



READ SOME FUN

JANUARY 2017

UPCOMING EVENTS

Host	Location	Date	Sign up Deadline
HWSA Distance Meet	Stagg H.S.	Jan. 21	12/31/16
TOPS Claire Statton Memorial Invitational	UIC Natatorium	Jan. 27-29	passed
HOSC Super Sunday 8 & Under Classic	Hinsdale South H.S.	Feb. 5	01/27/17
Don't forget to log in to team unify and sign up to help at this meet. It is our fundraiser!			
STSC Chicagoland Championships (Qualifying meet)	St. Charles	Feb. 10-12	12/31/16
West Chicago February Frenzy	West Chicago	Feb. 10-12	12/31/16
2017 Chicagoland Conference	Stagg High School	Feb. 19	1/27/17
Winter Regionals	TBD	Feb. 24-26	2/24/17
Illinois Swimming Senior Championships	UIC Natatorium	Mar. 2-5	passed
Illinois Swimming Age Group Championships	Pleasant Prairie, Wi.	Mar. 9-12	3/9/17
2017 NCSA Age Group Championships	Orlando, Fl.	Mar. 21-24	3/21/17



Word from the Coach

Welcome everybody to 2017 with the Hornet Swim Club! We're thrilled to start the New Year with you all and are excited about what's to come as we work through the next few weeks towards the end of our Short Course season. Winter Break gave our swimmers an opportunity to have some extended time in the water with lengthier practice times, and coaches watched a tremendous amount of work and dedication put in the pool and the results so far have showed it. Over the weekend of January 6-8, our club competed at the HWSA Winter Splash, and came away with a trophy for 2nd overall team points! The amount of time drops, and season goals accomplished at this meet was a true testament to those who worked their tails off during the holiday break and we hope to watch the dedication in the pool continue. During the HWSA Winter Splash, not only did our team take home a team trophy, but we had numerous swimmers take home some individual hardware for high point awards. For our 8 & Unders, Mia Rogers took 3rd place for the girls, and Luke Vatev took 2nd for the boys. In the 9-10 Boys, division, HOSC was not messing around at this meet and took the top 5 spots overall for 9-10 boys! In 1st Place was Henry Guo, Ethan Rogers took 2nd with Cadel Stauffer taking 3rd. Matt Vatev and Jack Dillon then helped to round out the top 5. Incredible meet by these young gentleman and lots of new Regional and State Cuts. They've already qualified themselves for state relays as well! Taking home a trophy as well was Shea Stauffer for the 11-12 boys division with 2nd place overall. Nice job everyone and keep up the hard work!

This past weekend (Jan. 13-15) the Hornet Swim Club also traveled down to Indianapolis with 15 swimmers, competing at the Carmel Swim Club Invitational taking place at the IUPUI Natatorium. This meet is fast, super-fast, and we had a lot of swimmers step up to the challenge. Coaches witnessed a plethora of tremendous swims and large time drops along with a few Hornets qualifying to the evening finals sessions! Laura Misiunas found herself in finals taking 15th in the 50 Breast right before Audrey Mahoney took 7th. Audrey also finished 15th in the 50 free on Saturday. Then, competing on her birthday Sunday, Audrey again qualified for finals in the 100 Breaststroke with 11th place. Will Gallagher of the Hornets had quite a meet himself. Will took 1st place in the 500 free, and the 50 & 100 Breaststroke, 2nd place in the 50 free, 200 free, and 200 IM, and 5th place in the 100 free and 50 fly. These achievements earned Will the 11-12 Boys High Point Medal for being the top scorer at the meet! Congrats Will! Not to be left out, we had a lot more Hornets out competing and fighting fearlessly in the water. Other Hornets competing were Mia Rogers, Jackie Gabbert, Sean Noller (who obtained his 1st Regional cut!), Henry Guo, Ethan Rogers, Cadel Stauffer, Shea Stauffer, Amy Rozsypal, Mary Ghawaly, Paige Lupie, Lauren Rogers, and Olivia Roti. Our 9-10 Boys also finished with top 8 finishes in both relays as well (Cadel, Henry, Ethan, Sean)! Coming up we get quite busy with meets. Our Hornets will compete in distance events at the HWSA Distance Challenge Saturday, January 21st and then our team sends a good number of swimmers back to Indianapolis for the Circle City Classic, as well as the Claire Statton Invitational hosted at UIC.

February 5th we are hosting our 2nd Annual Super Sunday 8 & Under Classic! Even if you don't have a swimmer swimming in this meet, we'd love to have you out to support our youngsters. This is a wonderful meet for them and is looking to be a very competitive one too.

