

Munster Swim Club

## Happy Birthday!

Taylor Raycroft 7/7  
Jordan Spilde 7/8  
Maya Prince 7/11  
Elizabeth Hanas 7/12  
Ian Condes 7/15  
Julia LaBuda 7/17  
Deven Burse 7/18  
Ben Ondo 7/19  
Samantha Buffano 7/24  
Lily Brunetti 7/25  
Lexi Flores 7/25  
Marisa Walsh 7/27  
Michael Dempsey 7/29

## Game Time!



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

A \$20 gift card to Speedo.

Email your answer to sburris611@gmail.com

# Seahorsin' Around

Volume 2, Issue 3

July 2014



## 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 four meets, 112 swimmers achieved BEST TIMES in 76 IM, 262 Freestyle, 156 Backstroke, 110 Butterfly, and 148 Breaststroke events, a total of (752) individual best times!

### LCB Summer Sizzle-

57 Swimmers, 203 Best Times

Kyle Adams, Miranda Adams, Joseph Baeza, Mary Bridget Baeza, Audrey Beck, James Beckman, Isabella Blackford, Abraham Blaesing, Benjamin Blaesing, Maria Blaesing, Samantha Buffano, Ally Burris, Ashlynn Burris, Carlo Candelaria, Olivia Candelaria, Allison Cunningham, Katherine Foley, Isabella Gahre, Joseph Gardner, Elizabeth Hanas, Kathryn Hemingway, Madeline Jania, Leah John, Patrick Jones, Thomas Jones, Nathan Kunus, Savannah Kunus, Donovan Lambert, Isaac Martin, Nathaniel Martin, Audrey Mayer, Casey McNulty, Alyssa Nahnsen, Vincent Niaves, Steven Nowaczyk, Brandon Oganovich, Griffin Poulsen, Maria Puliaeva, Holden Raffin, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Alec Samardzich, Brandon Silver, Justin Singh, Cayden Spilde, Jordan Spilde, Collin Sroge, Evan Torres, Lindsay Vanek, Victor Vatchev, Megan Wimmer, Priscilla Zavala, Andy Zhang, Cody Zhang, Rita Zheng

### PPD 9th Annual Shark Frenzy-

8 Swimmers, 21 Best Times

Jacobus Barnard, Ethan Buck, Mary Buck, Luke Knaley, Casey McNulty,

Griffin Poulsen, Keegan Poulsen, Fenry Zhou

### HHSC Beat the Heat Invitational-

30 Swimmers, 131 Best Times

Grant Afman, Abraham Blaesing, Benjamin Blaesing, Maria Blaesing, Ethan Buck, Mary Buck, Ally Burris, Ashlynn Burris, Carlo Candelaria, Olivia Candelaria, Christina Dovellos, George Dovellos, Isabella Gahre, Dakota Gronkiewicz, Christopher Holmquist, Madeline Jania, Anastasia Kapustina, Donovan Lambert, Karl Larson, Isaac Martin, Nathaniel Martin, Keegan Poulsen, Maria Puliaeva, Kenny Reed, Angelica Rzeznikowski, Aidan Smith, Cayden Spilde, Jordan Spilde, Evan Torres, Andy Zhang

### MSC Summer Splash Invitational -

103 Swimmers, 397 Best Times

Kyle Adams, Grant Afman, Joseph Baeza, Jacobus Barnard, Matthew Barnard, Audrey Beck, Cooper Beck, James Beckman, Melissa Bermudez, Madison Bevil, Abraham Blaesing, Benjamin Blaesing, Maria Blaesing, Mary Blocher, Brisa Bohling, Anthony Bohling, Sydni Branch, Lilia Brunetti, Ethan Buck, Mary Buck, Samantha Buffano, Ally Burris, Ashlynn Burris, Deven Burse, Carlo Candelaria, Elianna Candelaria, Maya Candelaria, Brianna Condes, Ian Condes, Clarisa Cortez, Michael Dempsey, Ben Dodge, Alexis Flores, Katherine Foley, Isabella Gahre, Joseph Gardner, Dakota Gronkiewicz, Elizabeth Hanas, Jake Hemingway, Kathryn Hemingway, Christopher Holmquist, Edward Jania, Jacqueline Jania, Madeline Jania, Leah

