

SWAC Speaks

Southwest Allen Community Swim Team

The time of your life!!

July Results & August Events

Congratulations to all on another excellent SWAC summer season! It was nice to have our home pool back after two summers of lots of creative scheduling at several different practice locations!

In JULY we had several big meets: Senior State at IU 7/16-7/19; Texas Senior Circuit 7/16-7/19; and Age

Group State at IUPUI 7/24-7/26. SWAC placed 5th at the Texas Senior Circuit & 6th at Age Group State. For complete meet results, please see SWAC website.

In AUGUST, SWAC will be represented at the 14&Under Central Zone Championships (7/31-8/2) by Chandler Lipp and Cameron Luard. Good luck gentlemen!!!

Our fall/winter Short Course season will soon be upon us. Info and start dates are on the SWAC website, or click below to see practice calendars:

<https://www.teamunify.com/NewsShow.jsp?id=430867&eam=isswac>

Detailed info on training groups and coaches will be sent soon via email.

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Bobby's Blog

By Bobby Mattin

This month marks my first full calendar year as the Head Coach at SWAC Swim Team. Only 365 short days ago my wife, Emily, and I were scrambling to coordinate with moving companies, find a place to live, finish our collective business in Boston and pack up Buttermaker, Matilda (Boston Terriers), Puko & Samui, (kitties) for the long drive out to the Midwest! Given the nature of the sport and the constant work it takes to administer a team of this size, there has not been much time to reflect on the past year. As the Long Course season winds down and we begin planning for next year, I like to take time to think back and see what we can glean from our shared experiences.

In the past year we have created a lot of great things together. We have structured our club for long term success, we have made great strides competitively across all groups, we have installed a team wide concept of inclusion and accessibility, we have traveled to new places and made new friends and most of all we have inspired our athletes to keep striving for their goals no matter how far reaching they may seem at the time. The thing I am most proud of is how the SWAC family responded to a member that needed our help. #teamcora was a rallying cry for our program and I could not be more pleased with the money that the SWAC families raised and the support that all of our athletes showed the Walrond family and Cora in particular. We are so proud of her fight and her victory over cancer! She embodies the SWAC Spirit and we are lucky to have her as part of our family!

Change is hard, but good. I believe in the Zen philosophy that true happiness is found by realizing that everything changes. In the Senior and National Focus groups we spend a lot of time teaching athletes to live in the moment. To enjoy where they are and the experience they are having at the present moment. SWAC and its families are embracing this idea as well. While we are terribly saddened by the retirements of Scott, Jeff and Steve we are excited for our future! We have accomplished great things this year and are working hard to build on that success in the coming year!

I would like to thank a few people for making Fort Wayne seem like home. Mike Luard has been a great champion of positive change and a wonderful friend to me. During both hard times and unbridled successes, his support has never wavered. Scott Lazoff has become a great friend. I shutter to think what this past year would have been like without his support and friendship. Theresa Thrasher has been, all at once, a strong supporter of the new program and systems, a constant sounding board who does not hesitate to challenge me and make me re-think important decisions and a friend to both me and the program. I would also like to thank the Board of Directors who have been so supportive and great agents of positive change. Thank you to the families of our athletes who sacrifice time and resources to support their child's aspirations. The wonderful coaching staff, who ALWAYS have our swimmer's best interests at heart, no matter what.



Above all else, I'd like to thank our SWAC athletes. The memories I take with me are too great and numerous to list here. I am consistently amazed by the work that these athletes put into this sport and the enthusiasm with which they go about it. We love to see makings of great friendships among our swimmers that truly will last a lifetime. Emily and I are proud to call Fort Wayne home. We are humbled by the opportunity to lead this family. The future here is very bright and each day is better than the last!
GO SWAC!!!

SWAC's Role in the College Swimming Process

In the Fall, each high school Jr & Sr should be thinking about the next step in their education and swimming! SWAC and, in particular, the NFG & Sr coaches take great interest in our student-athlete's college selection process and are always there to support our athletes. Here is a step by step guide to college selection:

The Big List: We start with a list of 20+ schools that an athlete is interested in. Start with Geographical area (Ski or Surf!), then program of interest and finally type of swim program (DI-III, Big/Small, nationally competitive or conference-minded).

