

Munster Swim Club

Happy Birthday!

Amelia Konstantinopoulos 11/4, Katie Hemingway 11/15, Clarisa Cortez 11/20, Kate Kapustina 11/20, Karl Larson 11/24, Tommy Zangrilli 11/24, Patrick Jones 12/1, Audrey Beck 12/4, Peter Hwang 12/4, Salma Prince 12/4, Mitchell Buffano 12/12, Taylor Moreno 12/14, Brisa Bohling 12/16, Tony Bohling 12/16, Ethan Buck 12/19, Allison Horin 12/20, Luke Buksa 12/27, Sydney Branch 12/27, Katie McComis 12/28, Kira Moreno 12/30

Did You Know?

Find the hidden phrase or title in this *Frame Game*.



See last page if you think you know the answer and would like a chance to win in our contest.

Seahorsin' Around

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Swimmer's Performance

Achievement is largely the product of steadily raising one's levels of aspiration . . . and expectation.

PERSONAL BEST TIME ACHEIVERS

In the first four meets of the season, 112 swimmers achieved BEST TIMES in 69 IM, 308 Freestyle, 160 Backstroke, 81 Butterfly, and 94 Breaststroke events, a total of (712) individual best times!

MSC Intrasquad- 84 Swimmers, 232 Best Times

Kyle Adams, Miranda Adams, Grant Afman, Joey Baeza, Jacobus Barnard, Matthew Barnard, Audrey Beck, Cooper Beck, Madison Bevil, Bella Blackford, Brisa Bohling, Tony Bohling, Sydney Branch, Ethan Buck, Mary Buck, Mitchell Buffano, Samantha Buffano, Allison Burris, Ashlyn Burris, Deven Burse, Carlo Candelaria, Eliana Candelaria, Olivia Candelaria, Brianna Condes, Ian Condes, Michael Dempsey, Ben Dodge, George Dovellos, Aneesa El Harit, Lexi Flores, Kay Foley, Isabella Gahre, Dakota Gronkiewicz, Sierra Helton, Jake Hemingway, Katie Hemingway, Alexander Hurubean, Leah John, Libby Jones, Patrick Jones, Tommy Jones, Anastasia Kapustina, Rhea Khatra, Amelia Konstantinopoulos, Kali Konstantinopoulos, Nathan Kunas, Savannah Kunas, Van Lambert, Karl Larson, Aleksandra Manojlovic, Georgiana Manojlovic, Ilija Manojlovic, Isaac Martin, Katie McComis, Casey McNulty, Melinda Michalski, Kira Moreno, Taylor Moreno, Daniella Nahnsen, Brandon Oganovich, Julia Pena, Alexis Perez, Isabelle Perez, Griffin

Poulsen, Maria Puliaeva, Taylor Raycroft, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Alec Samardzich, Srishti Sarkar, Brandon Silver, Justin Singh, Aidan Smith, Christopher Sullivan, Austin Talbot, Evan Torres, Lindsay Vanek, Victor Vatchev, Marisa Walsh, Karina Weingard, Andy Zhang,

Glenbrook Octoberfest- 20 Swimmers, 52 Best Times

Miranda Adams, Grant Afman, Joey Baeza, Tony Bohling, Allison Burris, Ashlyn Burris, Deven Burse, Libby Jones, Luke Knaley, Nathan Kunas, Jennifer Lockhart, Casey McNulty, Hannah Robbins, Jack Robbins, Scott Robbins, Justin Singh, Cayden Spilde, Jordan Spilde, Lindsay Vanek, Victor Vatchev

MSC SYOA Invitational- 99 Swimmers, 390 Best Times

Kyle Adams, Miranda Adams, Grant Afman, Joey Baeza, Jacobus Barnard, Matthew Barnard, Audrey Beck, Madison Bevil, Maria Blaesing, Brisa Bohling, Tony Bohling, Lillia Brunetti, Ethan Buck, Mary Buck, Mitchell Buffano, Samantha Buffano, Luke Buksa, Allison Burris, Ashlyn Burris, Deven Burse, Mary Calgario, Carlo Candelaria, Eliana Candelaria, Maya Candelaria, Olivia Candelaria, Michael Dempsey, Ben Dodge, Christina Dovellos, George Dovellos, Aneesa El Harit, Lexi Flores, Kay Foley, Isabella Gahre, Grace Giordano, Dakota Gronkiewicz, Elizabeth Hanas, Sierra Helton, Jake Hemingway,

