

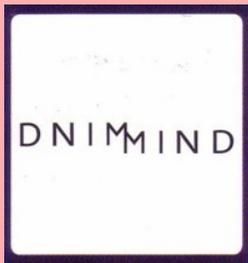
Munster Swim Club

## Happy Birthday!

Tea Dimitrijevic 10/2  
Jack Kunas 10/3  
Bella Brunetti 10/4  
Mary Buck 10/7  
Steven Southard 10/7  
Nick Rucinski 10/7  
Casey McNulty 10/11  
Irene Tsakopoulos 10/14  
Priscilla Zavala 10/15  
Nathan Kunas 10/29  
Eliana Candelaria 10/30  
Kenny Reed 10/31

**A SPECIAL HAPPY BIRTHDAY TO:  
COACH MATT  
COACH TOM  
COACH NIKKI**

### Game Time!



Answer this month's 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 5

October 2014



SEAHORSES

## Welcome Back!

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

Welcome new and returning swimmers to the 2014/2015 Fall/Winter swim season!!! Good luck as you train for some great home and away meets we are scheduled to compete in.

### N2 Roster Group

Nicole Biestek, Jillian Blackford, Leah Branch, Xavier Campos, Ethan Clarkson, Lita Cleary, Elena Dovellos, Lars Grow, Eileen Harkenrider, Keira Hawk, Evvy Kikkert, Haley Kopercinski, Melissa Mardyla, Cavin McNulty, Peyton Mueller, Ameen Musleh, Daniel Sroka, Karolina Sroka, Matt Wlodarczyk

### BRONZE Roster Group

Eleanor Adams, Dylan Afman, Evan Bogнар, Hannah Brazill, Bella Brunetti, Sophia Brunetti, Paul Buck, Jack Burian, Maya Candelaria, Ansh Desai, Nova Dillon, Tea Dimitrijevic, Christina Dovellos, George Dovellos, George M. Dovellos, Katie Eisha, Rebecca Franco, Christopher Holmquist, Diana Kapustina, Srijita Kommaraju, Jack Kunas, Sydney MacLean, Elsa Marcotte, Nathaniel Martin, Noel Navarro, Charlie Olmstead, Ethan Park, Maya Prince, Maya Queroz, Kyle Ranos, Branko Rebac, Blake Reed, Nick Rucinski,

Srishti Sarkar, Amy Savickis, Gus Schultz, Peyton Silver, Jada Smith, Steven Southard, Tas Stones, Irene Tsakopoulos, Jasmine Wegman, Courtney Wiley, Seohyun Yeo, Jack Zimmerman

### SILVER Roster Group

James Ashcraft, Jennifer Barojas, Matthew Barnard, Cooper Beck, Madison Bevil, Abraham Blaesing, Ben Blaesing, Maria Blaesing, Sydney Branch, Ethan Buck, Mary Buck, Mitchell Buffano, Samantha Buffano, Ally Burris, Ashlynn Burris, Carlo Candelaria, Olivia Candelaria, Brianna Condes, Michael Dempsey, Isabella Gahre, Nick Gordon, Andrew Guelcher, Camryn Hayes, Katie Hemingway, Eddie Jania, Maddie Jania, Patrick Jones, Tommy Jones, Kate Kapustina, Luke Knaley, Van Lambert, Karl Larson, Richard Ma, Georgiana Manojilovic, Ilija Manojilovic, Issac Martin, Casey McNulty, Melinda Michalski, Grace Mulcrone, Alyssa Nahnsen, Brandon Oganovich, Ben Ondo, Lola Fay Papanikolaou, Alexis Perez, Isabelle Perez, Griffin Poulsen, Keegan Poulsen, Salma Prince, Maria Puliaeva, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Kathryn Seaman, Aidan Smith, Cayden Spilde, Jordan Spilde, Chris Sullivan, Ana Tumacder, Mia Tumacder, Victor Vatchev, Marisa Walsh, Sihyun

Yeo, Quilla Young, Onteya Zachary, Priscilla Zavala, Andy Zhang, Cody Zhang, Rita Zheng

### GOLD Roster Group

Kyle Adams, Grant Afman, Martin Barnard, Audrey Beck, Tony Bohling, Brisa Bohling, Deven Burse, Eliana Candelaria, Clarisa Cortez, Lexi Flores, Kay Foley, Elizabeth Hanas, Leah John, Libby Jones, Nathan Kunas, Savannah Kunas, Jennifer Lockhart, Holden Raffin, Justin Singh, Lindsay Vanek, Fenry Zhou

