



THE HORNET BUZZ

MAY 2016

UPCOMING EVENTS

May 6th	Sign-up deadline for Wheaton Father's Day Meet	June 23rd-24th	Central Zone Open Water Championships
May 13th - 15th	Lake Central Barracudas Making the Wave Invite	June 23rd-24th	MSC Summer Splash
May 20th-22nd	Irish Aquatics May Invite	June 28th	HWSA Dual Meet
May 27th-29th	Munster Swim Club Memorial Day Invitational	July 8th-10th	PPD Speedo Summer Splash
June 17th-19th	Wheaton Swim Club Father's Day Meet	July 8th-10th	PPD Speedo Summer Splash Time Trial
		July 16th-17th	Wheaton Swim Club "Last Dance" Swim Meet

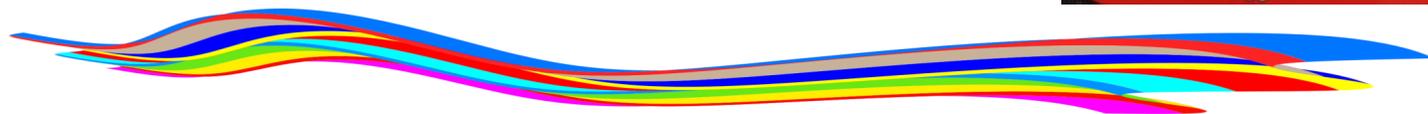
Happy Birthday

May

Abigail DeCicco
Azra Ozgen
Jacob Selig
Sophia Duax

Andrew Henn
Donna Khatib
Nicholas Momchev

Andrius Avina
Elizabeth Hayes
Sarah Ganden



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.

SWIM-A-THON

CONGRATULATIONS!

To all who swam 200 laps, all who helped to raise money, all who provided food and drink, all who counted all those laps, all who that night signing swimmers in and managing the food, to those responsible for organizing the event, and to those who had fun!

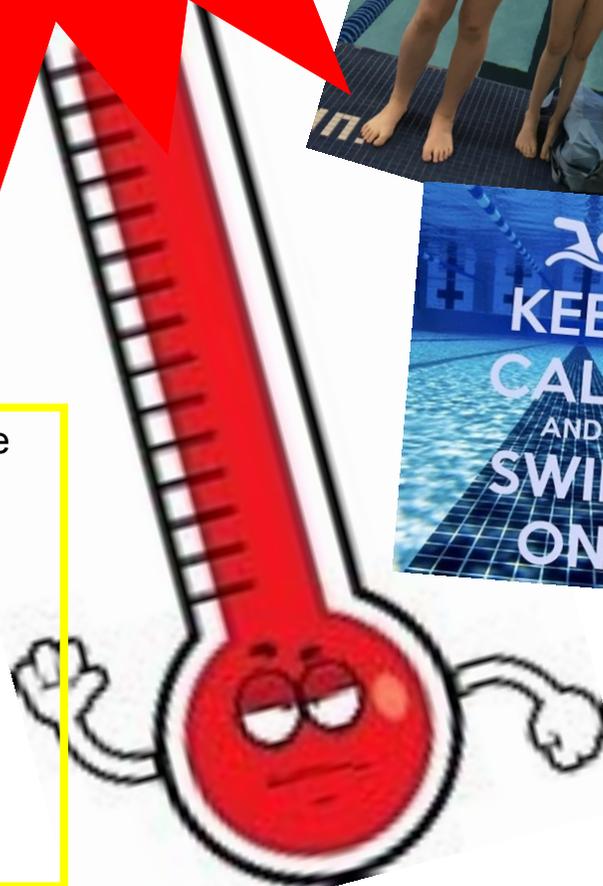
Congratulations to the top 5 of the most money raised:

1. Kaitlyn & Madison Hopp
2. Thomas Canada
3. Hannah Workman & Ashley Wicklander

\$11,967

Congratulations to those who swam 200 lengths!

- Amelia Carlson
- Alison Dry
- Maya Homberg
- Kaitlyn Hopp
- Madison Hopp
- Olivia Roti
- Jessica Spahn—284 lengths! WOW!



Word from the Coach

The weekend of April 30th was our first long course meet at St. Charles East High School. It was a successful swim meet. Many swimmers achieved personal best times. Several swimmers reached regional qualifying times and others were very close to state qualifying times. Keep up the good work in practice.

A few reminders regarding swim meets. It is imperative that the athletes arrive on time for positive check in and warm ups. At most swim meets each team is assigned a specific warm up time. If a swimmer misses this time there is a chance that they will not be able to warm up prior to the meet. Thus their swim times in the meet may suffer.