Christopher Holmquist, Alexander Hurubean, Leah John, Patrick Jones, Tommy Jones, Tara Kandallu, Uma Kandallu, Anastasia Kapustina, Rhea Khatra, Luke Knaley, Amelia Konstantinopoulos, Kali Konstantinopoulos, Nathan Kunas, Savannah Kunas, Van Lambert, Karl Larson, Jennifer Lockhart, Aleksandra Manojlovic, Georgiana Manojlovic, Ilija Manojlovic, Isaac Martin, Ella McComis, Katie McComis, Casey McNulty, Melinda Michalski, Alyssa Nahnsen, Matthew Nahnsen, Brandon Oganovich, Ben Ondo, Lola Papanikolaou, Julia Pena, Alexis Perez, Isabelle Perez, Griffin Poulsen, Salma Prince, Maria Puliaeva, Holden Raffin, Taylor Raycroft, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Alec Samardzich, Brandon Silver, Justin Singh, Aidan Smith, Cayden Spilde, Jordan Spilde, Christopher Sullivan, Austin Talbot, Evan Torres, Irene Tsakopoulos, Mia Tumacder, Lindsay Vanek, Victor Vatchev, Karina Weingard, Andy Zhang, Cody Zhang, Fenry Zhou, Jack Zimmerman

WTSC Holiday Champs Invitational - 19 Swimmers, 38 Best Times

Kyle Adams, Grant Afman, Joey Baeza, Audrey Beck, Brisa Bohling, Tony Bohling, Ashlyn Burris, Kay Foley, Isabella Gahre, Elizabeth Hanas, Leah John, Nathan Kunas, Savannah Kunas, Casey McNulty, Griffin Poulsen, Keegan Poulsen, Cayden Spilde, Jordan Spilde, Karina Weingard

Turns: Foot Placement on the Wall

By Matt Barbini National Team High Performance Consultant

Foot placement on both flip and open turns is very important, but often not an area of focus for swimmers and coaches. Where and how you place your feet on the wall can have a significant impact on the power with which you push off, the depth of your turn, and how efficiently you are able to begin swimming the next length.

Turns are a bit like stroke techniques and snowflakes, no two are exactly alike. However, from observing some of our top athletes, here are a few general technical thoughts:

On flip turns most of our best turners do not flip straight over or land their feet vertically on the wall. While a straight

Speedo Tip of the Month

approach to the wall may facilitate a smooth flip it can create problems on the push-off, which is just as important as the flip itself. In general, our strongest turners land their feet at a 45- to 60-degree angle. The main benefits of this angled approach are that a swimmer's body line is not disrupted on the push-off and, in freestyle, it allows for a smoother roll onto the stomach while kicking. From my observations, when swimmers place their feet vertically, they often disrupt their body line by contorting their upper body to the side before and during push-off.

On open turns, most of our best turners bring their knees up first, and following their pivot, place their feet at a 90-degree angle allowing for a powerful and quick push off and a smooth transi-

tion back onto the stomach.

On both types of turns it is important to have the knees bent enough to facilitate a strong push-off without sacrificing quickness by being too close to the wall. This seems obvious but is sometimes misapplied. More knee bend doesn't necessarily translate to a more powerful push-off or faster turn. In fact anything past a 90 degree knee bend begins to diminish the power of the push.

It is also important to think about the line created by the feet, hips and back. When trying to jump as high as you can on land, the three will ideally be in line with the direction you're jumping. However, when pushing off the wall many swimmers end up in a "chair" position with their feet in front of (or above) their hips and back creating a less powerful push and less efficient body line.



Success consists of going from failure to failure without loss of enthusiasm.-

Winston Churchill

Nothing is impossible, the word itself says 'I'm possible!' -

Audrey Hepburn

Believe you can and you're halfway there. -

Theodore Roosevelt

"Returning to my roots in Munster, I am bringing a lot to the table..."



SEASONS GREETINGS

Coach's Corner

This season I've returned to where my coaching career really got its start. In 2004, I was mentored by John Krick here at Munster for three years. I took what I learned under Coach Krick and coached in Illinois since 2007, at Lincoln-Way Swim Association and most recently, Hickory Willow Swim Association.

While at Lincoln-Way, I was an assistant coach for Lincoln Way East Boys Swim Team. I also coached the 11 & 12 Illinois Zone Team in 2009.

Coaching at both premier Illinois clubs gave me excellent opportunities to lead numerous state champions and qualifiers over 6 years.

