

Happy Birthday!

Patrick Jones	12/1
Audrey Beck	12/4
Salma Prince	12/4
Grace Mulcrone	12/5
Katie Eisha	12/6
Evvy Kikkert	12/6
Mitchell Buffano	12/12
Branko Rebac	12/13
Gus Schultz	12/15
Tony Bohling	12/16
Brisa Bohling	12/16
Margaret Vaitkus	12/19
Ethan Buck	12/19
Eleanor Adamas	12/20
Courtney Wiley	12/20
Vinny Niaves	12/26
Sydni Branch	12/27

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

Volume 2 , Issue 6

December 2014



SEAHORSES

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 4 meets of the season, 279 swimmers achieved BEST TIMES in 68 IM, 365 Freestyle, 192 Backstroke, 106 Butterfly, and 128 Breaststroke events, a total of (859) individual best times!

MSC vs DUNE Dual- 79 Swimmers, 212 Best Times

Kyle Adams, Grant Afman, Jacobus Barnard, Matthew Barnard, Audrey Beck, Cooper Beck, Madison Bevil, Abraham Blaesing, Benjamin Blaesing, Maria Blaesing, Evan Bognar, Brisa Bohling, Tony Bohling, Ethan Buck, Mary Buck, Paul Buck, Mitchell Buffano, Samantha Buffano, Ally Burris, Ashlynn Burris, Deven Burse, Carlo Candelaria, Eliana Candelaria, Maya Candelaria, Olivia Candelaria, Clarisa Cortez, Michael Dempsey, Christina Dovellos, George Dovellos, Alexis Flores, Katherine Foley, Rebecca Franco, Isabella Gahre, Andrew Guelcher, Elizabeth Hanas, Kathryn Hemingway, Edward Jania, Leah John, Catherine Jones, Patrick Jones, Thomas Jones, Anastasia Kapustina, Luke Knaley, Jack Kunas, Nathan Kunas, Savannah Kunas, Donovan Lambert, Jennifer Lockhart, Sydney MacLean, Georgiana Manojlovic, Ilija Manojlovic, Isaac Martin, Nathaniel Martin, Casey McNulty, Melinda Michalski, Alyssa Nahnsen, Brandon Oganovich, Ben Ondo, Lola Papanikolaou, Ethan Park, Alexis Perez, Isabelle Perez, Maria Puliaeva, Branko Rebac, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Justin Singh, Aidan Smith, Cayden Spilde, Jordan Spilde, Irene Tsakopoulos, Lindsey Vanek, Victor Vatchev, Andy Zhang, Fenry Zhou, Jack Zimmerman

HHSC Pilgrim Plunge Invite- 39 Swimmers, 106 Best Times

James Ashcraft, Jacobus Barnard, Matthew Barnard, Benjamin Blaesing, Maria Blaesing, Evan Bognar, Ethan Buck, Mary Buck, Paul Buck, Mitchell Buffano, Samantha Buffano, Carlo Candelaria, Maya Candelaria, Olivia Candelaria, Teodora Dimitrijevic, Isabella Gahre, Nick Gordon, Christopher Holmquist, Patrick Jones, Thomas Jones, Srijita Koimmaraju, Sydney McLean, Isaac Martin, Nathaniel Martin, Melinda Michalski, Charles Olmstead, Maya Prince, Salma Prince, Maria Puliaeva, Maya Queroz, Kyle Ranos, August Schultz, Ana Tumacder, Mia Tumacder, Lindsay Vanek, Jasmine Wegman, Andy Zhang, Fenry Zhou, Jack Zimmerman

SWAC "Odd Ages Rule"- 24 Swimmers, 94 Best Times

Grant Afman, Jennifer Barajas, Brisa Bohling, Tony Bohling, Ally Burris, Ashlynn Burris, Deven Burse, Eliana Candelaria, Katherine Foley, Catherine Jones, Nathan Kunas, Savannah Kunas, Casey McNulty, Brandon Oganovich, Ben Ondo, Griffin Poulsen, Keegan Poulsen, Hannah Robbins, Scott Robbins, Angelica Rzeznikowski, Justin Singh, Cayden Spilde, Jordan Spilde, Victor Vatchev

MSC SYOA - 137 Swimmers, 447 Best Times

Kyle Adams, Grant Afman, Joseph Baeza, Mary Bridget Maeza, Jennifer Barajas, Jacobus Barnard, Matthew Barnard, Audrey Beck, Cooper Beck, James Beckman, Madison Bevil, Abraham Blaesing, Benjamin Blaesing, Maria Blaesing, Brisa

