



# THE HORNET BUZZ

AUGUST 2016

## UPCOMING EVENTS

Host	Location	Date	Sign up Deadline
Intrasquad Meet	DGS	TBD-October	TBD
Fox Fall First Splash	Neuqua Valley HS	Oct 22-23	9/22
STSC Speedo Fall Classic	St Charles North + Norris Rec Center	Nov 4-6	9/23
IFLY Midwest Senior Challenge (Qualifying)	University of Iowa	Nov 4-6	TBD
HSC Fall Classic	Hinsdale Central	Nov 18-20	10/21
NASA Winter Blastoff (Qualifying)	Northwestern University	Dec 2-4	TBD
LWSA Holiday Splash (Non-NASA Swimmers)	Lincoln Way Central	Dec 9-11	11/4
HWSA Winter Splash	Stagg HS	Jan 6-8	11/28
HWSA Distance Meet	Stagg HS	Jan 21	12/31
Indianapolis Travel Meet (Qualifying)	IUPUI Natatorium	Jan 27-29	TBD
West Chicago February Frenzy	West Chicago HS	Feb. 10-12	12/31
St. Charles Chicagoland Championships (Qualifying)	St. Charles North + Norris Rec Center	Feb 10-12	12/31
Conference Meet (NEW!)	Stagg HS	Feb. 18	TBD
LPD Make the Time Trial	Lemont CORE Park District Pool	Feb. 19	1/27
Regionals (Qualifying)	TBD	Feb 24-26	
Illinois Senior Champs (Qualifying)	TBD	March 2-5	
Illinois Age Group State (Qualifying)	TBD	March 9-12	

*Happy Birthday*

### August

Adam Andrews  
Zachary Heppner  
Eden McDonald  
Olivia Roti  
Catherine Yan

Ella Campbell  
Maya Homberg  
Andrea Paradis  
Maya Szafran

Rana Dubauskas  
Dimitri Marinakes  
Nicole Qian  
Nadia Tasevski

## Word from the Coach

Congratulations to all Hornet Swimmers on a fantastic finish to our season. The last month of the summer season was such a joy to watch our Hornet's dedicating themselves towards being the best athlete they could be and achieving their season long goals.

HOSC capped off its summer meets with a great showing at both the PPD Summer Splash as well as the Wheaton Last Chance meet. The weather was beautiful as we headed into the meet at PPD and Hornet Swimmer's certainly came out to swim. The backstroke events got a little bumpy in the lanes, but all in all the entire Hornet swimmers had a wonderful meet and came home happy with a lot of new Regional and/or State cuts!

The following weekend HOSC traveled to UIC to compete in one last chance at some best times and Illinois cuts. Some swimmers utilized the bonus Time Trial and were able to punch their tickets to Regionals and State meets by pushing with everything they had.

After those meets concluded our swimmer's traveled over to Oswego East where the heat was turned up and the competition was fiercely intense as we battled against some of the state's biggest teams. HOSC swimmer's didn't shy away and came home from the meet having recorded numerous state times, a whopping majority of best times, and a plethora of finishers making the podium! Congratulations to all Regional Swimmers on a job well done!

The last weekend of July found the Hornets traveling across the border to the RecPlex in Wisconsin to compete in the Illinois Age Group Championships, the pinnacle of Age Group swimming in our state. At this meet Alexa Smith bolted out to leads in both the 100 and 200 Backstroke in the evening Finals and held on to win State Championships in both events. She also placed in the Top 12 in 5 other events, setting team records in all but 1 along the way.



Andrea Paradis also brought home some hardware at the Illinois Age Group State meet, placing 4th and 7th in the 50 and 100 Breaststroke events, setting new team records in both as well. Competing in the 13-14 Girls division, Jorie Selig arrived Sunday focused on improving her placing, and she did moving up a number of spots and dropping nearly half a second in the 50 Free. Congrats girls!

