

Happy Birthday!

Holden Raffin	9/2
Jennifer Lockhart	9/7
Savannah Kunas	9/7
Christopher Holmquist	9/11
Andy Guelcher	9/14
Ally Burris	9/19
Angelica Rzeznikowski	9/20
Kyle Adams	9/21
Paul Buck	9/21
Ashley Kim	9/21
Nicole Wakefield	9/22
Kamryn Soares	9/25
Ethan Clarkson	9/25
Srishti Sarkar	9/26
Fenny Zhou	9/27
Aidan Smith	9/29

Game Time!



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

A \$20 gift card to Swim Outlet.

Email your answer to sburris611@gmail.com

Winner will be drawn at the general meeting on October 12.

Seahorsin' Around

Volume 2, Issue 9

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Welcome Back!

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

Welcome new and returning swimmers to the 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

Hannah Bard, Isabelle Caddick, Ansh Desai, Logan Hayes, Millis Kauffman, Noah Kauffman, Madison Mullen, Malachi Mullen, Asha Patel, Raymond Pratt, David Rodriguez, Amelia Rzeznikowski, Orphi Skordilis, Katherine Southard, Daniel Sroka, Gabby Van Horne

BRONZE Roster Group

Eleanor Adams, Henry Adams, Dylan Afman, Bella Brunetti, Katie Cano, Ethan Clarkson, Elena Dovellos, Katie Eisha, Gabby Gordon, Jacob Hernandez, J.V. Jimenez, Ashley Kim, Daniel Kim, Nolan Kinsella, Vivian Krembs, Christofer Kubisty, Amy Mao, Abbey Masterson, Cavin McNulty, Noel Navarro, Charlie Olmstead, Peter Pipik, Ava Raffin, Branko Rebac, Blake Reed, Veronica Rivera, Gus Schultz, Marisa Smith, Kamryn Soares, Tas Stones, Alyssa Torres, Jasmine Wegman

SILVER Roster Group

Jennifer Barajas, Cooper Beck, Abraham Blaesing, Ben Blaesing, Maria Blaesing, Evan Bognar, Sydney Branch, Sophia Brunetti, Ethan Buck, Mary Buck, Paul Buck, Ally Burris, Ashlynn Burris, Jack Burian, Maya Candelaria, Olivia Candelaria, Patricia Castro, Juan Pedro Corona, Aryan Debie, Michael Dempsey, Tea Dimitrijevic, Christina Dovellos, George Dovellos, George M. Dovellos, Rebecca Franco, Nick Gordon, Andy Guelcher, Katie Hemingway, Christopher Holmquist, Francis Hovland, Abhiram Kandregula, Kate Kapustina, Diana Kapustina, Jack Kunas, Van Lambert, Georgiana Manojlovic, Amy Mao, Isaac Martin, Nate Martin, Casey McNulty, Melinda Michalski, Alyssa Nahnsen, Brandon, Oganovich, Ben Ondo, Lola Fay Papanikolaou, Ethan Park, Alexis Perez, Isabelle Perez, Griffin Poulsen, Maya Prince, Salam Prince, Maria Puliaeva, Kyle Ranos, Hannah Robbins, Jack Robbins, Scott Robbins, Nick Rucinski, Angelica Rzeznikowski, Srishti Sarkar, Gigi Smith, Mariah Smith, Cayden Spilde, Jordan Spilde, Austin Talbot, Alyssa Torres, Irene Tsakopoulos, Ana Tumacder, Mia Tumacder, Victor Vatchev, Noah Villarreal, Marisa Walsh, Andrew Witten, Sihyun Yeo, Seohyun Yeo, Priscilla Zavala, Andy

Zhang, Cody Zhang, Jack Zimmerman

GOLD Roster Group

Kyle Adams, Grant Afman, Martin Barnard, Samantha Buffano, Eliana Candelaria, Clarisa Cortez, Elizabeth Hanas, Leah John, Luke Knaley, Savannah Kunas, Karl Larson, Ilija Manojlovic, Holden Raffin, Kenny Reed, Aidan Smith, Fenny Zhou