Returning to my roots in Munster, I am bringing a lot to the table, including a different perspective and coaching strategy for our staff and the lead-

ership ability to help our athletes achieve their goals this season. I will stress to our swimmers, hard work, dedication, good sportsmanship, and will really be pushing the athletes in our groups to do their best in practice every single day. This will prepare them to achieve their end of season goals.



With the parents help through reiteration of the importance of good nutrition outside of the pool and a great attitude at the pool, I am confident we will achieve every goal we set. We are very privileged to have such a state of the art facility and I ask that our parents help stress to our athletes to be respectful of the high school and proud to be part of such a great tradition.

I'm looking forward to a great second half of the winter season. I can already see our athletes starting to show some great improvement. I expect them to get even better over the next few months. I ask that the athletes stay focused in practice on the drills and training techniques that the coaches are using to help improve our efficacy in the water and to give a 100% effort when asked in practice. My goal is not only to get our swimmers faster but to have the BEST technique out of any team. I want my athletes to have long, healthy careers in swimming and enjoy the sport as much as I do.

Don't forget hats and gloves in and out of the pool, it looks like it's going to be a cold one this year.

Happy Holidays,
Coach Tom

Message from the Board

I can't believe we are quickly approaching the holiday break! The first three months of our 2013/2014 season have flown by!

On behalf of the MSC Board of Directors, I want to thank you for being a part of the Munster Swim Club. Thank you for the time you spend getting your child(ren) to and from practice. For the hours you sit in the stands waiting for that one minute to cheer for your swimmer. Also, thank you for the

time you spend volunteering - We could not do it without you!!! We know that swimming isn't the only activity in your home. And while we have many siblings on the team, we have just as many families with siblings participating in other sports/activities. So again we thank you for the time you give to your child(ren)'s sport and our team.

The Holidays also means we are in for some cold weather - it's a good idea to have a hat on hand for after practice and even

at swim meets to keep your swimmer warm. Never leave practice without a jacket on and keep warm over the next several months. The season is halfway done, hang in there! Stay healthy!

Best wishes for a splendid holiday and a hopeful and prosperous 2014.

Patrick Callahan

MSC Board President

Getting to know: Coach Bil (with 1" L")

by Coach Tina

Q: Why did you start swimming? A: I was asked to join the team by the head coach because I was the best swimmer EVER! Q: What are your 2 favorite races and why? A: 50 Free—shortest event possible. 100 Free - 2nd shortest event in HS swimming.

Q: What's your favorite movie? A: Forest Gump Q: Favorite actor? A: Johnny Depp Q: What's your favorite TV show? A: Ancient Aliens Q: Favorite Food? A: Pizza with Anchovies Q: Who's your favorite Band? A: Lawrence Arms Q: Favorite place to hang out? A: The MHS Pool! Q: Who is your favorite 'One Direction' member? A: "Hairy"

Q: What is your GOAL coaching with MSC this winter? A: Have everyone dolphin kick and be streamline off the walls (every coach has his dream!!) :)

Q: If you were on an island for the rest of your life, what would be the 3 things you would have with you ALL THE TIME? A: Clean underwear, sunglasses, and the rest of the MSC Coaches.

Q: Who's the funniest looking coach on the team? A: Coach Bil (with 1"L") Q: Do you think parents in the stands are funny looking? A: I plead the "5th"

Q: A train leaves heading West; another heading East.... (will they meet up and have coffee): A: Yes.

Q: Do you think the Chicago Bears will continue to blow it this year? Do you know what division the Bears are in? A: Doesn't matter—Blackhawks are playing.

Q: Could you beat an MHS swimmer in a race? A: Of course!!! I'm the best EVER!

Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)? A: I enjoy reading poetry and taking long walks on the beach. Ta Ta...

Q: Any fall/winter plans besides coaching at the pool? A: Surviving a Chicago winter.

Q: Tell us something that people don't know about you
A: I enjoy reading poetry...

Top Tips for Building Muscle and Improving Body Composition, By Chris Rosenbloom, PhD, RDN, CSSD

Many young swimmers ask me what to eat to build muscle and lose fat. When I get that question, I ask the swimmer to take a step back and try to spell out his or her goals, because the truth is, it is hard to build muscle (a process that requires additional calories and protein) and lose fat at the same time (a process that requires reducing calorie intake and increasing calorie-burning exercise).

Another reason I ask about goals is that it is never a good idea to work on improving body composition in-season. It is hard to alter your diet or try to cut calories when hard training and competitive meets are happening at regular intervals.