Also competing for HOSC, Will Gallagher came out with an impressive showing at the State Meet, competing in 7 events and qualifying for Friday night's Finals in the 50 Breaststroke. Ethan Rogers, Matt Vatev, and Cadel Stauffer came out swimming hard representing the HOSC 9-10 Boys group, teaming up with Lukas Simkus to achieve top 20 finishes in both Relays. Nice job boys on your great effort and swims at the State Meet!



## Word from the Coach—con'd

At Senior Champs, Anne Leinart, Emma Roche, and Sam Dumford trained all summer to swim in this state meet, and had some great swims to back it up! Sam ended up taking 3rd place in the 50 Free (24.53) and 5th place in the 100 Free (54.02)! Annie Leinart qualified for Finals Saturday night placing 16th in the 200 Breaststroke (2:54.92). Congratulations to our Senior Group on their wonderful success!

At the 16 state Central MegaZone Championships, Will Gallagher came out and had great races in the 50 Free and 50 Breaststroke. Then Alexa Smith took her State dominance in the Backstroke to the National level, taking 1st place in the 100 Back (1:07.29) and 2nd in the 200 Back (2:26.26). Both lowered her team records and were swims that placed Alexa in the top 100 of All Time in those events for 11-12 girls. Nice work to both of you!

On behalf of the HOSC Coaching Staff, I want to congratulate all Hornet Swimmers this summer on a job well done! Coaches are tremendously proud of the work ethic we see in you all, as well as the desire to achieve in the sport, while having fun as we go along. Enjoy your time away from the pool, and we look forward to seeing you all in the fall!

Coach Andy and the HOSC Coaching Staff



Read about how proud be are of our state champions on [Trib Local!](#)

### Welcome our new coach Nicole!!

Hornet Swim Club is proud to add a new wonderful Senior Coach to our program this coming Fall session. Nicole Cleveland joins our staff to help train our older swimmers at the Senior and 12-14 levels primarily. Nicole brings a vast amount of experience in the sport, as she is the current West Chicago boys high school varsity coach, as well as coaching Age Group Swimming for well over 5 years with the West Chicago Swim Club coaching swimmers to the Regional, State, and National level. Nicole also has previously acted as a Team Illinois Coach working with Zone swimmers.

Please join me in welcoming Nicole to our staff when you see her! She will get experience working with all groups of our club getting to know our swimmers, but again will have a primary focus with our elder swimmers and we're positive that her presence will have a tremendous impact with our athletes!

# A Few Fast Facts About our Swimmers



Swims  
in 10-13

Name: Lauren Rogers

Age: 12

Favorite Stroke: freestyle

Favorite Event: 50 free, 100 breast

Favorite Swimmer: Missy Franklin

Role Models: mom and dad

Future Goals: to get regionals in a stroke

Famous Person you would want to meet: Justin Bieber

Hobbies: soccer, roblox, make music.lys

Favorite Book: A Tale Dark and Grimm

School: Herrick Middle School

Grade: 7th

Favorite Movie: Jurassic Park

Favorite Song: Black Coast

Favorite Food: shrimp and salmon

When I grow up I want to be: a chef

If I could change one thing it would be: stop violence

Coach's words:

"Lauren is a fun swimmer to be around. She is a hard worker and never complains about anything. Lauren loves to joke around but when it is time to work she is a very hard worker. Lauren has improved a lot in the last year in all four strokes. I see a lot of good things happened this winter for her."

Swims in  
10&under



Swims in  
9&under

Name: Ethan Rogers

Age: 10

Favorite Stroke: freestyle

Favorite Event: 200 free, 50 free

Favorite Swimmer: Kevin Cordes

Role Models: mom and dad

Future Goals: to get national cut

Famous person you would want to meet: Rob Gronkowski

Hobbies: basketball, gaming, football

Favorite Book: Timmy Failure

School: Hillcrest

Grade: 5th

Favorite Movie: Norm of the North

Favorite Song: Thunder Struck by AC/DC

Favorite Food: pizza

When I grow up I want to be: football player

If I could change one thing it would be: no guns on the street

Coach's words:

"Ethan is the leader of the 10 and under group. There are a lot of swimmers on the team that look up to Ethan. He is a hard worker and a very competitive swimmer. He was a great leader at the state meet this year leading off the 200 free relay that moved up 5 spots and placed 15th in the state. Ethan also likes to have a lot of fun during practice but still works very hard."



