



THE HORNET BUZZ

SEPTEMBER 2016

UPCOMING EVENTS

Host	Location	Date	Sign up Deadline
Intrasquad meet	DGN	Oct. 5, 2016	TBD
Fox Fall First Splash	Neuqua Valley H.S.	Oct. 22-23	9/22
STSC Speedo Fall Classic	St. Charles North and Norris Rec. Center	Nov. 4-6	9/23
IFLY Midwest Senior Challenge (qualifying)	University of Iowa	Nov. 4-6	TBD
HSC Fall Classic	Hinsdale Central	Nov. 18-20	10/21
NASA Winter Blastoff (qualifying)	Northwestern University	Dec. 2-4	TBD
St. Charles 8 & under Classic	St. Charles North High School	Dec. 4	TBD
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	11/28

Happy Birthday

September

Katherine Dillon
Kennedy Boyd
Julia Miller
Charles Nilles

David Shenouda
Kellar Lambeau
Thomas Noller
Annie Leinart

Daniela Giuffre
Ariga Rohan
Madison Hopp
Savannah Duax

Word from the Coach

Hi Everyone,

Thanks for your patience and support as we've gotten underway with our 1st couple of weeks of swimming. So far coaches are very enthused with the work ethic and sportsmanship being displayed in the pool. We hope everyone will keep up the good work in order to accomplish our season goals.

Reminders will be sent out for meet signup as well, so please pay attention to those and enroll your swimmer in any meets they are able to attend. Remember that signup occurs over a month out and we have a lot of meets available and some getting ready to close up.

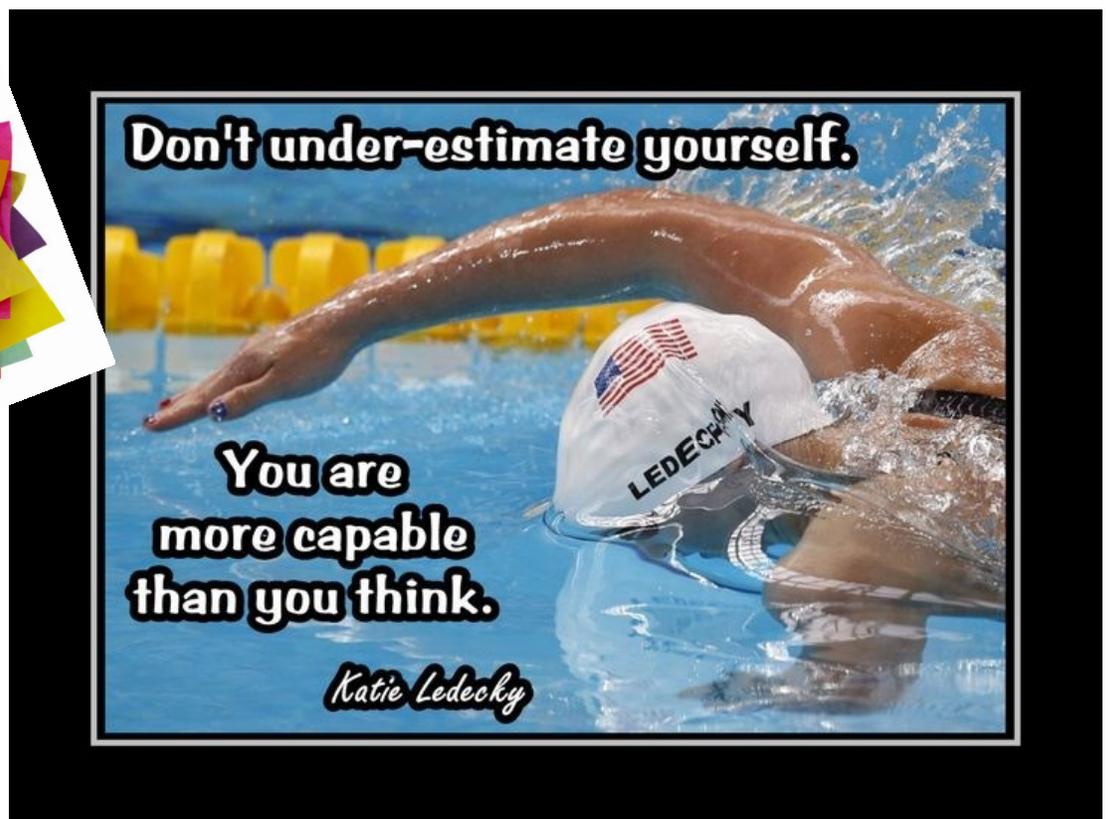
I'd like everyone to mark October 5th on their calendar, as we plan to hold an early Intrasquad meet that evening at Downers Grove North. Swimmers will compete in a few events each and it will be a lot of fun for everyone!

Dryland is also underway now taking place in the Hinsdale South basement fieldhouse. If you're group has weekly dryland offerings, I encourage each swimmer to take advantage as much as possible.

As always, please check out the various sections of our website for information on things such as meet signup, equipment, swimming resources, nutritional tips, and much more!

Thanks, and see everyone around!

Coach Andy





Meet our new Coach—Nicole Cleveland

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

I love the peacefulness about it. I love jumping in for a long aerobic set and just going. It always helped me clear my mind and still does. I also love the competitiveness as well. That roar at the end of a meet when the 400 free relay is going is electrifying.

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

Distance swimmer through and through. The longer the event the faster I got.

3. *Best / favorite stroke?*

Freestyle.