And, lastly, many swimmers, especially female swimmers, have

unrealistic goals for their bodies. Women naturally have more body fat than men, and poor body image plagues many young (and older) women.

1. Eat regular meals throughout the day to fuel your body. Swimmers need regular meals to provide energy for sport and fuel for recovery.

2. Include protein at every meal and snack. Protein provides the building blocks for protein muscle synthesis. No need to overload on protein (protein powders and shakes are not necessary to get high quality protein), but include a protein-rich food at each eating occasion. Milk, yogurt, cheese, milk-or yogurt smoothies, eggs, turkey, chicken, lean beef and

pork, nuts, seeds and beans and peas are all good sources of protein.

3. Feed your muscles after a strength workout. A small protein-carbohydrate snack after weight training can provide needed amino acids to build muscle and strengthen muscle fibers. Low-fat chocolate milk has been extensively studied as a recovery beverage, and while not as glamorous as expensive commercial protein shakes, it does the job very well. A combination of protein and carbohydrate eaten shortly after strength training is recommended to speed the nutrients to muscles.

4. Be realistic. Not everyone will have a six-pack of abs. (There's no



I like seafood... I see food and I eat it!

evidence that a "six pack" improves swimming performance! What is important is your health, how well you perform in training and competition, and how you feel about yourself.



Munster Swim Club

Important Reminders

Swimmers need to arrive 10 -15 minutes BEFORE their scheduled practice. Be dressed in your suits (or dryland clothes) so the group coach can begin on time!

SILVER/GOLD swimmers need to come with a pair of tennis shoes, T Shirt, and shorts in their swim bag in case we run through dryland. This will not be announced ahead of time for SILVER swimmers.

ALWAYS be a GOOD Teammate to everyone! Go out and meet one of the older or younger swimmers on the TEAM and introduce yourself as a fellow Seahorse!

Dec—Jan Meet Schedule: HOME AWAY

12/6/13 - 12/8/13—LCB Winter Blast

12/21/13 - MSC Candy Cane Tri-Dual—TOYS FOR TOTS

1/3/14 - 1/5/14—Hickory Willow Winter Splash

1/10/14 - Friday Night Swim

1/17/14 - 1/19/14—Carmel Swim Club Winter Invitational

1/26/14 - MSC 10U Spectacular

...is dedicated to developing and motivating swimmers by teaching proper technique, physical fitness, and instilling the spirit of sportsmanship. Our social developmental philosophy for swimmers includes; supporting personal accountability, teaching individual goal setting, and encouraging self discipline. We recognize the contribution of all of it's members and strive to maintain athletic excellence in a supportive team environment.

Community... Events

FOOD DRIVE for Glenwood Academy. The Glenwood Academy students are underprivileged kids. Most don't have safe environments to live in, and most have very few "extras", like big dinners or nice clothes. We are thrilled to have been asked to help with the Academy's Christmas Food Drive..... The food that is collected will be dispersed into baskets and then distributed to the most needy families at the school (123 Students attend). Thanks to all who donated to this great cause!

TOYS FOR TOTS

Our annual tradition is under way! Munster Swim Club, along with Lansing Swim Organization and Irish Aquatics will be collecting toys for donation to Toys for Tots at our Candy Cane Tri-Dual on December 21st. We encourage all swimmers to bring a new, unwrapped toy to this event. Collection boxes will be placed in the hallway beginning Friday, December 14th if you would like start bringing in donations

early or if you are not planning on swimming in the meet. Last year we collected over 200 toys for this event. Let's try and do even better this year!

Aluminum top collection for **Ronald McDonald House:** The mission of RMH Chicago is to care for families of children with complex medical needs by providing comfort, compassion and a sense of community. RMH Chicago keeps families of hospitalized children together in a 'Home away from home'.

Our club can help by collecting pop tops in our homes, bringing them to the pool when convenient, and consolidating in a larger container which would be delivered to Ronald McDonald House on a regular basis by our very own swim parent, Diana Giordano. As we work out the details of the containers we will provide each family, please consider starting to collect your pop tops

NOW for this great cause. Stay tuned for more details!

Frame Game Contest Rules:

Know the answer? Submit your guess using the "Contact Us" email generator on our website. All correct answers will be put into a drawing for ONE swimmer to get FREE meet entries for the month of January. Drawing to be held at our Candy Cane meet on 12/21/2013.

1/11/14 - Annual Swim-O-Rama and Fun Night



TOGETHER we stand, TOGETHER we fall, TOGETHER we win, and winners take ALL.