SENIOR Roster Group

Miranda Adams, James Ashcraft, Audrey Beck, Melissa Bermudez, Isabella Blackford, Deven Burse, Carlo Candelaria, Armani Chavolla, Charlene Cortez, Arvind Debie, Matthew Dempsey, Lexi Flores, Kay Foley, Dakota Gronkiewicz, Jake Hemingway, Siman Khatra, Nathan Kunas, Megan Larson, Jennifer Lockhart, Nicholas Lundin, Aleksandra Manojlovic, Brigid McGinty, Vinny Niaves, Steven Nowaczyk, Kristin Osborne, Ben Rasaminari, Rayyan Siddiqui, Justin Singh, Chris Snyder, Jimmy Svolos, Margaret Vaitkus, Lindsay Vanek, Nicole Wakefield, Megan Wimmer, Jack Wulf, Sophia Zavala

Bilateral Breathing

If you're not breathing to both sides, it's never too late to start. It helps balance your stroke, creates symmetry in back musculature, helps eliminate cramping and increases your oxygen intake, resulting in a more efficient, faster stroke. Plus in a race, breathing bilaterally helps you keep an eye on your competition. The key to doing this correctly is proper rotation. If you're whipping your head around to breathe on your weaker side, your hips will drop and throw your balance. Here's how to make bilateral breathing easier:

- Practice rotation drills. A great one to start with your body on its side, with the bottom arm extending out in front and the top arm resting

Speedo Tip of the Month

on your side. Point your nose to the bottom of the pool. Slowly kick to keep your hips up. Roll and stroke until you are lying on the opposite side. Breathe freely and check your balance. Then turn your head so your nose points to the bottom, and stay on your side for 10 kicks. Repeat the motion for the length of the pool.

- Try a set where you breathe to your right side on one length and to your left on the next.
- On a set of 75s, breathe every five strokes on the first 25, every three strokes on the second length and every stroke (right-left-right-left) on the last length.
- Breathe to your weak side in all

warm ups, cool downs and slower swimming sets, and to your strong side on main sets. Gradually make the shift to bilateral breathing on main sets.

- It doesn't matter if you practice bilateral breathing per lap or per set. What matters is staying balanced and symmetrical so you can breathe easily on both sides. Once you begin regular bilateral breathing, it gets easier with every practice.
- Stay smooth and fluid while breathing every third stroke. Eventually with practice, breathing every cycle with no interruption in your flow should be easy. Your goal should be to breathe evenly to both sides in all your practices and races.



Dolphin kick, which is now used in all four strokes, is often referred to as the 'fifth stroke'. It is so important to faster swimming that Olympic coach Eddie Reese dedicates sets in each practice to improving the dolphin kick.

Coach's Corner

What's So Important about Dolphin Kick?

Dolphin kick, which is now used in all four strokes, is often referred to as the 'fifth stroke'. It is so important to faster swimming that Olympic coach Eddie Reese dedicates sets in each practice to improving the dolphin kick. It is no wonder that Texas had 6 out of 8 finalists in the men's 100 yard fly at the NCAA Division 1 Championships this year. If you aren't devoting a lot of effort to building a stronger dolphin kick, then you should rethink your training.

When I ask our Race Club campers how many dolphin kicks they are allowed to take during a butterfly stroke cycle, the usual answer is two. The real answer is four, two down kicks and two up kicks. In analyzing the acceleration and deceleration from our velocity meter studies during the dolphin kick, it appears that the down kick provides about 80% of the propulsive kick force and the up kick about 20%. However, the up kick provides another important function, so it cannot be taken lightly without paying a big price.

The muscles driving the up kick, primarily the lower back, hamstring and gastrocnemius (calf) muscle, are not as strong as the

quadriceps muscles, primarily driving the down kick, yet they need to be developed for this important motion. The motion of the feet during the up kick is the only motion of the body that provides propulsion without having the feet move backward in the water. Since water is liquid, propulsion is derived from the propelling surfaces (hands and feet) moving backward relative to the still water (Newton's third law of motion...action and reaction). During the propulsive phase of the down kick and the pull, the feet and hands are moving backward, but not during the up kick.

