



THE HORNET BUZZ

JUNE 2016

UPCOMING EVENTS

June 17th-19th	Wheaton Swim Club Father's Day Meet	July 16th-17th	Wheaton Swim Club "Last Dance" Swim Meet
June 23rd-24th	Central Zone Open Water Championships	July 22nd-24th	Summer Regionals
June 23rd-24th	MSC Summer Splash	July 28th-31st	Illinois Swimming Age Group Championships
June 24th	Registration deadline for HWSA Dual Meet	Aug. 4th-7th	14 & under Central Zone Championships
June 28th	HWSA Dual Meet	Aug. 4th-7th	Illinois Senior Championships
July 8th-10th	PPD Speedo Summer Splash		

Happy Birthday

June

Alexis Henn
Hannah Workman
Katherine Pitts
Mia Rogers

Bryn Larson
Joseph Shenouda
Konrad Kemper
Parker Chan

Eric Tu
Kaitlyn Hopp
Kylie Gaspar
Ryder McMurray



RACING TIPS:

- Head always looking at the bottom of the pool
- Kicking small and fast
- Fast tempo arms
- Streamlines off of every wall
- Keep your chin tucked on the start to help keep your goggles on!
- If your goggles fall off, KEEP GOING!

Word from the Coach

Dear Hornet Families,

We've just concluded our 2nd month of the Long Course Season and are ready to transition to our summer session where practice time and competitions start to pick up more and more. We've just concluded 3 meets in a row in our neighbor state Indiana, and hope to pick up where we left off later this month at our Wheaton Father's Day meet at UIC over June 17-19, and the Munster Summer Invitational June 24-26.

Practices are soon going to be increasing in length as well as the amount of swim and dryland practice options per week for most groups. With the extended time available during the summer, we like to see the amount of practices attended increase and we hope to see as many of you as we can for early morning practices at Five Seasons. Building up endurance by being consistent at practice, as well as starting to develop the strength needed is key to complete for races of 50+ meters during summer training, and we hope to provide an atmosphere where swimmers can challenge themselves and have fun along the way!

Swimmer's Accomplishments

This past month we saw some great accomplishments across the board with all of our groups at our 3 meets. We've had lots of swimmers obtain new regional cuts, state cuts, and some more team records along the way.

Swimmers achieving at least one regional cut during the month of May include: Adam Andrews, Kareem Bitar, Mary Bonnano, Theo Calafeteanu, Meredith Callahan, Amelia Carlson, Savannah Duax, Sam Dumford, Will Gallagher, Robert Gao, Anna Gruchala, Henry Guo, Kaitlyn Hopp, Michael Joseph, Bryn Larson, Annie Leinart, Julia Miller, Laura Misiunas, Thomas Noller, Matas Novickis, Andrea Paradis, Jack Poynton, Lainey Quinones, Emma Roche, Ethan Rogers, Olivia Roti, Lukas Simkus, Alexa Smith, Jessica Spahn, Cadel Stauffer, & Matthew Vatev.

Swimmers achieving at least one Age Group/Senior Champ State Cut during the month of May include: Sam Dumford, Annie Leinart, Andrea Paradis, Lainey Quinones, Ethan Rogers, & Alexa Smith

We also had 5 new Team Records set this month during the month of May. Alexa Smith captured 3 new team records in the 11-12 girls division this month in the 400 freestyle, 1500 freestyle, and the 200 Individual Medley. Matthew Vatev set new team records for 8 & Under boys in the 50 Butterfly as well as the 100 Backstroke. Nice job Alexa and Matthew! We're sure to see from more from the both of you as well as lots of others on the team!

Not to be left out we also had one of our swimmers qualify for the Speedo Premier Open located at the RecPlex over Memorial Day Weekend and was a Prelim/Final format. It was here that Sam Dumford qualified and placed 8th place in Finals in the 50 Meter Freestyle!

Be on the lookout this summer for practice cancellations at any of our outdoor pools in the chance that there is going to be storms coming in.

Thank you to everyone for a Wonderful Spring Session with the Hornet Swim Club, and we look forward to a fast and fun summer with everyone!

