

**UPCOMING MEETS & ENTRIES**

MEET NAME	ENTRY DEADLINE
YMCA State	March 3
ISI AG Champs	March 9

WCY PROGRAMS	REGISTRATION STARTS
Spring Clinics	March 19 <sup>th</sup>
Long Course	April 6 <sup>th</sup>
Fall Clinics	July 30 <sup>th</sup>
Short Course	August 6 <sup>th</sup>

WCY PROGRAMS	PROGRAM DATES
TOPS Banquet	March 7
Spring Clinics	April 9-13 & 16-20
Summer Tryouts	April 23-25

Please enter online, via the "Meets&Events" tab to edit your swimmer's commitment. Note if you cannot attend a certain day.

**TOPS UPDATES**

2018 has started out with a bang for TOPS swimmers! We kicked off the New Year with our team travel meet to Springfield for the SPY Snowball Invite. This was a championship format meet where we had 35 swimmers out of the 55 attending score points for our team resulting in TOPS taking 2<sup>nd</sup> place out of 19 teams. Congratulations to Joey Dumm on winning the 8&Under Girls high point award.

The great performances continued just two weeks later at our hosted Claire Statton Memorial meet. We had the largest showing of TOPS swimmers in the past five years at our meet with 142 swimmers. What is even more impressive is that 100% of

those 142 swimmers achieved a best time in at least one event.

A big thank you goes out to all the parents that volunteered all weekend at the Claire Statton meet. It was a smooth event that all teams enjoyed, and we couldn't have done it without your help. We have another opportunity to run another great event, enhance our children's swimming experience and show why it is great to be a part of our team with the upcoming TOPS hosted YMCA District meet. We need help from our families to ensure we can run this event well so, if you have not signed up to volunteer, please sign up via the TOPS website.

**QUALIFYING MEETS**

Congratulations to the following swimmers at the Illinois Swimming Regional Meet February 23-24!

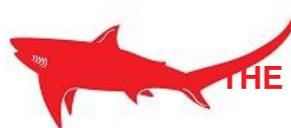
Connor Sorg, Will Vejck, Thomas Caicedo, Michael Cruz, Yuriy Rogachev, Deo Campbell, Cameron Estes, Evan Hauptmann, Brady Sorg, Tobias West, , Elsie Connell, Ava Massmann, Samantha Nielson, Katerina Krysan, Kelly Tran, Lynn Warwick, Jessica Li, Kathryn Matoka, Lila Aspin, Rory Aspin, Lauren Fricker, Ashby Steward-Nolan, Jada Noyes, Jack Soumar, John Kuenster, Anders Ryan.

Congratulations to all swimmers competing at YMCA Districts (hosted by TOPS at UIC). We had over 100 athletes competing, the most we've had at this meet in some time!

**GROUP UPDATES**

Age Group/Seniors – There have been a few questions about Technical Suits. Let me start off by saying that technical suits are by no means necessary for fast swimming and will not magically produce fast swimming. Swimmers that are





competing at the State level or above in multiple events may want to consider purchasing a technical suit, but it is important that a racing suit fits tightly, does not hang or bunch, and is not worn or faded. Swimmers competing in the upcoming championship meets should be wearing a tightly fitting team suit in good condition if they are not wearing a technical suit. If you are considering purchasing or are not sure if you should purchase a technical suit for your swimmer, please contact me. I can steer you in the right direction and provide discounts on suits if we determine that is the route to go.

**Developmental** - As the 2017-2018 short course season comes to a close for the TOPS Developmental squads (TINY TOPS, RED and YELLOW), we hope you have seen some improvements in your swimmers. Swimmers are swimming with a straighter body position. Swimmers are swimming longer distances and all strokes. Swimmers are kicking with more strength and speed. Swimmers' times are decreasing because they are getting more efficient. We all have worked hard the past 5 months to improve technique, starts, turns, and finishes, while having some FUN along the way.