Name: Mia Rogers

Age: 8

Favorite Stroke: breaststroke

Favorite Event: 100 free, 50 breast

Favorite Swimmer: Michael Phelps

Role Models: mom and dad

Future Goals: make it to regionals

Famous Person you would want to meet: Stephen Curry

Hobbies: legos, flag football, playing with my dog

Favorite Book: Goosebumps

School: Hillcrest

Grade: 3rd

Favorite Movie: Spongebob movie

Favorite Song: Radio Active by Imagine Dragons

Favorite Food: bacon

When I grow up I want to be: dog trainer

If I could change one thing it would be: no illnesses in the world

Coach's words:

"Mia is very good 8year old swimmer. She is very competitive and does not like losing to anyone! Looking forward to see Mia reaching her full potential this short course season!"

# **5 WAYS TO GET THE MOST OF YOUR SWIM PRACTICES**

As a competitive swimmer we are always looking for new ways to get the edge on our fellow athlete. Whether it's a new suit or a new dry-land routine, we'll scoop up some extensive lengths to get a leg up. Instead of trying to make time for more training, more meters (yards), more of this or more of that, focus on making the most of your current practices.

Here are 5 ways to squeeze the most out of the time you spend in the pool—

## **1. Set micro goals.**

Set goals for individual workouts, even down to specific sets and repeats. As a recovering distance swimmer, this was one of the ways that I kept myself sane during those long, lonely sets. Eye-balling the clock and wanting to turn under a specific time kept my head in the set and ultimately pushed me to swim faster. Set marks and targets for your sets so that you have something to chase during practice, instead of strictly trying to survive the set.

## **2. Ask questions.**

How many times have you been asked to do a set, and wondered if it was a set born from a desire to punish rather than to improve? There were times where I was issued such a set, and instead of asking – tactfully of course – the purpose behind the set, I simply grumbled under my breath and did the set, not fully engaged and ultimately resentful. When we don't understand the reason we are asked to do something it limits our engagement and desire to carry it out.

## **3. Have a pre-workout routine so that you are primed.**

Making sure that you are adequately rested, hydrated and fueled before your workout is your responsibility, so look after yourself so that you can maximize the time you are spending in the pool. Establishing a pre-practice routine can be helpful here. Doing so, and making the beginning of your workout a habit helps to lessen the amount of willpower needed to commence your workout. The routine doesn't need to be extravagant or complicated, it can be as simple as a set of cues. A song, a favorite stretch, some arm swings, a snack, and so on. Having your own specific routine or set of cues pre-practice signals to your body that it is go time.

## **4. Track and measure your performance.**

I've discussed previously on SwimSwam the benefits of keeping a swimmer's log book. Getting motivated, seeing your progress on paper, and managing your short, medium and long term goals are all benefits of writing out your workouts. In terms of squeezing the most from your practices, a simple way to make sure you are getting faster is by recording your in-practice results for your main sets. This is especially helpful the next time that test set comes around — you won't have to wonder if you were holding 26.5's or soft 27's. While we all tend to fancy ourselves as having impeccable recall, time tends to obfuscate the memory of our results, especially given how many different personal bests we accrue over the years. (100IM long course PB, 400 free long course kick with fins PB, 75 yards one-arm free with one flipper PB, etc) The results will all be there written out for you, giving you a clear and tangible bulls-eye to take aim at.

## **5. Make sure that you are recovering adequately and completely.**

Your work in the pool isn't done once you complete warm-down. The successful swimmer always has an eye towards the next day, and as such does his or her best to insure a speedy recovery. Properly refueling your body, and giving your muscles the proper nutrition to repair, grow and recover is essential in bouncing back fast. What are some of the things you are doing to insure that you are getting the most from your time spent in the pool? List 'em in the comments below!