John, Patrick Jones, Thomas Jones, Anastasia Kapustina, Rhea Khatra, Siman Khatra, Jack Kunas, Nathan Kunas, Savannah Kunas, Lindsey LaBuda, Donovan Lambert, Karl Larson, Jennifer Lockhart, Aleksandra Manojlovic, Georgianna Manojlovic, Ilija Manojlovic, Isaac Martin, Nathaniel Martin, Audrey Mayer, Brigid McGinty, Casey McNulty, Alyssa Nahnsen, Vincent Niaves, Steven Nowaczyk, Brandon Oganovich, Ben Ondo, Lola Papanikolaou, Griffin Poulsen, Keegan Poulsen, Melanie Powers, Maya Prince, Salma Prince, Maria Pauliaeva, Holden Raffin, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Alec Samardzich, Brandon Silver, Justin Singh, Aidan Smith, Nicole Smith, Cayden Spilde, Jordan Spilde, Collin Sroge, Elena Sroge, Evan Torres, Lindsay Vanek, Victor Vatchev, Karina Weingard, Priscilla Zavala, Sophia Zavala, Andy Zhang, Cody Zhang, Rita Zheng, Fenry Zhou, Jack Zimmerman

**Congratulations to Holden Raffin for breaking the 11-12 Boys MSC Long-Course Record in the 200 meter Freestyle!! His time of 2:17.43 broke a record that stood for 17 years....nice work!**

### Freestyle Foundations

by Russell Mark // National Team High Performance Consultant

It's no secret that fast freestyle swimming encompasses much more than the arm stroke. From an early age, everyone is taught the importance of good body position, head position, rotation, breathing technique, and a strong kick.

### Speedo Tip of the Month

But what does it really mean for those aspects to be good?

Your knees should bend when you kick a similar amount to when you're walking.

The best rotation is more on your stomach than it is on your side.

If your legs hit each other when you kick, or your kick stops while you're swimming, it is likely caused by too much rotation.

A late breath can make someone rotate too much. Breathing too late is the most common flaw that I observe in swimming.



**Resting for The End of Season Championship Meet**

By John Leonard

There are some things in swimming, that coaches tend to take for granted. For instance, understanding the nature of preparation for that all-important end of season meet. Coaches take for granted that parents understand the process. Truth is, they often don't without education. This is that education.

Swimmers train hard. They expect and desire good performances at end of season competitions. Parents similarly expect good performances from their children in these meets. Parents also play an important role in helping those good performances to happen. Here's how.

At most, coaches are with swimmers 6 hours a day. Most, more like 4 hours a day. Parents are supposed to know where their children are and what they are doing the other 18-20 hours a day. Those 18-20 hours are called "hidden training" by coaches, and what goes on during those hours has a profound impact on performance.

Let's step back...First, some definitions. Age group athletes are 12 and unders. "Tweeners" are those athletes ages 13-15, and "senior swimmers" are 16 and older.

Second, what happens with age groupers at end of season competitions? The author believes that age group athletes don't "rest" for championship meets. They should train right through and if the level of training is correctly prescribed, they will improve from the work that they are doing. "Resting" twelve and unders is a dubious concept at best. Taper is predicated upon overload and we don't

# Coach's Corner

overload age group swimmers in the same sense that we overload senior swimmers. Work hard, work smart, Swim well and improve.

Tweeners are more like seniors than age groupers, and it is very individual, but most benefit from a day or two of rest (light training) just before a concluding meet. Seniors, depending on age, size, experience and most importantly, quality of training leading into the meet, may rest from a day or two, (for young immature swimmers...) to multiple weeks for mature men at the end of college years and older. Again, for emphasis, the amount and quality of "rest" is dependent on the amount and quality of training that has preceded it in the season and the career.

