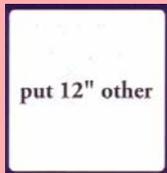


Happy Birthday!

- Kay Foley 5/2
- Lindsey LaBuda 5/3
- Melanie Powera 5/4
- Cody Zhang 5/6
- Mikayla Wallace 5/10
- Maria Puliaeva 5/15
- Rebecca Franco 5/19
- Lindsay Vanek 5/20
- Luke Knaley 5/21
- Julianna Dodge 5/23
- Eddie Jania 5/23
- Donovan Lambert 5/27
- Dylan Afman 5/30
- Lola Fay Papanikolaou 5/30
- Blake Reed 5/30
- Leah John 5/31
- Hannah Robbins 6/2
- Jack Robbins 6/2
- Scott Robbins 6/2
- Madison Bevil 6/7
- Justin Singh 6/9
- Ashlynn Burris 6/10
- Andy Zhang 6/14
- Rhea Khatra 6/15
- Mia Tumacder 6/20
- Alyssa Nahnsen 6/23
- Cayden Spilde 6/24

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 2

May - June 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 four meets of the season, 94 swimmers achieved BEST TIMES in 45 IM, 235 Freestyle, 142 Backstroke, 92 Butterfly, and 108 Breaststroke events, a total of (622) individual best times!

LCB Makin Waves Invitational- 49 Swimmers, 204 Best Times

Kyle Adams, Grant Afman, James Ashcraft, Jacobus Barnard, Madison Bevil, Brisa Bohling, Anthony Bohling, Lilia Brunetti, Ethan Buck, Mary Buck, Samantha Buffano, Ally Burris, Ashlynn Burris, Carlo Candelaria, Eliana Candelaria, Maya Candelaria, Olivia Candelaria, Brianna Condes, Ian Condes, Michael Dempsey, Alexis Flores, Isabella Gahre, Dakota Gronkiewicz, Leah John, Patrick Jones, Thomas Jones, Rhea Khatra, Luke Knaley, Nathan Kunus, Savannah Kunus, Karl Larson, Casey McNulty, Griffin Poulsen, Salma Prince, Holden Raffin, Taylor Raycroft, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Justin Singh, Aidan Smith, Evan Torres, Lindsay Vanek, Victor Vatchev, Andy Zhang, Cody Zhang, Fenry Zhou

BA Early Bird (Senior Circuit)- 8 Swimmers, 21 Best Times

Joseph Baeza, James Beckman, Isabella Blackford, Allison, Cunningham, Joseph Gardner, Audrey Mayer, Vincent Nieves, Collin Sroge

UTSC Summer Invitational- 12 Swimmers, 27 Best Times

Grant Afman, Sydni Branch, Mary Buck, Samantha Buffano, Ally Burris, Katherine Foley, Christopher Holmquist, Luke Knaley, Angelica Rzeznikowski, Cayden Spilde, Jordan Spilde, Victor Vatchev

MSC Memorial Day Invitational - 85 Swimmers, 370 Best Times

Kyle Adams, Miranda Adams, Grant Afman, James Ashcraft, Joseph Baeza, Jacobus Barnard, Audrey Beck, James Beckman, Abraham Blaesing, Maria Blaesing, Brisa Bohling, Sydni Branch, Lilia Brunetti, Ethan Buck, Mary Buck, Samantha Buffano, Ally Burris, Ashlynn Burris, Deven Burse, Carlo Candelaria, Eliana Candelaria, Maya Candelaria, Olivia Candelaria, Brianna Condes, Ian Condes, Allison Cuning-