# **5 REASONS WHY SHORT TERM GOALS ROCK**

When a swimmer is asked about their goals the answer is invariably something long term and epic –

- **Win the olympics.**
- **Beat every single one of my brother's club records**
- **And so on...**

Yet ask the same swimmer what their goals are for today, or tomorrow, and you'll typically be on the receiving end of a blank stare or a mumbled, "*you know, whatever.*"

## **WHY LONG TERMS GOALS AREN'T ALL THEY ARE CRACKED UP TO BE**

Long term goals, while amazing, shiny and necessary, are always on the cusp of the horizon. Close enough to see, but not nearly close enough to touch. Because they are placed squarely in "someday" land, are easy to avoid. They are fodder for procrastination as they are so far off in the distance, that it's easy to brush off today's workout and explain it away with a — "*I still got, like, 7 months till that competition. No worries.*" While long term goals are a necessary tool – you need to know which general direction you are going after all – it is reaching the landmarks and road-posts on the way that will ultimately get you there.

## **WHY SHORT TERM GOALS ROCK**

Ultimately, creating smaller bite-size goals are what will help you get from where you are today, to where you want to go with your swimming. Here are 5 reasons they will help you along your journey, whatever it is–

- 1. They give you a powerful jolt of confidence and elevated self-worth.** Achieving stuff feels good! I'm a huge user of to-do lists. I have one taped to the wall next to my head, one in a Notepad file on my computer, another couple on my iPad. There is a great deal of satisfaction in crossing something off those lists. To the extent that I will even add things to the list that I didn't think of prior simply to gain the satisfaction of crossing them off.
- 2. Provides points to re-evaluate your overall goal.** The goal you create in September for the following summer may change. Sometimes drastically. While this could be due to a bad thing – injury or other major setback – it could also require you to dream bigger.
- 3. Creates momentum to charge towards head-on towards the next goal.** Just like a set of dominoes, once you knock over a the first couple goals, you pick up steam (i.e. confidence in your goal setting abilities) and charge forwards. Setting up goals and knocking them down gives you the foundation to chase after the really big ones, because you will have the experience and comfort of knowing that when you set a goal, it might as well already be accomplished.
- 4. Instills a sense of accountability.** Short term goals require your attention. You cannot brush them with the false comfort of knowing that they are somewhere in the distance.
- 5. They require action.** My favorite part of short term goal setting – action! These goals don't exist far off into next year's calendar – they are looking at you from today's date in the calendar. Having goals every day insure that you are making progress every single day.

## **WHERE DO YOUR DOMINOES START?**

Place small, short term goals that you can see and feel today and tomorrow. Knock enough of those out of the park and those big, greasy goals – like the last domino in a long line – will fall easily. What are your goals for your swimming today? What parts of your technique or conditioning will you challenge yourself in?



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## Practice Calendar



Please remember to check our [team practice calendar](#) frequently before coming to practice. There are variations in the practice schedule due to conflicts at the high schools, meets, etc. We have tried to make the calendar as user-friendly as possible. The calendar will show Group, Practice Time, and Practice Location. Meets and other events are also listed on the calendar.

If you currently use Gmail, you can easily add the HOSC calendar to your own Google calendar and linked mobile devices. "subscribe" to the Team Unify calendar and add the URL to your google calendar.

## Team Unify

### Parent OnDeck



The On Deck Parent app is a great way for parents to see best times and meet results on their mobile devices. On Deck requires only an iPhone, iPod Touch or iPad from Apple. It is also available for Android. The ease-of-use and depth of information is unrivaled. All On Deck products are free and will empower you to know more, in less time, all performed wirelessly. To log in, download the OnDeck Parent app to your mobile device. Log in using the same email and password you use on the computer, and for "team alias" enter ilhsc . Be sure to sync often to get updated results.

Enjoy!