Bohling, Tony Bohling, Sydni Branch, Hannah Brazill, Sophia Brunetti, Ethan Buck, Mary Buck, Mitchell Buffano, Samantha Buffano, Ally Burris, Ashlynn Burris, Deven Burse, Carlo Candelaria, Eliana Candelaria, Maya Candelaria, Olivia Candelaria, Brianna Condes, Clarisa Cortez, Allison Cunningham Michael Dempsey, Nova Dillon, Teodora Dimitrijevic, Christina Dovellos, George Dovellos, Katherine Eisha, Alexis Flores, Katherine Foley, Rebecca Franco, Isabella Gahre, Joseph Gardner, Nick Gordon, Dakota Gronkiewicz, Andrew Guelcher, Elizabeth Hanas, Camryn Hayes, Jake Hemingway, Kathryn Hemingway, Christopher Holmquist, Edward Jania, Madeline Jania, Catherine Jones, Patrick Jones, Thomas Jones, Diana Kapustina, Anastasia Kapustina, Siman Khatra, Luke Knaley, Jack Kunas, Nathan Kunas, Savannah Kunas, Donovan Lambert, Karl Larson, Jennifer Lockhart, Aleksandra Manojlovic, Georgiana Manojlovic, Ilija Manojlovic, Elsa Marcotte, Isaac Martin, Nathaniel Martin, Audrey Mayer, Melinda Michalski, Alyssa Nahnsen, Vincent Niaves, Charles Olmstead, Ben Ondo, Lola Papanikolaou, Alexis Perez, Isabelle Perez, Griffin Poulsen, Keegan Poulsen, Salma Prince, Maria Puliaeva, Holden Raffin, Branko Rebac, Blake Reed, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Nicholas Rucinski, Angelica Rzeznikowski, Alec Samardzich, Srishfi Sarkar, Brandon Silver, Justin Singh, Aidan Smith, Cayden Spilde, Jordan Spilde, Collin Sroge, Thatsana Stones, Ana Tumacder, Mia Tumacder, Margaret Vaitkus, Lindsey Vanek, Victor Vatchev, Marissa Walsh, Jasmine Wegman, Seth Weston, Megan Wimmer, Jack Wulf, Seohyun Yeo, Sihyun Yeo, Sophia Zavala, Andy Zhang, Fenry Zhou, Jack Zimmerman

The Secret to Achieving that All-Important Cut
By Alan Goldberg// competitivedge.com

THE PROBLEM
I was talking to a swimmer just this morning who shared with me a familiar, incredibly frustrating story. She was very close to her Olympics Trials cut for the last Olympics and hoping to make the team to represent her coun-

Speedo Tip of the Month

try. Everyone around her – her teammates, coach, parents and even this athlete herself – were convinced she'd qualify. This was because she was easily doing the time in practice.

However, with each meet that went by, she kept missing the cut

by a second or so. And with her last chance to qualify, the very same thing happened, only this time she missed the cut by just .3 seconds! Two weeks later, when it no longer counted, she swam her Olympic Trials cut time.

WHY DOES THIS HAPPEN?
If you're like most swimmers, then you can easily relate to this story. How often do you find yourself going faster when it doesn't count



The coaches would like to wish ALL families a very Happy Holiday Season and continued GREAT efforts with MSC as we enter 2015!! Reminder that our Holiday schedule changes starting Monday, 12/22/14

Do's and Don'ts for Sports Parents

By Michael A. Taylor

DO FOR YOURSELF:

1. Get vicarious pleasure from your children's participation, but do not become overly ego-involved,
2. Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty.
3. Look relaxed, calm, positive and energized when watching your child compete. Your attitude influences how your child feels and performs.
4. Have a life of your own outside of your child's sports participa-

Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life



Coach's Corner

tion.

DO WITH OTHER PARENTS:

1. Make friends with other parents at events. Socializing can make the event more fun for you.
2. Volunteer as much as you can. Youth sports depends upon the time and energy of involved parents.
3. Police your own ranks: Work with other parents to ensure that all parents behave appropriately at practices and competitions.

DO WITH COACHES:

1. Leave the coaching to the coaches.
2. Give them any support they need to help them do their jobs better.
3. Communicate with them about your child You can learn about your child from each other.

4. Inform them of relevant issues at home that might affect your child at practice.

5. Inquire about the progress of your children. You have a right to know.

6. Make the coaches your allies.

DO FOR YOUR CHILDREN:

1. Provide guidance for your children, but do not force or pressure them.

2. Assist them in setting realistic goals for participation.

3. Emphasize fun, skill development and

other benefits of sports participation, e.g., cooperation, competition, self-discipline, commitment.

4. Show interest in their participation: help them get to practice, attend competitions, ask questions.

5. Provide; a healthy perspective to help children understand success and failure.

6. Emphasize and reward effort rather than results.

7. Intervene if your child's behavior is unacceptable during practice or competitions.

8. Understand that your child may need a break from sports occasionally.

9. Give your child some space when need. Part of sports participation involves them figuring things out for themselves.

10. Keep a sense of humor. If you are having fun and laughing, so will your child.

11. Provide regular encouragement.

12. Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life.

13. GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER THEY WIN OR LOSE!!!

Message from the Board

Message from MSC Board President,

Let me begin by wishing all our members a Happy Holiday season. May the coming year bring you success both in and out of the water. We have our Candy Cane Dual (Dec 20th) just around the corner. Our members/swimmers enjoy this meet as it gives them an opportunity to participate in our annual Toys for Tots by donating a new toy to bring some holiday cheer to less fortunate

youngsters. With winter comes cold weather, make sure your swimmers are taking the necessary steps to stay warm and healthy before and after practice. I hope all our members enjoy the warmth of family and friends during the winter holidays !!

Patrick Callahan

Quote of the Month

Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the

attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.

-- Anon



Getting to know: Coach Matt

Q. What is your favorite thing about the holiday season?

Looking back at the previous year and taking in all the good (and maybe bad) things that may have happened but figuring out how to set myself up to be able to wake up excited about what I am doing. Constant re-evaluation of personal priorities and life in general...Swimming is Swimming, and that is one part of the whole agenda.

Q: What's your favorite holiday movie?

5 years ago I would've been smart and said something of the Horror Genre, but you have to laugh at the scene in White Christmas at the end where Bing Crosby (Bob) throws the present that is given to him by Rosemary Clooney (Betty) into the Tree (it's subtle and unintended I am sure...but it's there)...good movie too.

Q: What is your favorite holiday food?

I dig a good hot dog from Arnie's around the Holidays.

Q: What is your favorite holiday song?

anything joyful from XROCK 103.9

Q: What childhood memory of the holidays?

lots and lots of swimming (then consequently, a lot of winning!)

Q: What's your favorite holiday movie?

5 years ago I would've been smart and said something of the Horror Genre, but you have to laugh at the scene in White Christmas at the end where Bing Crosby (Bob) throws the present that is given to him by Rosemary Clooney (Betty) into the Tree (it's subtle and unintended I am sure...but it's there)...good movie too.

Top Tips for Sneaking in Fruits and Veggies By Chris Rosenbloom, PhD, RDN, CSSD

We all know we should eat more fruits and vegetables, yet the average American eats about 1 serving of fruit and 1.5 servings of vegetables each day. The minimum amount we should be eating is 5 servings a day (with the goal of eating 9 servings!). So, here are some sneaky ways to get more fruits and veggies without sacrificing taste:

Mix it with Mushrooms
Mixing ground beef with finely chopped mushrooms is a hot trend in the culinary world. Mushrooms have a meaty taste and a unique characteristic called umami (a Japanese term for flavor) that pairs well with meat. Making your own mushroom blend is easy (about 1/3 chopped mushrooms to a 1 cup of ground beef) for healthier burgers, tacos, meatballs, or meatloaf. The benefits are many: increased serv-

ing of veggies, decreased sodium and fat, and delicious taste. Some restaurants are selling mushroom-blended burgers with the name "umami burger," so if you see it on a menu, give it a try.

Fruity Sparklers
While most nutritionists prefer that you get your fruit in its fresh, natural state, 100% fruit juice is another way to boost fruit intake. Instead of high-sugar soft drinks, mix your favorite fruit juice with club soda or sparkling water for a refreshing drink that is healthy. Grape, cranberry, apple, tangerine....any fruit juice will do as long as it is 100% fruit and not a fruit drink that is high in added sugar.

Let the Lettuce Work
Lettuce wraps are favorites of the low-carbohydrate crowd, but lettuce wraps are great snacks for swimmers on rest day or easy training days when carbs aren't needed

in large amounts. Lettuce leaves (try soft lettuce, like butter lettuce) make for great wraps for ground meats, chopped veggies, and rice. Tasty and crunchy, it is a different way to wrap your sandwich or leftovers.

Super Soup
Soup is a great food for swimmers: it's comforting, hydrating, and sodium-rich for those who sweat a lot. One way to pump up the veggies in your favorite soup is by adding a cup of frozen or canned veggies to the soup. I like to add garbanzo beans to chicken noodle soup or mixed veggies to lentil soup to add an extra serving or two of veggies.

Jazzed Trail Mix
Ditch the chocolate M&Ms in your trail mix and replace with chopped dried fruit for a sweet taste. Try dried blueberries, cherries, apricots, dates,



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

pineapple, or apples to jazz up your trail mix and increase fruit intake. Nuts and dried fruit in trail mix make a great post-workout snack or in-between class treat.

What is your favorite way to sneak in fruits and veggies?