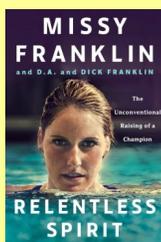
Thanks,
Coach Andy



Meet Coach Eric



1. *What's your favorite thing about swimming?*
As a swimmer, I enjoy pushing the limits of my body to see what I am truly capable of. Also how your body feels as it moves through the water! As a coach, I love to watch young swimmers develop from those little guys who could hardly make it down the pool, to the big High school and College swimmers who take anything you throw at them with open arms! I love being involved in a sport that has the ability to teach so many life lessons just through participation in the sport.
2. *Are you a sprinter or distance swimmer?*
I am a distance swimmer. In High School I swam the 500 and now enjoy long open water swim!
3. *Best / favorite stroke?*
My best stroke was breaststroke. In high school I also swam the 100 breast and in college I swam the 100 and 200 breast. Favorite stroke to watch is a fine tuned butterfly.
4. *If you could have any job in the world, would it still be coaching?*
I would definitely still be a coach! I have told my wife that if we win the lottery I'm building an aquatics facility with all the bells and whistles for my team to swim in.
5. *If you could change one rule of swimming, what would it be?*
In LC meets I wish you could kick more than 15 m underwater.
6. *Are you into any other sports besides swimming?*
For exercise I love to mountain bike and run. To attend and watch its Hockey (Go Redwing), baseball (Lets Go Cubbies) and football!
7. *What's your favorite thing to do when you're not coaching?*
I enjoy spending time with my wife Sarah and son Dax, working out and reading about swimming.
8. *If only one food existed, what would you want it?*
PIZZA no one should live without it!
9. *Do you have any pets?*
I do not currently have any pets, we would like to get another dog in the future.
10. *What's your best memory?*
Going best times at Nationals in college as my last meet!



A Book Worth Reading

The word relentless has many meanings for swimmer Missy Franklin. In the pool, it reminds her to remain steady and persistent, unyielding in intensity and strength. In life, it tells her to reach down for her very best, even when it feels like there's nothing left. The motto "don't quit" doesn't do it for Missy, but relentless gets her where she needs to be. And when Missy faces a challenge or a setback, her relentless spirit is what empowers her to learn, adapt, and move forward into the future. In *Relentless Spirit*, Missy and her parents, D.A. and Dick Franklin, share the story of how Missy became the athlete she is today, a six-time Olympic medalist, five of them gold. Since her Olympic debut in London's 2012 games—when Missy was just seventeen—people who have met the Franklins or seen them on TV have wondered what it was like to raise such a champion. What was the training like? How did Missy handle school? How did the family find the right facilities, coaches, and support network?

The story that Missy, and her parents, share inside is both inspiring and heartwarming, explaining how she became both a legendary athlete and a happy and confident woman, something they accomplished by doing things their own way and making the right choices for their family, which includes Missy's faith journey, something she writes about with inspirational candor.

Including the highs, the tough moments, and everything in-between, *Relentless Spirit* tells the story of a woman—and a family—full of love, heart, faith, and resilience.

And here is an article about [5 things I learned from Missy Franklin's Relentless Spirit](#).



Read Some Fun Facts

Are you ready to dominate the pool? Here are [35 Ways to Rule the Pool](#)

Ever wonder what to say to a new swim parent? [What's the best advice for new swim parents](#)



HAPPY NEW YEAR!
[Here is how to keep your resolutions this year!](#)

Have you ever asked yourself
[How Do I stay Motivated to Train Hard in Swimming?](#)

Happy Birthday

January

Thomas Canada
Isabelle Genin
Stephanie Hayden
Daniel Pocius
Kathryn Tauber

Lauren Dry
Anna Gruchala
Audrey Mahoney
Olivia Quick

William Gallagher
Ebi Hadi
David McDonald
Antony Shenouda

A Few Fast Facts About our Swimmers



Name: Mary Ghawaly

Age: 11

Favorite Stroke: butterfly or freestyle

Favorite Swimmer: Dana Vollmer or Maya Dirado

Role Models: mom and dad

Future Goals: I want to go to college, Stanford, and swim there

Famous Person you would want to meet: Maya Dirado and Dana Vollmer

Hobbies: reading, biking and rock climbing

Favorite Book: I'm in love with the lorien legacies series

School: Kingsley Elementary School

Grade: 6th

Favorite Movie: *The Pursuit of Happyness*

Favorite Song / Band: *Can't Hold Us*

If I could change the world it would be?: I would ban people from swimming the 200 breast

Swims in
10-13



Name: Olivia Roti

Age: 12

Favorite Stroke: I love anything the involves distance. I can't really pick a favorite stroke, but you can rest assured that it isn't backstroke

Favorite Swimmer: Katie Ledecky

Role Models: mom

Future Goals: I want to eventually make regionals in backstroke and make 11-12 state in any event, and further in the future, I would like to attend Harvard

Famous Person you would want to meet: I would love to meet Homer if he was still alive. I'm referring to the Greek poet who is famous for writing the *Iliad* and the *Odyssey*, not Homer Simpson

Hobbies: playing the viola, read, and write. And learning about science

Favorite Book: My favorite book is *Moby-Dick*, but I prefer series of books. My favorites are the Warriors series and A Series of Unfortunate Events

School: I'm homeschooled. I attend MPOA - Memoria Press Online Academy

Grade: 7th

Favorite Movie: *The Hobbit* movie series

Favorite Song / Band: *Concerto No. 3 in C minor* by F. Seitz and *Riptide*

If I could change the world it would be?: stop pollution and destruction of environments

Swims in
12-14





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!