

## Happy Birthday!

Chris Snyder	1/6
Jack Burian	1/17
Brandon Silver	1/18
Isaac Martin	1/20
Nicole Biestek	1/24
Sarah Seaman	1/26
Daniel Sroka	1/27
Ethan Park	2/2
Mary Bridget Baeza	2/5
Georgiana Manojlovic	2/5
Jennifer Barajas	2/5
Elsa Marcotte	2/6
Gurkiran Kaur	2/9
Sydney MacLean	2/10
Ilija Manojlovic	2/13
Nicholas Lundin	2/15
Jackie Jania	2/16
Tommy Jones	2/17
Abraham Blaesing	2/18
Nova Dillon	2/24
Jack Zimmerman	2/24
Diana Kapustina	2/24
Cooper Beck	2/25
Carlo Candelaria	2/26
Peyton Mueller	2/28

## Game Time!

CARROT  
CHOCOLATE  
CATFISH  
CANTALOUPE  
CORN

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 7 January/February 2015



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 last 5 meets of the season, 323 swimmers achieved BEST TIMES in 86 IM, 388 Freestyle, 211 Backstroke, 149 Butterfly, and 164 Breaststroke events, a total of (998) individual best times!

### LCB Winter Blast Invite-- 79 Swimmers, 274 Best Times

Kyle Adams, Grant Afman, Jennifer Barajas, Martin Barnard, Matthew Barnard, Audrey Beck, Cooper Beck, Abraham Blaesing, Benjamin Blaesing, Maria Blaesing, Evan Bognar, Brisa Bohling, Tony Bohling, Sydni Branch, Isabella Brunetti, Mary Buck, Paul Buck, Mitchell Buffano, Samantha Buffano, Ally Burris, Ashlynn Burris, Deven Burse, Carlo Candelaria, Eliana Candelaria, Maya Candelaria, Olivia Candelaria, Teodora Dimitrijevic, Christina Dovellos, George Dovellos, George M. Dovellos, Alexis Flores, Katherine Foley, Isabella Gahre, Elizabeth Hanas, Christopher Holmquist, Madeline Jania, Leah John, Catherine Jones, Patrick Jones, Thomas Jones, Anastasia Kapustina, Luke Knaley, Jack Kunas, Nathan Kunas, Savannah Kunas, Donovan Lambert, Karl Larson, Jennifer Lockhart, Sydney MacLean, Casey McNulty, Melinda Michalski, Alyssa Nahnsen, Ben Ondo, Alexis Perez, Isabelle Perez, Griffin Poulsen, Maya Prince, Maria Puliaeva, Maya Queroz, Holden Raffin, Blake Reed, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Nicholas Rucinski, Angelica Rzeznikowski, August Schultz, Justin Singh, Jada Smith, Cayden Spilde, Jordan Spilde, Lindsay Vanek, Victor Vatchev, Priscilla Zavala, Andy Zhang, Fenry Zhou, Jack Zimmerman

### Candy Cane Dual-- 73 Swimmers, 127 Best Times

Kyle Adams, Dylan Afman, Grant Afman, James Ashcraft, Jennifer Barajas, Martin Barnard, Cooper Beck, Abraham Blaesing, Benjamin Blaesing, Maria Blaesing, Even Bognar, Brisa Bohling, Tony Bohling,