Coach Andy

A Few Fast Facts About our Swimmers



Swims in
10-13

Name: Laura Misiunas
Age: 11
Favorite Stroke: breaststroke
Favorite Event: 50 fly, 50 & 100 breast
Favorite Swimmer: Ruta Meilutyte—she holds the current world record for 50 & 100 breast
Role Models: My mom and sister
Future Goals: to make state in 50 free & breast
Hobbies: arts and crafts, reading
Favorite Book: Magyk Series School: Maercker Intermediate School
Grade: 5th
Favorite Movie: Forest Gump
Favorite Song: Beneath Your Beautiful
Favorite Food: cepelinas (Lithuanian dumpling)
What do you want to be in the future:
Architectural Engineer
If I could change one thing it would be: remove all the crime in the world

Coach's words:

"Laura is an excellent swimmer. In the last two years she has been a joy to coach. She is a hard worker and a great competitor. Laura is one of the leaders of the 10-13 group and when she is there she pushes the group to work even harder. She has a great sense of humor and loves to joke around with the coaches and swimmers. Laura is strong in all four strokes, but breaststroke is her favorite. Recently, she has discovered a love for distance swimming."



Swims in
10-13

Name: Michael Joseph
Age: 12
Favorite Stroke: breast
Favorite Event: 100 breast & 50 breast
Role Models: Martin Luther King Jr.
Future Goals: make state swimming qualifying times
Hobbies: swimming and coding
Famous person you would want to meet:
Morgan Freeman
Favorite Book: Holes
School: Lakeview Junior High
Grade: 6th
Favorite Movie: Finding Nemo
Favorite Food: chicken pot pie
When I grow up I want to be: an engineer
If I could change one thing it would be: change H₂O consumption so there would be less waste

Coach's words:

"Michael is the picture of what happens when someone works hard from the start of his swimming life. Michael has demonstrated a strong desire to improve over the two years I have worked with him. As an example of his dedication, he has been known to stay after his practice to watch the older kids and study how they train. Due to his committed hard work, he achieved his first regional cuts this summer in breaststroke. No one gave him these cuts; he got them through hard work and dedication. Michael is a picture of how hard work leads to success in swimming."

3 Steps to Maximize Your Endurance for Long Course

Long course season separates the girls from the women and the boys from the men. In a 50-meter pool you can't rely as heavily on turns, underwaters, or breakouts to help you pick up easy speed along the race. Instead, you've got to deal with about 15% more swimming and half the walls to push off of. How then, should you adjust your training to maximize your endurance and finish races strong? We've got a few tips up our sleeve to help you be more efficient in practice and faster at the end of your races this summer.

1. KICKING IS KING

If your legs aren't in amazing shape, the rest of your body can't be at peak performance. No matter what stroke or distance that swimmers compete in, everyone needs to hone their kicking strength. The muscles in your legs are the largest muscle groups in the body, requiring the most oxygen to move. The better in shape they are, the more efficient you will be at utilizing your oxygen and processing your lactate as it builds up in the muscle. This means you should incorporate a sizeable kick set into every week of early and mid-season training. The best coaches include a workout each week that is devoted to a kicking focus. Given this training regimen, sprinters and mid-distance athletes will improve their underwaters and still be able to close hard without their legs giving out, while distance athletes will be able to hold a steadier kick pace and close sooner on the final segment of their races. Kicking without a board will also hone core strength as athletes work to maintain their body position in a streamline.

2. PUSHING THE DRYLAND

In addition to kick sets, use your dryland to build leg strength and overall endurance. A cardio-based circuit can take care of your conditioning needs in less than 40 minutes. For example, rotating stations between a spin bike, burpees or squat jumps, and jump roping, would be an efficient use of your dryland session. A leg-driven circuit can spike your heart rate and keep it up for the duration of the dryland session, helping the athlete develop endurance in a short period of time. Once you've built up your endurance through dryland circuits, you can incorporate power exercises into your workout to add explosiveness and speed.

3. RACE PACE QUALITY PRACTICES

While much of long course training involves high-volume aerobic or threshold workouts, the occasional quality practice is important for athletes to replicate the race pace feel of their events. Throughout the season, swimmers should have regular quality practices with a high-intensity, long-rest pattern to the sets. As their endurance improves, swimmers will be able to finish harder on each round of a quality set. This is the workout that will check one's endurance capacity and reveal how well each athlete translates his or her training into solid racing. With fewer meets in the long course season than short course one, quality days give athletes the chance to rehearse critical components of their races before they hit championship season.

If you want to finish stronger in your races this summer, 1) kick a lot, 2) work your dryland hard, and 3) actually rehearse that strong finish in your quality practices.

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.

An Interview with a Coach by: Olivia Roti

I sat down with Coach Chad to find out some things about him.

Olivia: What's your favorite thing about swimming? \

Coach Chad: It's a fun sport where you can achieve individually as well as a team

Olivia: What qualities does a good swim coach need to have?

Coach Chad: Be understanding, motivational, and to be able to listen.

Olivia: If you could have any job in the world, would it still be coaching?

Coach Chad: Yes, I always wanted to coach

Olivia: What do you look for in a swimmer?

