



# THE HORNET BUZZ

AUGUST 2017

## UPCOMING EVENTS

Host	Location	Date	Sign up Deadline
Parent Meeting at Hinsdale South	Hinsdale South Auditorium	Sept. 5, 2017	N/A
Practice Begins	varies	Sept. 6, 2017	N/A
Fox First Splash	Neuqua Valley High School	Oct. 21-22	09/21
Maverick Roundup	University of Iowa	Nov. 3-5	09/21
HSC Fall Classic	Hinsdale Central	Nov. 10-12	10/06
Speedo Midwest Senior Challenge (qualifying)	University of Iowa	Nov. 10-12	N/A
Hornets Swim-a-thon	TBD	Nov. 30	N/A
SCST 8 and under Classic	St. Charles North H.S.	Dec. 3	10/20
Hornet Swim Club Candy Cane Classic (Home Meet)	Hinsdale South H.S.	Dec. 9-10	11/17

*Happy Birthday*

### August

Adam Andrews  
Ashley Boak  
Rana Dubauskas  
Eden McDonald  
Andrea Paradis  
Olivia Roti  
William Weber

Ivan Atanassov  
Gianna Corona  
Zach Heppner  
Aiden Meyer  
Nicole Qian  
Maya Szafran

Emma Banaszewski  
Sofia Czarnieki  
Maya Homberg  
Alexi Newsome  
Jadon Radcliff  
Nadia Tasevski

## Word from the Coach

Greetings everyone! I hope you all are enjoying the conclusion of your summer and looking forward to getting back to the school year and our Fall swim season! I'd like to welcome all new families joining our Hornet nation and welcome back all our returning members.

Today I'd like to highlight the wonderful team accomplishments that Hornet swimmers achieved to end our long course season this summer. We had such a awesome season that there is a lot to cover! There were 133 new swims making our All Time Top 10 List for Long Course events! That is a massive amount and coaches are extremely proud of each and everyone one of those swims! Let's start out with the new team records that were achieved this summer. They are the following:

**\*Henry Guo:** 9-10 Boys 50 back, 50 fly  
**\*Mia Rogers:** 8 & Under Girls 50 free, 100 free  
**\*Olivia Roti:** 11-12 Girls 800 free, 200 fly  
**\*Alexa Smith:** 13-14 Girls 200 back  
**\*Jorie Selig:** 15 & Over girls 100 free

**\*Luke Vatev:** 8 & Under boys 50 back, 100 back, 50 fly, 100 fly  
**\*Matt Vatev:** 9-10 boys 200 IM  
**\*9-10 Boys 200 Free Relay**  
**\*9-10 Boys 200 Medley Relay**

Over the weekend of July 21st-23rd, we competed at Oswego East HS at the Illinois Summer Regional Championships. Here, Hornet swimmers swam tremendously on their way to an 8th place finish, as well as amassing 42 total swims making the Top 8 podium. Great job Hornet!

The following weekend was the Illinois Age Group State Championships up in Pleasant Prairie, WI. It was here that Hornet Swimmers made a huge statement at the State Level. HOSC finished in 18th place overall with 374.5 points! This is a huge jump from previous state meets. Tons of wonderful swimming went on with a plethora of podium finishes and even some races being in the hunt for state titles. Here are the final placing for our state swimmers and relays!

**\*9-10 Girls:** 200 Free Relay-12th, 200 Medley Relay-16th (Lanie Chen, Maya Homberg, Mia Rogers, Kamile Zinis)

**\*9-10 Boys:** 200 Free Relay-2nd, 200 Medley Relay-3rd (Henry Guo, Sean Noller, Luke Vatev, Matt Vatev)

**\*11-12 Girls:** 400 Medley Relay-21st (Lainey Devine, Mary Ghawaly, Laura Misiunas, Olivia Roti)

**\*13-14 Girls:** 400 Free Relay-25th, 800 Free Relay-24th, 400 medley relay-36th (Meredith Callahan, Amelia Carlson, Madeline Padavic, Lexie Smith, Jessica Spahn)  
Lanie Chen: 50 Fly-27th

**\*Will Gallagher:** 200 Fly-38th, 200 Breast-55th, 100 Breast-64th, 200 Free-42nd, 100 Fly-45th, 200 IM-64th

**\*Kamile Zinis:** 50 Free -15th

**\*Henry Guo:** 200 IM-5th, 100 Free-6th, 100 Back-3rd, 50 Fly-2nd, 50 Free-3rd, 50 Back-6th, 100 Breast -22nd

**\*Maya Homberg:** 100 Back-23rd, 50 Fly-35th, 100 Fly-21st, 50 Back-20th

**\*Laura Misiunas:** 100 Breast -23rd, 200 Breast -17th, 50 Breast -29th

**\*Sean Noller:** 200 IM-46th, 50 Fly-40th  
Olivia Roti: 100 Breast -22nd, 400 Free-23rd, 200 Fly-15th, 200 Breast -14th

**\*Andrew Schmid:** 200 Breast -24th, 100 Breast -31st

**\*Alexa Smith:** 100 Free-59th, 100 Back-41st, 200 Back-7th, 200 Free -35th, 200 IM, 49th

**\*Luke Vatev:** 100 Back-31st, 50 Back-24th

**\*Matt Vatev:** 200 IM-4th, 100 Free -8th, 50 Breast -7th, 200 Free -16th, 100 Back -5th, 50 Free -6th, 100 Breast -7th

Congratulations to ALL HOSC swimmers on a wonderful long course season. Coaches had a blast watching you grow along the way and showing your determination and hard work ethic in this sport! Keep up the hard work as we get ready for our Fall Season!

