

Munster Swim Club

Happy Birthday!

James Ashcraft 8/10
 Isabella Gahre 8/10
 Evan Bogner 8/16
 Brandon Oganovich 8/19
 Jacob Galosich 8/22
 Griffin Poulsen 8/22
 Keegan Poulsen 8/22
 Maya Candelaria 8/27
 Holden Raffin 9/2
 Savannah Kunas 9/7
 Jennifer Lockhart 9/7
 Christopher Holmquist 9/11
 Andrew Guelcher 9/14
 Ally Burris 9/19
 Angelica Rzeznikowski 9/20
 Paul Buck 9/21
 Libby Jones 9/22
 Peyton Silver 9/26
 Ferry Zhou 9/27
 Aiden Smith 9/29

Game Time!



Answer this months brain teaser for a chance to win ...

A \$25 gift card to Swim Outlet.

Email your answer to sburris611@gmail.com

Seahorsin' Around



Swimmer's Performance

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

PERSONAL BEST TIME ACHEIVERS

In the past meets, swimmers achieved BEST TIMES in IM, Freestyle, Backstroke, Butterfly, and Breaststroke events, a total of () individual best times!

Hinsdale 45th Annual Mid-Summer Classic – 26 Swimmers, 57 Best Times

Kyle Adams, Jacobus Barnard, Matthew Barnard, Audrey Beck, Anthony Bohling, Mary Buck, Samantha Buffano, Ally Burris, Ashlynn Burris, Deven Burse, Eliana Candelaria, Elizabeth Hanas, Catherine Jones, Luke Knaley, Nathan Kunas, Savannah Kunas, Jennifer Lockhart, Isaac Martin, Brandon Oganovich, Griffin Poulsen, Holden Raffin, Angelica Rzeznikowski, Cayden Spilde, Collin Sroge, Victor Vatchev, Ferry Zhou

MSC Blast Off to STATE– 39 Swimmers, 74 Best Times

Miranda Adams, Joseph Baeza, Audrey Beck, Samantha Buffano, Ally Burris, Deven Burse, Eliana Candelaria, Alexis Flores, Katherine Foley, Nick Gordon, Elizabeth Hanas, Leah John, Nathan Kunas, Savannah Kunas, Jennifer Lockhart, Nicholas Lundin, Isaac Martin, Audrey Mayer, Casey McNulty, Vincent Niaves, Steven Nowaczyk, Griffin Poulsen, Maria Puliaeva, Holden Raffin, Kenny Reed, Hannah Robbins, Angelica Rzeznikowski, Alec Samardzich, Brandon Silver, Aidan Smith, Nicole Smith, Cayden Spilde, Jordan Spilde, Collin Sroge, Victor Vatchev, Megan Wimmer, Jack Wulf, Ferry Zhou

MSC/LCB Developmental Dual–

35 Swimmers, 58 Best Times

Abraham Blaesing, Maria Blaesing, Sydni Branch, Lilia Brunetti, Ethan Buck, Mary Buck, Ally Burris, Ashlynn Burris, Teodora Dimitrijevic, Christina Dovellos, Rebecca Franco, Isabella Gahre, Edward Jania,

Madeline Jania, Anastasia Kapustina, Jack Kunas, Nathan Kunas, Donovan Lambert, Elsa Marcotte, Ben Ondo, Lola Papanikolaou, Keegan Poulsen, Melanie Powers, Maya Prince, Salma Prince, Hannah Robbins, Jack Robbins, Peyton Silver, Aidan Smith, Cayden Spilde, Ana Tumacder, Mia Tumacder, Andy Zhang, Rita Zheng, Jack Zimmerman

IN Age Group Championships – 19 Swimmers, 80 Best Times

Kyle Adams, Miranda Adams, Grant Afman, Joseph Baeza, Jacobus Barnard, Brisa Bohling, Anthony Bohling, Michael Dempsey, Elizabeth Hanas, Savannah Kunas, Jennifer Lockhart, Casey McNulty, Griffin Poulsen, Maria Puliaeva, Holden Raffin, Kenny Reed, Brandon Silver, Jordan Spilde, Karina Weingard,

