



THE HORNET BUZZ

NOVEMBER 2016

UPCOMING EVENTS

Host	Location	Date	Sign up Deadline
STSC Speedo Fall Classic	St. Charles North and Norris Rec. Center	Nov. 4-6	PASSED
IFLY Midwest Senior Challenge (qualifying)	University of Iowa	Nov. 4-6	PASSED
STSC Speedo Fall Classic	St. Charles North & Norris Rec. Center	Nov. 4-6	PASSED
HSC Fall Classic	Hinsdale Central	Nov. 18-20	PASSED
Hosc & HWSA Dual Meet	Stagg H.S.	Dec. 1	11/28
NASA Winter Blastoff (qualifying)	Northwestern University	Dec. 2-4	11/08
St. Charles 8 & under Classic	St. Charles North High School	Dec. 4	10/27
LWSA Holiday Splash (non-NASA swimmers)	Lincoln Way Central	Dec. 9-11	11/4
HWSA Winter Splash (non-Indy swimmers)	Stagg H.S.	Jan. 6-8, 2017	11/28
Carmel Invitational (Indy Travel Meet)	IUPUI Natatorium	Jan. 13-15	12/10
HWSA Distance Meet	Stagg H.S.	Jan. 21	12/31
TOPS Claire Statton Memorial Invitational	UIC Natatorium	Jan. 27-29	12/18
HOSC Super Sunday 8 & Under Classic	Hinsdale South H.S.	Feb. 5	01/27

Word from the Coach

Dear Hornet Families,

I want to start by thanking everyone with their help in running a very successful Intrasquad meet to start October off. This was a great help to get our swimmers' ready for their 1st big competition, which was held this past weekend at Neuqua Valley HS. The Intrasquad meets are a great experience to our new swimmers and families to get ready for the grind of a typical meet.

At Neuqua Valley, 105 Hornet Swimmers were entered for this meet and we saw a tremendous amount of competitiveness and sportsmanship while competing against 2 of the biggest clubs in the state. Coaches were pleased with the hard work and determination that everyone came out with, but know that there is still a long, long way to go in this process and plenty of work to still be done.

Swimmers' coming away with a best time in everything they swam were the following:

Colin Beierwaltes, Skylar Bobel, Kate Cesario, Laine Chen, Lily Crowther, Haylee Crumpler, Brian Dawson, Abi DeCicco, Caroline Dunford, Aava Farokhian, Frank Finnegan, Frederek Finnegan, Mary Ghawaly, Sean Halloran, Gretchen Haselhorst, Aisling Kerr, Janina Kremper, Austin Krucek, Jason Krucek, Michael Logan, Eden McDonald, Trey McDonald, Nicholas Momchev, Sean Noller, Madeline Padavic, Jack Piccoli, Justin Roddy, Mia Rogers, Olivia Roti, Lauren Rotta, Kate Rozsypal, Tomas Samoulis, Tony Shenouda, Christina Shenouda, David Shenouda, Lukas Simkus, Sara Sostak, Cadel Stauffer, Kathryn Tauber, Luke Vatev, Alyssa Zaeyd.

So many just missing the list as well, but keep your head up, come to practice, and listen and apply what your coaches ask of you and there are no boundaries on what you can all achieve!

A few Hornet Swimmers walked away with high point trophies for their ages, which were handed out to swimmers ages 6-12. Kate Rozsypal, Luke Vatev, Matt Vatev, Henry Guo, & Andrew Peterson all walked away with trophies for scoring Top 4 for their age! Awesome job!

We also saw a few new Team Records this past weekend in the 8 & Under Boys division. Matthew Vatev lowered the standards in the 25 Butterfly and 25 Backstroke to bring his total up to 7 team records for 8 & Unders. Great job Matthew!

5 swimmers also made their way into the HOSC Top 10 List very quickly into the season. Mia Rogers (25 back, 100 IM), Emily Weingust (25 breast), Alexa Smith (100 back), Matt Vatev (25 free, 25 back, 25 breast, 25 Fly), and Luke Vatev (25 free, 50 free, 25 fly) all finished with times that made the list. Great job and we hope to see as many swimmers as we can this season climb the ranks of HOSC history!

