



Avery McDowell looks up to Olympic Gold Medalist Cullen Jones after a soyd. freestyle race

Chicago Park District Swim Club Newsletter

1119 W. Cullerton St.
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Looking Forward

by Elizabeth Pantoja, Luis Meraz, Adam Rivera, & Alexander Wojcik

The Chicago Park District has 3 swim meets left in this season: Tops Father's Day Classic, West Chicago Sharks Summers Splash and CWAC Summer Sizzle Invitational. In addition to the 3 remaining swim meets, the Regional, Senior, and Age Group Championships will be in July. There is also a Central Zone Championship in Minnesota where athletes (if they qualify) will represent Team Illinois.

To qualify an athlete must achieve a qualifying time at a USA Swimming sanctioned meet. On June 18, the Center of Excellence locations will begin the summer practice schedule. Morning practices will be at outdoor pools; McKinley Park and Riis Park from 8-11am. At morning practices athletes will run, do land workouts, as well as swim in long course pools. Afternoon practices will be at Ping Tom from 5-6:30pm and Portage from 7:15-8:45pm. Double practices are highly beneficial for increasing athlete stamina, strength, and discipline for routine training. Do not let the summer go to waste, train year round. Stay committed to bettering yourself athletically and focused to produce a healthy mindset.

On June 23, USA Swimming Sport Consultants, Scott Colby and Jay Chambers, will be coming to Whitney Young High School to host a swim clinic for the top athletes of CPD. At the clinic, they will

provide national-level technique and professional coaching tips.

Scott Colby has been a coach for 33-years. He has also coached two National Champions, seven Junior National Champions, and multiple National Team swimmers.

Jay Chambers has 41 years of coaching experience. He was honored as Indiana Coach of the Year in 1998. Chambers is an educator to coaches and clubs by providing technical and sport science education with the goal of enhancing athlete performance.

This clinic is only available to the top 10 finishers from each age group and gender at the Spring Splash meet in April. Swim clinics similar to this would usually cost between \$100 and \$300. However, it will provided free of charge for the Chicago Park District athletes, as part of our partnership with Illinois Swimming and USA Swimming.

In addition to athlete clinics, there are also plans to host clinics for parents to be certified USA Swimming officials. In the future, the Chicago Park District would like to have more consistent, high-quality and technically-correct competitions officiated by volunteer parents of the CPD.

By the time 2018 fall season comes around, Chicago Park District and USA Swimming will have created a new citywide curriculum for swim practice. This curriculum will be aimed to increase the level of competition within the park district as well as the effectiveness and consistency of our training. If you want things to change, BE THE CHANGE.



Mariana Servin of CPD squares off against two Academy Bullets swimmers.

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Emily Tipan during awards ceremony at a USA Swimming sanctioned meet.

Season Report

by Elizabeth Pantoja, Luis Meraz, Adam Rivera, & Alexander Wojcik

The Chicago Park District has attended two swim meets for the Long Course Season. On May 4-6, CPD attended the Speedo Spring Pentathlon at St. Charles. At this swim meet, two athletes qualified for Regional Championship. On May 12-13, CPD attended the Speedo Spring Spectacular at UIC. At this meet, there were 8 athletes that qualified for the Regional Championship and 3 athletes that qualified for the Illinois state Age Group Championship. Stanton Park represented CPD at the MDWY Stars and Stripes meet.

On April 28-29, the Chicago Park District hosted the 2nd Annual Spring Splash swim meet. This swim meet is special because there were 32 park locations from across the city competing with 638 athletes and 2,435 entries. This event was sponsored by Illinois Swimming and made possible by the CPD Swim Club parent committee. The Chicago Park District Aquatic Unit is grateful for all of the help that made this event possible.

Gold Medal Olympian Cullen Jones made an appearance. Seven lucky CPD athletes had the opportunity to swim alongside him for a 50-yard Freestyle race. A true spectacle to behold. After the race Cullen Jones stuck around to take pictures with fans and sign autographs.

Special vendors were also providing food and merchandise for swim club fund-raising.

USA SWIMMING QUALIFYING TIMES

This list consists of the athletes that have achieved a qualifying time this 2018 LCM Regional Championship. For more information and to sign up for Championship meets please visit www.CPDSwimclub.com

(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.)

GIRLS

Kimberly Acosta- Harrison
Zayra Arellano - Welles
Nora Baker – Welles
Camila Bautista – Shabbona
Natalia Bautista – Shabbona
Emily Belcik – Wentworth Kennedy
Haylee Diaz – Harrison
Lauryn Hodges – Fosco
Ruby Hodges – Fosco
Madison Holmes – Fernwood
Ema Kelmendi – Welles
Grace Koenig-Song - Stanton
Selina Liu – Ping Tom
Nyah Lovis – Stanton
Alicia Montes – Welles
Elisa Montes – Senka
Kristina Muharremaj – Shabbona
Grace Murphy – Ridge
Eden Naiditch – Fosco
Julissa Navarette – Harrison
Bianca Perez – Eckhart
Suzana Sharakhija – Shabbona
Maja Staniszewski – Shabbona
Abigail Tipan – Shabbona
Emily Tipan – Shabbona
Liliana Verneuil – Gill
Erika White – Fosco
Vivien Youngblood - Welles
Daphne Yu – Fosco
Melissa Yu – Fosco

