



THE HORNET BUZZ

APRIL 2016

UPCOMING EVENTS

April 16th	12/14/sr./elite team building at Vertical Endeavors	May 6th	Sign-up deadline for Wheaton Father's Day Meet
April 17th	Spring Banquet for short course swimmers at Ashton Place	May 14th - 15th	Academy Bullets Speedo Spring Swimtacular
April 22nd	Swim-A-Thon at DGS	May 20th- 22nd	Irish Aquatics May Invite
April 24th	8-11/9&under/10-13 team building at Vertical Endeavors	May 27th- 29th	Munster Swim Club Memorial Day Invitational
April 26th	Sign-up deadline for Notre Dame Meet	June 17th- 19th	Wheaton Swim Club Father's Day Meet
April 30th- May 1st	St. Charles Pentathlon	June 23rd- 24th	Central Zone Open Water Championships
May 2nd	Sign-up deadline for the Munster Meet	June 23rd- 24th	MSC Summer Splash

WELCOME TO HORNET SWIM CLUB

The Hornet board would like to welcome swimmers and their families to the 2016 spring/summer Long Course season. We just completed our Elections and are excited to have Sean Gallagher added to the board as a Co-President. He brings a wealth of knowledge and experience to the board.

This spring season will be busy. We have the spring banquet on April 17th and the swim-a-thon on April 22. We are also looking forward to team building for all age groups on two different dates. These events are always fun and offer an opportunity for our swimmers to interact outside of the pool. Along with these events we are discussing ways for our parents to be more informed about our club. Our Board Members are always available to answer any questions. Please feel free to ask. We also would like to thank all those that responded to our survey regarding items they would like to learn about. We are planning some informational sessions to be targeted to specific topics. In the meantime, there is a wealth of information on the [website](#) about club swimming in the resources tab.

In closing, I hope you are as excited about our spring season as our board and coaches are.

Mike Ghawaly and Sean Gallagher
Co-Presidents

Word from the Coach

Welcome everybody to the start of our Spring/Summer sessions. We're thrilled to have you all back, and certainly want to welcome all of our new members joining the Hornet Swim Club! We are very much looking forward to a fast and fun Long Course season over the next few months.

I want to start out by stating that I'm very pleased to announce the addition of 2 new coaches to our staff! Kaysha Dassler and Lisa Gorski are both joining our club as Assistant Coaches who we know are going to do a tremendous job working with all of our swimmers. Please give them a nice welcome when you see them!

I also want to congratulate our swimmers on a wonderful short course season. We had over 50 swimmers qualify for Championship Season, competing in meets such as Regionals, Sr. Champs, Age Group Champs, Speedo Sectionals, NCSA Jr Nationals, and NCSA Age Group Jr Nationals. Swimmers competing at these events certainly represented the Hornet Swim Club showing true sportsmanship and competitiveness. Lots of new team records were set along the way, and even a number of swims that are at the top of the list of the fastest times in Illinois!

Our meet schedule is loaded onto our Meets and Events page. Signup will open up as soon as we receive the files needed from the host teams, but some are already open. Please don't hesitate to reach out with any questions on meet signup. We look forward to seeing our swimmers compete in as many opportunities as they can.

In the month of April we're featuring Team Building events for all roster groups, which will be a Rock Climbing event at Vertical Endeavors in Glendale Heights. Signup is available for those on our Meets and Events page as well. Please be sure to sign up for the event that is intended for the Roster Group of your swimmer.

One last reminder, our Resources page on our website always features some great information to know as new parents to the sport of competitive swimming, as well as seasoned parents.

Thanks,

Coach Andy



Andrea P. and Coach Andy



Erkan O., Coach Andy, Jillian D., Lainey Q., and Lexi S.

Coach Andy and the Junior National Team

Happy Birthday

April

Amy Rozsypal

Jessica Spahn

Jillian Devine

Anna Szlembarska

John Dounias

Kareem Bitar

Brody Hallman

Nathanial Moawad

Nysha Adusumilli

Sara Shenouda

Sean Gibbons

Sean Noller

Swimmers Highlighted



Name: Madison Hopp

Age: 13

Favorite Stroke: backstroke

Favorite Event: 100 back, 100 breast

Favorite Swimmer: Missy Franklin

Role Models: my parents

Future Goals: to make state, go to college,
be a hairdresser

Hobbies: swim, dance, style hair, fashion

Famous person you would want to meet:
Michael Phelps

Favorite Book: The Hole

School: Jefferson Jr., High

Grade: 7th

Town you live in: Downers Grove



Name: Kaitlyn Hopp

Age: 16

Favorite Stroke: freestyle

Favorite Event: 50 free, 100 free, 200 free, 500
free

Favorite Swimmer: Missy Franklin

Role Models: my parents

Future Goals: to make state, go to college

Hobbies: swim, read, archery

Famous person you would want to meet:
Michael Phelps

Favorite Book: The Hunger Games

School: Downers Grove South High School

Grade: 10th

Town you live in: Downers Grove



QUOTE OF THE MONTH

“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. 26 times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.”

-Michael Jordan

The meet sign-up deadline for the Academy Bullets Spring Swimtacular meet (May 14th-May 15th) at UIC in Chicago is 9:00 PM **Friday April 8th.**

Watch for *THE HORNET BUZZ* to be sent monthly!

For more helpful information on anything and everything swimming, please check out the articles, lists, and handbooks found under [the resources tab](#) on the HOSC website.