Sydni Branch, Hannah Brazil, Isabella Brunetti, Paul Buck, Jack Burian, Ashlynn Burris, Carlo Candelaria, Michael Dempsey, Christina Dovellos, George Dovellos, George M. Dovellos, Katie Eisha, Nick Gordon, Elizabeth Hanas, Camryn Hayes, Kathryn Hemingway, Christopher Holmquist, Edward Jania, Madeline Jania, Patrick Jones, Thomas Jones, Luke Knaley, Nathan Kunas, Savannah Kunas, Donovan Lambert, Sydney MacLean, Georgiana Manojlovic, Ilija Manojlovic, Isaac Martin, Casey McNulty, Melinda Michalski, Alyssa Nahnsen, Brandon Oganovich, Charles Olmstead, Ben Ondo, Lola Papanikolaou, Ethan Park, Griffin Poulsen, Maya Prince, Salma Prince, Maria Puliaeva, Maya Queroz, Holden Raffin, Kyle Ranos, Branko Rebac, Blake Reed, Jack Robbins, Nicholas Rucinski, Angelica Rzeznikowski, Srishti Sarkar, Amy Savickis, August Schultz, Aidan Smith, Jada Smith, Cayden Spilde, Jordan Spilde, Thatساني Stones, Victor Vatchev, Rita Zheng, Jack Zimmerman

### LCB Prelim/Final Invitational-- 72 Swimmers, 345 Best Times

Kyle Adams, Grant Afman, Jennifer Barajas, Audrey Beck, Cooper Beck, Madison Bevil, Abraham Blaesing, Benjamin Blaesing, Maria Blaesing, Brisa Bohling, Tony Bohling, Ethan Buck, Mary Buck, Paul Buck, Mitchell Buffano, Samantha Buffano, Ally Burris, Ashlynn Burris, Deven Burse, Carlo Candelaria, Eliana Candelaria, Olivia Candelaria, Clarisa Cortez, Michael Dempsey, Teodora Dimitrijevic, Katherine Foley, Isabella Gahre, Nick Gordon, Elizabeth Hanas, Kathryn Hemingway, Edward Jania, Madeline Jania, Catherine Jones, Patrick Jones, Thomas Jones, Diana Kapustina, Anastasia Kapustina, Luke Knaley, Nathan Kunas, Savannah Kunas, Donovan Lambert, Karl Larson, Jennifer Lockhart, Georgiana Manojlovic, Ilija Manojlovic, Isaac Martin, Nathaniel Martin, Casey McNulty, Melinda Michalski, Noel Navarro, Brandon Oganovich, Charles Olmstead, Alexis Perez, Isabelle Perez, Maria Puliaeva, Maya Queroz, Branko Rebac, Blake Reed, Nicholas Rucinski, Angelica Rzeznikowski, Jada Smith, Cayden Spilde, Jordan Spilde, Ana Tumacder, Victor Vatchev, Jasmine Wegman, Seohyun Yeo, Sihyun Yeo, Priscilla Zavala, Andy Zhang, Cody Zhang, Rita Zheng, Jack Zimmerman

Jack Robbins, Scott Robbins, Angelica Rzeznikowski, August Schultz, Justin Singh, Aidan Smith, Cayden Spilde, Jordan Spilde, Lindsay Vanek, Victor Vatchev, Jasmine Wegman, Priscilla Zavala, Fenry Zhou

### MSC 11 and Over Sprints -- 48 Swimmers, 136 Best Times

Kyle Adams, Grant Afman, James Ashcraft, Martin Barnard, Audrey Beck, Madison Bevil, Benjamin Blaesing, Maria Blaesing, Tony Bohling, Sophia Brunetti, Ethan Buck, Mitchell Buffano, Samantha Buffano, Jack Burian, Ally Burris, Deven Burse, Carlo Candelaria, Eliana Candelaria, Clarisa Cortez, Michael Dempsey, Katherine Foley, Elizabeth Hanas, Kathryn Hemingway, Edward Jania, Leah John, Thomas Jones, Luke Knaley, Nathan Kunas, Savannah Kunas, Donovan Lambert, Karl Larson, Jennifer Lockhart, Melinda Michalski, Alyssa Nahnsen, Ben Ondo, Lola Papanikolaou, Griffin Poulsen, Salma Prince, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Aidan Smith, Mia Tumacder, Lindsay Vanek, Marisa Walsh, Fenry Zhou