Boys

Diego Alvarez – Harrison
Aleksandar Arsic – Stanton
Emmanuel Cisneros – Piotrowski
Sebastian Daraban – Welles
Ian Estrada – Harrison
Ethan Feng – Ping Tom
Aliomar Gad – Uplift
Daniel Galinski – Shabbona
Michael Gawlak – Fosco
Jalen Harris – Fernwood
Thomas Hart – Foster
Biko Hooper-Haviland – Fosco
Anthony Martinez – Harrison
Avery McDowell – Stanton
Benjamin Morelock – Homan Square
Ernie Muharremaj - Shabbona
Rafael Munoz – Shabbona
Davion Nichols – Hayes
Oliver Oneil – Gill
Miguel Pintor – Harrison
Edward Reyes – Blackhawk
Huemac Rocha - Stanton
Ricardo Rosales – Wentworth Kennedy
Kajus Rudzevicius – Ridge
Brayan Ruiz – Kosciuszko
Jordan Sangoleye – Fosco
Fernando Santos – Curie
Eduard Sharakhija – Shabbona
Noah Tikoo – Fosco
Edward Zhang – McGuane
Shuhan Zhao - Independence

Oceans Apparel was offering customized t-shirts, hoodies, and towels. The Swim Team Store came out to with swimsuits, goggles, swim caps, backpacks, and other swim gear. Maui Wowi Smoothies set up a stand providing fresh drinks and We R Photos Photography was taking professional action photos of the athletes.

The Chicago Park District would like to show some appreciation towards USA swimming for providing the Olympic guest, banners, and a backdrop for podium pictures. The facility and awards for the Spring Splash meet were provided by Illinois Swimming. This partnership with USA Swimming has

provided many new opportunities for the CPD, its staff and its athletes.

USA Swimming is also providing educational opportunities for CPD parents. Just recently Juan Caraveo, from USA Swimming, came to Chicago, visited three CPD parks and provided a parent presentation. These presentations were held at Harrison Park, Welles Park, and Fernwood Park. The main focus was basic parent education and athletic expectations. Understanding that there is a parent-to-coach, coach-to-athlete, athlete-to-parent relationship and the roles of each person within said relationship is an integral part of the sport dynamic.



Cullen Jones Prepares to swim with CPD athletes

form of burnout can come from a feeling of entrapment in the sport. Basically an athlete feels the sport has lost its fun.

There are many signs of burnout. Some of the most significant include; changes in swimming performance or practice, emotional and behavioral changes, and health or injury changes.

Dr. G John Mullen recommends that all age group swimmers take at least 2 months break from intense swim training each year. This break does not have to be consecutive and can be taken at the end of each swim season.

Dr. G. John Mullen received his doctorate in Physical Therapy. As a strength and conditioning consultant and creator of the swimmer's shoulder system, he is the chief editor of Swimming Science and the Swimming Science Research Review.

This does not mean sit on the couch for 2 months. During your break from swimming, athletes should still exercise 1 to 1.5 hours of aerobic per day combined with non-aerobic. Take the opportunity to work out different muscles. Cross training is recommended.

How to tell if your athlete needs a break?

1. Boredom – Your athlete may be losing interest in swimming causing boredom in practice or swim meets. This may occur if the swimming routine isn't changed up or if athletes continually swim the same events over and over. Athletes may begin to lose interest in improvement due to boredom.
2. Misplaced Motivation – An athlete's love of swimming may often be over shadowed by a parent's pride or team's reputation. When athletes start swimming to please other people or other's expectations, they begin to lose sight of the reasons why they swim.
3. Life Consuming – Although wanting to improve is a positive thing. Some athletes may become obsessed about reaching a personal best. Obsession leads to a point where everyday life and health (both physical and mental) can be compromised. Grades



CPD partnership backdrop provided by USA Swimming

may suffer and injuries or pains may be ignored.

4. Injury or Illness – Overexerting yourself can increase the risk of injury. This is usually caused by over training or over competing. Not allowing for a proper recovery can leave the body in weakened state, more susceptible to injury or illness.

There are many other reasons someone might need a break from swimming. The important thing is to recognize your athlete's needs and don't be afraid to take a break.

How to prevent Burnout?

Aside from taking regular breaks from competitive swimming and rigorous training, in most cases, you can help prevent burnout by following a few basic recommendations.

1. Arrive to Practice Early – Arriving early allows athletes to participate in a preparation routine and converse with friends. In the sport of swimming, athletes don't have much time to speak to each other. Often, the few moments during stretching and before entering the water for practice is the only time athletes will talk with friends, especially if practice ends late or if there is a rush to get home. Catching up with friends helps keep swimming enjoyable.
2. Don't Over Compete – It is recommended by USA Swimming sport consultants as well as coaches from all over the country that athletes should only compete in one swim meet every 3-4 weeks. Unfortunately, contrary to what many believe about having more opportunities to qualify by competing every weekend, this actually hurts your performance. Athletes need to properly recover and train in between swim meets. When you compete every weekend the only thing you accomplish is cementing in your current technique and habits. The body will revert to muscle memory in a race. Athletes need time to practice technique and reprogram their muscle memory to actually

Burnout:

How much is too much?

by Camaxtle Olivo

All too often athletes suffer from a phenomenon known as "Burnout."