As hard as coaches work to plan training, they work just as hard or harder, to plan the rest heading into a championship meet. This is one of the many places where well-meaning parents need to "let the coaches Coach" and determine the amount and quality of rest. It makes NO SENSE at all for the parents to have the coach plan all the training and then, accidentally or on purpose, decide to intervene with a few ideas of their own just before the championship meet. Talk about too many chefs in the kitchen!

The parents role in the days leading up to the final competition, is to remind the athletes of the coaches plan for the rest, and "enforce it" as much as is humanly possible with the athlete. The Coach of course, has to share the plan with the athlete and where appropriate, with the parents, in order for this to happen.

"Rest" is not bed rest. It is not lying on the couch watching TV, which is guaranteed to end up with a teenager who will say "I'm fired" after 5 hours in front of the tube. To have energy, the body needs to spend some energy. The key, is in knowing how much... and the answer, is "a little bit less expenditure" than your normal day, and a good night's

sleep of 8-10 hours for however many days the coach prescribes.

**NO NO'S**

1. In the days before the meet, don't do anything you don't normally do.

If you don't normally play basketball, don't start now. If you do play, play a little less.

Don't decide that NOW, you have some more energy, so a good twenty mile bike ride sounds like fun...since you never have time to do that during normal training schedule....

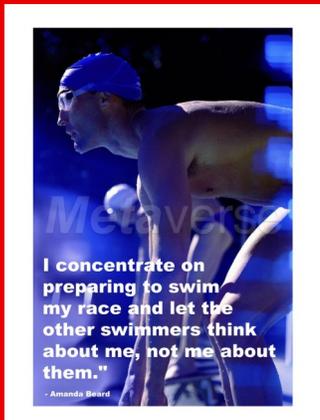
If you don't swim in the ocean, don't start now. Open water swims are draining....salt, sun, waves, different stroke mechanics, etc. It can reeally mess you up for the pool race.

We love our beaches in south Florida but a few hours in the summer sun will sap energy out of you quicker than you can ever imagine. And by the way, after a good rain, that ocean water quality isn't all that good once the goo from the streets washes into the sewers and out to the ocean....you say that nobody warned you the water was polluted after a rain? Gee, why not? Ever see the movie Jaws? Sometimes there are things in the water that aren't good for people and even WORSE for the tourist industry. Go for an ocean swim, suck down a few of those germs and you're sicker than a dog at your big meet. Don't suddenly decide you want to learn how to do some gymnastic moves on the ground with your friends.....that sprained wrist will hurt a lot in the middle of a 400 IM.

DON'T DO ANYTHING YOU DON'T NORMALLY DO.

(CONTINTUED ON PAGE 4)

Remember, nothing can be done in the final few days before a championship meet to have more WORK improve the chances of great performance, but a huge amount of damage can be done (and prevented by parents) by children who decide to do something new because they have a little more time and energy to do it. Save that extra oomph for the swims.



## Message from the Board

Happy 4<sup>th</sup> of July !!  
On behalf of the Munster Swim Club Board of Directors, I would like to extend best wishes for a safe and joyous Independence Day to our swimmers, parents, officials and

volunteers ! Don't forget to show your *Seahorse Pride* and participate in the Munster 4<sup>th</sup> of July Parade.  
Patrick Callahan  
MSC Board President



# Getting to know: Coach Tina

**Q: Why did you start swimming?** My mom started me in swim lessons at 6 months old and I progressed from there. It is a great sport and I really enjoy it!

**Q: What are your 2 favorite races and why?** 100 Fly - Tough event. Shows skill, strength and technique. 200 IM - True versatility. Tough to be fast and strong in all 4 strokes.

**Q: What's your favorite movie?** Indiana Jones and the Last Crusade and Ghostbusters

**Q: Favorite actor?** Harrison Ford, but more recent Chris Evans (Go, Captain America!!)

**Q: What's your favorite TV show?** Hell's Kitchen, Master Chef

**Q: Favorite Food?** BBQ ribs with steamed broccoli and a baked potato (butter and sour cream, please!)

**Q: Who's your favorite Band?** Crash Test Dummies

**Q: What is your favorite event?** 100 Fly - My coaches always put me in this event since no one else on the team at the time could handle it. Proved successful - held the class record and swam at state several times.