Contacting Schools: (Be your own best advocate!) July 1st of the summer going in to your Sr Year is when DI coaches can officially contact you. DI I & DI III have less restrictions. DO NOT WAIT TO "BE RECRUITED." The truth is that most athletes have to advocate strongly for themselves. Be proactive, schools will not beat down your door. College coaches are OBJECTIVE. They are not looking for a "diamond in the rough" and the rarely pay for potential. Coaches will take a chance on a swimmer if they show high character, work ethic and leadership. SWAC coaching staff can help sell all of those points on a swimmer's behalf, but YOU must demonstrate those. There is limited money in swimming. If you want some, you have to "sell yourself". Coaches appreciate persistence and courtesy. Send hand written thank you notes after each conversation. Reach out to current athletes on that school's team. Keep your times updated.

Unofficial Visits- An unofficial visit is when the college does not spend money on an athlete. Take time to visit campuses as early as you see fit. DI coaches are restricted in the contact they can have with prospective swimmers but the admissions department can be a wealth of information.

Small List -Narrow your 20+ list to 5.

Official Visit-An official visit is one where a school will pay to have an athlete stay with the team. Some schools, depending on the caliber of athlete, will pay to fly them to campus, entertain and feed them. Some will host a swimmer if they pay to get themselves to a particular school.

Signing Period -For DI scholarship athletes, they are required to sign a National Letter of Intent or NLI that commits them to a particular program. An athletic scholarship is a legal contract between the school and the ATHLETE (unless the student is still a minor). They expect a certain amount of professionalism during the process. Decide if signing early (November) or late (March/ April) is right for you. Athletes who have been fast enough to get a scholarship offer they are comfortable with, generally sign early. Athletes who want another season to best their current times should wait until the spring to sign.

Two great websites to check out are:

www.CollegeSwimming.com and www.BeRecruited.com

As always, when you have ANY questions, please don't hesitate to talk with your swimmer's lead coach. 

Swimming in College: E-resources

SO, YOU ARE THINKING ABOUT SWIMMING IN COLLEGE? Think you can't? Yes you can! Read on...

Every year many swimmers graduate from high school and swim for a university or college. USA Swimming's Convention Education Committee compiled a list of resources for coaches, athletes and parents on the process of becoming a college swimmer.

STARTING THE SEARCH-THE DECISION PROCESS

- [a. College Recruiting-The Steps](#) 
- [b. College Recruiting Timeline](#) 
- [c. College Questions](#) 
- [d. How to Find a Great College Scholarship](#) 
- [e. Recruiting Chart Worksheet](#) 
- [g. Collegiate Club Sports](#) 
- [h. Look For It \(Online tool to help in the college search process\)](#) 
- [i. College Swimming – Click here to begin searching for schools and comparing your times](#) 

NCAA RESOURCES

- [a. NCAA Eligibility](#) 
- [b. Div. I Toolkit](#) 
- [c. Div. I Eligibility Standards](#) 
- [d. Div. I Recruiting Guide](#) 
- [e. Div. II Toolkit](#) 
- [f. Div. II Recruiting Guide](#) 
- [g. Div. III Toolkit](#) 
- [h. NCAA Eligibility Center](#) 

NAIA RESOURCES

- [a. NAIA Guide for College1](#) 
- [b. NAIA Guide for the College Bound Student](#) 
- [c. NAIA Eligibility Center](#) 

Nutrition Notes: Fluid for Thought

Jill Castle, MS, RD, LDN

wrote this article for USA Swimming

Do you ever wonder how much fluid is needed to prevent dehydration? If you've experienced dehydration, you know it derails swim performance and causes other effects such as tiredness, headaches and confusion or poor judgment. Fluid is the overlooked "magic bullet" for swimmers and one of the best ways to optimize swim performance. Not only is it important to drink, it's important to drink enough. Experts suggest that 2% dehydration (2 pounds weight loss in a 100-pound child) negatively impacts athletic performance.

According to the Institute of Medicine (IOM), young athlete's thirst should be the gauge or indicator for how much fluid to drink. Research also suggests, that if youth athletes are given the opportunity to drink during exercise, the thirst mechanism will allow for adequate fluid intake so they meet their hydration needs. But if you want numbers, here are the latest recommendations for child athletes:

- To prevent dehydration, child athletes should drink 6 ml per pound of body weight per hr (100# young swimmer needs 600 ml or 20 oz, per hr). Drink this amount 2-3 hrs before jumping into the pool and during exercise.
- To replenish fluids after exercise, drink 2 ml per pound of body weight per hr (100-pound child swimmer needs 200 ml per hr or ~7 ounces, per hr). Drink this amount 1-2 hrs after exercise—it promotes adequate hydration status for the next exercise session.

