



# Crown Point Swim Club

## In The Dawg House

*COMMITMENT, PRIDE, SPORTSMANSHIP, CHARACTER*

May 2010

Volume2, Issue3

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### Welcome Back!!

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I just wanted to drop a little note welcoming everyone back to another great season of swimming. For the new families, welcome to ours!

I also would like to let everyone know what our plans are. As we set forth to try to do what every competitive team does in capturing an elusive championship, we are looking to try to establish ourselves as great technicians which will lead to fast swimming.

The coaching staff's focus, as should be everyone else's, is to first make sure that we are swimming the strokes as perfect as each swimmer can first and foremost. While every swimmer is different, there are certain elements of commonality to our swimming that we are trying to establish early on. When we feel that we have comfortably attained that goal then we will be moving on to more general training of each of our swimmers in the area of endurance. After we have established our base of training we will then be getting into the specifics of each swimmer's specialty.

Parents please try to reinforce to your swimmers that they need to listen to what the coaches are asking them to do and DO IT on a daily basis. Swimmers know that in doing this you will eventually reach your ultimate goal to what you feel will be your success. Success doesn't come easy. It takes a tremendous amount of hard work, patience when making changes, and lots of repetition of perfect swimming.

**Practice doesn't make perfect. Perfect practice makes perfect.**

### Upcoming Events :

- \* Tri-Meet 5/7  
Warmups @ 5:30 pm
- \* Dual Meet 5/14  
Warmups @ 6pm
- \* IA Invite 5/21-23
- \* No Practice 5/31

### Crown Point Swim Club Finishes Strong at Championships

**Top Row (L to R):** Bri Shoemaker, Caroline Lodovisi, Mikki Wood, Racheal Bukowski, Holly Schuster, Aly Tetzloff

**Middle Row (L to R):** Darian Low, Jared Sojka, Lauren Powell, Jessica Yukich, Kelsi Artim, Brooke Kiran, MacKenzie Artim, Alex St. Amour, Hannah Kukuryga, Jessica Lopez, Greg Logothetis, Andrew Gianfermi

**Bottom Row (L to R):** Jake Hektoen, Daniel Beyeler, Taylor Sturgis, Cara Hubster, Bailey Ficek, Jordan Artim, Anna McCormick, Christian Mikrut, Josh Neff.



## **Crown Point Swim Club Finishes Strong at Championships**

**CRAWFORDSVILLE, IN - NW Divisionals, March 5-7** - The Crown Point Swim Club started off its championships season with an overwhelming splash. In an effort to qualify for the Age Group State Championships, the CPSC Bulldog's traveled down to Crawfordsville, Indiana and posted a 42% improvement in their individual events. Of the 38 who qualified for the Divisional Championship, 11 of them added 12 additional individual swims and two relays. Brooke Kiran qualified for the Age Group State Championships in the 50 Butterfly. Kelsi Artim qualified for the 200 Individual Medley. Mikki Wood qualified for the 100 Breaststroke. Caroline Lodovisi qualified for the 100 Butterfly. Rachel Bukowski qualified for the 200 Individual Medley. Lauren Powell qualified for the 50 Backstroke, 100 Backstroke, and 100 Butterfly. And Darian Low qualified for the 100 Freestyle, 200 Freestyle, 50 Breaststroke, and 100 Butterfly. On the Senior swimming side, Hannah Schuster qualified for the Senior State Championships in the 200 Backstroke.

**INDIANAPOLIS, IN - Senior State Championships, March 12-14** - The Crown Point Swim Club Senior swimmers achieved a best ever finish in recent history by taking 14th place at the Senior State Championships down at the IUPUI Natatorium in Indianapolis, Indiana. The Bulldog's posted a 33% best time effort with three swimmers finishing in the top 8 in their events. Blake Yeager finished 7th in the 1000 Freestyle. Dion Low finished 6th in the 200 Individual Medley. And Bridgette Ruehl finished 7th in the 100 Breaststroke and 4th in the 200 Breaststroke.

**INDIANAPOLIS, IN - Age Group State Championships, March 19-21** - The Crown Point Swim Club Age Group swimmers finished in 15th place out of over 100 teams competing at the IUPUI Natatorium. They posted 42% best times from 99 individual races they competed in. Five swimmers and three relays finished in the top 8. Hannah Kukurugya (11-12) finished 5th in the 100 Butterfly. Alex St. Amour (11-12) finished 4th in the 100 Breaststroke, her 8th place finish in the 11-12 girls 200 Individual Medley and was runner up in the 50 Breaststroke. Holly Schuster (13-14) finished 7th in the 100 Breaststroke and 6th in the 200 Breaststroke. MacKenzie Artim (11-12) finished 5th in the 50 Backstroke, 4th in the 50 Freestyle, and 6th in the 100 Backstroke. Aly Tetzloff (13-14) finished 4th in the 50 Freestyle, 7th in the 200 Backstroke (qualifying for Speedo Sectionals), and 7th in the 200 Individual Medley. The 13-14 Girls 400 Medley relay team of Aly Tetzloff, Holly Schuster, Caroline Lodovisi, and Racheal Bukowski finished 7th and her 8th place finish in the 50 freestyle. The 13-14 Girls 200 Freestyle relay team of Mikki Wood, Holly Schuster, Aly Tetzloff, and Racheal Bukowski finished 6th. The 11-12 Girls 200 Medley relay team of MacKenzie Artim, Alex St. Amour, Hannah Kukurugya, and Jessica Lopez finished 4th.