### SENIOR Roster Group

Miranda Adams, Mary Bridget Baeza, James Beckman, Andres Bedolla, Armani Chavolla, Charlene Cortez, Allison Cunningham, Hannah Dempsey, Matthew Dempsey, Joey Gardener, Dakota Gronkiewicz, Jake Hemingway, Jackie Jania, Gurkiran Kaur, Siman Khatra, Megan Larson, Nicholas Lundin, Brigid McGinty, Vincent Niaves, Izzy Pena, Josh Perez, Brandon Silver, Nikki Smith, Collin Sroge, Alec Thompson, Seth Weston, Megan Wimmer, Sophia Zavala, Melissa Bermudez, Isabella Blackford, Aleksandra Manojilovic, Audrey Mayer, Kristin Osborne, Alec Samardzich, Sarah Seaman, Chris Snyder, Jimmy Svolos, Michael Szumlas, Margaret Vaitkus, Nicole Wakefield, Jack Wulf

### Avoid the Biggest Mental Mistake Swimmers Make By Dr. Alan Goldberg

**THE PROBLEM**  
The secret to swimming fast under BIG meet pressure is simple to understand and yet so much harder to do: You have to learn to stay physically loose and mentally composed behind the blocks before your races. If you allow yourself to get too nervous pre-

### Speedo Tip of the Month (continued on page 4)

race, your muscles will get too tight for you to swim to your potential. What's the biggest cause of out-of-control, pre-race nervousness? **FOCUSING ON THINGS THAT YOU CAN'T DIRECTLY CONTROL!** Swimmers who go into their events thinking about and/or focusing on these "UCs" or **UNCONTROLLABLES** will always lose their confidence

and get derailed by runaway nerves.

**AN EXAMPLE**  
Sandy qualified for Nationals for the very first time in her life, a dream come true! Initially she was thrilled and so proud to be able to compete in this meet, being one of a select few from her club who was going. However, as the date of the meet crept closer, her excitement slowly began to morph into worry



Looking forward to an (already) GREAT START and a GREAT DUAL meet against Duneland (Chesterton) on OCT 25!!

Coach Matt

# Coach's Corner

COACH CORNER  
(Coach Matt) - 10/7/14

I want to welcome all families to the 2014-15 Fall/Winter season! I am really excited (as always) to get started with a new season, see how the kids respond, how they have grown or matured, and how we should plan for the best possible scenario of learning strokes and becoming FASTER! As most of you have come to see how we coach on deck, I hope you are getting the

idea that we ARE about technique and developing strokes properly more than anything. Our staff does work hard at providing practices that are substantial and that are worth the swimmers' time when they are there...we pride ourselves on this and have a great staff!

Please feel free to introduce yourself to your group coach or myself before or after practice! We would like to have

as OPEN communication as possible when teaching your kids, and no question is a bad question. Remember...kids WILL be kids, so there will be shenanigans and we will try to limit these and get the kids to not just be swimmers....but **MSC swimmers!**

Looking forward to an (already) GREAT START and a GREAT DUAL meet against Duneland (Chesterton) on OCT 25!!

Coach Matt



Seahorsin'  
Around

## Message from the Board

### Welcome back, MSC SEAHORES!

It is exciting to see the swimmers in the pool working hard, doing their best, learning, and having fun. There are many new faces and returning veterans. All training groups are full of energetic, dedicated young people. We hope you enjoy being a part of the MSC family!

We had an amazing season last year and our goal is to take it up a notch! For us to continually improve, we will have to set challenging goals, then work

harder than we ever have before to achieve them. As we work toward our goals, we need to remember that it is not the end result that is the most important thing, but the process of setting goals, working to achieve them, and learning about the sport and ourselves along the way.

We have our 1<sup>st</sup> meet right around the corner on October 25, 2014 (MSC vs Duneland Dual). We are looking forward to hosting this meet once again after a few years off. Remember to sign up for volunteering to help out at our meets. Not only is it fun, but it is an excellent way to start early to work down those volunteer

hours! We are always looking for help with timing, concessions, hospitality, and a myriad of other tasks.

Our meet page has been updated so if you haven't done so already please visit our Events/Swim Meets section at our MSC page. If you have any questions about which meets would be best for your swimmer, please talk to your swimmer's coach and they will point you in the right direction.

Look forward to seeing everyone at the pool!

Patrick Callahan

# Getting to know: Coach Joe Wulf

**Q: Why did you start swimming?**

A lot of my friends swam and kept telling me to join. I finally did at the end of fourth grade- I had just turned 10.

