

Happy Birthday!

- Isaac Martin 1/20
- Mitchell Walsh 1/27
- Georgiana Manojlovic 2/5
- Elsa Marcotte 2/6
- Sydney MacLean 2/10
- Sarita Reyes 2/10
- Ilija Manojlovic 2/13
- Jackie Jania 2/16
- Tommy Jones 2/17
- Abraham Blaesing 2/18
- Diana Kapustina 2/24
- Cooper Beck 2/25
- Shayna Tepper 2/25
- Carol Candelaria 2/26
- George M. Dovellos 3/7
- Ben Dodge 3/8
- Martin Barnard 3/9
- Benjamin Blaesing 3/25
- Maria Blaesing 3/25
- Ana Tumacder 4/1
- Joanne Hwang 4/3
- Grant Afman 4/7
- Declan Urbaniak 4/10
- Christina Dovellos 4/16
- Olivia Candelaria 4/21
- Victor Vatchev 4/22
- Nathaniel Martin 4/22
- Brianna Condes 4/23
- Maddie Jania 4/24
- George Dovellos 4/28

Game Time!

HEAD HEELS

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 1

Early Spring 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 Spring/Summer swim season!!! Good luck as you train for some great home and away meets we are scheduled to compete in.

N2 Roster Group

Evan Bogнар, Paul Buck, Zoe Cockrum, Teodora Dimitrijevic, Maya Prince, Shayna Tepper, Alyssa Torres

BRONZE Roster Group

Dylan Afman, James Cooper, Abraham Blaesing, Maya Candelaria, Aishik Dhori, Julianna Dodge, Christina Dovellos, George Dovellos, George M. Dovellos, Rebecca Franco, Andrew Guelcher, Christopher Holmquist, Diana Kapustina, Jack Kunas, Julia LaBuda, Jack Zimmerman, Leah MacLean, Sydney MacLean, Elsa Marcotte, Cayden Spilde, Nathaniel Martin, Keegan Poulsen, Branko Rebac, Blake Reed, Sarita Reyes, Peyton Silver, Irene

Tsakopoulos, Ana Tumacder, Priscilla Zavala



SILVER Roster Group

Grant Afman, James Ashcraft, Martin Barnard, Matthew Barnard, Madison Bevil, Ben Blaesing, Maria Blaesing, Lilia Brunetti, Ethan Buck, Mary Buck, Samantha Buffano, Ally Burris, Ashlynn Burris, Carlo Candelaria, Olivia Candelaria, Eliana Candelaria, Sydni Branch, Brianna Condes, Ian Condes, Clarisa Cortez, Michael Dempsey, Ben Dodge, Andrew Figueroa, Isabella Gahre, Jake Galosich, Elizabeth Hannas, Katie Hemingway, Joanne Hwang, Peter Hwang, Eddie Jania,

Jackie Jania, Maddie Jania, Patrick Jones, Tommy Jones, Kate Kapustina, Rhea Khatra, Luke Knaley, Nathan Kunas, Lindsey LaBuda, Van Lambert, Karl Larson, Georgiana Manojlovic, Ilija Manojlovic, Issac Martin, Casey McNulty, Grace Mulcrone, Alyssa Nahnsen, Brandon Oganovich, Ben Ondo, Lola Fay Papanikolsou, Griffin Poulsen, Melanie Powers, Salma Prince, Maria Puliaeva, Kenny Reed, Hannah Robbins, Jack Robbins, Scott Robbins, Angelica Rzeznikowski, Aidan Smith, Jordan Spilde, Mia Tumacder, Lindsay Vanek, Victor Vatchev, Declan Urbaniak, Mikayla Wallace, Marisa Walsh, Mitchell Walsh, Andy Zhang, Cody Zhang, Rita Zheng, Fenry Zhou

GOLD Roster Group

Kyle Adams, Audrey Beck, Tony Bohling, Brisa Bohling, Deven Burse, Lexi Flores, Kay Foley, Jennifer Lockhart, Leah John, Libby Jones, Savannah Kunas, Holden Raffin, Taylor Raycroft, Justin Singh

AVOIDING PSYCH-OUTS AND INTIMIDATION

Are there certain opponents who regularly "push your emotional buttons?" You know what I mean... Other swimmers who somehow know exactly what to do to get inside your head before your race, distract your focus, sabotage your confidence and drive your level of nervousness through the roof? It may start the night before the meet, when you first begin to think about them. Or maybe you begin "losing it" after a comment they make or look that they give you when you're behind the blocks. Then you can't stop thinking about them, and those out-of-control nerves run away with your

Speedo Tip of the Month

chances of having a good race.