This year many of our long course meets are in Indiana. This is not because we like traveling to Indiana; it is due to the low number of long course pools available in Illinois. Long course swim meets in Illinois fill quickly which has caused us to look to Indiana for long course swim meets.

Lastly, practice attendance has been good thus far. A consistent practice attendance is important to build skills and endurance which will lead to time drops and success in the pool. It is important to arrive on time for practice as specialized stroke work is often worked on at the beginning of practice.

As a coaching staff, we are proud of the achievements of our swimmers. We hope to see continued success throughout the long course season. Thank you to the parents for everything you do to ensure your child attends practices and swim meets. If you ever have any questions, please do not hesitate to contact your swimmer's coach. ~Coach Chad

First Meet Highlights

Trophy Winners:

Luke Vatev - 1st place 7 & Unders
Matt Vatev - 1st place 8 & Unders
Ryder McMurray - 3rd Place 8 & Unders
Jane Gallagher - 4th place 9 year olds
Cadel Stauffer - 3rd Place 9 year olds
Henry Guo - 6th place 9 year olds
Shea Stauffer - 5th place 11 year olds
Erkan Ozgen - 5th place 12 year olds
Will Gallagher - 6th place 12 year olds
Lainey Quinones - 4th place 13 year olds
Amelia Carlson - 6th place 13 year olds
Annie Leinart - 6th place 15 and Over

New Regional Cuts:

Mary Bonnano, Amelia Carlson, Jillian Devine, Sam Dumford, Will Gallagher, Henry Guo, Andy Henn, Kaitlyn Hopp, Michael Joseph, Bryn Larson, Annie Leinart, Audrey Mahoney, Dylan McMurray, Laura Misiunas, Azra Ozgen, Berkay Ozgen, Erkan Ozgen, Andrea Paradis, Jack Poynton, Melanie Quinones, Ethan Rogers, Alexa Smith, Cadel Stauffer, Shea Stauffer, Daniel Sumida, Matthew Vatev.

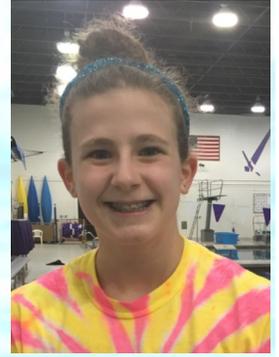
Team Record:

Matt Vatev—8 & under boys 50 fly

New State/Sr. Champ Cuts:

Alexa Smith
Will Gallagher
Erkan Ozgen
Andrea Paradis
Ethan Rogers

An Interview with a Coach by: Jessica Spahn



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

Jessica: When did you start coaching?

Coach Andy: 2012

Jessica: What are some of your hobbies outside of work?

Coach Andy: Sports enthusiast, occasionally plays video games, spending time with family.

Jessica: What is your biggest pet peeve at swim meets/practice?

Coach Andy: At meets: a swimmer worrying more about the other swimmers' races than their own race

At practice: showing up on time but getting in the water late.

Jessica: If you could go anywhere in the world, where would you go?

Coach Andy: Italy

Jessica: If you won the lottery, what would you do with the money?

Coach Andy: I would built a long-course pool for just the Hornet Swim Club.

Jessica: What is your favorite movie

Coach Andy: The Dark Knight

Jessica: What is your favorite sports team?

Coach Andy: Hornet Swim Club, then Bears, Bulls, Hawks, White Sox

Jessica: What was your favorite stroke/event when you were a competitive swimmer?

Coach Andy: Breaststroke, 100IM.

QUOTE OF THE MONTH



Swimmers Highlighted



Swims in
8-11



Swims in
9-under

Name: Matthew Vatev

Age: 8

Favorite Stroke: freestyle and butterfly

Favorite Event: 50 free, 100 back, 25 butterfly

Favorite Swimmer: Michael Phelps

Role Models: Michael Phelps

Future Goals: second best swimmer in the world,
slam dunk

Hobbies: basketball, soccer, playing catch,
swimming, biking, sledding

Famous person you would want to meet:
Michael Phelps

Favorite Book: poem books

School: Holmes Primary School

Grade: 2nd

Favorite Movie: Zootopia

Favorite Song: top 40 hits

Favorite Food: tacos

When I grow up I want to be: an Olympic
swimmer

If I could change one thing it would be: nothing,
life is great

Coach Vlatko has this to say about Matthew:

"After his breakout short course season with the 8 & under group, Mathew is working hard with the 8-11 year old group now preparing for the long course season. He always gives his 100% in practice and that's why he usually has great swim meets."