ham, Michael Dempsey, Ben Dodge, Alexis Flores, Katherine Foley, Isabella Gahre, Joseph Gardner, Elizabeth Hanas, Jake Hemingway, Christopher Holmquist, Leah John, Catherine Jones, Thomas Jones, Anastasia Kapustina, Rhea Khatra, Nathan Kunus, Savannah Kunus, Donovan Lambert, Karl Larson, Jennifer Lockhart, Nicholas Lundin, Aleksandra Manojlovic, Georgianna Manojlovic, Clijja Manojlovic, Isaac Martin, Casey McNulty, Alyssa Nahnsen, Vincent Nieves, Steven Nowaczyk, Lola Papanikolaou, Griffin Poulsen, Salma Prince, Holden Raffin, Taylor Raycroft, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Alec Samardzich Brandon Silver, Justin Singh, Aidan Smith, Cayden Spilde, Jordan Spilde, Evan Torres, Ana Tumacder, Mia Tumacder, Declan Urbaniak, Lindsay Vanek, Victor Vatchev, Marisa Walsh, Mitchell Walsh, Karina Weingard, Seth Weston, Megan Wimmer, Priscilla Zavala, Sophia Zavala, Andy Zhang, Cody Zhang

Staying Loose and Calm Pre-Race

Why are races won and lost before the start?

As I've said many times throughout this series, the BIGGEST secret to swimming your best when it counts the most is having the ability to stay loose and calm behind the blocks, right before your race. Far too many swimmers waste precious energy the minutes leading up to their event by thinking about and focusing on all of the wrong things. Because of this, they unknowingly undermine their confidence, get themselves overly nervous and set themselves up for failure.

The Devastating Effects Of Out Of Control Pre-Race Jitters

Ever wonder how you can run out of gas at the 150 mark of your 200, the very first race of your big meet? You've worked hard all season, you've got a solid training base, yet your arms and legs feel like lead and you're totally exhausted! What gives? You go 7 - 8,000 yards easily in practice and after a mere 150 you're wasted? This is a direct result of a swimmer being far too nervous pre-race! If you're "over-amped" behind the blocks and thinking about the time you need, who you have to beat or, "what if you don't?," then your breathing will get faster and shallower, your muscles will tighten up and the end result of these physical changes will be this feeling of premature exhaustion.

Controlling Your Eyes & Ears To Stay Calm Under Pressure

If you want to consistently swim to your potential under big meet pressure and avoid the devastating physical effects of excessive nerves, then you have to learn how to keep yourself physically and mentally composed at race time! One important way that you do this is by controlling your eyes and ears behind the blocks. This means that what you LOOK AT and LISTEN TO behind the blocks has to be only things

Speedo Tip of the Month

that help keep you calm, loose and confident. For example, if focusing on another swimmer and how big or fast they look gets you nervous, you control your eyes by looking at spot behind the blocks or by defocusing your eyes as you look out across the pool. If listening to a conversation between one or more swimmers is getting you anxious, you control your ears by turning up the volume on your iPod or finding someone else to talk to about non-swimming related issues. Controlling your eyes and ears means that you need to establish set things that you look at and listen to right before your races.

How do you control your pre-race focus?

Every great athlete has a repeatable, familiar pre-performance ritual that they use leading up to the start of the action which helps them systematically control their eyes and ears. Your pre-race routine and what you do behind the blocks can help you stay in control of your focus and keep you calm during those critical minutes just before the start of your event. Your pre-race routine will give you very specific things for you to look at, listen to and do that will help distract you from the normal, anxiety-producing distractions that every swimmer has to face right before the start.

What You Need To Know To Develop An Effective Pre-Race Routine

There are several key points that you need to keep in mind whenever developing and using a pre-race ritual.

Keep your ritual SIMPLE. The less complicated, the better!

Make your ritual CONTROLLABLE. You should only have things in your ritual that you know you will always be able to control. For example, if your pre-race ritual depends upon looking at certain other people (coach/

parent), they might not always be there for you and therefore are out of your control. However, stretching and adjusting your cap and/or goggles a certain way will always be in your control.

KEEP your ritual the SAME. You never want to change the steps of your ritual right before the race. Keeping things the same and familiar will help calm you down and keep you loose.

Build in VISUAL, AUDITORY and/or KINES-THETIC FOCAL POINTS to your ritual. Be sure that your routine has specific things that you look at (the back of the blocks, your goggles, your feet), listen to, (certain music, sound of your breathing or specific pre-race self-talk) and feel/do, (stretching a certain way, feeling your inhalation and exhalation, adjusting your cap and goggles).

