



Last year's Winter Break Camp 10 & under

Chicago Park District Swim Club Newsletter

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Chicago, IL 60608

Swimming Tips

by Camaxtle Olivo

Practice with purpose.

Often swimmers are looking for a piece of advice that will help them go faster.

To that I say, "PRACTICE"

But, it is not enough to just show up to practice. You really need to practice with purpose.

Know what your goals are, then work to achieve them.

Practice is the time to work on your technique, speed, and stamina. At a swim meet you let your muscle memory and training take over. If you practiced with purpose you will see improvements. If you didn't then you will see a very similar performance to your last race.

So how do we practice with purpose?

To begin, identify your weaknesses. These will be the spots that you will need to focus on during practice. If you're weak at kicking, focus on kicking harder. If you're slow on the turns, focus on getting into the wall and off faster. Obviously these are only 2 examples of many.

How you practice will determine how you perform at a swim meet. Michael Phelps lost during the 200 meter butterfly in London. The reason for the loss was due to gliding into the wall. Phelps admitted that he had been occasionally gliding into the wall at

practices in the four years leading up to London. When it mattered most his muscle memory kicked in and it came out. Phelps went on to say, "I'm not going to make excuses. Those lazy finishes were decisions I made." Phelps was honest enough to acknowledge that it was his choice that ultimately cost him the gold.

It is your choice too!!!

Here are some helpful tips to practicing with purpose.

Finish strong - Swim all the way to the wall and avoid gliding in. Athletes should never slow down when approaching the finish. If you can take that extra pull, do it. Just be sure not to short stroke in butterfly that is call a breaststroke pull and will result in a DQ.

Turns – It is easy to get lazy on your turns. Many swimmers think of the few seconds it takes to do a turn as a moment to rest. When in fact, swimmers should be speeding up into the wall to perform a turn as quickly as possible. Turns should be practiced at full speed and getting off the wall faster should be the focus.

Streamline – When a swimmer first dives into the water, they are moving the fastest that they will ever go during any event. Additionally, after a turn the push off the wall will prove to be the second fastest that a swimmer will move through the water. Maintaining a tight and efficient streamline will allow a swimmer to keep that momentum and speed for as long as possible before slowing down to swimming speed. Squeeze those ears and keep your head down.

Pulling into the wall - This is a bad habit to get into. Ultimately athletes are learning to grab the wall on top. This leads to swimmers finishing a race by slapping the top of the touchpad, which may not register a time. As well as them slowing down before they reach the wall. Avoid grabbing the wall all together, athletes should be focused on carrying momentum into the wall and pushing away from it not pulling in toward the wall. Avoid this even during kicksets.

Keep your head down – Often athletes lift their head to look forward during a streamline, breathing or just before the finish. Lifting the head breaks your streamline and causes the rest of the body to drip down a little. As a result swimmers catch a lot of drag slowing them down.

Technique- Always focus on your technique and don't ever let it get sloppy. Practice makes thing permanent.

"Practice does not make perfect. Only perfect practice makes perfect."
– Vince Lombardi

State Qualifiers on page 2

USA SWIMMING QUALIFYING TIMES

This list consists of the athletes that have achieved a qualifying time since 2/1/17. There is still time to qualify. (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.)

Winter Regional Girls:	Winter Regional Boys:	Age Group Champs:
Koenig-Song, Grace Koenig-Song, Adeline Lo Bianco, Chiara Miglietta, Layla White, Erika Staniszewski, Maja Teninty, Alexandra Teninty, Ashlynn Sanchez, Franchesca McCracken, Gabriella Ruiz, Stephanie Arellano, Zayra Baker, Nora Montes, Lizeth Belcik, Emily Naiditch, Eden Hodges, Ruby Yu, Melissa Holmes, Madison Youngblood, Vivien Cabrera, Nisa Ellis-Garcia, McKenna Muharremaj, Kristina Butney, Morgan Liu, Shannon Tipan, Abigail Acosta, Kimberly Montes, Elisa Sharaxhija, Susana Bautista, Natalia	Estrada, Ian Rocha-Gonzales, Huemac Jiang, tianbian Muharremaj, Ernie Sangoleye, Jordan Ivascu, George Rosales, Ricardo Zeeck, Tobias Gawlak, Michal Cisneros, Emmanuel Hooper-Haviland, Biko McDowell, Avery Arsic, Aleksandar Marinez, Ricardo Bratton-Ceaser, Israel Ziya, Zhou Mejia, Elian Zhang, Cedric Romero, Luis Gonzalez, Marvin Tikoo, Noah Servin, Erik Munoz, Rafael Galinski, Daniel Harris, Jalen Gad, Aliomar Gawlak, Marek Kugler, Michael Santos, Fernando Zhang, Edward Choi, Ryan	Koenig-Song, Grace McCracken, Gabriela Yu, Melissa Naiditch, Eden Jiang, Tianbian McDowell, Avery Arsic, Aleksandar Ivascu, George Zhou, Ziya Sangoleye, Jordan Cisneros, Emmanuel Senior Champs: Suzana Sharaxhija Daniel Galinski

