



THE HORNET BUZZ

JULY 2016

UPCOMING EVENTS

July 8th-10th	PPD Speedo Summer Splash and Time Trial	July 22nd-24th	Summer Regionals
July 16th-17th	Wheaton Swim Club "Last Dance" Swim Meet	July 28th-31st	Illinois Swimming Age Group Championships
July 20th	Long Course Championship Dinner at Nonnies—6:30 p.m.	Aug. 4th-7th	14 & under Central Zone Championships
		Aug. 4th-7th	Illinois Senior Championships

Happy Birthday

July

Luna Bitar
Katie Leinart
Cadel Stauffer

Laine Devine
Matas Novickis
Samantha Vallo

Sam Dumford
Shea Stauffer
Luke Vatev



Today a man knocked on my door and asked for a small donation towards the local swimming pool.

I gave him a glass of water.



Ha - Ha

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

I WOULD SWIM THE OCEAN FOR YOU...

Lol just kidding, there are sharks in there.



Word from the Coach

With the beginning of the month transitioning to our Long Course Season, the Hornet Swim Club found some weekends to train in the long course pool as we got amped up to compete in a few competitions towards the end of the month.

So far we've had some terrific weather this summer keeping cancellations to a minimum. Let's hope to that keeps up but remember that if storms are coming in, we will alert the club via email about any cancellations.

Just a reminder there are no more meet sign-ups for the summer. All championship meets are automatically entered for you unless notified otherwise. Check out the Summer Regionals page under our Meets & Events portion of the website for up to date information on the time & location, and eligible swimmers. If you are unable to make any session your swimmer has qualified for, please let me know right away. More championship info to come.

Swimmer Accomplishments

Over Father's Day weekend, we traveled to UIC to compete in the Wheaton Father's Day Classic. Here the Hornet's fought some long sessions over the weekend to achieve quite a large percentage of time drops. Two swimmers even brought home a high point trophy, given out to the Top Scorer, boys and girls, in each age Group. Matthew Vatev took home the trophy for the 8 and under boys, while Alexa Smith captured her age group trophy for the 11-12 girls.

We had a couple of Illinois State times achieved as well. Matthew achieved a State Cut as well in the 50 Backstroke for the 10 and Under boys division, as well as Ethan Rogers achieving state times in the 100 Fly, 200 Free, and 400 Free for the 10 & Under boys. Not to be outdone the following swimmers achieved Regional Time Standards as well for the 1st time in new events this season: Mary Bonanno, Theo Calafeteanu, Lainey Devine, Mary Ghawaly, Annie Leinart, Matas Novickis, Andrea Paradis, Melanie Quinones, Olivia Roti, and Jorie Selig.

The following weekend we crossed the border for our 2nd meet of the summer in Munster, Indiana. The time cuts kept rolling in this weekend as well, as we found ourselves again qualifying new times for the Regional meet. Kareem Bitar, Meredith Callahan, Brendan Gibbons, Audrey Mahoney, Laura Misiunas, Thomas Noller, Olivia Roti, and Lukas Simkus all found themselves punching a ticket to the Regional Meet towards the end of July.

On Tuesday, June 28 about 60 Hornet swimmers traveled out to the Palos Community Pool to square off in a dual meet with the Hickory Willow Swim Association. It's wasn't the best of conditions, but we certainly were able to compete and have some fun in the sun. At the meet we saw a few new State and Regional Time Standards achieved. Ethan Rogers qualified in the 10 & Under Boys 50 Freestyle to the state meet. We also saw Meredith Callahan (400 Fr), Maya Homberg (50 Back, 50 Fly, 100 Fly), and Jorie Selig (100 Fly) all achieve a new long course Regional champ time. Congrats to everyone on some great swims!

Thanks Hornets, and good luck with the finish to our Summer!