Coach Chad: Works hard, commitment and also knows how to have fun

Olivia: What's your favorite stroke?

Coach Chad: Butterfly

Olivia: If only one food existed, what would you want it to be?

Coach Chad: Steak

Olivia: If you could change one rule of swimming, what would it be?

Coach Chad: Change the back to breast turn back to the way it used to be

Olivia: If you could live anywhere where would it be?

Coach Chad: Florida

Olivia: What do you mostly do when you're not coaching?

CoachChad: Take care of my kids

Olivia: Whats your favorite set to torture swimmers with?

Coach Chad: Butterfly sets or distance free sets, depends on my mood



QUOTE OF THE MONTH

“LUCK—the harder you work, the luckier you get;
It’s what happens to those who give 100 percent.”

-unknown

7 Reasons to Swim Long Course



By Emma Foster, Swimming World College Intern

Long Course. These two words have huge implications for even the most seasoned swimmer. The beginning of long course represents the transition from shorter pools broken up into 25- yards, to the much longer and sometimes more daunting 50--meter length. The first swims in this pool are sometimes akin to swimming in an ocean. Swimmers thrash through the water, wondering when they will ever reach the wall. For the lucky few who are privy to indoor 50--meter pools, the transition to the long course season can be easier. But for many, six to eight weeks is the longest duration they have to consistently train in a 50--meter pool. While the transition can often be painful in the first few weeks, as swimmers' bodies adjust to the longer pool and lack of walls, the long course season can offer huge opportunities for any swimmer.

If your motivation is wavering, check out this list to find some inspiration to hit the 50--meter pool.

1. **Making it Short and Sweet**—After the long, often dark, short course season that takes up the winter months, the long course season offers a shorter, faster training period. The long course season is typically much shorter than short course, often times due to many 50--meter pools being seasonal rather than year--round indoor facilities. This shorter season can create a more fun, fast atmosphere than is sometimes seen in the long winter months. Hopefully, this change of pace will leave swimmers feeling excited and refreshed as they finish up the summer months and transition back to the short- course season.
2. **Soaking up the Sun**—Along with being a shorter season, long course is set in the spring and summer months, which typically means more sun. No more short winter days when you rise before the sun for the first practice of the day, and watch it set on your way to the second session. Summer days are long and create the feeling of extra hours that just aren't available in the winter. If you're lucky, you might be swimming outside in an area that doesn't allow that freedom in the winter. Along with an increase in vitamin D, schedules are often more relaxed during summer months. This leaves time to do other things between practice sessions, or at least time to squeeze in a nap before heading back to the pool.
3. **Shaking it Up**—Change is good. Every swimmer has reached a point in their careers where they get a little stuck, and switching up the training routine is a great way to get out of a rut. Long course training is inherently different. It offers swimmers a chance to approach practices and races with a different mindset, which can help erase feelings of burnout and foster recommitment to the training process.



7 Reasons to Swim Long Course con'd

4. **Creating Endurance**—There is no denying that the long course season calls for a different set of training than the short- course season. While short course often centers itself around turns, long- course is known more for the consistent building of speed through each lap. Swimmers must learn to hold their stroke for more than twice the length of a 25--yard pool before hitting a wall. This type of training and racing builds a different type of endurance that is beneficial even if you aren't planning on any major long course meets. If you spend a good amount of time training meters, the transition back to a 25--yard pool will leave you feeling like the pool is suddenly significantly shorter than you remembered.
5. **Building Toughness**—While every swimmer develops their mental and physical toughness no matter the length of the pool they are training in, there is something special about racing certain events in a long course pool. The 400 -IM and 200 -fly take on totally different meanings when the amount of walls per race is cut in half. Getting through a 400- IM in the early period of the long course season can spur a confidence boost that transcends seasons.
6. **Working Details**—Long course means fewer walls, which can actually be a good thing. If you're a swimmer who struggles with their walls, having less to work with can actually help you get better. When you only have so many chances to hit your turn, the importance of walls takes on a totally different meaning. Committing to your turns and other details in long course will help your season, and hopefully translate into your short course training as well.
7. **The Olympic Dream**—Whether you are a swimmer with a legitimate shot at an Olympic Trials cut, a spot on the Olympic team, or you are someone who is simply excited to watch the meet on television, the long course season offers a unique chance to come together. Swimming and training in 50- meters gives everyone a little taste of the Olympic spirit. The Olympics offer a rare chance for swimming to take the spotlight, whether it is in the form of an Olympian singing their national anthem with the whole world watching, or a tiny age -grouper pointing to the television and saying "I can swim that too!"





Visit our gear providers for all you swimming needs.

Swimmers Edge

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!