### MSC 10 and Under Championships -- 51 Swimmers, 116 Best Times

Eleanor Adams, Dylan Afman, Cooper Beck, Abraham Blaesing, Evan Bognar, Isabella Brunetti, Mary Buck, Paul Buck, Ashlynn Burris, Maya Candelaria, Christina Dovellos, Elena Dovellos, George Dovellos, George M. Dovellos, Rebecca Franco, Isabella Gahre, Nick Gordon, Christopher Holmquist, Madeline Jania, Diana Kapustina, Jack Kunas, Sydney MacLean, Georgiana Manojlovic, Isaac Martin, Nathaniel Martin, Casey McNulty, Noel Navarro, Brandon Oganovich, Charles Olmstead, Alexis Perez, Isabelle Perez, Maria Puliaeva, Maya Queroz, Branko Rebac, Blake Reed, Nicholas Rucinski, Angelica Rzeznikowski, Jada Smith, Cayden Spilde, Jordan Spilde, Ana Tumacder, Victor Vatchev, Jasmine Wegman, Seohyun Yeo, Sihyun Yeo, Priscilla Zavala, Andy Zhang, Cody Zhang, Rita Zheng, Jack Zimmerman

### CAN SPORTS PSYCHOLOGY HELP YOU TO GET MENTALLY TOUGH?

Is your head preventing you from becoming a winner?  
Do you suffer from slumps, choking, psych-outs, runaway emotions, negativity or a lack of confidence?  
Do you perform better in practice than at "crunch time" when

### Speedo Tip of the Month

it counts the most?  
Do you consistently underachieve in your performance arena?  
NOW YOU CAN LEARN HOW TO DEVELOP THE MIND OF A CHAMPION THROUGH SPORTS PSYCHOLOGY...

Here's how...

Most performance problems that athletes and other performers struggle with are not a result of poor conditioning, inadequate coaching or a lack of physical skills or technical ability. Sure, these physical or mechanical factors can sometimes cause sub-par play. However, when the heat of competition is turned up high,



## COACH CORNER (Coach Matt)

Well so far this Winter has been an Up and Down one with our most recent "Snow Day" meaning NO MSC Practice last week Monday 2/2/15. It makes me think that missing certain training and instructional sessions are a **detriment** to our groups and their preparation for our final month of the season headed into our Championship meets. This is incorrect when I take a look at all other seasons I have coached and those along the

The MAIN factor that we need to remember is how have YOU, the swimmer, responded to the time that you HAVE BEEN AT THE POOL so far this season???

## Coach's Corner

same lines of missed practice time. The MAIN factor that we need to remember is how have YOU, the swimmer, responded to the time that you HAVE BEEN AT THE POOL so far this season???. Has it been used to become a better swimmer, or has it been used to float (no pun intended) somewhere in the area of mediocrity? Only the swimmer can truly answer this question. It is our job as coaches to best prepare you at FEB meets and into March Championships and that is exactly what we intend to do....this is, however, a two-way street in that we need swimmers to show

up to ALL sessions to increase our chances to have a successful end of the season. So all I really want to say is that I feel we will have a successful end of the season but swimmers have to have the confidence in themselves as well for this to happen!! If you've put in the work, it will be reflected and we all win.....so make that happen starting today.

### Message from the Board

We are off to an exciting 2015 swim season!! It is great to see MSC swimmers continue making personal best achievements and our parents ever giving of their time and support. This demonstrates that consistent work, and practice attendance, results in

achieving personal swimmer goals. Our exceptional coaching staff has also contributed to the great accomplishments of all our swimmers. The weather is still chilly, icy and snowy – so let's keep our swimmers healthy and injury free as we begin to prepare for our Champi-

onship meets. Happy Valentine's Day !!  
Patrick Callahan

### **Quote of the Month**

*Persistence can change failure into extraordinary achievement.*

~ **Matt Biondi** ~

# Getting to know: Coach Tom

**Q: Why did you start swimming?** I started swimming by taking lessons at the hammond ymca when I was a toddler. I started competitive swimming when I was 5 years old. The reason I started swimming was my older sister was swimming at bishop noll when I was young (she's 11 years older than me) so I basically grew up in and around the water.