**Q: What are your 2 favorite races and why?**

The 100 yd breaststroke and the 200 IM. I just naturally got the breaststroke from the start and got faster more easily than the other strokes. In HS my IM got better and being a breaststroker always helps IMers!

**Q: What's your favorite movie?** Pacific Rim

**Q: Favorite actor?** Matthew McConaughey

**Q: What's your favorite TV show?** Seinfeld

**Q: Favorite Food?** Teible's lake perch

**Q: Who's your favorite Band?** Black Keys

**Q: What is your favorite event?** 100 Breast

**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?**

My dog, a radio, a fishing pole

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

Coach Matt for sure- when he crosses his eyes

**Q: What's your favorite sport?**

Golf

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

I like to play golf and snow board

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

I love to go fishing and hunting, Also, I still swim every once and a while with masters.

**Q: What are your 2 favorite races and why?**

The 100 yd breaststroke and the 200 IM. I just naturally got the breaststroke from the start and got faster more easily than the other strokes. In HS my IM got better and being a breaststroker always helps IMers!

## Best Ways to Handle Sugar for Young Swimmers By Jill Castle, MS, RDN

Sugar, the sweet stuff added to foods in baking and other food processing techniques, is something young swimmers should have a handle on. After all, sugar (or sucrose) is a carb, but it doesn't have a lot of nutritional power, nor does it offer the long-lasting energy found in complex carbs, like bread, beans, and fruits and veggies.

According to the Center for Disease Control (CDC), American youth are eating too much added sugar. In a 2012 study looking at the consumption of added sugar in youth from 2005 to 2008, researchers found the following:

Overall, intake of added sugar was down, slightly, from previous years

Boys ate more added sugar than girls

Much of the added sugar was from food sources, rather than beverage items

Most of the high-sugar foods were consumed in the home

When it comes to the calorie dent from added sugars, here's the low down:

6-11 year olds: males consumed an average of 345 calories from added sugar per day; females consumed 293 calories from added sugar per day.

12-18 year olds: males consumed an average of 442 calories from added sugar per day; females consumed an average of 314

calories per day from added sugar.

That's a lot of calories from sugar! The recommendations from the 2010 Dietary Guidelines for Americans (DGA) are 5-15% of total calories eaten each day from what they call discretionary calories, or foods with added sugar and solid fats.

Where can I find added sugars?

You can find added sugar in many foods. Added sugar is used as an ingredient in foods like desserts, soft drinks, ice cream, candy, chocolate and jelly. Sugar can be eaten separately, as in the case of sugary candy or syrup, or can be added to foods in processing or baking, like in cookies.



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

The following foods are considered added sugars: white sugar, brown sugar, raw sugar, honey, syrup, molasses, corn syrup, corn syrup solids, high fructose corn syrup, fructose sweetener, dextrin, and more.

and then outright fear. No matter what she tried, she couldn't stop herself from thinking about the other "unbelievably fast" swimmers who would be there. As she entertained these thoughts, and shared them with teammates, her self-confidence started to crumble. By the time she got to the meet, she was filled with a sense of dread, looking like a deer caught in the headlights. She couldn't seem to stop focusing on how good some of these athletes were. They were swimmers whom she had been reading about in the swim magazines over the years, and here she was going to race against them? I don't think so! What she really wanted to do was get their autographs and then get out of there!

She was a nervous wreck behind the blocks. She felt like she didn't belong in this heat or the meet and couldn't stop comparing herself to the racer in the next lane whose seed time was just a little faster than hers. When the starter called the swimmers up on the blocks she felt physically paralyzed and could barely catch a breath! Her race performance reflected exactly this. She swam terribly, adding a good 7 seconds from her qualifying time and recording the slowest time in this event.

#### WHAT ARE THE UNCONTROLLABLES

The UCs reflect all of the things both before and during the meet that you have no DIRECT control over, and "DIRECT" is the key word here. When you go into a meet or race, and either before or during your event, you are concentrating on things that are directly out of your control, you'll get nervous, lose your confidence and swim poorly. In Sandy's case,

#### Speedo Tip of the Month (continued from page 1)

the huge UC she was concentrating on was the competition. As a swimmer you have no direct control over your competition and how big, strong or fast they are. No matter what you do, you can't directly control how fast another swimmer goes. You can only control what is going on in between your lane lines.

#### BEWARE OF THESE UNCONTROLLABLES

The venue and whether the pool is "fast" or "slow."

How your training and/or taper has gone up until this point, (the past).

Your opponent's size, reputation and speed.

Your last event and anything else in the PAST.