**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?** Water, Food and my hubby and kids.

**Q: Who's the funniest looking coach on the team ?** - Definitely, Coach Dillon

**Q: What's your favorite sport?** Swimming, of course. But I enjoy watching all sports especially my kids playing softball/baseball and golf.

**Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)?** I work full time at a local hospital in Cardiac Rehab as a Nurse and Exercise Physiologist. I swam for MSC, MHS and Indiana University. I was also the Munster High School Girls Swim Coach from 1998-2001. My dad is a retired mechanic/body man, so I like all types of cars. Would like to own a El Camino eventually.

**Q: Any other interesting facts you want to share with the world?** I have 2 awesome kids (Casey - she swims in Silver A; Cavin - he is an avid golfer and bowler). I have also published several articles on Health and Fitness and have created continuing education courses for Fitness Professionals. I have known Coach Matt for a very long time and honored to be part of such a great program. I enjoy working with kids and am excited to see them achieve their goals. Words to live by: "If you don't take care of your body, where are you going to live?" - author unknown. Let's Go Munster Seahorses!

**Q: What are your 2 favorite races and why?** 100 Fly - Tough event. Shows skill, strength and technique. 200 IM - True versatility. Tough to be fast and strong in all 4 strokes.

## A Quick Lesson in Antioxidants for Swimmers By Chris Rosenbloom//PhD,RDN, CSSD

A young swimmer emailed me and wanted to know if antioxidants would help her swim better and recover faster. A great question, so here is a primer on antioxidants, with tips to help you choose antioxidant-rich foods.

When you exercise, you take in more oxygen by deep breathing and then you deliver that oxygen in your blood to working muscles.

As your muscles work, they generate power for sport but also generate molecules called free radicals. These molecules are very unstable and they can "oxidize" leading to muscle fatigue.

Oxidation is a normal process, and you see examples of it around you all the time. A car rusting is oxidation and an apple or avocado slice that turns brown is oxidation. To prevent oxidation, you need an antioxidant. That is why dipping apple slices in orange juice or squirting lemon juice on avocado when making guacamole prevents browning (the result of oxidation).

Your body is pretty good at making its own antioxidants, and we have several systems in place to repair oxidation damage.

Several nutrients are key players in the body's natural antioxidant systems, most notably vitamin C and vitamin E. All of this sounds like swimmers should load up on antioxidants, but not so fast.

Some researchers think that high doses of antioxidants in supplement form may impair muscle function or delay the training adaptation of muscle. Maybe those free radicals are signaling the muscle to help it adapt to hard training.

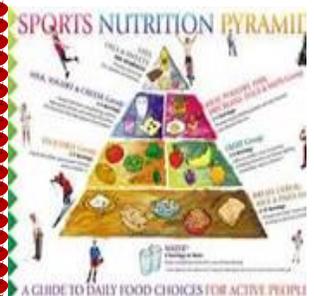
For now, the best advice is not take supplements of vitamin C or vitamin E or other antioxidants, but get a wide variety of antioxidant-rich foods so the muscles get the nutrients they need without getting too much. (Editor's Note: Regarding supplements, it's also worth noting that USA Swimming considers dietary supplements "take at your own risk," placing full responsibility for any effects and repercussions on the athlete).

Antioxidant rich-foods are not only

found in fruits and vegetables, but also in whole grains, nuts and seeds, and those are exactly the kinds of foods sports dietitians (and moms and dads) have been encouraging young swimmer to eat for a long time. Here are the top food choices for antioxidants. And, with the summer months in full swing, you should be able to find plenty of antioxidant-rich fruits and veggies at your farmer's market.

- ANTIOXIDANT-RICH FRUITS**
- Berries (all types)
  - Cantaloupe
  - Grapefruit and grapefruit juice
  - Kiwi fruit
  - Olives
  - Oranges and orange juice

- Antioxidant-rich veggies
- Baked potato
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Peppers (all kinds, including hot peppers)
- Tomato



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

- Antioxidant-rich nuts and seeds
- Almonds and almond butter
- Hazelnuts
- Peanuts and peanut butter
- Pecans
- Pistachios
- Sunflower seeds
- Walnuts

# Coach's Corner

(CONTINUED FROM PAGE 2)

2. Don't EAT anything you normally don't eat. This is NOT the time for culinary exploration. Stick to the stuff that gotcha here.....and your system is used to handling.