**Q: What are your 2 favorite races and why?** My two favorite races are the 400 IM and the 200 back. I remember having to race both of these events twice in one day at an Illinois senior state meet. Needless to say by the end of the finals session I could barely walk back to my car that was parked across the street at UIC but I felt like I had done something that a lot of athletes could not or would not do.

**Q: What's your favorite movie?** Favorite movie of all time is a tie between bladerunner and dune. Favorite movie I saw last year was birdman.

**Q: Favorite actor?** Edward Norton

**Q: What's your favorite TV show?** Game of thrones

**Q: Favorite Food?** Italian - Eggplant Parm

**Q: Who's your favorite Band?** Smashing Pumpkins

**Q: What is your favorite event?** Since I've already named my favorite swim events, my favorite event that I've attended is "Riot Fest"

**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?** Knife, Flint, Old man & the Sea book

**Q: Who's the funniest looking coach on the team?** Sticky

**Q: What's your favorite sport?** Watch : Football, Hockey, Baseball

**Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)** I'm a pretty decent cook and enjoy golfing.

**Q: Any other interesting facts you want to share with the world?** I have a titanium plate in my left arm.

**Q: What are your 2 favorite races and why?** My two favorite races are the 400 IM and the 200 back. I remember having to race both of these events twice in one day at an Illinois senior state meet. Needless to say by the end of the finals session I could barely walk back to my car that was parked across the street at UIC but I felt like I had done something that a lot of athletes could not or would not do.

## 16 Breakfast Ideas for the Young Swimmer By Jill Castle, MS, RDN (continued on page 4)

To eat, or not to eat, breakfast? This is the question young swimmers may struggle with as they scurry out the door to make morning practice or catch the bus and get to school on time.

For growing kids and teens, starting the day with breakfast has its benefits. Breakfast consumption has been linked to better nutrient intake, mental function and academic performance. Skipping breakfast has its drawbacks. A 2010 National Health and Nutrition Examination Survey (NHANES 1999-2006) survey of children aged 9-18 looked at self-

reported breakfast eating patterns and the types of breakfast foods eaten. Researchers found that 20% of children and 35% of teens skipped breakfast, 36% children and 25% teens ate cereal, and the rest ate a variety of different breakfast foods. Interestingly, breakfast skippers had higher body mass indices (BMIs) and a higher prevalence of obesity, while cereal eaters had the most favorable nutrient intakes and weight scores.

We have less data for young athletes and their breakfast consumption patterns, partic-

ularly about what constitutes the perfect breakfast amount, and composition. However, it is known that carbohydrate-based foods are needed as fuel for athletic performance, and protein sources help build and repair muscle tissue. So it makes sense that young athletes may benefit from the healthy habit of a daily, balanced breakfast. To make getting breakfast on board for your young swimmer easier, check out these breakfast ideas categorized by preparation method:

Refrigerate overnight  
1. Peanut Butter and Chocolate



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

- Swirl Overnight Oats
- 2. Greek Yogurt Parfait: Layer vanilla Greek yogurt, fruit, and granola in a glass or Mason jar.
- Grab-n-Go

## 16 Breakfast Ideas for the Young Swimmer By Jill Castle, MS, RDN

(continued from page 3)

3. *Nut butter sandwich on whole grain bread: Make this the night before. Add jelly if you like.*

4. *Trail mix: Use a commercial trail mix or make your own with nuts and dried fruit.*

5. *Nut butter and fresh fruit: Can you say banana or apple and peanut butter? Vary your nut butters with almond, cashew and try sunflower seed butter too. There are many small convenient packets of nut butter available.*

6. *Gorp: Mix dry cereal, nuts, raisins/other dried fruit, carob or chocolate chips together in a baggie.*

7. *String cheese and whole grain crackers*

8. *Hard-boiled eggs*

*Prep In 5 Minutes...*

9. *Smoothie: ½ cup 100% juice or nectar; ½ cup milk; 1 cup frozen fruit; ¼- ½ cup Greek yogurt*