### FEBRUARY QUOTE OF THE MONTH

Look at a stone cutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before. – Jacob Riis

### MARCH QUOTE OF THE MONTH

“Never be limited by other people’s limited imaginations.” – Dr. Mae Jemison

### BIRTHDAYS

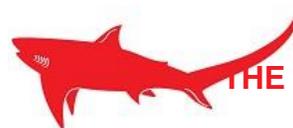
Happy belated birthday month to all the January birthdays: James Yount (1/2), Deo Campbell (1/4), Isaac Huppke (1/9), Caroline Korrison (1/9), Rachel Sang (1/17), Adrienne Ruehle-May (1/21), Yvonne Muhammad (1/24), Charlotte Schumaier (1/24), Lucy Wojtowicz (1/26), Isaac Bottorff (1/30),

Happy birthday month to: Caroline Smith (2/7) Victoria Najera (2/8), Sam Condon (2/10), Madeleine Sparks (2/11), Colleen Walsh (2/11), Brinn Hagner (2/12), Elsie Connell (2/16), Josephine Dumm (2/16), Ines Feliciano (2/16), Mason Coplan (2/17), Hank Swift (2/17), Zane Sufi (2/17), Henry Knoepke (2/18), Kaspian Murray (2/20), Cameron Kuenster (2/21), Caroline Gancer (2/25), Yuriy Rogachev (2/26), Rory Aspin (2/27), Jack Soumar (2/27)

### COACH'S LANE



Swimming is a tough sport for a myriad of reasons, and one of the toughest and most rewarding of those is the delayed gratification. Many sports you get the instant gratification of seeing the skills you have worked on pay off with a good play or a win for your team, sometimes within the same game or week you have worked on them. In swimming, you work for months, even years to have all your sacrifice and training come together at the end of a long season. While the long and tedious process is not always the most enjoyable, the end result is. There is no better feeling than a goal achieved that you have earned through hard work which, is something that



the TOPS coaches work hard to instill in our swimmers and are thrilled when we see them realize that incredible sense of accomplishment. The past three meets have provided the opportunity for many of our swimmers to get that great feeling of accomplishment whether it was by way of being able to apply stroke corrections into a race, completing a race they have never swum before, making huge time drops or picking up their first Regional/State cut, and best of all, superseding their goals or expectations to realize that they are capable of much more than they ever thought. Congratulations to all the swimmers on the regular season, you did a terrific job, all your hard work paid off and you earned it!

We are looking good as we head into the championship season and I fully anticipate more time drops and great swims as we start to rest. A couple things to keep in mind as we approach our final meets;

First and foremost, swimmers should only concentrate on the things they can control. While, winning a race or getting a Regional/State cut are good things to shoot for, they should not be the determining factor of whether you had a good season. Keep things in perspective, you may lose a race or miss a cut, but if you have gotten best times, that's a big success!

Second, rest is paramount. It is important for swimmers to get a good night's sleep every night, they should try and stay on as regular of a sleep schedule as possible and avoid sleeping in late on weekends and taking too many long naps.

Third, be aware of your eating habits. There shouldn't and doesn't need to be any drastic changes in the swimmer's diet but, they should try to eliminate sodas and junk food as much as possible (*Sports drinks are for before and after practice and meets not outside of the pool. Plenty of water should be the main drink of choice*). Swimmers should also be careful of overeating, we will now begin doing less yardage in practice and do not require the same caloric needs as in earlier in the season. A good rule of thumb is eat until satisfied not stuffed. Healthy snacks in between meals is a good way to adhere to that rule and make sure we are staying well fueled.

Finally, leave the swimming in the pool. This obviously applies for the physical aspect but, it also goes for the mental as well. The coaches have a plan that has started from day one of the season and it is geared towards preparing the swimmer for their peak performance at their last meet and we address all the physical and mental aspects necessary to achieve that in practice. Swimmers should come to the pool focused on swimming and leave it there for the next practice. We don't want to bring any undue stress to the swimmer by putting pressure on them outside of the pool to perform or have them stressing about their upcoming meet. Enjoy the tapering process and keep it light away from the pool because remember swimming is fun!

Good luck to all of the TOPS swimmers that are still competing I am excited to see all your efforts payoff and I'm 100% confident that they will, you should be as well.

-Coach Joel