The reason the up kick can provide propulsion while the feet move forward is because the preceding down kick creates a vortex (wake) behind the feet that moves forward and downward, trailing the feet. In addition, there is a vortex (wake) behind the body of the swimmer, following the swimmer. The combination of these two vortices causes a stream of water to move forward behind the swimmers' feet. In order to provide propulsion, the feet need to be moving backward relative to the still water. Since the water behind the foot is moving forward, the motion of the foot during the up kick can move forward at a

speed slower than the vortex and still create propulsion. That motion also creates a vortex that helps the subsequent down kick. Therefore, the more aggressive the up kick, the more powerful is the following down kick.

One of my favorite dolphin kick sets is five, 45-second vertical kicks (with or without fins), with the arms held in a streamline above. 15 seconds of rest are taken between each vertical kick. On virtually any horizontal dolphin kick set, the swimmer can take it easy on the up kick motion. Not so on the vertical kick, if the swimmer wants to keep the head out of the water in order to breathe.

Work on the dolphin kick, whether it is on your side, stomach, back (on your back the up kick is really the down kick) or vertically. But work it. Particularly, work on the weaker part, the up kick, as it is more important than you might think.

Watch The Fifth Stroke Part II Swimisode

Yours in swimming,

Gary Sr.

from theraceclub.com



Message from the Board (continued on page 4)

Seahorse Pride & Tradition

Thank you for being a part of one of the premier youth organizations in the State. Our 4th place finish in the Indiana Summer Long Course State Championship sets the bar high for this Fall

Season. Congratulations to the Coaches and Swimmers on a great summer season! We achieved Divisional, State, Zone, Junior National, and even an Olympic Trial Cut thanks to Nikki Smith.

The success in the pool, the strong culture of excellence and the people of the Munster Swim

Club offer us a strong foundation to build on. From this foundation, Munster Swim Club's goal is to develop each swimmers talent over their time in the pool. Our coaching staff believes in the long term development of the athlete. Munster will continue to provide a progressive system that looks

Getting to know: Coach Doug

Q: Why did you start swimming? A: Jon Jepsen
 Q: What are your 2 favorite races and why?

A: 200 IM b/c you basically have to sprint 4 strokes / 400 IM b/c it's more of a strategic event again with all 4 strokes

Q: What's your favorite movie? A: Kelly's Heros

Q: Favorite actor? A: Jack Nicholson

Q: What's your favorite TV show? A: Batman

Q: Favorite Food? A: Jewish Bread

Q: Who's your favorite Band? A: The Killers

Q: What is your favorite event? A: The Olympics

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: Ditka's Nachos, Sue Norris (wife), Piano

Q: Who's the funniest looking coach on the team A: No Comment

Q: What's your favorite sport? A: Can-Jam

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

A: taught music lessons at age 10 b/c my Mom forced me to.

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

A: Ted Jepsen and I painted the old school red/white "This is Seahorse Country" LOGO

Q: What are your 2 favorite races and why?
 A: 200 IM b/c you basically have to sprint 4 strokes / 400 IM b/c it's more of a strategic event again with all 4 strokes

Top Tips for Fighting Fatigue By Chris Rosenbloom//PHD, RDN, CSSD

A teen swimmer recently asked about fatigue, and if her diet could be contributing to poor recovery. She swims about nine practices a week. She eats 20 grams of protein after each practice, but is having a hard time recovering for the next swim practice.

Protein is important after workouts, but carbohydrate is equally, if not more, important. I hear too many swimmers say they are shunning carbs after reading a story in a magazine or on the Internet that carbs are bad. I think this misinformation flows from a poor understanding of how active muscles use fuel and how they recover after a hard workout. (Plus, the articles on carbs are usually targeted to overweight, inactive people who want to lose weight.)

