

Munster Swim Club

Happy Birthday!

Lars Grow 3/03
 Charlene Cortez 3/6
 George M. Dovellos 3/7
 Martin Barnard 3/9
 Xavier Campos 3/14
 Keira Hawk 3/24
 Armani Chavolla 3/25
 Ben Blaesing 3/25
 Maria Blaesing 3/25
 Megan Larson 3/26
 Izzy Pena 4/1
 Ava Tumacder 4/1
 Jimmy Svolos 4/2
 Quilla Young 4/3
 Alexis Perez 4/4
 Isabelle Perez 4/4
 Aleksandra Manojlovic 4/5
 Grant Afman 4/7
 Collin Sroge 4/8
 Andres Bedolla 4/9
 Charlie Olmstead 4/15
 Christina Dovellos 4/16
 Alec Thompson 4/20
 Olivia Candelaria 4/21
 Victor Vatchev 4/22
 Nathaniel Martin 4/22
 Brianna Condes 4/23
 Cavin McNulty 4/23
 Maddie Jania 4/24
 Matt Wlodarczyk 4/26
 Leah Branch 4/28
 George Dovellos 4/28
 Melinda Michalski 4/30

Game Time!

give give give give
 + get get get get

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 8 March / April 2015



SEAHORSES

Swimmer's Performance

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

Congratulations to all the swimmers who were a part of the 2015 Fall/Winter Championship Team!!!

Divisional Team

Jennifer Barajas, Jacobus Barnard, Audrey Beck, Benjamin Blaesing, Maria Blaesing, Mary Buck, Mitchell Buffano, Samantha Buffano, Ally Burris, Ashlynn Burris, Deven Burse, Carlo Candelaria, Elianna Candelaria, Olivia Candelaria, Clarisa Cortez, Michael Dempsey, Alexis Flores, Isabella Gahre, Nick Gordon, Elizabeth Hanas, Kathryn Hemingway, Leah John, Catherine Jones, Patrick Jones, Thomas Jones, Anastasia Kapustina, Luke Knaley, Nathan Kunas, Do-

novan Lambert, Karl Larson, Jennifer Lockhart, Aleksandra Manojlovic, Georgiana Manojlovic, Isaac Martin, Melinda Michalski, Alyssa Nahnsen, Steven Nowacyk, Brandon Oganovich, Alexis Perez, Isabelle Perez, Griffin Poulsen, Maria Puliaeva, Holden Raffin, Kenneth Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Brandon Silver, Justin Singh, Aidan Smith, Christopher Snyder, Cayden Spilde, Evan Torres, Lindsay Vanek, Victor Vatchev, Sihyun Yeo, Priscilla Zavala, Sophia Zavala, Andy Zhang

Senior State

James Beckman, Joseph Gardner, Audrey Mayer, Vincent Niaves, Steven Nowaczyk, Nicole Smith, Collin Sroge, Megan Wimmer

Age Group State

Kyle Adams, Miranda Adams, Grant Afman, Jennifer Barajas, Audrey Beck, Brisa Bohling, Anthony Bohling, Mary Buck, Samantha Buffano, Deven Burse, Clarisa Cortez, Katherine Foley, Nick Gordon, Elizabeth Hanas, Kathryn Hemingway, Leah John, Catherine Jones, Luke Knaley, Savannah Kunas, Karl Larson, Jennifer Lockhart, Isaac Martin, Casey McNulty, Melinda Michalski, Alyssa Nahnsen, Brandon Oganovich, Maria Puliaeva, Holden Raffin, Kenneth Reed, Nicholas Rucinski, Angelica Rzeznikowski, Jordan Spilde, Lindsay Vanek, Victor Vatchev, Sihyun Yeo, Priscilla Zavala, Fenry Zhou

Four Tips to Improve Your Start

By Russell Mark // National Team High Performance Consultant

Speedo Tip of the Month

It's not too late to improve your start. Here are a few easy things to keep in mind.

On the block, your "take-your-mark" position primes

you for action. Four things to be mindful of:

1. High Hips
2. Eyes Looking Down
3. Arms Loaded
4. Rear Foot Behind Your Hips



It is important to know what you have accomplished, what you'd like to accomplish, and HOW you are going to get there. Have a plan set for this spring/summer in attendance, training, learning new ways to BE FASTER, and ultimately you will see changes and time drops.



Coach's Corner

Swimmers,
We had a short break but you cannot forget about the past ones you have just completed! It is important to take time off to relax, be a kid(!), and most importantly do other things. You all are swimmers though, and that requires some more effort than most sports we challenge ourselves and compete in....swimming is a big commitment! It is im-

portant to know what you have accomplished, what you'd like to accomplish, and HOW you are going to get there. Have a plan set for this spring/summer in attendance, training, learning new ways to BE FASTER, and ultimately you will see changes and time drops. We are the guides, and you all are the pieces that do the work....remember this as you move forward because it does matter guys and gals! Hope to see

you all back happy and healthy and that maybe, just maybe some of you have grown a little bit! No, just kidding you're all pretty tough regardless of size. Enjoy the weather and see you all at the pool! LONG COURSE training coming sooner than you know it...

Coach Matt

Message from the Board



**PRIDE ~
TRADITION
~ DESIRE**

SEAHORSE PRIDE!