Our meet season picks up Nov. 4-6 with a meet in St. Charles as well as Nov. 18-20 where we'll be hoping to compete at Hinsdale Central HS. Keep up the good work!

Coach Andy and the Hornet Coaching Staff

Meet Coach Chris



1. *What is your favorite thing about swimming?*

My favorite thing about swimming is watching hard working athletes achieve success. Swimming is not an easy sport, but one can be successful if they are willing to put the time and effort into their work. Nothing makes me happier than seeing an individual drop time because they were willing to make adjustments and work through the challenges of practice.

2. *Are you a sprinter or a distance swimmer?*

I'm definitely a sprinter. I was one of those swimmers who tried every trick in the book (and failed) to avoid swimming the 500.

3. *Best / favorite stroke?*

My best/favorite strokes are breaststroke and freestyle.

4. *If you could have any job in the world, would it still be coaching?*

With the exception of being President of the United States, I would choose coaching and teaching as my profession every time.

5. *If you could change one rule of swimming, what would it be?*

I am definitely not fond of the backstroke finish rule (can't be completely submerged).

6. *Are you into any other sports besides swimming?*

I love to play soccer and watch baseball (Go Cubs!) and football.

7. *What's your favorite thing to do when you're not coaching?*

Outside of swimming, I enjoy spending time with my wife and going to Cubs and Bears games.

8. *If only one food existed, what would you want it to be?*

Life would not be complete without pizza.

9. *Do you have any pets?*

I have a pet African Dwarf Frog.

10. *What is your best memory?*

I have many awesome memories from my time at Hornet Swim Club. Some memories that stand out in my mind are coaching at Zones and State for the first time.

Quote of the Month:

You can't put a limit on anything. The more you dream, the farther you get.~ Michael Phelps

DO YOU HAVE THE PATIENCE TO ACHIEVE SUCCESS IN THE POOL?



We want it all, and want it now.

Right now.

After all, we live in a culture of instant results. The world is getting faster and faster. We expect our media at our fingertips. We expect miracle supplements to work e/ magic. And we expect hacks and tricks to be able to sneak us past the hard work line-up. But a little talked about aspect of elite swimming requires the opposite...

The ability to sit back, and be patient.

Point in case...In 1980, Russia's Vladimir Salnikov was the 1500m freestyle Olympic champion.

Sort of.

The gold was nice. And the world record was nice too—with his 14:58 he was the first man to ever break 15 minutes. And being able to slip under what was at that time an unbreakable barrier in front of a home crowd in Moscow was surely satisfying. But there was something very noticeable missing from that Olympic performance...

The Western world. Most notably the American team.

In 1980 the Russians and the West were not exactly on speaking terms. Full blown *frenemies*, one might say. With the Cold War quietly raging, the Americans (and many other Western countries) boycotted the 1980 Games to protest the Soviet invasion of Afghanistan. For Salnikov, it was a hollow win. He wanted to win the Olympics when the whole world was there.

So he continued training. Kept at it.

Continued plotting and planning for Olympic gold. In 1984 the Soviets, and 14 other Eastern Bloc countries followed up the '80 boycott with one of their own, refusing to send their athletes to the Los Angeles Olympics. Again, Salnikov would not get his chance to compete against the best in the world. So what did he do?

He continued training. Kept at it.

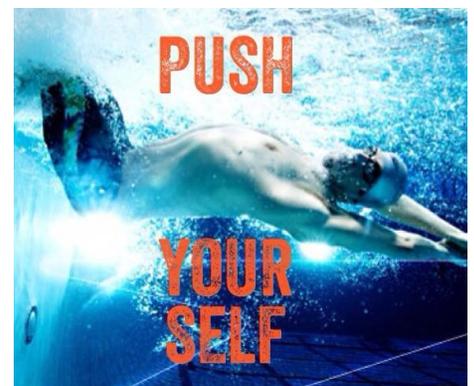
In the years between '84 and '88 the iron grip that Salnikov had on the mile began to loosen. At the 1986 world championships he placed outside of the medals. In 1987 at the European championships he didn't even advance to the final. If not for a last minute intervention by the Soviet sports ministry Salnikov would have been left off the team heading to Seoul entirely. After going unbeaten in the event for nearly 10 years, and at age 28— well past what was considered at the time to be his prime—Salnikov was considered washed up.

