



HORNET BUZZ

JULY 2017

UPCOMING EVENTS

Host	Location	Date	Sign up Deadline
Darien Independence Day Parade	Darien, Il.	July 4	07/02/17
HSC Mid Summer Classic	Hinsdale Community Pool	July 7-9	passed
Illinois Senior Swimming Championship (Qualifying times)	Rec Plex Pleasant Prairie, Wi.	July 13-16	N/A
Wheaton Swim Club "Last Dance" Swim Meet	UIC Natatorium	July 15-16	06/05/17
Summer Championship Dinner	Papa Passaro's Westmont, Il.	July 18	07/16/17
Illinois Swimming Summer Regional Championships	TBD	July 21-23	N/A
Illinois Swimming Age Group Championships	Rec Plex Pleasant Prairie, Wi.	July 27-30	N/A
USA Swimming Futures Championships	Lewisville, Tx.	August 3-6	N/A

Word from the Coach

Greetings Hornet Families!

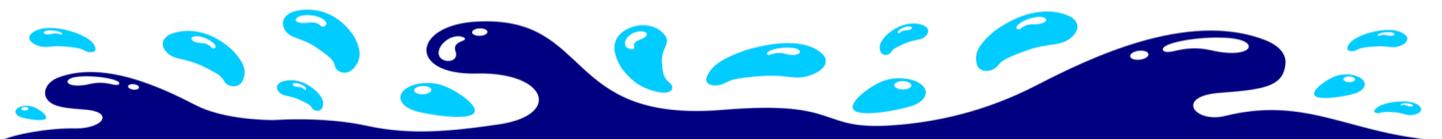
Happy Summer everyone! I hope we're all enjoying the warm weather that June has brought us so far.

Since we've transitioned to Long Course season the Hornets have competed at a few meets thus far in Munster, Palos, and Chicago, but things are picking up here quickly with plenty of training opportunities and competitions right around the corner. Swimmers so far are showing great promise in the pool showcasing, their increased endurance, racing abilities, and technique work as evident by some of the massive time drops so far this summer. Coaches have been thoroughly impressed with the work ethic and dedication shown by our summer swimmers and hope to see a wonderful pay-off at the end of the season.

Upcoming meets before Championship Season are the HSC Summer Splash and the Wheaton Last Dance meet. After that we rev up for Championship meets such as the Illinois Senior Championships, Illinois Regional Championships, Illinois Age Group State Championships, and the USA Swimming Futures Championships as we wrap up July and prepare for some time away from the pool in August.

A reminder that there isn't any sign-up required for Championship meets, I will automatically be entering anyone that qualifies, and you should reach out to me with any scheduling conflicts where your swimmer won't be able to compete in these meets.

Thanks,
Coach Andy



Meet Jr. Coaches Kaitlyn and Mary

1. *What's your favorite thing about swimming?*
I love being a part of a sport that involves so much dedication. I also love the fact that swimming allows me to make great friends.
2. *Are you a sprinter or distance swimmer?*
I consider myself a little bit of both. I like to swim events like the 50 and 100 free, but I also love to compete the 500 and 1000 free.
3. *Best / favorite stroke?*
Freestyle is my best stroke.
4. *If you could have any job in the world, would it still be coaching?*
Yes, I want to continue no matter what else I do. I love swimming and I love the opportunity to help other swimmers improve.
4. *If you could change one rule of swimming, what would it be?*
I would eliminate the 200 fly.
6. *Are you into any other sports besides swimming?*
I like to participate in archery for fun.
7. *What's your favorite thing to do when you're not coaching?*
I enjoy getting together with my swim friends.
8. *If only one food existed, what would you want it?*
I absolutely love steak.
9. *Do you have any pets?*
No
10. *What is your best memory?*
I would have to say my best memory is when I earned my first regional cut in the 50 free.



Kaitlyn Hopp

1. *What's your favorite thing about swimming?*
I love the friendships and memories that I make with my teammates. Those are what get me through hard races / workouts.
2. *Are you a sprinter or distance swimmer?*
I normally swim mid distance.
3. *Best / favorite stroke?*
Freestyle for sure.
4. *If you could have any job in the world, would it still be coaching?*
I absolutely love coaching, but in college to study chemistry or bio-chem. From there I hope to be a chemical engineer.
5. *If you could change one rule of swimming, what would it be?*
I would make stroke 50's and 100 IM's official races for 13 and over.
6. *Are you into any other sports besides swimming?*
I've played many other sports, but right now swimming is my only sport. This year, I hope to do more with skiing though.
7. *What's your favorite thing to do when you're not coaching?*
I love to read, paint and sleep.
8. *If only one food existed, what would you want it?*
Homemade lasagna.
9. *Do you have any pets?*
No, but I've always wanted a Cavalier King Charles Spaniel or a rescue dog.
10. *What is your best memory?*
My first season of high school swimming I had been trying to go under a minute in my 100 free. After being within 1 second for over 2 months, at the conference meet that year I went a 58. It was a major accomplishment for me.



Mary Bonanno



Fun Facts

WOW! This pool is sooooo long!
[Long Course Swimming: Why You Should Embrace the Big Pool!](#)



MMMMM. What should I eat?
[Breakfast ideas for young competitive swimmers.](#)



[6 things swimmers should remember when trying to improve technique.](#)



[7 reasons every swimmer should go to swim meets](#)

Happy Birthday

June

Kylie Gaspar, Sean Halloran, Kaitlyn Hopp, Bryn Larson, Jessica Phillips, Allie Puccillo, Mia Rogers, Ben Sands, Joey Shenouda, Eric Tu, Hannah Workman

July

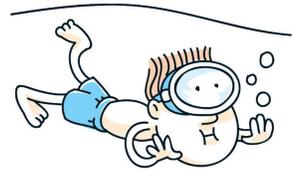
Lainey Devine, Katie Leinart, Kylie Moser, Elijah Park, Jack Poynton, Shea Stauffer, Cadel Stauffer, Luke Vatev, Rebecca Waden, Ethan Weingust

Hornets at Work and Play



10 & Under girls high point winners from the SCST Pentathlon

Emily Weingust, Abby DeCicco, Mia Rogers

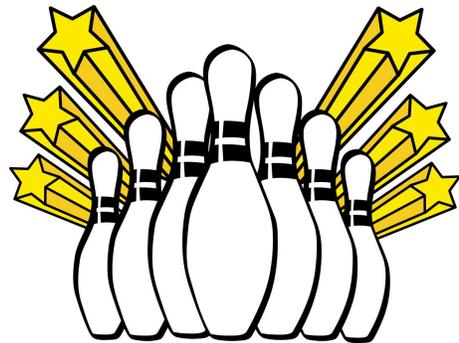


10 & under boys high point winners from the SCST Pentathlon

Henry Guo, Cadel Stauffer, Andrew Peterson, Matt Vatev



Ethan Weingust, Andrew Peterson, Thomas Noller, Bobby Sayre having fun at the Team Bowling outing in May



Nick Thomas teaches our swimmers underwater dolphin kick at May's Fitter and Faster Clinic





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Instagram

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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!