Bilateral Breathing

If you're not breathing to both sides, it's never too late to start. It helps balance your stroke, creates symmetry in back musculature, helps eliminate cramping and increases your oxygen intake, resulting in a more efficient, faster stroke. Plus in a race, breathing bilaterally helps you keep an eye on your competition. The key to doing this correctly is proper rotation. If you're whipping your head around to breathe on your weaker side, your hips will drop and throw your balance. Here's how to make bilateral breathing easier:

- Practice rotation drills. A great one to start with your body on its side, with the bottom arm extending out in front and

Speedo Tip of the Month

the top arm resting on your side. Point your nose to the bottom of the pool. Slowly kick to keep your hips up. Roll and stroke until you are lying on the opposite side. Breathe freely and check your balance. Then turn your head so your nose points to the bottom, and stay on your side for 10 kicks. Repeat the motion for the length of the pool.

- Try a set where you breathe to your right side on one length and to your left on the next.
- On a set of 75s, breathe every five strokes on the first 25, every three strokes on the second length and every stroke (right-left-right-left) on the last length.

- Breathe to your weak side in all warm ups, cool downs and slower swimming sets, and to your strong side on main sets. Gradually make the shift to bilateral breathing on main sets.

- It doesn't matter if you practice bilateral breathing per lap or per set. What matters is staying balanced and symmetrical so you can breathe easily on both sides. Once you begin regular bilateral breathing, it gets easier with every practice.
- Stay smooth and fluid while breathing every third stroke. Eventually with practice, breathing every cycle with no interruption in your flow should be easy. Your goal should be to breathe evenly to both sides in all your practices and races.



Doesn't matter the SIZE of the kid, it matters what they WORK to make them faster!!

Coach's Corner

I finished off one sessions at Age Group State asking myself (actually writing them in my IPAD notes) this question:

What kind of team is MSC age group? A fun team, competitive team, or hopeful team? This was after seeing some great racing but also seeing some very hesitant racing and not confident racing which allowed me to ask myself this very simple question. It's really SIMPLE, but not quite that simple when you are trying to encompass all areas of youth sports and being the best mentor and coach you can be but also highly competitive.

This is an excerpt from (again the IPAD notes) during the CARMEL meet at IUPUI last Winter (no coincidence)

3 kinds of swimmers:

1) the **recreational swimmer** - comes to enjoy themselves in the water and make friends. Totally cool to coach and be

with at the pool. Usually really happy go lucky kids. These kids often will reach standards by accident and decide to step up their training a bit (hooked to a sport). Possibility that needs to be harnessed much more from us as coaches. Encouragement goes a long way

2) **Hopeful swimmer** - this swimmer does what needs to be done sometimes but doesn't go above and beyond what's asked of them. They don't make too much of an effort to be at practice or move to quickly on deck. Just there to be there is enough. They HOPE that they will achieve great things. Glimpses of greatness come sometimes to these swimmers as well. Pain usually is feared by the hopeful swimmer. Pain in training is NOT something they want to experience

3) the **dedicated swimmer** - this swimmer does whatever it takes to be the best they can. They are at practice 95% of the time no matter what. They do everything outside the pool that needs to be done FIRST (homework, socializ-

ing, etc) so they always can be at the pool. They genuinely LOVE training and racing. They embrace criticism and construction of their own strokes to be faster. They will always at some point in any season drop time and achieve best times and/or standards. Pain and being tired is something these swimmers have learned to not only tolerate, but beat! They know they can do it having done it before and seem to thrive on getting to this point and finding out what's next behind the curtain.

What kind of Swimmer are YOU?

Another note while looking at kids from the central INDIANA region vs. kids on our own team...

Doesn't matter the SIZE of the kid, it matters what they WORK to make them faster!!



Hello and Welcome Swim Club Families to the 2014-2015 Season!

Welcome to all the new families joining us and embarking on their swimming journey this 2014-2015 season!! And welcome back to our returning families! You will see some new faces on deck, so please take a moment to welcome those new swimmers to the Club!! We are off to a great start with some pre-season in water clinics to get our swimmers warmed up and ready. I know we are all anxiously waiting for the

Message from the Board

season to officially begin!

The Board has been working hard to ensure a great start this season. We would like to welcome a new board member this year, Rey Candelaria and thank outgoing Board member Yoko Silver for her dedication to MSC this past season. Also, thanks to the returning Board members for their continued support.