Coach Andy and the Hornet Coaching Staff



A Few Fast Facts About our Swimmers



Swims in
10-13



Name: Andrea Paradis

Age: 10

Favorite Stroke: breaststroke

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

Favorite Swimmer: Summer Sanders and Rebecca Soni

Role Models: sister Kennedy

Future Goals: go to Northwestern on a swimming scholarship

Famous Person you would want to meet:

Queen Elizabeth

Hobbies: reading

Favorite Book: Boys Without Names

School: El Sierra

Grade: 6th

Favorite Movie: Sound of Music

Favorite Song: My House

Favorite Food: chicken parmesan

When I grow up I want to be: children's doctor

If I could change one thing it would be:
all buildings had a trampoline floor option

Coach's words:

"Andrea is a phenomenal breast stroke swimmer but has also excelled at all the strokes. She loves to come to practice in the mornings when no one from her group is there to get one on one coaching from Coach Sebastian. She responds really well to other coaches as well. When they suggest a change in her stroke, she implements for not only a 50 or 100, but for all the practices and meets that follow. She is simply a joy to work with."



Swims in
12-14

Name: Mary Davenport

Age: 13

Favorite Stroke: freestyle

Favorite Event: 100 free, 200 IM, 500 free

Favorite Swimmer: Katie Ledecky—holds world records for 400 and 800 meter free

Role Models: family

Future Goals: regional and state times

Famous person you would want to meet:

Adam Levine

Hobbies: piano, math, reading, running

Favorite Book: Inhuman by Kat Falls

School: O'Neill Middle School

Grade: 8th

Favorite Movie: The Princess Bride

Favorite Song: East to West by Casting Crowns

Favorite Food: orange chicken and rice

When I grow up I want to be: a swim coach and a job including mathematics

If I could change one thing it would be: violence and human trafficking would end

Coach's words:

"One of the hardest workers in the 12-14 Group, if not on the team. Every time Mary is at practice she brings nothing but a great attitude and strong work ethic. She is a great listener, and very eager to receive critiquing of all her strokes so that she can improve and compete to her fullest. Mary loves to challenge herself with some long distance events and never backs down from a race. I dare anyone to try to out kick her as well!"

7 Parent Tips For When Your Swimmer Doesn't Make The Cut

by Elizabeth Wickham

It's a tense time for a lot of parents, swimmers and coaches. There're a lot of hopeful athletes trying for the cut for the next big meet—whether it's an age group meet or Olympic Trials. Tears, frustration and heartbreak can be seen all over the pool deck and in the stands. Then, there are shouts of “We're going to Omaha!” and the biggest smiles ever. That's wonderful and congratulations! But, when our child doesn't make the cut, we may dab a few tears from our eyes. Here are my tips for swim parents when your swimmer misses the big cut:

ONE—Unconditional Love.

“I love to watch you swim.” It's true. We do love to watch our children swim—for better or worse. We are their biggest fans. We will love them no matter what happens at any swim meet. Let's make sure they know that.

TWO—Listen don't talk.

Don't bring up the meet or the missed cut. Wait for them to bring it up and listen without interrupting. We don't need to explain our theory of what their coach should have done or what our child could have done.

THREE—Don't rehash.

After our kids miss a cut they've been trying for—they probably aren't up to hearing our rendition of it. Not once, not twice, or the next times, either.

FOUR—Encourage new goals.

Our lives are filled with disappointments and losses. If a swimmer sets new goals after a failure, they will be on the road to success in swimming and other aspects of their lives. If you don't hear about new goals, maybe you can share some ideas in the future.

FIVE—Give them space to regroup.

If it's last ditch and they didn't get a cut, a little time off could be a treat. If there're more meets ahead, maybe an ice cream and hug is in order.

SIX—Disappointment is real.

Give your child time to mourn. Allow ourselves time to get over it, too. A lot of family time is tied to achievement and success around the pool deck.

SEVEN—Celebrate.

Recognize our kids are in the hunt. They are doing something daily that very few others in the world can do. Be proud and realize that swimming will help them throughout their lives, in so many ways.

An Interview with a Coach by: Paige Lupie

I sat down with Coach Kathleen to find out some things about her.

Q: Why did you become a swim coach?

A: I really like swimming and used to coach my summer swim team.

Q: What is your favorite stroke?

A: Breaststroke

Q: How long have you been coaching for

A: 7 years

Q: Who is your favorite Olympic swimmer?