Do what you're doing MENTALLY while you do it PHYSICALLY. Rituals are most effective when you keep your mental focus on the steps of the ritual while you go through them. In other words, while you're stretching behind the blocks, your concentration needs to be on the feel of the stretch. Rituals will not help you calm down if, while you go through them, your mind is elsewhere!

Understand the SOLE PURPOSE of any good ritual is to give you specific things to look at and listen to, which will distract you from the distractions. You don't do your pre-race ritual just for good luck. This is NOT about superstition. You go through this pre-race routine to calm yourself down, and most important, to help you control your eyes and ears. This means that if, for whatever reason, you have to leave a step out of the ritual, and you can't do what you always do, you understand that you can still perform your best in this upcoming race. **The key is that you use whatever steps you do go through to keep yourself focused, loose and calm!**



“Did You Know?”

For ALL of the best 200 flys in history, the fourth 50 tempo is equal to or faster than the second and third 50 tempos. (Based on the top 12 all-time male and female performers, and the top 14 all-time male performances, excluding 2008-



Coach's Corner

FLY tip:

How can the best 200 fly swimmers finish the race so well? Are they just less tired than everyone else at the end of a race?

Good race strategy and management certainly plays a factor, but I believe that technical adjustments can also be made at the end of a fly race to help achieve the optimal finish.

For the most part, swimming fly is about having good distance per cycle. But your muscles will naturally generate far less force and hold less water on your 100th stroke versus your first stroke, so your speed will inevitably decrease as a race progresses...

...Unless! You make an adjustment to your stroke to allow your tempo to increase.

Did You Know?

For ALL of the best 200 flys in history, the fourth 50 tempo is equal to or faster than the second and third 50 tempos. (Based on the top 12 all-time male and female performers, and the top 14 all-time male performances, excluding 2008-2009 suit years.)

When a swimmer fatigues in fly, probably the hardest part is getting the arms up and over the water. Not making an adjustment for that can drastically slow the tempo and create unwanted up-and-down movements.

Here are 4 tips to maintaining tempo - and speed - at the end of a fly race:

1. Shorten the back end of the stroke. Finish the stroke early.
2. Focus on driving the arms forward into the entry
3. Focus on pressing the body forward
4. Focus on the catch
By putting less emphasis on the back end of the stroke to help the more important front end, you have a great opportunity to finish a race like the best do.

Message from the Board

I hope you are getting ready for a great summer. The board has been working hard to get ready for the 2014 Summer Season. I am excited to be working with a group of people who give a great deal of their time and energy to making The Munster Swim Club the place we all enjoy.

Thank you to all who volunteered and helped make

our Memorial Day Invite a tremendous success ! Your time and effort is greatly appreciated !

Lastly, the MSC has retained the services of a trainer to provide dry-land strength training for our swimmers to enhance their endurance, strength and speed. We will be looking for faster times in the near future.

Patrick Callahan
MSC Board President

"I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it".

Michael Phelps

Getting to know: Coach Dillon

Q: Why did you start swimming? A: I started swimming because all of my older siblings were on the club, and I wanted to join them. I'm the youngest of 4, and before I was old enough to join the club, I was in the stands at all of the meets cheering on my older brothers. I joined the club as soon as I was old enough because they always loved the sport and I wanted to be a part of the fun too!

Q: What are your 2 favorite races and why? A: My two favorite races are the 400 I.M. and the 200 Backstroke. I loved to swim them because they were really tough races. They always came down to the final few laps, and you could really tell who worked the hardest and who wanted it the most. They are always exciting to swim and fun to watch because you get to see hard work and dedication pay off.

Q: What's your favorite movie? A: My favorite movie is Forrest Gump. It's a really funny movie, Tom Hanks is great, and it shows a lot of recent American history.

Q: Favorite actor? A: My favorite actor is Kevin Costner. He's done a lot of classic movies that I really enjoy.

Q: What's your favorite TV show? A: My favorite TV show is Scrubs. I would watch that entire series on repeat all throughout middle school and high school.

Q: Favorite Food? A: My favorite food is BBQ chicken on the grill.

Q: Who's your favorite Band? A: My favorite band would probably be the Red Hot Chili Peppers.