And best of luck to Coach Chad as he continues his coaching career with the Fox Swim Team. Good luck Chad, you'll be missed!

Coach Andy and the Hornet Coaching Staff



## Meet our new Coach—Coach Nelly

1. *What is your favorite thing about swimming?*

As a swimmer, I love the peace. The water drowns out everything except your thoughts.

2. *Are you a sprinter or a distance swimmer?*

I was a sprinter in high school but moved to distance in college.

3. *Best / favorite stroke?*

Backstroke was my favorite! My second was IM, specifically the 100 IM...the greatest event ever!!

4. *If you could have any job in the world, would it still be coaching?*

Yes! I feel chlorine courses through my veins. I also love working with children, so the combo is as good as it gets.

5. *If you could change one rule of swimming, what would it be?*

Allowing the swimmer's toes above the water surface on backstroke starts, so much more fun.

6. *Are you into any other sports besides swimming?*

Not as a participant. I enjoy watching any sport where I know the athlete...watching them endure challenges, successes, failures, & perseverance. I appreciate the gamut of emotions and strengths shown in all athletics.

7. *What's your favorite thing to do when you're not coaching?*

Hanging with my kids!

8. *If only one food existed, what would you want it to be?*

Riverside Family Restaurant's cheese blintzes, they're the best!

9. *Do you have any pets?*

Yes, too many!! One guinea pig, two dogs, two lizards, two horses, three cats and several fish.

10. *What is your best memory?*

That's a hard question, I have so many fond memories. Has to be McDonalds breakfast after 5am Saturday practice. The whole team would go, I looked forward to it all week!





## Meet our new Coach—Coach Kristen

1. *What is your favorite thing about swimming?*

My favorite thing about swimming is that for anyone there is always room for personal improvement and to learn new things in your training. There is always an aspect of training to tweak and improve on. That keeps it exciting for me.

2. *Are you a sprinter or a distance swimmer?*

I would consider myself a distance swimmer.

3. *Best / favorite stroke?*

Fly / IM

4. *If you could have any job in the world, would it still be coaching?*

Yes, I sure would.

5. *If you could change one rule of swimming, what would it be?*

I would want to add a Free and Medley relay race that can include 2 boys and 2 girls.

6. *Are you into any other sports besides swimming?*

I like watching basketball and water polo but I am not particularly talented at either.

7. *What's your favorite thing to do when you're not coaching?*

I like to try new restaurants and going on adventures with friends.

8. *If only one food existed, what would you want it to be?*

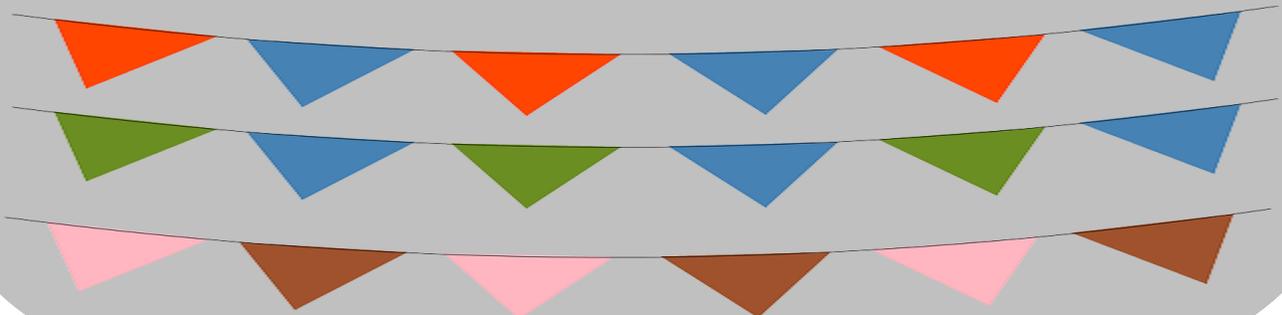
I think if only one food existed I could survive on Mac and Cheese but it wouldn't be that healthy. I would be scared I might turn into a noodle!

9. *Do you have any pets?*

I currently do not have any pets. If I could have a pets I would have one big dog and one small dog and a hedgehog.

10. *What is your best memory?*

This one is very tricky because there are so many.



## Equipment

Although some equipment is available at the pools, the coaches strongly recommend that all swimmers have a mesh bag and equipment as appropriate for

their group. Click [here](#) for the list. These items will also be available to purchase during suit fittings. Among other items available from The Swim Team Store, they will offer a mesh equipment bag

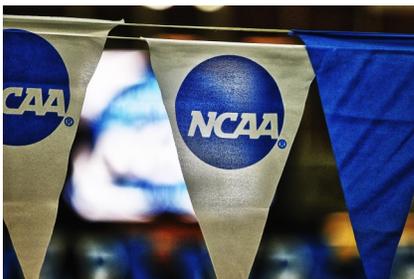
with our team logo and the option of adding the swimmer's name (adding the name will be a small up-charge).