**INDIANAPOLIS, IN - USA Swimming Speedo Sectionals, March 25-28** - Finishing off this seasons championship meets the Crown Point Swim Club, with a mix of both Senior and Age Group swimmers, finished 28th at the USA Swimming Speedo Sectionals at the IUPUI Natatorium in Indianapolis. Posting 74% lifetime best times at the long course meet championships was swimmers Giorgia Negro, Bridgette Ruehl, Sumaiyah Ahmad, Racheal Bukowski, Aly Tetzloff, Joel Gintzler, Connor Wood, and Blake Yeager. Bridgette Ruehl individually finished 5th in both the 100 and 200 Breaststroke events.

## **For Parents - from USA Swimming**

### **SWIM MEET BASICS**

*(Excerpt from USA Swimming's Sample Club Handbook) - Please be sure to check with your swimmer's coach for specifics that may be different from the examples below.*

Swim meets are a great family experience. They're a place where the whole family can spend time together.

Listed below are some very in-depth guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your coach.

*(continued to page3)*

(continued from page2)

## BEFORE THE MEET STARTS

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all swimmers and also in the team newsletter.
2. Upon arrival, find a place to put your swimmer's blankets, swim bags and/or sleeping bags. The team usually sits in one place together, so look for some familiar faces.
3. Find the check-in place. Usually, parents are not allowed on deck so this may be a responsibility of your swimmer or your swimmer's coach. Make sure your swimmer checks in with his or her coach! Check for special posted instructions in the check-in area.
  - Usually one will need to circle the swimmer's name or "#" before each swimmer's name, in each event he or she is swimming, that day. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
  - Sometimes the meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program.
4. Once "checked in", write or have the swimmers write each event-number on his or her hand in ink. This helps him/her remember what events he/she is swimming and what event number to listen or watch for.
5. Your swimmer now gets his/her cap and goggles and reports to the pool and/or coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.
6. After warm-up, your swimmer will go back to the area where his/her team is sitting and wait there until his first event is called. This is a good time to make sure he/she goes to the bathroom if necessary, gets a drink, or just gets settled in.
7. The meet will usually start about 10-15 minutes after warm-ups are over.
8. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. He or she in turn, will pursue the matter through the proper channels.
9. Psyche Sheet or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the

pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.

## MEET STARTS

1. It is important for any swimmer to know what event numbers he/she is swimming (again, why they should have the numbers on their hand). He/she may swim right away after warm-up or they may have to wait awhile.
2. Most meets are computerized. There are generally two ways a swimmer gets to his/her lane:
  - A swimmer usually reports directly to his/her lane for competition a number of heats before he/she actually swims. Check with your swimmer's coach for specific instructions.
  - In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and he/she will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with his/her cap and goggle.
    - ✦ Generally, girls events are odd-numbered and boys events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course." The "Clerk of Course" or "bullpen" area is usually where all swimmers checked in before the warm-up.
    - ✦ The clerk will usually line up all the swimmers and take them down to the pool in correct order. You can expect at least 4-8 heats of each event.
3. The swimmer swims his or her race.
4. After each swim:
  - He/she is to ask the timers (people behind the blocks at each lane) his/her time.
  - Depending on the coaches instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
  - The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.
5. Generally, the coach follows these guidelines when discussing swims:
  - Positive comments or praise
  - Suggestions for improvement
  - Positive comments

(continues to page4)

## For Parents *continued - from USA Swimming*

*(continued from page3)*

6. Things you, as a parent, can do after each swim:

- Tell him how great he did! The coaching staff will be sure to discuss stroke technique with him. You need to tell him how proud you are and what a great job he did.
- Take him back to the team area and relax.
- This is another good time to check out the bathrooms, get a drink or something light to eat.

7. The swimmer now waits until his next event is called and starts the procedure again. When a swimmer has completed all of her events she and her parents get to go home. Make sure, however, you, as a parent, check with the coach before leaving to make sure your swimmer is not included on a relay. It is not fair to other swimmers who may have stayed to swim on a relay where your swimmer is expect-ed to be a member and she is not there.