But he kept at it. Kept going.

At the Seoul Olympics, Salnikov would hang with the field until the 700m mark, at which point he began to surge ahead. With the crowd at his back, the "Monster of the Waves" (that was his nickname—how awesome and intimidating is that!) powered on, touching first in 15:00.40. Finally, after 8 years of waiting and training, of being doubted, of being "washed up"...

Salnikov had finally won his gold medal with the whole world present.

That night when he walked into the cafeteria in the Olympic village all of the athletes stood up and gave him a standing ovation. Athletes of every country, from every sport, they all rose to honor the incredible patience and grit of the legendary Russian swimmer. Salnikov had the ability to not only stay at the top of the game in the most taxing race on the Olympic swimming program, but he had the patience to wait out the years of boycotts and doubt.



A Few Fast Facts About our Swimmers



Name: Amelia Suzanna Carlson

Age: 13

Favorite Stroke: freestyle

Favorite Swimmer: Missy Franklin

Role Models: Maya Dirado & Missy Franklin

Future Goals: honor roll, to make a state cut this swim season

Famous Person you would want to meet:
Missy Franklin and Perrie Edwards

Hobbies: Swim, Volleyball, Basketball, Reading,
Friends (no particular order)

Favorite Book: *The Unexpected Everything*

School: St. Mary of Gostlyn

Grade: 8th

Favorite Movie: Suicide Squad

Favorite Song: Song: *You don't own me* by
Grace; Group: Little Mix



Swims in
12-14



Happy Birthday

October

Colin Beierwaltes
Haylee Crumpler
Max Humphris
Josie Zimmer

Mary Bonanno
Audrey Dolak
Nathan Nowak
Kamile Zinis

Blake Cassani
Jacqueline Gabbert
Alexa Smith

November

Lanie Chen
Zachary Leinart
Emma Roche

Connor Foerster
Naomi Luangdilok
Mathew Vatev

Peter Kowalski
Yiran Pang
Ashley Wicklander



The #1 Reason Age Group Swimmers Should Journal Their Workouts

By Olivier Poirier-Leroy

Age group swimmers are learning a lot as they progress through the ranks. Here's how journaling their workouts will help teach one of the most important lessons swimming has to offer.

In our first few years in the sport it's all about learning how to do things better. Getting thrown into the water we go from splashing around to learning form and technique. We are being taught how important good technique is, how to do proper turns, and being taught all the ways to get DQ'd at competition time ("So one handed fly turns are *not* good, right?").

As we progress, and see ourselves rising the rankings, and the times steadily dropping, we get more and more into the sport. With less propping from our parents and coaches we shoulder more responsibility for our performance in the pool. This means getting ourselves to practice. Setting our own alarms for morning workouts. And shouldering the responsibility for showing up to practice and working hard. And of course, for most age group swimmers, this means setting personal goals for their swimming. While our coaches may help us with the planning of our goals, ultimately it is up to us to do the work necessary to see them through.

During this stretch of time you are learning to be responsible and accountable to your swimming. It can be a little intimidating at first when you realize that ultimately how you fare in the water is on you. That your limits consist of the decisions you make. Scary, maybe initially. But empowering in that you are the one who decides your fate in the water. Not the competition. Not your parents. And not your coach. Your swimming becomes, essentially, accountable only to yourself.

How to Get Yourself Some More of That Accountability Stuff

There are lots of ways that you can help yourself be more accountable. Schedule regular check-ins with your coach. Tell people about the things you want to accomplish. Write out your goals and put them beside your bed like Michael Phelps used to do. Pound-for-pound, however, the best way to keep yourself accountable is regular evaluation. And the simplest way to do this is to write out your practices. Yup, spending just a couple minutes a day post-workout journaling what happened at practice will add a powerful layer of accountability to your swimming. There is a metric chlorinated ton of benefits to keeping a logbook in the water; from building motivation, to using it as a tool to express gratitude, self-monitoring has been shown to work over and over again in studies and research.