A: Amanda Beard

Q: When did you first start swimming on a swim team?

A: 9 years ago.

Q: Do you prefer to coach or swim?

A: I prefer both because coaching gets you excited to see the swimmers improve. Swimming is also the reason I started swimming.

Q: Did someone inspire you to swim?

A: No, but I would swim at my lake house which got me interested.

Q: What was the first team you swam for?

A: YMCA

Q: Who was your first coach?

A: Coach Eric



Coach Kathleen

QUOTE OF THE MONTH

“Good, better, best. Never let it rest.
'Til your good is better and your better is best.”

- *St. Jerome*

33 Ways to be a Better Swimmer

When it comes to improving we tend to fall into the trap of thinking that it's the big change, the big moment that leads us to crushing a best time.

In reality, it's doing the little things right. Being consistent. And taking pride in the process of becoming a great swimmer.

Here are 33 simple ways that you can start being a better swimmer. Today. Let's go!

- 1. Work harder than everyone else.** A work ethic will always win out over talent (eventually in some cases, but still always).
- 2. ...while also having more fun.** The swimmer who can work their tail off *and* have the most fun is unbeatable.
- 3. Keep your mind open to the fact that you aren't always right.** We don't know everything.
- 4. Be a role model for someone on your team.** It will make more of an impact than you know.
- 5. Be proud of your work ethic.** Shortcuts rob us of the pleasure that comes with the result.
- 6. Always finish strong.** First, last, or anywhere in between, put your head down and swim to the wall. Always.
- 7. Be [grateful for the sport](#).** We swim in filtered, cold water that no one will drink. Think about that for a moment.
- 8. Do something new and challenging every day.** It will keep you focused and unleash a torrent of unending motivation.
- 9. Be the teammate you wish you had.** Doing so will inspire others to be awesome as well.
- 10. Don't take the unfairness personally.** There are super unfair moments in life where it's just not to be. Move on.
- 11. Shake hands with the competition after every race.** Sportsmanship matters.
- 12. Push yourself.** Don't settle for self-imposed limits on what you can do.
- 13. Thank the people who got you there.** Swimming is a lonely journey at times, but there are parents, coaches and friends who partake in your trek.
- 14. Be the swimmer you want to be.** Don't wait till you swim that best time or crush that record; act like a championship swimmer today.
- 15. Enjoy the moment.** Win or lose, take it all in. You'll look back on all of it with nostalgia at some point.

33 Ways to be a Better Swimmer con'd

16. **Acknowledge when you aren't your best.** It's okay to stumble. It's better to accept responsibility for it.
17. **Breathe.** It's just one bad swim.
18. **Be a student of the sport.** Watch how the greats do it. Watch how the fast kids on your team do it.
19. **Cheer for your teammates.** Even the one that touches your toes all day long at practice and never passes you.
20. **Set the example.** Others will follow.
21. **Don't let fear choke your aspirations.** The pain of regret will always be worse than the pain of trying and coming up short.
22. **Choose your fab-5 carefully.** The swimmers and people we surround ourselves with impact our attitude and behavior more than we realize.
23. **Do the scary stuff.** Swim out of your comfort zone often. It will give you a foundation of courage and confidence to do even bigger things.
24. **Laugh at your mistakes.** But not those of others.
25. **Keep your commitments.** Keep your word and finish what you start.
26. **Think in terms of "what if?"** To make things less scary, ask yourself "what if?" What if I work hard for this whole week? What if I show up to every morning practice?
27. **Have goals.** They will keep you motivated and engaged during the long hours in the pool.
28. **Don't complain.** The only thing it does is [literally make you feel worse](#). If you are unhappy about something don't wait for others to change it for you.
29. **Ignore the things you can't change.** How other swimmers perform isn't up to you. Focus on you and your swimming.
30. **Block out the haters.** They're out there, poisoning your thoughts while contributing nothing. Accept that people will always have something to say.
31. **Do it for you.** Don't swim to please your parents, your coach, or your friends. Swim for you.
32. **Learn from your swimming.** Why it went right, why it went wrong. Hack the feedback loop.
33. **Don't wait.** If you have goals in the pool, don't wait. Ever.