10. *Bagel sandwich: Layer ham and cheese on a bagel. Zap in the microwave for 30 seconds to warm.*

11. *Egg and cheese on an English muffin: fry an egg; toast the muffin; assemble with a slice of cheese into a sandwich.*

12. *Breakfast burrito: Take a whole grain tortilla, fill it with scrambled egg or tofu, add cheese, avocado, leftover veggies and salsa, and roll it up.*

13. *Walking waffle: Toast two whole grain waffles, spread with nut butter or cream cheese, top with fresh fruit or jam, and assemble as a sandwich.*

14. *Instant oatmeal: Mix hot water and oats in a to-go coffee cup; top with walnuts and blueberries. Don't forget the spoon!*

*Freeze Ahead*

15. *Egg and veggie cups: Make these over the weekend and freeze them. Heat them in the microwave in the morning and grab a piece of fruit as a side.*

16. *Breakfast cookies: Try these Pumpkin breakfast cookies or these dried fruit and peanut butter cookies. Toss in a milk box or 100% juice alongside*

the individual performer or team that falls apart most often does so because of mental factors like runaway nervousness, intimidation, poor concentration, negativity, lack of confidence or an inability to let go of mistakes or bad breaks.

Yet how much time do you as an athlete, performer or coach spend on these sports psychology issues and developing the mind of a champion? If you're a committed, dedicated performer or coach, then you work too hard and sacrifice too much to let your own or your team's competitive performance be disrupted by mental errors. The mental toughness techniques in sports psychology are just what you need to get your performance or team back on the fast track!

To realize your full potential as an athlete or performer, you have to start training your mind as well as your body! Just as you develop physical skills and techniques, you must learn to develop these sports psychology mental skills. What are these so-called mental skills?

Staying relaxed under pressure, in what I call "good nervous."

Focusing on what's important and letting go of everything else.

Rebounding from mistakes, bad breaks and failures.

Handling last minute self-doubts and negative thinking.

Using mental rehearsal for upcoming performances.

Motivating yourself by setting personally meaningful and compelling goals.

### Speedo Tip of the Month

Recognizing mental traps and avoiding them.

Developing self-confidence and a positive, go-for-it attitude.

You can learn to master these skill areas and make them part of your athletic or performance arsenal. Let me help you do this! On these pages you will find some of the most powerful and comprehensive sports psychology - mental training tools on the market today. In addition, I offer a sports psychology phone consultation service that's a proven winner! As a "head coach" I've helped thousands of athletes and other performers like yourself bust out of slumps, develop confidence, better handle competitive pressure, master negativity & self-doubts and perform to their potential. I also offer a FREE MENTAL TOUGHNESS NEWSLETTER filled with peak performance tips, slump-busting guides, motivational stories and the very latest in winning, sports psychology techniques and new products.

If you're serious about reaching your athletic or performance dreams, or you're just tired of performing far below your potential, then my programs, books and CDS can help you get started today! Guaranteed! I am deeply committed to providing the highest quality sports psychology products and services available any-

where. I stand behind this commitment with a full, money-back guarantee. If you purchase one of my sports psychology books or CD programs and you're not completely satisfied, then you can return it to me for a full refund!

Who should use my sports psychology and mental toughness training programs? Coaches, athletes (ages 9 and up), teams and parents of competitive athlete who want to do everything they can to help their child reach his/her athletic goals. Performing artists, test takers and sales & business people who would like to raise the level of their performances. Each program has been specifically designed to be used alone by the individual athlete, in a group with the whole team, or by the coach who would like to learn more about applied sports psychology, mental toughness training and how to take his/her athletes through the process.



## 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!

### Feb/March Meet Schedule: HOME AWAY

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**

3/6-3/8 Northwest Divisional Championships

3/12-3/15 Indiana Senior Championships

3/20-3/22 Indiana Age Group Championships

...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.

The answer to the December frame game contest was— Amazing Grace.



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