Water and other beverages can help satisfy the hydration needs of the swimmer. It isn't wise to offer up sugar-sweetened beverages like soda and sugar-added fruit juices routinely throughout the day. These drinks may help keep swimmers hydrated, but they can have a negative impact on overall diet quality. Most importantly, the choice of fluid should be something the swimmer likes to drink, as drinking adequate amounts is critical.

Sports drinks are perfect for the long workout (greater than 1 hr in duration), and provide sugar, fluid and electrolytes to help beat dehydration. And they are effective! Because they are flavored, they encourage drinking. It's best to keep their role limited to the pool, though. Here are a few other beverage guidelines that will help prioritize the young swimmer's health and swim performance:

GOOD: 100% real fruit juice (maximum of 1-1 ½ cups per day due to high sugar content).

BETTER: Milk, or calcium/ Vitamin D- fortified milk Substitutes (aim for 3 cups per day).

BEST: Drink water, more than you think!



The bulk of beverages should be from water. Use sports drinks wisely, target their usage around workouts and race day. It's a mistake to think that just because swimmers are in the water, they get enough fluid. Coaches and parents have an opportunity to train young swimmers to drink regularly and make good choices. Good hydration habits are learned in and around the pool—maximize this asset for great performance!

Swim Parent 101

10 COMMANDMENTS FOR SWIM PARENTS

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.





Business Briefs

TEAM UNIFY TIP:

Need to find a SWAC swimmer or parent address or phone number to create a carpool or so you can invite them to a group party? Members can find this info themselves on Team Unify by simply logging into their account and then going to the very top of the page where it says:

[Coaches](#) [Members](#) [Password](#) [Site Map](#)

Click on Members; search for Last Name or search for Roster Group. This will display their email and phone number.

SWAC END OF SEASON PARTY!

WHEN: Sunday - August 30th, 3pm - 8pm

WHERE: Indian Trails Park Pavilion (near YMCA on Aboite Center Rd.)

WHAT TO BRING: Last name from **A-M** appetizer; last name **N-Z** dessert

There are a limited amount of benches, so please bring blankets, lawn chairs, bug spray and sunscreen. Lots of Yummy food and beverages available to all, SO - Come HuNgRy!!! Awesome games for the kids.

Seniors/NF –please let Diane Wilson know if you can help. Please R.S.V.P. the amount in your family to Diane Wilson A.S.A.P. so that the Main meal catering can be ordered. Dwilson.swac@gmail.com

SHOP AMAZON SMILE & EARN \$ for SWAC!

Don't forget to go through the SWAC home page and use the Amazon Smile program to earn \$ for our team. There is no catch, just enter Amazon via our website and shop away!

Our Mission:

To provide a program of long-term personal development and competitive swimming excellence.

SWAC Swimmers Earn Spots on USA Swimming Scholastic All-America Team!

SWAC is proud to announce that three of our swimmers have achieved times qualifying them for the 2014-15 USA Swimming Scholastic All-America Team! **CONGRATULATIONS to Katie Ducker (2nd year!), Skylar Duggins and Megan Johnson!**

Each year, USA Swimming recognizes its high school student-athletes who demonstrate outstanding scholastic and athletic achievements. The Scholastic All-America Team is comprised of high school student-athletes who have grade point averages of 3.5 or higher and who have competed in individual events at the national championship level. Applicants must have swum a pool time equal to a Junior National 2011 bonus time in any event during the SAA qualifying period (August 16, 2014 – August 15, 2015). Applications for 2014-2015 must be completed by August 15, 2015.

For more info see the Scholastic All-America page by clicking on the link below for time standards and application requirements:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1582&Alias=Rainbow&Lang=en>

SWAC Sponsor Spotlight: Maple Leaf Farms

For more than half a century, Maple Leaf Farms has produced safe, high-quality foods in a thoughtful and responsible manner. Through the years, we have preserved the idea we were founded upon: contribution to



local communities, responsibility for the environment, respect for others and insistence on high quality. Today, our fourth generation, family-owned company leads the market with innovative, value-added duck products of superior quality.