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

I would always want to coach. Everyone says I'm happiest on the pool deck and I really am! But I always thought being a dietician and health blogger would be pretty cool.

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

Girls could swim the 1500m in the Olympic trials and the Olympics.

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

Water polo is my second love. I played in high school and chose to participate on the co-ed club in college when I could.

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

When I'm not coaching I love to go to the gym and workout. I usually end up spending 2 hours at the gym when I have time. I will usually get in the pool for an hour and then do some lifting after that.

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

Popcorn. I make mine on the stove the old fashion way with a little salt and it's perfect!

9. *Do you have any pets?*

I do not have pets. My husband and I are looking to adopt a puppy soon though.

10. *What is your best memory?*

Swimming / school related it would have to be the day I knew I was going to swim at Carthage. My mom walked onto the pool deck during water polo holding this large envelope saying I had received a large scholarship to attend Carthage.

Personally and recently it would be my wedding day when I surprised my husband Dominic and sang to him during the wedding ceremony.

Equipment

Although some equipment is available at the pools, the coaches strongly recommend that all swimmers have a mesh bag and equipment as appropriate for

their group. Click [here](#) for the list. These items will also be available to purchase during suit fittings. Among other items available from The Swim Team Store, they will offer a mesh equipment bag

with our team logo and the option of adding the swimmer's name (adding the name will be a small up-charge).



There is also an equipment exchange list. Some used items are for sale, others might be free. Check out the [list](#) before you buy!

Dryland what?

If you are new to the team, you may not have heard the term "dryland training" before. So what exactly is dryland? Dryland is a form of conditioning that our swimmers do outside of the water. It focuses on developing flexibility, muscle balance, and a strong core. Dryland training provides many benefits, such as enabling the swimmers to streamline longer, preventing the hips from dropping as the abdominal muscles fatigue during swimming, and creating stronger strokes and kicks. While some teams charge additional fees for dryland training, HOSC believes this is a critical component in a swimmer's success and offers it free-of-charge to our competitive groups. Dryland training is available to all our swimmers Bronze and

above groups. Blue, Green, and White do not currently participate in dryland. Once our new session is underway, additional information about the Dryland Schedule will be sent to participating groups.



THE BENEFITS OF SWIMMING

WHY SHOULD MY CHILD BE A SWIMMER?

- Swimming is an outstanding activity for people of all ages.
- Swimming promotes fitness and teaches a child to strive for physical achievement. Many superstars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- Swimming can prevent drowning.

DID YOU KNOW?

Drowning is a leading killer of American children.
More than 30% of kids are at risk for obesity-related illnesses.
Swimming is a cure.

KEY QUESTIONS

While winning is nice, while setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than, "It is great to swim fast." No where in human history or theology do we learn that the ability to swim fast holds a very high priority in the grand scheme of the universe. From a practical standpoint, over-emphasis on speed, times and achievements will eventually end in frustration. No matter how fast a young athlete swims, there will probably be another swimmer in the next town, state, or country, swimming faster, if not now, then next month. So as coaches and parents, ask yourselves:

- Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- Did the child learn to exhibit initiative, wanting to come to the pool and do the practice without having to be constantly pushed or prodded by parents and coaches?
- Did the child learn something about unselfishness, sacrificing his or her personal wants for the good of others or the team?
- Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- Did the child learn more patience in overcoming obstacles, setbacks and problems?
- Did the child learn empathy?

In a few years, the medals and ribbons will be laid aside and best times will be a hazy memory. The friendships that will develop and the life skills learned will carry on for a lifetime.

Goals for the Season

Here are some of the goals we have set for the Fall/Winter sessions to ensure the swimmer maximize their potential:

- Compete in all the events and distances offered in his/her age group and achieve personal bests
- Perform all four strokes plus IM legally
- Further perfecting of starts, turns, and breathing techniques
- Understand maturation and physical development, the purpose of heart rate measurement and the importance of muscular flexibility in swimming performance
- Meet the established attendance for practice and meets.
- Understand the relationship between relaxation and performance; learn to challenge him/her to perform to the utmost of his /her ability in practice/meet
- Understand the benefits of positive self-talk and the value of setting goals to improve performance
- Accept constructive criticism from coach. It is a critique of an individual's skill, not a critique of the person
- Understand the relationship between distance per stroke, stroke rate, and swimming speed
- Understand the concept of a balanced diet and the basic fuels used during swimming
- Not be influenced by the negative behavior of his/her teammates
- Know techniques to control the mind (positive self-talk and imaginary) and the body (deep breathing, progressive muscle relaxation)

The key is to give every swimmer the opportunity to set effective goals as well as to provide a constructive learning environment that is age-appropriate and at the skill level of each swimmer. Competitive time standards are not the sole factor in determining success of the swimmer. Other factors include, but are not limited to: age, training standards, attendance commitments, and the fundamental and racing skills of the swimmer. The coaching staff has been creatively constructing practices to address these areas, such as proper transitions at the wall, pull outs, breathing patterns and the long-term racing for the swimmer. It is important to pay close attention to these little pieces of the puzzle to solve the riddle of the competitive swimmer. The coaches work the entire season to help the swimmer compete at their optimum level during the championship meets.



USA Swimming has a member resource where all swimmers, from state champions to summer leaguers, can track their times with the log book and even keep track of their personal goals through Deck Pass and Deck Pass Plus. USA Swimming members can also look up their times and recent meets, check their IMX scores, and see all of the Deck Pass patches they've earned.

Click [here](#) to check it out!



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[Hornet Team Store](#)

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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!