5 LESSONS YOU WILL GET FROM SWIMMING

Olivier Poirier-Leroy is a former national level swimmer based out of Victoria, BC. In feeding his passion for swimming, he has developed [YourSwimBook](#), a powerful log book and goal setting guide made specifically for swimmers. Sign up for the [YourSwimBook](#) newsletter (free) and get weekly motivational tips by [clicking here](#).

Did you know that swimming can provide you with the tools you need for achieving success later in life?

I am not talking about time management and sportsmanship, although those two things are super important. Nor am I talking about having the ability to deck change faster than Clark Kent turns into Superman, or figuring out how to iron out the goggle and cap marks on your face before yearbook photos.

The following life lessons aren't things you can put on your resume, and they aren't taught in a classroom. They are dished out in the school of hard knocks, and if you pay enough attention over the course of your swimming career, you can unleash these lessons to achieve success in whatever endeavor you choose.

Here are 5 valuable life lessons to draw from the countless hours we spend paddling around in big, chlorinated buckets of water:

MAKING BIG IMPROVEMENTS REQUIRES PATIENCE.

Patience has never been something I have been all that good with. Once I decide that I want something, if there is not significant and immediate progress visible quickly I tend to get rather frustrated. I want my awesome swimming goals and I want them five minutes ago.

From the emails I get on a weekly basis, and in watching fellow swimmers over the years I suspect that I am far from alone in this respect.

Often what will result is that you will create a list of unrealistic expectations that match up to the lofty stuff you want to accomplish. Things like having perfect workouts every time out. Or seeing improvement every single session. Or pushing yourself too soon, too fast, landing yourself on the DL.

Long term progress requires patience in the short term.

YOU GOTTA BE ABLE TO PADDLE BEFORE YOU CAN SWIM.

Having those big lofty goals is necessary to achieve success in the pool. You need to have that compass that provides you with direction and purpose over the course of a long season in the pool. Sometimes those big goals can be our worst enemy, however.

With the excitement of achieving big things on our minds, our veins pumping with excitement and drive, we hurtle headfirst towards our goals with reckless abandon. Overcome with enthusiasm we assume that we can skip the beginning steps, that because we deserve it, because we are more talented, or because we simply don't have the time for the necessary work.

Taking baby steps can be infuriatingly too slow for some people, but successful swimmers know that this slow grind provides a cumulative effect that makes a massive dent in the mid and long term.

Success in the pool – and life – is achieved step by step, mistake by mistake, small win by small win.

YOU'RE NOT GOING TO WIN EVERY TIME.

One of the quickest ways to see how people deal with the peaks and valleys in life is to watch them have a bad race. Do they quietly pout back to the stands, foregoing warm-down and giving up on the rest of the meet? Do they spaz out, punch the touch pad and storm off inconsolably? Or do they walk back to coach, head down, but resolved to bounce back?

Over the course of our swimming career there will be times where you graze the top of the podium, just like there will be times that you place DFL.

You are going to have bad races. There are going to be times where life just doesn't seem fair, where you should have won but didn't, those performances that weren't reflective of the work and commitment you had invested in the water.

The question then becomes, equally in the pool as it applies to life outside of the lane lines—***how will you bounce back? What will you do to make that particular setback the best thing to ever happen to you?***

RESULTS COME BECAUSE YOU ARE GOOD A LOT, NOT BECAUSE YOU ARE PERFECT SOMETIMES.

I will admit that I have caught myself wearing the perfectionist outlook numerous times over the years. I mistakenly told myself that every workout had to be a 10/10, took the bad swims personally, and valued myself far too much on what I accomplished in the pool.

The reality is this: Not every workout will go perfectly. Not every race will go according to plan. Mistakes, DQ's and suit rips will happen. And your self-esteem should not entirely rest on what you do with your swimming.

When we learn to chase greatness instead of perfection in the pool and in life we discover that we are more resilient to failure by creating more realistic goals. By chasing 8's and 9's in practice we make far more progress as opposed to expecting every workout be an elusive (and impossible) 10. Chase goals that are challenging, yet realistic, the accomplishment of which pushes us ever further.

IT'S ALL MENTAL.

Swimming, and sport, provides an exceptional proving ground for testing your mental limits.

I cannot count how many times I watched coach write a set up on the board ("oh wow...and he is going to put brackets around that thing too?" and felt myself inwardly cower, mind racing, with thoughts of how badly I was going to die over the course of the set.

But then what happened? I got in. Started the set, and talked myself through it. "Hey, this isn't so bad." A little bit later: "Okay, halfway done." And finally, "I am going to punch this last rep in the face!"

The reality is you never know how shockingly tough you are until you are in the soup, crushing that set even though mere minutes prior you were mentally quivering in your swimsuit. This carries really well into the other challenges you will face in the course of your life. Things like epic writing assignments at university. Taking on large projects in work. Starting a family.

We always think we aren't capable, that swimming or life finally has our number, but believe it or not, **you will always be as strong as you need to be.**

ABOUT YOURSWIMBOOK

YourSwimBook is a log book and goal setting guide designed specifically for competitive swimmers. It includes a ten month log book, comprehensive goal setting section, monthly evaluations to be filled out with your coach, and more. [Learn 8 more reasons why this tool kicks butt.](#)

Like us on Facebook!



HOSC has its very own Facebook page! Please **Like** us on Facebook to keep in touch with articles, fun facts, and Hornets in the News. As a reminder, it is both USA Swimming and HOSC policy that coaches **cannot** have peer-to-peer relationships with team members, and for this reason, coaches are not allowed to “friend” any of our swimmers on Facebook.

Follow us on Twitter!

Follow us 

Follow us on Instagram!

Instagram



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!