8. Results are usually posted somewhere in the facility. Awards are often gathered for a team and given to the coach at the end of the meet. The coach will give the awards to the swimmers at a later time.

## For Swimmers *from swimmingcoach.org*

There are three methods for going faster:

1. Going straight
2. Pushing off immediately
3. The finish

### 1. *Going straight-*

Too many swimmers swim in meets just as they do in practice: in circles. A 1650 swimmer who veers 12 inches off on each length will go 66 feet too far. A potential time of say 17:00, will slow to 17:13.6. In a crowded practice pool circle swimming is necessary. In a meet, with no one else in his lane, a swimmer must go absolutely straight.

### 2. *Pushing off immediately-*

Many swimmers make fast flip turns but do not push *(continues to page5)*

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(continued from page4)

off the instant the feet touch the wall. Why? Because their hands are not ready: up by the head before the feet touch the wall. Our 1650 swimmer has wasted probably 1/10th of a second PER turn, and so with 65 turns the potential 17:00 has now slowed to 17:20.1

### 3. *The Finish-*

How many swimmers, no matter what the length of the race, do a proper, big-time finish? Maybe half of them. A really great finish might be only hundredths of a second faster than a poor one, but right at the end of most races, even some 1650s, hundredths count. A good finish is simple-really. A freestyler must quit breathing four to five strokes out and keep his eyes on the wall. And proper finishes must be practiced for all four strokes.

## May Birthdays



|                 |      |
|-----------------|------|
| Jason Bagnara   | 5/30 |
| Alyssa Click    | 5/21 |
| Joel Gintzler   | 5/14 |
| Casey Hooker    | 5/2  |
| Brooke Kiran    | 5/30 |
| Katherine Krick | 5/20 |
| Jennifer Meloy  | 5/21 |
| Nathan Miller   | 5/22 |
| Noah Miller     | 5/22 |
| Anais Nuet      | 5/4  |
| Emilia Weimer   | 5/21 |

# May 2010

| Sun   | Mon  | Tue  | Wed  | Thu  | Fri   | Sat   |
|---|--|--|--|--|---|---|
|   |  |  |  |  |   | 1<br>G/S: 7:00-10:00 am   |
| 2   | 3<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm  | 4<br>LTS: 5:30-6:30 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm  | 5<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm  | 6<br>LTS: 5:30-6:30 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm  | 7<br><b>NO PRACTICES</b><br><i>Tri-Meet vs DUNE/<br/>PPSC @ CPHS</i><br><i>WU: 5:30 / S: 6:15 pm</i>            | 8<br>G/S: 7:00-10:00 am   |
| 9 <b>MOTHER'S DAY</b>   | 10<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 11<br>LTS: 5:30-6:30 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 12<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 13<br>PRE: 5:30-6:30 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 14<br><b>NO PRACTICES</b><br><i>Dad Meet vs MCPS @<br/>CPHS</i><br><i>WU: 6:00 / S: 6:30 pm</i>                 | 15<br>G/S: 7:00-10:00 am  |
| 16  | 17<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 18<br>PRE: 5:30-6:30 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 19<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 20<br>PRE: 5:30-6:30 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 21<br><b>IRISH AQUATICS</b><br><b>INVITATIONAL @</b><br><b>NOTRE DAME</b><br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm | 22<br><b>IRISH AQUATICS</b><br><b>INVITATIONAL @</b><br><b>NOTRE DAME</b> |
| 23<br><b>IRISH AQUATICS</b><br><b>INVITATIONAL @</b><br><b>NOTRE DAME</b> | 24<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 25<br>PRE: 5:30-6:30 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 26<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 27<br>PRE: 5:30-6:30 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm | 28<br>R: 5:15-6:15 pm<br>W: 5:15-6:45 pm<br>B: 6:15-8:15 pm<br>G/S: 6:15-8:30 pm                                | 29<br>G/S: 7:00-10:00 am  |
| 30  | 31 <b>MEMORIAL DAY</b><br><b>NO PRACTICES</b>                                    |  |  |  |   |   |

**COMMITMENT, PRIDE, SPORTSMANSHIP, CHARACTER**



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**Mission Statement**

The Crown Point Swim Club is an aquatics program established to provide opportunities for our community through the sport of swimming. We are a USA Swimming and Indiana Swimming member committed to building excellence in athletes through the sport of swimming at the highest levels of competition. We are dedicated to the members of our not-for-profit organization to help provide our services at very little cost to all.

**Vision Statement**

Building the future of the community through safety in the water, healthy lifestyles, and physical development while achieving excellence in swimming, academics, and life.

**Philosophy**

**Commitment, Pride, Sportsmanship, Character**

We stress being committed to excellence both athletically and academically. We take pride in our organization, our athletes, and their families. We teach sportsmanship both in and out of the pool at all times. We build character through life lessons that will take our swimmers past their athletic careers and into being outstanding leaders of the future.

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