How to Use Your Training Log for Max Accountability Effect

Ultimately how we use a logbook comes down to personal preference. Freestyle sprint phenom Caeleb Dressel uses his logbook to write out how he feels in the water, as well as his workouts. Katie Ledecky, soon to be the top woman freestyler in history, used her logbook to better communicate with her coach while also using it as a tool to write out how she was feeling that day. Writing out your workouts becomes a habit. Eventually you will get to a point where it is simply part of your routine, as essential to your workout as your water bottle and a decent warm-up. And whichever manner you prefer to use it, here are a couple ideas for how age grouper swimmers can make the most of journaling out their workouts:

The #1 Reason Age Group Swimmers Should Journal Their Workouts—con'd

Pick something to work on today.

One of my favorite ways to use a logbook is to plan on working on specific things. Today could be the day that I focus on having excellent streamlines. Or breathing bilaterally for the whole workout. Or not pulling on the lane rope. Having goals beyond what coach wants you to do will help you stay engaged in the practice, and it also gives you some control on the practice and can help you stay focused during those long practices. Sure, coach writes the workout, but you also have your own little goal as well. This type of intention and focus means you aren't just reacting to what coach is telling you for 1.5-2 hours.

Rank your effort at practice.

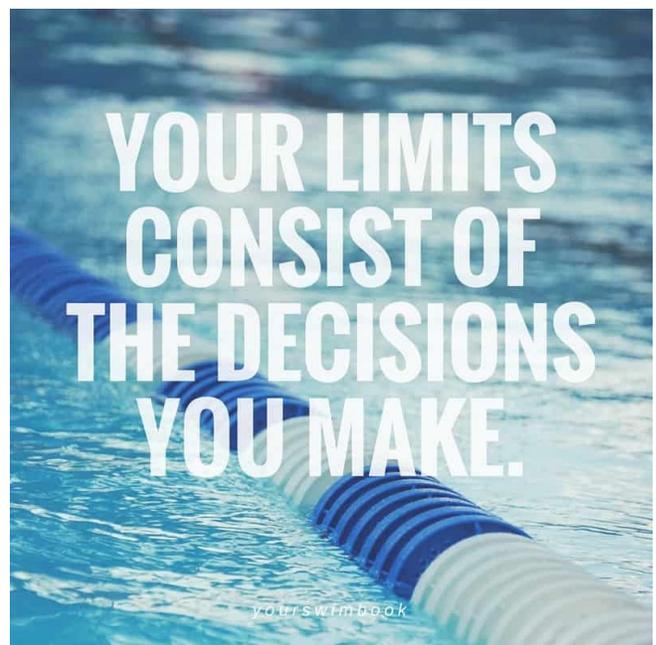
If you have ever struggled with being consistent with practice (and who hasn't at some point?) this is going to be right up your alley. And hilariously simple. Each day, whether you keep a training log or not, once you've stepped out of the water and dried yourself off take the 3.2 seconds it takes to rate how you did in practice. You don't have to go into further detail if you don't want to, but writing out a simple effort rating will keep you honest—and wait for it, accountable. You can rank it out of 10, with a letter grade, out of 5 golden retriever puppies, whatever system you choose it doesn't particularly matter as long as you do it.

Use it make sure you are progressing.

At the end of the day if you want to swim faster in competition you have to swim faster in practice. This means doing things better week-in and week-out. It means being willing to escape your comfort zone regularly. Remember: It's on you to make sure that you are doing things better. That you are pushing to try a more challenging interval. Or swimming with fewer strokes per length. Or making more practices than you did last month. Your training log is home base for these things. On paper, in front of you, you can see what you have to best in order to improve.

The Takeaway

Being a more accountable athlete goes beyond just being a faster swimmer. (Although that sounds pretty awesome in it's own right.) Swimming is a vehicle for teaching us things like self-responsibility and accountability. And yes, these are the things that will serve us very well in life outside of the pool, whether it's in our careers, academics, or our personal relationships. Journaling your workouts is something that not only will help you be more accountable to your goals and help you become a more aware and self-responsible athlete, but it will also make you feel that your swimming is really yours.





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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!