This issue will delve into the signs, symptoms, and causes of burn out. Athletes and parents should both be educated and aware of burnout, and how to avoid it.

What is Burnout?

Burnout is defined as, "physical or mental collapse caused by overwork or stress."

There are two types of burnout in competitive swimming. There is physical burnout and mental burnout.

Physical burnout can manifest itself in a number of ways. Often swimmers may complain of nonspecific muscle or joint pain. This may develop into a recurring injury or repetitive motion stress. The injury can lead athletes to believe continuing in the sport may not be worth it, or worse yet lead to permanent injury ending an athlete's swim career. Over training is normally the cause of physical burnout.

Mental burnout, on the other hand, is more common and often easier to identify. This

break bad habits and see real improvement. There are other ways to measure improvement during practice. Not to mention kids don't have fun if they spend every weekend in a meet.

3. Mix It Up – It is very important to have variety in swimming. It's good for both physical and mental health. Training in the events that you don't like helps you get better at the ones you do like. In seeking to gain a personal best in your dominant events, you may make the mistake of swimming that event in every meet. The recommended recipe for success is to compete in your primary events in one meet and in the following meet compete in secondary events, alternating. This will help prevent the buildup of bad habits and muscle memory we don't want. It also acts as a mental break for the athlete for being focused on one task. Aside from variety in training, having fun can be a huge benefit in athletes improving and continuing to enjoy the sport of swimming.

4. Don't Push Too Hard – Your athlete may be doing very well in the pool right now, but that doesn't necessarily translate into success later in life. Studies have shown that only about 11% of athletes that rank high in younger ages 12 and under will have that continued success in ages 17-18. The idea is to slowly build your swimmer as they mature into their adolescences. Pushing them too hard, too soon, will most certainly set them up for disappointment as the other swimmers mature and catch up in speed. It's best to allow them to have fun as long as possible and nurture them as they strive for self-improvement. Ultimately, it's the swimmer that has to want it.



Maya Garcia and Julissa Navarette win medals at the CPD Spring Splash

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.

The volunteer officials from Illinois Swimming. You are amazing thank you for everything you do.

Parents are one of the biggest supporters without your hard work this would not be possible. Please look into becoming more involved in your child's sport. We always need volunteers.

There were many donations from individuals that we were unable to track. Thank you so much!!!

And an extra big THANK YOU to Adriana Ortiz-Servin (president of the parents committee) for organizing our third party vendors for fund-raising and handling our hospitality room for officials and coaches.

USA Swimming Staff

Shaun Anderson

Marie-Jo (MJ) Truex

Manny Banks

Randy Julian

Scott Colby

Mark Hesse

Jay Chambers

Juan Caraveo

Illinois Swimming Staff

Tony Young

Pam Lowenthal

Amanda Schleede

Jack Yetter

And all the other volunteer officials that made the April Spring Splash a success.

Notable Park Donations

Shabbona Park

Senka Park

McGuane Park

CPD Swimming Parents

Ruperto Servin

Amelia Gonzalez

Celina Garcia

David Garcia

Norma Briseno

Alicia Fuentes

Yolanda Espinoza

Betty Rodas

Luttvina Gonzalez

Alejandra Canales

Marisol Yescas

Erika Castillo

Meghan Zeek

Linda Tan

Columba Montes

Marisol Flores

Gaby Tellez

Kenyetta Benton

Baran Ozkan

Jaime Lopez

Hannah Juachon

Jennifer Osei

Adriana Ortiz-Servin

And any other parents that made this possible.



Illinois Swimming Needs Your Help!

Every year, teams across the state of Illinois host meets and events so our athletes can swim to get qualifying times and best times. It is a tremendous opportunity for our athletes and families, and all those sessions need officials!

Like all organizations, we require constant renewal to continue our success. Every few years it becomes important to renew our ranks as the children of current officials get older and graduate from high school. Officiating is fun and rewarding, and a great way to see a meet and watch your kids' swims.

The job requires no upfront knowledge of swimming. The training is thorough and uncomplicated. After the training, most officials work the sessions their children swim. It does not require any more time or effort than any other job at a meet.

We are looking for people willing to learn to be stroke and turn judges (the people at the ends of the pool observing swims) or administrative judges (the people running the computers that make a meet go).

Excellent Reasons to Officiate

- Be close to the action and help kids have great experiences.
- Work with fun people (really, we're great!).
- Get the best seat in the house.
- Great food from our awesome hospitality team!
- Help us host great meets for the athletes!
- Tax advantages of volunteering for registered charities.

Attend an Upcoming Officials Clinic

Registration is on the Illinois Swimming Website

www.ilswim.org

Do you have questions or just want more information?

Email or Amanda Schleede:
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Or talk to any of us on deck!