Name: Luke Vatev

Age: 6

Favorite Stroke: freestyle and backstroke

Favorite Event: 50 free, 25 back

Favorite Swimmer: Michael Phelps

Role Models: my big brother Matthew

Future Goals: get better at butterfly

Hobbies: basketball, soccer, baseball, swimming

Famous person you would want to meet:
Michael Phelps

Favorite Book: The Gym Teacher From The
Black Lagoon

School: Holmes Primary School

Grade: 1st

Favorite Movie: If I Had Wings

Favorite Song: none

Favorite Food: chocolate chips cookies

When I grow up I want to be: a basketball player

If I could change one thing it would be: I like how
it is

Coach Vlatko has this to say about Luke:

"After watching his brother swimming from the stands, Luke finally decided to join the club and ever since he has been hard working swimmer in practice. I'm looking forward to the upcoming meets to watch Luke's hard work translate into success in the meets."

BEING A GREAT TEAMMATE

While many of us say or think we are acting like a good teammate, there are certain traits that will always define a GREAT teammate. But first and foremost, supporting each other in everything and every way is where it always will start. Every athlete that has been in a situation of having teammates cheering for them knows how great that feels. Just being there for a teammate when it is their turn to perform, whether that be in competition or at practice, to encourage, to help them be their best, will help make the team become stronger and faster.

A perfect example of a GREAT teammate can be found in our military units. If you want to know what makes our military so great, ask a soldier how they work as one unit. You will never get an answer of, "Well, I made sure I had what I needed first." or "I'm all that matters." or "They aren't my problem." Each member of a unit genuinely cares for and is concerned for each others welfare. They make sure they do everything they are asked to do for the overall benefit of the unit (team). Everyone has a task to do and it is always done to the best of their ability, without question, without regard for self. You could actually say they put others over self while still supporting the whole.

GREAT teammates work hard to make the whole team GREAT!!

What is a swim team? you might ask Let me tell you.

**A swim team is for
sharing showers
when there aren't enough.**

**A swim team is for lending
hair bands when yours snapped.**

**A swim team is for
making you laugh
so hard you almost drown.**

**A swim team is for
not asking questions when
you're crying after a bad
race, just hugging you.**

**A swim team is for
capping you because even after all
these years, you still can't do it yourself.**

**A swim team is for better or worse,
through victories and losses.**

A swim team is family.



**That is what
a swim team is.**



10 Ways to Be a Better Teammate

By: Olivier Poirier-Leroy

Being a great teammate is more than just being a good person. By being an awesome teammate you help create a culture that fosters excellence for everyone in the pool (including yourself). We've all had those teammates whose positivity is infectious. Who cheers on the superstars and the little kids. Who is there to listen to you when you stumble, and throw you a high-five when you crush your PB.

There is no reason that swimmer cannot be you.

Here are 10 ways to be a better teammate:

1. Help with the equipment (without being asked to).

No one likes swimming without lane ropes, backstroke flags, or the digital clock. And yet most swimmers seem to equally dislike setting them up.

Don't wait for coach to yell at you to do it. And don't sulk your way out of doing it simply because you helped out last time. The faster the equipment is in and out of the pool the quicker you can get on with the rest of your day.

2. Help out with the younger kids.

Believe it or not, the kids in the groups below you look up to you and your swimming awesomeness. You already know this; you remember the awe and awkwardness that came with the first time you trained with the older group.

Spend some time with the younger kids on the team, it'll form a bigger impression than you realize on them.

3. Be positive in the midst of a hellish set.

We've all been there—the swim practice that is so ludicrous, so impossible, so shoulder-numbingly tough that it's hard not to lapse into grumbles and complaining.

Do yourself and the rest of the group of the lane a favor and keep it to yourself.

Be the guy or gal who helps the rest of the lane by being supportive and encouraging instead of bringing them down.

4. Follow the intervals properly.

Is there anything more infuriating than swimming in front of someone who you absolutely know is leaving early off each wall?

You spend the rest of the rep trying to put distance on them (which may turn out to be a training advantage as it forces some extra effort out of you) and silently fantasizing about unleashing a vicious down-kick the next time you feel them riding your toes.

5. Set the example in the lane.

It's crazy how much the actions of others end up influencing us.

If the three swimmers ahead of you are pulling on the lane rope, pulling in from the flags on kick sets, and generally keeping loose standards, it becomes pretty easy for you to slip down the slope as well.

If, on the other hand, everybody kicks all the way to the wall, keeps their fingers off the lane rope, and does the sets.

10 Ways to Be a Better Teammate con'd

6. Be the first to cheer.

I get it, not everybody is a natural-born cheerleader. There are always those swimmers on each team that can bellow, whistle, and recite all the team's cheers at a moment's notice.

For you introverts giving a simple "Go get 'em!" to your teammate as she heads over to the ready room can give her that little bit of wind in her sails.