Q: What is your favorite event? A: My favorite event is the 100 Freestyle. It's over quickly, but it's really exciting to watch and anything can happen in it.

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: I would need to have fresh water because I always carry around my water bottle, some sort of ball to play with and keep me occupied, and a pet of some sort to keep me company.

Q: Who's the funniest looking coach on the team? A: If I had to pick, probably Coach Tom.

Q: What's your favorite sport? A: Swimming, of course!

Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)? A: I recently picked up a new hobby, woodworking. Last summer, I built a large dinner table, and I have a few projects that I want to work on this summer too.

Q: Any other interesting facts you want to share with the world? A: At college, I'm majoring in Ecology, so most of my classes involved studying animals and nature (which is super interesting!).

Q: What are your 2 favorite races and why?
A: My two favorite races are the 400 I.M. and the 200 Backstroke. I loved to swim them because they were really tough races. They always came down to the final few laps, and you could really tell who worked the hardest and who wanted it the most. They are always exciting to swim and fun to watch because you get to see hard work and

7 Signs the Young Swimmer Isn't Eating Enough Food, By Jill Castle, MS, RDN

Food is fuel. Just like a car needs fuel to operate, so does the body. Without enough food, changes happen in the body affecting a number of daily functions, including athletic performance. Young swimmers may be at risk for under-eating or poor eating. Combine these with the high calorie demand of swimming and ongoing growth and it's easy to see that low food intake can be a real problem. These 7 signs may signal the young swimmer needs more food:

1. Weight loss or lack of weight gain: Sudden weight loss is an obvious sign that food consumption is too low. In the growing athlete, a lack of expected annual weight gain is also a red flag. For instance, an average 7-year-old is expected to gain about 4 to 5 pounds per year, while an average 10-year-old will gain about 9 to 10 pounds per year. Adolescents, during their peak growth

spurt, may gain even more. If expected weight gain isn't happening, look for eating patterns that may be responsible.

2. Lack of growth: Persistent or long-term shortages on food intake may affect a child or teen's height. This can be seen as stunting—a lack in height growth. Poor weight gain or weight loss is the first sign in this scenario, so be sure to act before it progresses to this irreversible outcome.

3. Concentration: The brain relies on glucose and other nutrients to operate effectively. Enough food provided at intervals of every 3 to 4 hours helps growing swimmers pay attention in class, stay focused for competition, learn and think.

4. Chronic Fatigue: Swimming burns calories and is physically demanding, making even some of the best swimmers struggle with fatigue. Poor food intake can amplify fatigue, and may promote

a vicious cycle of exercise, exhaustion and not eating enough. Watch food intake so that the body has the nutrients available for growth and proper physical recovery.

5. Frequent illness: Illness is the enemy of athletic improvement. Getting sick with common colds, infections and viruses can be due, in part, to poor nutrition. Lack of nutritious food can also interfere with getting over an illness, prolonging the recovery period.

6. Trouble sleeping: With vigorous and frequent exercise, one would think that sleeping would be easy. However, poor nutrition may be linked to shorter duration of sleep, according to a 2013 study from the University of Pennsylvania. Researchers found that people who slept for 5 to 6 hours a night had diets that missed out on certain nutrients and had less variety overall. Those who slept longer (8-9 hours) had better diet quality.

More research is needed in the area of nutrition and sleep, especially for athletes.

7. Poor swimming performance: Training hard and not improving? Flat times? Higher than normal race times? These may be signs that the amount and quality of food is off. Remember, food is fuel for working muscles. If nutrition is lackluster, swimming will be too. The good news—it's an easy fix!

If you see one or more of these signs, check food intake and the overall balance of nutrition. It's easy to increase and improve food intake, and a qualified nutrition professional can help.



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!

May/June Meet Schedule: HOME AWAY

6/13-6/15 LCB Summer Sizzle Invitational
 6/14-6/15 PPD 9th Annual Shark Frenzy
 6/20-6/22 HHSC Beat the Heat Invitational
 6/27-6/29 MSC Summer Splash Invitational
 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

...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 using the "Contact Us" email generator on our website and 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 the winner of the Early Spring Edition of the Frame Game!



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