WHAT CAUSES A SWIMMER TO GET PSYCHED OUT OR INTIMIDATED? The cause of psych-outs and intimidation is very simple and has to do with you making a basic concentration mistake: You allow your pre-race focus of concentration to drift from YOU and what YOU are doing, to SOMEONE ELSE and what THEY are doing, or what you THINK they are doing. It's this "other" focus that is always the main culprit in psych-outs, killing your confidence and making you far too nervous and physically tight to swim to your potential.

The PSYCHED OUT SWIMMER

Diane was a distance swimmer I once worked with who felt tormented by another swimmer on her team. Let's call her Sue. Sue used to regularly come up to Diane before races and tell her that she had one goal in this race, and it was to "kick your butt!" While this comment may have fired up another swimmer to race faster and shut Sue up, it only served to shut Diane down. Why? Because both before and during her race, Diane couldn't stop thinking about Sue, how annoyed she was at her for playing her stupid head games, and how she really needed to beat Sue. This "other" focus and over-thinking about the outcome, (needing to beat Sue), distracted Diane from paying attention to what SHE was doing, her pre-race ritual and staying calm behind the blocks



"I have seen ups and downs in swimming here at MSC, which I believe is absolutely normal. The parents should do ONE THING in aiding their swimmer(s) and that is BE SUPPORTIVE of the kid having FUN and wanting to LEARN the sport from their coaches."

Coach's Corner

I would like to share some ideas that I was fortunate to hear and have always kind of recognized as a Coach, but never really knew how to streamline that information as concise as what's below in helping not only the coaches and swimmers, but also the parents. I feel like the Swim-Parent Newsletters we as a club subscribe to generally gives great information to parents on little things, but the speaker I heard had a bigger focus which is really quite simple...

I have seen ups and downs in swimming here at MSC, which I believe is absolutely normal. The parents should do ONE THING in aiding their swimmer (s) and that is BE SUPPORTIVE of the kid having FUN and wanting to LEARN the sport from their coaches. Success is not (and shouldn't be) measured on how "FAST" the swimmer swims a race, rather the process of getting better and learning techniques in practice and meets to ALLOW then to get faster in practice and meets. This seems so easy, but it's really not. There are 133 different personalities on this TEAM right now that I and the other coaches need to figure out on a DAILY BASIS...to see where they are mentally, where they may be physically, and how much information they are able to grasp in the amount of time we have practice each day. Some practices are more specific than others, and some consist of merely swimming laps, but all in all, they need to be able to understand the coaching and enjoy the process of swimming. This is where the parents come into play...

Principles of PEAK PERFORMANCE in swimming (younger kids and older

kids):

- 1) Have FUN
- 2) Have a HIGH SELF-ESTEEM about their swimming and about themselves while swimming
- 3) to think about the PROCESS, not the outcome
- 4) to be able to feel "CHALLENGED", not "THREATENED"
- 5) to be able to feel "free to fall" and to be able to take a risk (practice and meets) without any added pressure
- 6) to feel RELAXED while racing (most important in my opinion)

If you look at these points, it is clear that there is a relationship that needs to be established and strengthened between the SWIMMER and the COACH while aiming to accomplish these things. If the parent becomes overly involved in adding pressure to the swimmer in getting BEST times, or making this cut, or making this group, the swimmer will not be able to follow these steps and will not be (at least) offered the chance to run through these steps to swim FAST. The biggest thing, after hearing this speaker talk this weekend, is that kids want to do one thing: MAKE THEIR PARENTS PROUD OF THEM. If a swim-

mer feels in any way that they are going to disappoint their mom or dad, they will NOT be relaxed and ready to just have fun and let it all go. It's tough for me not to put pressure on some of the swimmers to race hard and do this and do that in order to be their BEST, but I encourage all of you parents to try and step back a few feet, not talk about times or cuts or what they need to do better, and just watch the show. Let us do the coaching on deck and let them tell you what they did in practice, or how hard (or easy) it was that night over dinner. Maybe they will all become a bit more relaxed and just decide to work in practice to allow themselves to swim FAST without thinking about it all in the MEETS. The meets are THEIR REWARD for all the hours of practice they put in, so shouldn't we just let them be comfortable and pressure-free????

I know that some of you can relate to what I am talking about here while attending some big meets in the past and watching some swimmers NOT be at their BEST. No blame will be placed, but I think that I have a much better understanding of where the swimmer needs to be mentally in order for them to swim FAST while relaxed.

It's so simple and if anyone has any questions, please let me know. I need the parents, swimmers, and coaches to all be on the same page (or at least close) for your kids to do their best....and that's the truth.



Message from the Board

Munster Swim Club Families:

After an *extremely* challenging winter of ice, sleet, snow and wind, we are all looking forward to an exciting and *fast* 2014 Spring/Summer season. Any day now, the flowers will be blooming and the birds will be singing.