10 PROTEIN-BASED BREAKFASTS YOUR SWIMMER WILL LOVE

BY JILL CASTLE, MS, RDN

It can be challenging to get swimmers to eat breakfast, especially as they get older and busier. They say no. They run out the door. They have no time for a meal. They aren't hungry. The excuses go on and on. However, all swimmers may benefit from a routine that includes eating a healthy breakfast. The positive impact on growing children and teens have been touted for years and include: improved attention and focus in school, better academic scores, an ability to regulate eating, blood sugar control throughout the day, a healthy body weight, and for the athlete, the availability of energy and nutrients for exercise. Researchers highlight protein as a powerful influence on blood sugar and weight control, particularly when it shows up in the earlier part of the day. In fact, University of Missouri researchers suggest teens eat a high protein breakfast (containing around 30 grams of protein) to improve blood sugar control after eating, temper fat gain, and encourage a healthy body weight. In young athletes, research further emphasizes the importance of evenly distributing protein throughout the day as a key to building, repairing, and maintaining muscle. Making sure the swimmer gets a protein-based breakfast clearly helps in many areas. Swimmers can get a variety of quality protein at breakfast by using foods such as milk, soy milk, Greek yogurt, regular yogurt, eggs, cheese, cottage cheese, tofu, beef, poultry, fish, beans, lentils, soybeans, nuts and nut butters. Try these 10 protein-based breakfast ideas. (They are simple and easy for the swimmer to make independently!):

Easy Egg Sandwich

Almost like a fast food option, this egg sandwich is ready in no time. Scramble the egg with a bit of water, place in a microwave-safe bowl and cook for one minute. Place the disc-shaped egg on an English muffin and add ham or Canadian bacon, and a slice of cheese. If you want to bump up the protein even more, double the egg, cheese or ham.

Breakfast Bento Box

Pack one or two large hard-boiled eggs, 1/4 cup almonds, 1/2 cup low-fat cottage cheese topped with 1/2 cup berries, and 4 to 6 whole-grain crackers in a bento box or other re-sealable container.

Apple Walnut Oatmeal

Cook 3/4 cups of dry oatmeal with 1 1/4 cup of skim milk. Top with 1/4 cup of chopped walnuts and 1 chopped apple. Sprinkle with cinnamon and drizzle with honey.

Nut & Berry Parfait

Layer 1 cup of vanilla or plain Greek yogurt, 1/2 cup raspberries and blueberries, and 1/4 cup chopped pecans in a tall glass or Mason jar.

Peanut Butter Toast

Swipe two hearty, whole grain slices of toast with 1 tablespoon of peanut butter each. Serve with a 12-ounce glass of milk or non-dairy milk substitute.

Overnight Oatmeal (made with milk)

Mix 1/2 cup of oats with 1 cup of low fat milk or soy milk. Stir in 1 tablespoon of peanut butter, and top with 2 tablespoons of chopped peanuts and 1 small banana. Refrigerate overnight.

Cottage Cheese and Blueberry Bowl

In a bowl, place a cup of low-fat cottage cheese next to 1/2 cup of blueberries and 1/2 cup high-protein granola. Sprinkle with chia seeds or flax meal.

Egg, Ham & Cheese Bagel

Akin to the local bagel shop fare, toast a bagel and top it with an egg or two (scrambled or fried) and top with a slice of cheese. On-the-go tip: Wrap the bagel sandwich in tin foil immediately after assembly. The sandwich stays warm and the cheese melts nicely.

Breakfast Egg Wrap

In a flour or whole grain tortilla, layer scrambled eggs, cheese, and fresh spinach. Wrap in tin foil. Or, sauté onions, mushrooms and chopped green peppers or any other veggies on hand and add to the eggs; top with cheese and wrap.

Avocado Toast with an Egg

Toast a piece of crusty, whole grain bread. Smash 1/2 of an avocado on top of the toast. Fry an egg and lay it on top. Sprinkle with salt and pepper, or a mix of spices such as cumin, paprika and chili.



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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!