How fast you'll swim, whether you'll final, i.e.

anything in the FUTURE.

Other's expectations of you/what they'll think or say about you.

Who is watching.

Whether your parents will be disappointed in you.

Your coach and how he/she acts before and after your events.

How big this meet or race is.

How you feel that day, both physically or emotionally.

How fast your teammates are swimming.

The time of your races.

The officiating.

The kind of warm-up you have.

Things going on in your life outside of swimming, i.e. academic/personal.

The unexpected, i.e. the touch pads fail and

you have to wait.

#### HANDLING THE UNCONTROLLABLES

Understand that the UCs are mental traps and they are lying in wait for you and every other swimmer at the meet. How do you avoid a trap? First, YOU HAVE TO SEE IT! You have to be aware of what your uncontrollables are. That is, what are the things that happen out of your control that tend to get you upset and run away with your composure? Make your own list of these UCs and put it up in your bedroom so that you will be able to clearly see it every day. Awareness is a key first step here! You avoid the UCs by first knowing that what you're paying attention to right now is out of your control.

Second, you have to discipline yourself to quickly return your focus of concentration back to what you are doing right now that you CAN control.

For example, if you're behind the blocks and suddenly start thinking about how good the swimmer in the next lane is, then quickly bring your focus back to your set pre-race ritual, i.e. look down at the back of the blocks, focus on the feel of your stretch, slow and deepen your breathing, jump up and down, etc.

Remember that the uncontrollables usually happen unexpectedly, and because of this, they will temporarily capture your focus. However, as long as you immediately become aware that your concentration has drifted off, and then you quickly return it to things that you can control, you will avoid falling into this performance-disrupting trap!

## Best Ways to Handle Sugar for Young Swimmers By Jill Castle, MS, RDN (continued from page 3)

Added sugar can be found in beverages such as soda, fruit drinks or cocktails, ades, sports drinks, flavored milk, sweetened bottled water, bottled smoothies, energy drinks, and fruit nectars.

Food with added sugar include breakfast cereal, flavored and fruited yogurt, dairy-based desserts (chocolate, ice cream), grain-based desserts (cookies, cakes, pies), and candy.

How much should swimmers eat?

I advise shooting for no more than 10% of the total caloric intake coming from added sugar food sources, which is in line with the World Health Organization (WHO). This ends up being about 150-250 calories per day, depending on age, with the higher calorie level appropriate for older teens.

If added sugar is a problem for the swimmer, here are four ways to cut back:

1. Allow no more than one to two sweet foods or beverages per day as long as the swimmer is healthy, growing and physically active on most days. If the swimmer is overweight, set an average limit for one sweet food or beverage per day. Restricting all sweet foods and beverages can backfire, as research shows that strict elimination can feel like deprivation to children, driving them to want the absent food more, and even seeking it out. It's best to have moderate exposure to sweets with limits in place so swimmers know how to live with them.

2. Nix the soda and other sugary beverages. Athletes don't need these in their diet, and they don't offer much nutrition anyway. Keep a cap on sports drinks and only

allow them during exercise or competition.

If your swimmer has a soda or an extra sports drink (outside of practice or competition), count it as a sweet.

3. Be selective about sweets. Choose sweet food or beverages that contribute nutrition, such as ice cream as a source of calcium, or oatmeal raisin cookies as a source of fiber. If juice is included in the swimmer's diet, make sure it is 100% juice and limit the daily amount to 8-12 ounces.

4. Purchase lower-sugar items. When shopping for cereal, granola bars or yogurt, look for brands that have around 6 grams of added sugar per serving or less. Hint: these won't be the sugary cereal brands. Another way to manage sugar content is to look at the ingredient label. Sugar ingredients should be at the end of the list, not the beginning.



## Munster Swim Club

### Important Reminders

There will be a NEW PARENTS "Meet Sign-Up meeting" on 10/13 at 5:30pm sharp. (any parent is welcome)

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!

### Oct./Nov. Meet Schedule: HOME AWAY

10/25 MSC vs DUNE Dual

11/7-11/9 MSC Swim Your Own Age Invitational

11/21-11/23 HHSC Pilgrim Plunge

11/21-11/23 SWAC "odd ages rule" p/f Invitational

...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 \$20 gift card to Speedo.

On October 5, Team Seahorses participated in our second annual, Comer Children's Hospital, Race for the Kids 5K fundraiser. With the help of participants and donors, along with T Shirt sales, we were able to raise \$775 for this great cause! If you missed out on the T Shirts, they are still available for a \$10 donation. All proceeds will go to Comer Children's Hospital.



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