Muscles use carbohydrate for fuel. The carbohydrate can come from

food or drink ("exogenous") or stored in the muscle as glycogen ("endogenous"). Body stores of carbs are limited so developing an eating plan to have enough carbohydrate in the body to meet the demands of the workout is important. Researchers call that "carbohydrate availability." To make sure you have enough carbs to promote optimal training and recovery, try these strategies:

1. Eat carbs at every meal and with recovery snacks. "Good" carbs include those found in fruit, vegetables (including starchy veggies like potatoes, beans, and corn), grains (cereals, breads, pastas), and some dairy and non-dairy foods (milk, soy milk, yogurt). Who doesn't like melon in the summer, or grilled corn-on-the-cob or potato or pasta salad? All of those foods are good carb choices for active swimmers.

2. Pair your protein. Recovery protein is good but is even better when consumed with carbs. Yogurt and granola, peanut butter and crackers, beans and rice, turkey or chicken sandwiches provide quality protein with good carbs for recovery.

3. Don't train hungry. One hour before practice, eat about 1 gram of carbohydrate per kilogram of body weight. For a 115 pound swimmer (52.3 kilograms), that means about 50 grams of carbohydrate or the amount found in a cup of cran-apple juice, a cup of vanilla soy milk and cup of cereal or 2 carbohydrate gels with water.

4. Keep snacks pool-side. When you have to swim a couple of times a day, start to replenish glycogen immediately after your first swim. Quick-acting carbs are best in this situation: try sports drinks, fruit juice,



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

gummy bears, or hard candy. Sugar is the quickest-acting carb for refueling tired muscles, especially when you will be training or competing in a few hours.

Dear Parents and Swimmers,

Welcome to the Munster Swim Club 2015/2016 Winter Season.

We'd like to thank you in advance for your time and dedication to the team and to the sport of competitive swimming. The Munster Swim Club has a very proud history with a tremendous success record as demonstrated by our Top 5 finishes at both Age Group State meets last season.

Although we are a "competitive swim team", we're not only about winning. We have seen athletes from our community develop beyond their dreams not only as swimmers but also as individuals, athletes, competitors and teammates.

As a coaching staff, we have decided to implement testing days for our athletes to be evaluated if they are ready to move

Letter From the Coaches

to the next level of our training groups. These testing days for the season are as follows:

Monday, October 19th, 2015

Wednesday, December 2nd, 2015

Wednesday, January 13th, 2016

In order to be considered for movement into the next level training group the athlete must be in attendance on these listed days as there will be NO MAKE UPS and the athlete will not be considered for moving up if not in attendance. As a staff we want to see our athletes succeed to their greatest potential and this system helps us as a staff better evaluate every swimmer in the best way we see possible.

Please share with us our passion for these goals. These are the fundamentals that have made us what we are today... One of the most successful swim teams in the Northwest Indiana Region with one of the best competitive coaching staffs in the Midwest.

Every swimmer and parent is a valuable asset to our team and to our success. We strive for each child to learn, improve and have a positive experience they will value forever. Thanks again for your participation and cooperation. Best of Luck to all....Have Fun...and here's to another fantastic season!

Sincerely,

Munster Swim Club Coaching Staff

Message from the Board (continued from page 2)

at long term development and growth. With the coaching staff that we have in place, great things will come if you have patience with swimming and with your child.

I would like to thank the new board members Sarah Buck, Adriane Blaesing, and Vince Niaves that have come on board to help the club. I would also like to thank our outgoing board members Scott Robbins and Patrick Callahan for their dedicated service and continued support of the club. Scott also stepped up to volunteer to

be our new webmaster.

While our club continues to excel and our membership continues to rise, we will still face some challenges along the way. We will always need a lot of volunteers to make the club successful and we rely on you as parents to help out in any way possible. If you have honest concerns that you feel need to be addressed, the coaches and board members will listen-your input is valuable to us. We will always strive for ways to do things better whether it's implementing the latest coaching techniques or exploring better

ways to communicate with the membership.

We are looking forward to another great season!

Roland Raffin
MSC President



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!

Oct/Nov/Dec Meet Schedule: HOME AWAY

10/17 MSC Intra Squad

11/6-11/8 MSC SYOA

11/20-11/22 WGLO (prelim/final)

11/21 GILLS Pentathlon

12/4-12/6 LCB Winter Blast

12/19 MSC Candy Cane Dual

...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 Swim Outlet. The drawing will take place at the general meeting on October 12.



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