 athletes from the 2018 April swim meet.

Another priceless value brought to you by the partnership between the Chicago Park District, Illinois Swimming Inc. and USA Swimming.



Mark Hesse USA Swimming Sports Consultant speaks with a group of CPD swimmers.

Season Performance

by Elizabeth Pantoja

Going into our fall season, we've attended five swim meets. We've had 4 new Regional Championship cuts and placed 2nd at the OLSA Lightning Pumpkin Plunge swim meet. We've had many athletes from parks all over the city attend our swim meets this fall.

To kick off the season, The Chicago Park District attended the Lyons Pride swim meet in October. There was a total of 14 athletes from CPD at the meet, of which 3 qualified for the IL Regional Championship and 1 qualified for IL Age Group State Championship.

The 2nd meet of the season was the Trick-or-Treat Express. There were 5 athletes at the meet. 2 of them obtained regional qualifying times.

At the 3rd swim meet, FOX Valley 21st Annual, there were 6 CPD athletes in attendance. An 8 year old CPD swimmer swam against 11 and 12 year olds, placed 1st in his heat, and 12th overall for the 100 Free.

At the 4th swim meet, the OLSA Pumpkin Plunge, the majority of the participants were from Ridge Park. Many of them coming really close to qualifying for Championship meets. One Ridge athlete placed 2nd at the swim meet overall and the team as a whole also finished in 2nd.

Our most recent swim meet was the Candy Cane Classic at Hinsdale. We had 16 athletes at the meet and a lot of time drops. 3 first time participants attended this meet, one of which placed top 5 in all of her events.

We would like to thank those parks that have participated in the swim meets and look forward to seeing more of them. To date there has been 1 athlete from McGuane Park, 1 from Ping Tom Park; 2 from Stanton Park, 2 from Harrison Park; 4 from Gill Park, 5 from Shabbona Park, 5 from Kennedy-Wentworth, and 7 from Senka; as well as the 16 athletes from Ridge Park that have attended USA Swimming competitions.

We are scheduled to attend 7 more swim meets before the end of the season, and look forward to having more parks participate.

Fear not the end of the USA Swimming season. This year through our partnership and the progress of the individuals involved, the Chicago Park District "A" Championship will be a sanctioned USA Swimming event. This means any athlete that competes and achieves a valid time will have their times recorded nationally and may use those times to qualify for IL Regional and IL Age Group State Championships. Through the generosity of IL Swimming this event will remain a free event to team sports members.

Mark Hesse speaks on the pool deck at Shabbona Park

The CPD Center of Excellence has also been growing in popularity. Attendance at practice is up. The numbers from Harrison and Welles has gone up. The center of excellence practices are getting about 30 swimmers, all of which put in a lot of effort and have improved.

At the Solorio practice we have kids from Senka, Kennedy-Wentworth, Harrison, Stanton, Fosco, Curie, and Shabbona attending. The Uplift practice gets swimmers from Gill, Welles, Uplift, Eckhart and Shabbona. However, the center of excellence practice at Whitney Young has been the most popular, with the average attendance at 40 athletes per practice. We would like to continue to grow our centers of excellence and would also like to thank all of the instructors for working with us to make the Chicago Park District the biggest team in the country.

Now we must strive to be the fastest.



Special Thanks

We would like to extend a special thanks to the individuals working toward the success of the partnership between USA Swimming, Illinois Swimming Inc., and the Chicago Park District.

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