

Coach Nick Says ...

Stay in shape in off-season

As the winter/fall season ends, what should swimmers do with their free time prior to the start of summer season? While it is a great time to feel good about your accomplishments, too much celebrating can make it difficult to get back into shape for even the best athletes. So here are a couple tips which allow swimmers to enjoy a much-needed break, but maintain their fitness, reduce the chance for injury and stay healthy:

- Spend 15 to 30 minutes a day on stretching and mobility work to provide more flexibility to the major muscle groups.
- Strengthen weak links in the body to improve performance and prevent potential injuries.
- Nutrition is one of the most important things to watch during the off-season. It is quite simple: more calories consumed and less calories burned (due to no swimming practice) is a sure-fire recipe for weight gain.
- Sleep, sleep, sleep. Even during the season, this is so important because it helps the body recover and perform at a high level. Focus on getting eight to nine hours of sleep a night. Also, an hour before bed, turn off the television, computer screens, iPads and everything else that prevents you from falling asleep.

Visit www.usaswimming.org for more great tips.

Congratulations 2014-15 divisional, state swimmers



Online registration April 1; season starts April 20

The spring/summer season begins Monday, April 20, so returning swimmers can start registering online Wednesday, April 1. Swimmers will not be allowed to practice until all of the paperwork is completed and turned in with payment.

Registering online significantly reduces the amount of time it takes to complete the process. Look for additional details about online registration in the coming weeks.

Onsite registration, which is geared towards new swimmers and a good time for returning swimmers to bring in their completed paperwork, is scheduled for:

- 10 am – 1 pm , Saturday, April 11
- 5:30 – 7:30 pm , Wednesday, April 15
- And during the first week of practice 5:30 – 7:30 pm , April 20 to 23.

Start spreading the word about how much fun it is to be a part of your swim club. This could also save you some money through the Refer-a-Friend Program in which you will receive \$50 (towards your HHSC account) for referrals that join the club and remain with the team, in good standing, until the end of the season).

Look for other great opportunities the Hurricanes offer to reduce your membership dues.

Hurricanes raise money for NICK Foundation, learn value of giving back during Swim-A-Thon

For the second consecutive year, Donna Criner, director and co-founder of Northwest Indiana Cancer Kids Foundation (NICK) was visibly moved by the generosity of the Highland Hurricanes Swim Club (HHSC) at the conclusion of the club's annual Swim-A-Thon.

As the 47 swimmers who participated in the fundraising event dried off, cracked open their Gatorade and settled into an attentive group on the pool deck following their hour-long swim, Criner explained to the young swimmers the impact their fundraising efforts have made in the lives of the families served by NICK.

“For the second year in a row, these amazing young children swam their hearts out, collected donations and contributed to our annual Christmas Project,” Criner said. “Buying Christmas gifts for your family when you have a child in cancer treatment, is not always possible. This year we provided \$9,000 in gift cards and grocery cards to our families. These children are full of energy and enthusiasm and are sincerely interested in helping these families. We are beyond grateful to them and the parents who are guiding them to always help others.”

The swimmers learned an important lesson about philanthropy as they asked family and friends to support their charitable endeavors in the weeks preceding the Swim-A-Thon. In return, they collectively swam 4,650 laps of the 25-yard pool as a symbolic gesture of the hardships and sacrifices that NICK families endure in their journey as they care for their children who are battling cancer.

The club collected \$6,110. Of that amount, the NICK Foundation received half the proceeds. The rest went to the club to pay for equipment and to help swimming families in need plus a five percent donation to the USA Swimming Foundation for its campaign to educate youth in swimming.



Donna Criner, director and co-founder of Northwest Indiana Cancer Kids Foundation (NICK), talks to the swimmers about the impact their contributions have for families dealing with a cancer diagnosis.

Three board members retain respective positions

Congratulations to President Jim Stange, Secretary Jen Dross and Parent Board Member AnnMarie Keene for being re-elected to their current positions.

Elections will be held next December for the positions of Vice-president, Treasurer, Meet Director and the other Parent Board Member for 2-year terms beginning April 1, 2016.

This is a great opportunity to give back to the Swim Club and as an added benefit you do not have to pay membership dues on one of your swimmers (meet fees and conference/USA swim card fees still apply).

HHSC is also looking for another member to serve as head

official. Our current head official, Art Armstrong, will be leaving the club in the near future, which opens up a key position.

Whether it is through volunteering at meets, officiating or serving on the board, HHSC is very grateful for your help. “Without parents helping out, there is no way we can run this club,” said President Jim Stange. “With your help we were able to run successful invites and raise money for much-needed equipment and for the NICK Foundation.”

For example, the swim-a-thon raised more than \$6,110 with nearly half going to NICK and the canning fundraiser at Strack and Van Til raised \$928.