Similarly, get up and cheer for the swimmer that is in lane 8 of the B-final just as you would for the swimmer in lane 4 of the A-final.

7. Stop complaining.

It's exhausting training with the athlete that complains about everything, who is constantly asking for easier intervals, who doesn't like the main set, who doesn't want to do the tough sets.

If this is you, stop sulking.

The [bad body language that comes with complaining](#) will actually make you swim worse, so all you are doing is doubling down on a poor performance.

8. You keep your squad accountable to one another.

Being able to call out a teammate on a lackluster effort is a fine art; too tough and you isolate them, too soft and they laugh it off.

Being able to constructively point out a shoddy effort or attitude can be challenging, but good teammates make each other better, even if that means having to call them out on their shenanigans once in a while.

9. Goals!

At the beginning of the season you and your squad sat down and wrote out some goals both individually and for the team.

Being apart of a teammate's pursuit for excellence in the sport—and having them being willing to open themselves up to you about what they want to accomplish—is a privilege.

Support and push your teammates to encourage their and the team's goals.

10. Swim outside your bubble once in a while.

With most teams swimmers of various disciplines invariably cluster.

The distance swimmers go off to the animal lane to not be seen for two and a half hours. The sprinters do their blast efforts together. The breaststrokers do their thing, and so on. As a result things can get a little cliquy.

When you have the chance take it to expand your bubble a little bit and spend time with the other swimmers on the team.



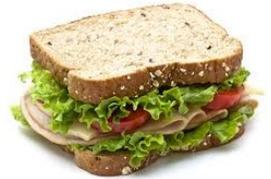
Snacks for Swimmers: Timing is Important outside of the Pool, Too

Snacks get a bad rap since they're often synonymous with candy and chips. But don't let this misnomer fool you; snacks are a critical part of a swimmer's training before, during, and after race day. Knowing what snacks to eat and when to refuel can provide you an edge over your best time and your opponents. Serious or competitive swimmers require lots of extra snacking—much more than non-athletes or casual, recreational swimmers. Swimmers begin to deplete their energy stores within 90 minutes of training and, when this happens, it's time for a snack. What you eat is just as important as when you eat when it comes to snacking, so let's take a look at some snacks for swimmers.

PRE-RACE

Your best bet is to eat a pre-race snack about 60-90 minutes before a race to top off your energy stores, helping you power past opponents in the closing seconds. Approximately 90 minutes before a race or competition, you should be combining low to moderate glycemic carbohydrates with protein, ideally between 250-400 calories. Examples of healthy pre-race snacks are crackers with an orange, an apple with peanut butter, or a turkey sandwich on whole wheat bread. If you are really serious a nutrition shake or a bowl of whole wheat pasta with chicken and tomato sauce is also recommended.

For any swimmers who wish to go a level higher, take a look at P2Life's Enduroboost Adaptogens. They helped over 40% of the USA Men's team to its success at the London Olympics, helped many of those athletes come home with Gold medals as well as help many kids earn scholarships to some of the top universities in the USA.



DURING THE COMPETITION

For snacking in between races where you have only short periods of time, say 30 minutes, your focus should be on replenishing fluids, aiming for 4-8 oz. every 15 minutes. Look for snacks that sustain a quick burst of energy with moderate glycemic index such as bananas, grapes, or melon chunks. If your break time in between races is more like 1-2 hours, avoid high sugar and high glycemic carbohydrates, which will lead to high fluctuations in blood sugar. Try to combine carbohydrates with protein and fluid, or a sports drink. Avoid high-fiber or gas-forming foods like beans, or anything that can upset your stomach while your body is in motion. Some recommended snacks are whole wheat pasta with vegetables, baked potatoes topped with chili instead of fatty cheese sauce, or a regular-sized sandwich lower in fat with a side salad and low-fat milk.



POST-WORKOUT

It's important to replenish nutrients within the hour of leaving the pool. This helps our body repair and recover from the exercise we just put it through! Naturally, after a swimming workout, lesson, or race the glycogen, or carb storage, will be depleted and needs to be replaced to have energy again. Also, protein, which is full of amino acids, has the building blocks for the growth and repair of muscle, making it one of the best foods to eat after a workout. It can help repair and build muscle, while reducing the soreness in your muscles the next day. Protein also supports the immune system. It is important that the hungry swimmers are eating more protein snacks than carbohydrates. Some good post workout snacks include a whole wheat pita with hummus dip, a nutrient rich protein shake, or a tuna salad sandwich on wheat bread.

And as always, don't forget to hydrate! Have a water bottle filled with cool water, or a lower sugar sports drink for training and competitions lasting longer than 60 minutes. Athletes should be drinking fluids frequently throughout the day.