That is what we are all feeling after such great performance from **ALL** of our MSC athletes at NW State Divisionals, Age Group State and Senior State

this past March 2015! Let's keep that passion moving forward straight into our 2015 Spring/Summer season. Returning and New Swimmer registration is currently underway – note that signups close on 4/13/15. Lastly we have our upcoming Annual Awards Banquet on Friday, May 1st, please make sure

to register online before the deadline of April 13th. Look forward to seeing everyone at the banquet!

**Patrick Callahan
MSC Board President**



Getting to know: Coach Nikki

Q: Why did you start swimming?

A: I loved the water since I was a baby. I had to beg my mom to let me join the team.

Q: What are your 2 favorite races and why?

A: 50 Free because it is anyone's race, you need to have the perfect race to win. 100 back because I was able to use my underwater and turn work to my benefit.

Q: What's your favorite movie?

A: The Little Mermaid

Q: What's your favorite TV show

A: The Royals



Q: Favorite Food?

A: Olive Garden Angel Hair Alfredo

Q: Who's your favorite Band?

A: Vance Joy

Q: What is your favorite event?

A: 100 Back

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: swim suit, iphone, unlimited skinny pop

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

A: Matt

Q: What's your favorite sport?

A: Swimming

Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)

A: I enjoy crafting, doing knitting, painting and cross stitch

Q: Any other interesting facts you want to share with the world?

A: I have an extra vertebrae

Q: What are your 2 favorite races and why?

A: 50 Free because it is anyone's race, you need to have the perfect race to win. 100 back because I was able to use my underwater and turn work to my benefit.

Healthy meals and snacks for athletes

(continued on page 4)

If you're a competitive swimmer you'll already be aware of the importance your diet plays on your performance in the pool. Here are a few healthy meals and snacks for athletes.

Exercise Meals

If you're planning to go swimming or training later in the day try to eat an exercise-friendly meal two or three hours before you go. This means keeping your carbohydrate and protein levels high on

roughly a 60:40 ratio and not pigging out on sluggish unsaturated fats. Here are some good examples:

Baked potatoes – fill them with beans, sweet corn or chilli, not too much cheese, and remember to eat the skin, it's the healthiest bit!.
Pasta meals or bakes – again go light on the cheese, throw in plenty of vegetables. Tuna is also a great energy source.

Beans on toast – they may be the signature of

a student's staple diet but low-sugar baked beans are actually really good for you. Bags of protein in the beans and wholemeal toast has your complex carbohydrates. And if beans aren't your thing, eggs will do a similar job.

Chilli con carne – beans, lean mince, and brown rice all should set you up perfectly for exercise in a few hours. Fatty, greasy mince, white rice and salty tortilla chips will not.



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

Pre-training Snacks

Unless you're trying to lose body fat don't train on an empty stomach, you'll be running

Healthy meals and snacks for athletes (continued from page 3)

on empty and your performance will be impaired. Eat a small meal or snack between one and two hours before you start your training.

Great snacking foods are:

- fruits (fresh is best but dried are still okay)
 - energy foods (cereal bars, energy drinks, protein shakes)
 - yogurt (low fat if possible)
- whole grain foods (whole wheat cereal or wholemeal toast).

Snacking During the Day

Elite athletes keep their blood

sugar level as constant as possible by snacking regularly (and healthily) during the day. Only do this if you're training enough not to add body weight from the increased food/calorie intake.

Target the same snacks you would as a pre-training boost – complex carbohydrates, fruits or protein shakes.

Recovery

If you're putting in the metres in the pool, your body will need a boost when you finish your training.

Always try to refuel within 30 minutes of finishing and preferably within 15 minutes – your body immediately needs nutrients to repair muscles and replace energy. A sandwich is a good choice.

Make sure you're refuelling with the 'right' foods though – something low in fat but high in carbohydrates and protein.

The hips are the central point of your weight, and gravity will help you create the most speed upon entry if you have them as high as comfortably possible while standing on the block.

Many swimmers will tuck their head and look behind them, but this leads to a tendency of throwing the head upward too much, and can lift the body upward too much too.

The arms should be ready to pull. The elbows should be pointed back, not to out to the side.

In a track start, the rear foot should be placed just behind the location of the hips. In this position, as soon as the rear leg starts pushing off the block, your hips – and all of your weight – will start moving forward off the block.

Speedo Tip of the Month



As you come off the blocks, pull your chin and chest forward. Thrust your chin forward (but not upward). Your chin and shoulders will move past your arms and elbows. Notice that the position of the hands and elbows in the picture below. Also notice that the chin is forward, but the swimmers' backs are at or below horizontal.





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!

Summer Meet Schedule: HOME AWAY

5/9 Dune "Race for the REGION"
 5/15-17 LCB May Invitational
 5/22-24 MSC Memorial Day Invitational
 6/12-14 LCB June Invitational
 6/19-21 FAST Summer Jam
 6/19-21 HHSC Beat the Heat Invitational
 6/26/28 MSC Summer Splash Invitational
 7/11 MSC Last Chance Invitational
 7/16-19 IN Senior Championships
 7/24-26 IN Age Group Championships
 7/30-8/3 USA Swimming Junior National 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.

Congratulations to Jennifer Lockhart on being the winner of the January/February Frame Game Contest. The correct answer was Seafood.



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