There is also an equipment exchange list. Some used items are for sale, others might be free. Check out the [list](#) before you buy!

## Dryland what?

If you are new to the team, you may not have heard the term “dryland training” before. So what exactly is dryland? Dryland is a form of conditioning that our swimmers do outside of the water. It focuses on developing flexibility, muscle balance and a strong core. Dryland training provides many benefits, such as enabling the swimmers to streamline longer, preventing the hips from dropping as the abdominal muscles fatigue during swimming, and creating stronger strokes and kicks. While some teams charge additional fees for dryland training, HOSC believes this is a critical component in a swimmer's success and offers it free-of-charge to our competitive groups. Dryland training is available to all swimmers 8-11 and above groups. It is not available to those in the 9 & under and Jr. Hornets groups. Once our session is underway, additional information about the dryland schedule will be sent to participating groups.



With another school year upon us—how do you juggle sports and schoolwork? [The Struggle is Real: Balancing Swimming & Academics](#)



It's another season—you start with a clean slate and fresh opportunities to improve. [7 Ways to Swim Better, Faster, Stronger this Year](#)

# **THE BENEFITS OF SWIMMING**

## **WHY SHOULD MY CHILD BE A SWIMMER?**

- Swimming is an outstanding activity for people of all ages.
- Swimming promotes fitness and teaches a child to strive for physical achievement. Many superstars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- Swimming can prevent drowning.

## **DID YOU KNOW?**

Drowning is a leading killer of American children.  
More than 30% of kids are at risk for obesity-related illnesses.  
Swimming is a cure.

## **KEY QUESTIONS**

While winning is nice, while setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than, "It is great to swim fast." No where in human history or theology do we learn that the ability to swim fast holds a very high priority in the grand scheme of the universe. From a practical standpoint, over-emphasis on speed, times and achievements will eventually end in frustration. No matter how fast a young athlete swims, there will probably be another swimmer in the next town, state, or country, swimming faster, if not now, then next month. So as coaches and parents, ask yourselves:

- Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- Did the child learn to exhibit initiative, wanting to come to the pool and do the practice without having to be constantly pushed or prodded by parents and coaches?
- Did the child learn something about unselfishness, sacrificing his or her personal wants for the good of others or the team?
- Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- Did the child learn more patience in overcoming obstacles, setbacks and problems?
- Did the child learn empathy?

In a few years, the medals and ribbons will be laid aside and best times will be a hazy memory. The friendships that will develop and the life skills learned will carry on for a lifetime.

## Goals for the Season

Here are some of the goals we have set for the Fall/Winter sessions to ensure the swimmer maximize their potential:

- Compete in all the events and distances offered in his/her age group and achieve personal bests
- Perform all four strokes plus IM legally
- Further perfecting of starts, turns, and breathing techniques
- Understand maturation and physical development, the purpose of heart rate measurement and the importance of muscular flexibility in swimming performance
- Meet the established attendance for practice and meets.
- Understand the relationship between relaxation and performance; learn to challenge him/her to perform to the utmost of his /her ability in practice/meet
- Understand the benefits of positive self-talk and the value of setting goals to improve performance
- Accept constructive criticism from coach. It is a critique of an individual's skill, not a critique of the person
- Understand the relationship between distance per stroke, stroke rate, and swimming speed
- Understand the concept of a balanced diet and the basic fuels used during swimming
- Not be influenced by the negative behavior of his/her teammates
- Know techniques to control the mind (positive self-talk and imaginary) and the body (deep breathing, progressive muscle relaxation)

The key is to give every swimmer the opportunity to set effective goals as well as to provide a constructive learning environment that is age-appropriate and at the skill level of each swimmer. Competitive time standards are not the sole factor in determining success of the swimmer. Other factors include, but are not limited to: age, training standards, attendance commitments, and the fundamental and racing skills of the swimmer. The coaching staff has been creatively constructing practices to address these areas, such as proper transitions at the wall, pull outs, breathing patterns and the long-term racing for the swimmer. It is important to pay close attention to these little pieces of the puzzle to solve the riddle of the competitive swimmer. The coaches work the entire season to help the swimmer compete at their optimum level during the championship meets.



USA Swimming has a member resource where all swimmers, from state champions to summer leaguers, can track their times with the log book and even keep track of their personal goals through Deck Pass and Deck Pass Plus. USA Swimming members can also look up their times and recent meets, check their IMX scores, and see all of the Deck Pass patches they've earned.

Click [here](#) to check it out!



Visit our gear providers for all you swimming needs.

[Swimmers Edge](#)  
[Hornet Team Store](#)

Follow us on [Twitter!](#)

Follow us 

Follow us on [Instagram!](#)

Instagram

Like us on [Facebook!](#)



Stay connected—stay informed

## 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!