Coach's Corner (continued from page 2)

DON'T FOR YOURSELF:

1. Base your self-esteem and ego on the success of your child's sports participation.
2. Care too much about how your child performs.
3. Lose perspective about the importance of your child's sports participation.

gym.net - Gymnastics Risk Management and Consultation
Michael A. Taylor
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DON'T WITH OTHER PARENTS:

1. Make enemies of other parents.
2. Talk about others in the sports community. Talk to them. It is more constructive.

DON'T WITH COACHES:

1. Interfere with their coaching during practice

or competitions.

2. Work at cross purposes with them. Make sure you agree philosophically and practically on why your child is playing sports and what they may get out of sports.

DON'T WITH YOUR CHILDREN:

1. EXPECT YOUR CHILDREN TO GET ANYTHING MORE FROM THEIR SPORT THAN A GOOD TIME, PHYSICAL FITNESS, MASTERY AND LOVE OF A LIFETIME SPORT, AND TRANSFERABLE LIFE SKILLS.
2. Ignore your child's bad behavior in practice or competitions.
3. Ask the child to talk with you immediately after a competition.
4. Show negative emotions while watching them perform.
5. Make your child feel guilty for the time, energy

and money you are spending and the sacrifices you are making.

6. Think of your child's sports participation as an investment for which you expect a return.
7. Live out your own dreams through your child's sports participation.
8. Compare your child's progress with that of other children.
9. Badger, harass, use sarcasm, threaten or use fear to motivate your child. It only demeans them and causes them to hate you.
10. Expect anything from your child except their best effort.
11. EVER DO ANYTHING THAT WILL CAUSE THEM TO THINK LESS OF THEMSELVES OR OF YOU! !

HAPPY HOLIDAYS



than when it does? The key question here is, "WHY, when you desperately want a certain time, does it remain maddeningly just out of your reach, but then, when you no longer need it, it comes loudly knocking on your front door?" Within the answer to this important question lies the secret to you consistently swimming fast when it counts the most!

The main reason swimmers so often fail to achieve a cut that they really want is because they tend to over-think it before their race and focus on it during the race. This is very different for the swimmer when they're in practice and not pressuring themselves with a certain time, but instead are concentrating on moving through the water, one stroke at a time.

HERE'S HOW IT WORKS PRE-RACE:

Your pre-race thoughts and focus on getting that cut make you nervous inside. You are now making this race and your cut time too important. As a result, you begin to feel a sense of inner urgency, i.e. "I have to," "I've got to!" "I should!" "Oh my God, what if I don't?" When this happens, your muscles

Speedo Tip of the Month

tighten, and your breathing gets faster and shallower. These two critical physiological changes are absolutely devastating to your race performance. Why? Tight muscles shorten your stroke, making it much less efficient and kill your endurance, insuring that you will be distracted by and struggle more with the pain & fatigue of oxygen debt. Faster, shallower breathing contributes to your tiring prematurely during the race, (even when you are in excellent shape) and throws off your rhythm and breathing pattern, further tightening your muscles! The secret to swimming fast when it counts the most is being able to remain loose and calm pre-race. You can NEVER remain loose and calm behind the blocks if you are focusing on and/or thinking about your cut. Instead, you need to distract yourself from the time by focusing on your pre-race ritual, talking with friends or listening to music.

HERE'S HOW IT WORKS DURING YOUR RACE:

Swimming fast can only happen when your race focus is on the FEEL of how you're moving through the water. This could mean that you are focusing on the feel of how much water you're pulling each stroke, staying long, your catch, your chest pressing into the water each stroke, your kick, your pace, etc. When you focus on feel during your swim, you stay loose and increase the chances that you will go as fast as possible. Thinking about your time/cut is NOT focusing on FEEL. It is instead, focusing on THINKING and when you focus on thinking while you swim, you will get nervous, tighten up physically and slow way down.

So if you REALLY want that cut, then put away your focus on time, and instead pay much more attention to the FEEL of your swim, one stroke at a time. Then you will be pleasantly surprised at the end of the race to find your cut greeting you at the wall.



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!

March Meet Schedule: HOME AWAY

12/20 Candy Cane Dual
 1/3-1/4 Mid-States Quads
 1/16-1/18 LCB Prelim/Final Invitational
 1/23-1/24 MSC 11 & Over Winter Classic
 1/25 MSC 10 & Under Championships
 2/6-2/8 HHSC Snowflake Invitational
 2/13-2/15 BRRY Valentine's Day Invitational
 2/18 MSC/LCB Developmental Dual
 2/27 MSC Friday Night Swim #7

...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.

TOYS FOR TOTS

As we all get ready for the holidays and of course the Candy Cane Dual this Saturday, it's time to start thinking about the time honored tradition the Munster Swim Club has of helping to support the Toys for Tot's Charity. We are asking swimmers to please bring in a new unwrapped toy to help with this event. Boxes are in the foyer now or you can always bring it with to the Candy Cane Dual.



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