We look forward to our first swim practice coming up in less than two weeks!! MSC is also very excited and hoping for a great showing at our first MSC Swim-A-Thon which is just around the corner.

Congratulations to all MSC Seahorses for an outstanding showing at Summer State, Central Zones, Senior State and Junior Nationals this 2014 Summer season !!

Our mission is to support the swim team and parental involvement and support is essential to the success of the team. Thanks to all swim families for their dedication and volunteer hours!!

Looking forward to an exciting, fun and successful start to our season !!

Patrick F. Callahan
MSC Board President

Getting to know: Joe Gardner in water demonstrator

Q: Why did you start swimming? I started swimming because I always loved benign in the water as a little kid so my cousin and I decided to join the club team together when we were 9 years old.

Q: What are your 2 favorite races and why? My two favorite races are the 200&400IM because there's always room to improve your strategies in the race and figure out how to outpace your opponents and still finish strong.

Q: What's your favorite movie? My favorite movie is Halloween because I am in love with horror haha.

Q: Favorite actor? My favorite actor is Marley Matlin because she's the most famous and talented Deaf actress.

Q: What's your favorite TV show? My favorite TV show is American Horror Story because I love the suspense, surprises and plot twists.

Q: Favorite Food? My favorite food would either be chicken alfredo or ribs.

Q: Who's your favorite Band? My favorite country artist is Lee Brice.

Q: What is your favorite event? My favorite event is the 400IM because I love working out new strategies to be ahead of the game, it also involves a lot of technique work which I enjoy perfecting every chance I get.

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? If I was trapped on an island for the rest of my life I would always have these three things with me: •The cast of Gilligan's Island •A knife •A Taco Bell franchise.

Q: Who's the funniest looking coach on the team ? The funniest looking coach on the team would have to be the one and only Matt Lee himself, he can sure do some weird things with his belly.

Q: What's your favorite sport? My favorite sport is swimming, particularly the competing portion of it.

Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)? Something people don't know about me is I can speak English, Spanish, American Sign Language, and I can speak backwards but you won't believe it unless you see it!

What is your favorite event? My favorite event is the 400IM because I love working out new strategies to be ahead of the game, it also involves a lot of technique work which I enjoy perfecting every chance I get.

Off Season Nutrition by Ryan Denner

Now that you are nearing off season mode, which (should) most likely result in reduced training, it's time to consider your caloric intake (that is, of course, after you have enjoyed your off season activities.) It's real easy – reduced training volume means you need less calories, and especially, less carbs. If you think you are a rockstar (which you are of course!), and think that you can continue to eat like a horse, then you will no doubt gain

a few pounds in no time! In the short term, this isn't a bad thing but you don't want this to go on for a long time. So, what do you do?

CHO (Carbohydrates)

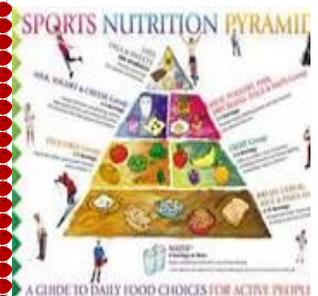
You aren't working out as much (if at all), and thus, you will need few, if any, carbohydrates, other than what you are getting from fruits and vegetables. CHO are good for glycogen replenishment before, during and after a workout.

Other than that, they really aren't necessary for human function. BUT,

because your body is probably used to consuming a fair amount of CHO, don't go cold turkey on them just yet – gradually reduce your intake.

Fat/Protein

Similar to CHO, but not as much, reduce these sources of energy. For one, your body doesn't need to repair itself as much anymore, so you can reduce your protein intake. Also, because you aren't burning as much energy, fat can be reduced as well.



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

Of course, it's up to you to find out how much to reduce of all of these [energy sources](#). You should still be eating as healthy as possible during this time.



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!

MSC Swim-a-Thon 9/6

Online registration is open

Practice begins 9/15

...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

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.

Frame Game Contest Rules:

Know the answer? Submit your guess by emailing your answer to sburris611@gmail.com. All correct answers will be put into a drawing for ONE swimmer to win a \$25 gift card to Swim Outlet.



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

Thanks to all who came out and participated in the Munster 4th of July Parade.