3. Don't think you can stay up later socializing.....just cause AM workout is later or shorter...the idea is to INCREASE the amount of sleep and rest.

And parents, coaches need YOUR HELP in reminding young people (who think they are indestructible and not fatigue-able) that for a couple of days, they need to focus on their goals for their swims and give up a little bit of

the things they'd "like to do". Coaches aren't around for those 20 hours a day that you have your children. Please help us.

PS. This is NOT to indicate that a swimmer needs to be carefully wrapped in cotton for a few days prior to the meet. IF they are USED TO doing chores, they keep doing chores. A bit of yard work, house cleaning, room repair (ok, room cleaning....in my house it usually looks like room repair...) etc. is certainly a good way to while away some hours while waiting for the time to swim fast and be a hero.

Remember, nothing can be done in the final few days before a championship meet to have more WORK improve the chances of great performance, but a huge amount of damage can be done (and prevented by

parents) by children who decide to do something new because they have a little more time and energy to do it. Save that extra oomph for the swims.

Cliff notes Version:

Parents:

- 1) know the rest plan from your coach.
- 2) Don't decide you have some super dooper plan of your own to superimpose on the coaches plan. The hay is in the barn, just deliver it.
- 3) Enforce reasonable rest with no new activities.

It's pretty clear that the trend in distance races is to six-beat kick the whole race. The evidence is strong:

All six medalists in the distance races at the 2012 Olympics – 800 free (Ledecky, Belmonte, Adlington) and 1500 free (Sun, Cochrane, Mellouli)

Five of eight finalists in both the 800 and 1500 at the 2012 Olympic Trials

Grant Hackett's 10-year World Record 14:34 at 2001 World Championships

The old two-beat kicking trend might have been related to high tempo freestyles and enduring the large training volume of the 70's and 80's. The current trend of six-beat kicking can translate down to a good 400 and 200. In other words, SPEED, which is absolutely essential to a competitive 800 and 1500 now.

Use Your Legs

A six-beat kick means you use your legs from start to finish. There are six

## Speedo Tip of the Month

kicks for every two arm strokes (1 cycle). The legs do not drag behind.

Note: The intensity of a six-beat kick depends on tempo. Sun Yang, for example. For example, for the first 1400m of Sun Yang's 1500, his tempo is a slow 1.9 seconds per cycle, and six kicks in that time is pretty chill. On the last 50, his tempo is 1.4 seconds per cycle, so the six kicks are quicker and stronger.

Don't "Save The Legs"

Kicking a distance race can definitely be trained, and shouldn't be feared to conserve energy. A ferocious kick for an 800 or 1500 isn't necessary. The kick just needs to be steady. There are certainly differences, but so many people train to run four-hour marathons, so training to kick for 10-15 minutes

of swimming is very reasonable.

It's Not Always Black & White

There have been – and still are – successful distance swimmers that use a two-beat or four-beat kick. Kieren Perkins, the great Australian distance swimmer, switched between two-beat and six-beat kicks within each 50. Also, many swimmers do not maintain a consistent kick when they breathe and this technique flaw should be worked on.

If It's Not in The Toolbox, It's Not a Tool You Can Use

A swimmer needs to have this ability, whether they use it for the duration or just at the end. Learn proper kick technique and how to six-beat kick while swimming. At older ages, it's a difficult skill to acquire and also harder to correct flaws like a cross-over kick



## 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

7/11-7/13 Hinsdale 45th Annual Mid-Summer Classic

7/16 MSC/LCB Developmental Duel

7/17-7/20 IN Senior Championships

7/24-7/26 IN Age Group Championships

7/30-8/3 USA Junior National Championships

8/2-8/3 IN Swimming Summer Divisionals

...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 \$20 gift card to Speedo.



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