Thank you to all the families who attended our Annual Awards Banquet in April. It was a great opportunity to thank our coaches, to thank the

families for volunteering their time and getting their swimmers to practice/swim meets. Most importantly, it was a great opportunity to recognize our swimmers for the effort they put into their swimming over the past year.

Other news:

We are happy to announce that Dillon Thompson has been hired as a new Coach for the 2014 Spring/Summer season.

Sizing has been completed for the MSC Warm-up suits and swimmers are anxiously awaiting their arrival.

Let's get ready for another summer of fun at Munster Swim Club !

Go Sea-Horses !!

Getting to know: Coach Matt

Q: Why did you start swimming? - I think it was just one of the sports we tried as kids, but who knows Mom and Dad probably just signed us up...I ended up sticking with it, thank goodness!

Q: What are your 2 favorite races and why? - I always liked SWIMMING the 50 freestyle and the 100 Butterfly. My main events through college for the most part. They do take more skill than people think...everything needs to be done perfectly in order to succeed

Q: What's your favorite movie? - I've always liked the comedies from the 70s and 80s....Animal House, Stripes, Blazing Saddles, Caddyshack. Today's movies are pretty good I guess (American Hustle, Wolf of Wall Street)

Q: Favorite actor? - I would say Johnny Depp, but Daniel Day Lewis has put together some awesome performances over the past 15 years or so....ohh, and Mark Wahlberg is great in everything he does as is James Franco

Q: What's your favorite TV show? - of ALL time EZ....Seinfeld. TODAY, probably The Blacklist and recently....24!

Q: Favorite Food? - a good steak or home cooked scallops

Q: Who's your favorite Band? - The Phish

Q: What is your favorite event? - favorite EVENT?? I would say a get together with friends on the running of the Daytona 500

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 KNIFE, some good tunes, and a DOG

Q: Who's the funniest looking coach on the team - easy...Bill Leary

Q: What's your favorite sport? - Disc Golf

Q: Tell us something that people don't know about you as a person (hobbies, traits, etc...)? - outside yard work....live music....spending way too much \$\$ on great food (without really caring)

Q: Any other interesting facts you want to share with the world? - I have a tarantula....I am a clean freak....I am all about swimmers reaching their FULL potential (and YES, I do know what that is in almost everyone on the team)

Q: What are your 2 favorite races and why? - I always liked SWIMMING the 50 freestyle and the 100 Butterfly. My main events through college for the most part. They do take more skill than people think...everything needs to be done perfectly in order to succeed

Top Tips for Choosing Quality Carbohydrates, By Chris Rosenbloom, PhD, RDN, CSSD

There are some crazy ideas out there about carbohydrate intake and swimming. I've heard everything from "carbohydrate is not needed to fuel swimming" and "carbs only make you fat" to "carbohydrate-rich foods should never be eaten after lunch, or dinner, or after 8 p.m." For the record, all of those statements are false.

Carbohydrate is the primary fuel for active muscles. Without adequate carbohydrate in your daily diet, you will find it hard to sustain hard training, and the outcome can be poor performance during a meet. To be sure, there are some carbohydrate-rich foods that are healthier than others and some foods we classify as carbohydrates are higher in fat than carbs

(pastries, doughnuts, and biscuits to name a few).

Sports nutritionists try to educate swimmers to have enough carbohydrate availability to support daily training. The amount of carbohydrate you need changes as your training and competition schedule changes. During moderate- to high-intensity training for 1 to 3 hours/day, aim for 2.7-4.5 grams of carbohydrate per pound of body weight. On low volume training days or rest days, decrease carb intake to 2.3-3.1 grams per pound. Spread your carbohydrate intake over the entire day to make sure carbohydrate is available for training sessions.

Try these quality carbs to fuel your

muscles and your brain (your brain's preferred fuel is the carbohydrate, glucose).

- Fresh fruit of any kind is mostly simple sugar, but that sugar is diluted with water and also contains vitamins and minerals. Choose in-season fruits for the best taste and price. Winter fruits include citrus (oranges, tangerines, mandarins, and grapefruit) and pears, kiwifruit and dates. When drinking juice, look for 100% fruit juice versus fruit drinks that are higher in added sugars.

- Veggies of all kinds. Salad greens to starchy white and sweet potatoes are healthy carbohydrates. A baked white or sweet potato will be healthier than fries or chips (yes, sweet potato fries may sound



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

healthier, but are comparable to fried white potatoes). And, if your broccoli contains more cheese sauce than vegetable, you might reconsider the sauce.



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 dry-land. 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

5/9-5/11 BA Early Bird (Senior Circuit)
 5/9-5/11 LCB Makin' Waves Invitational
 5/16-5/17 UTSC Summer Invitational
 5/23-5/25 MSC Memorial Day Invitational
 6/1 LCB 10 & Under Invitational
 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

...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.



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