

SWAC Speaks

Southwest Allen Community Swim Team

The time of your life!

November Events & October Results

It's hard to believe with all of the nice weather we (finally) had that November has arrived! We have had a busy October with 4 meets: 10/10-11, Southeastern Swim Club (Fishers); 10/16-18, OLY (Detroit) team travel meet for middle/high school student-athletes; 10/24 SWAC's "Go the Distance" meet & 10/31-11/1 TRAC's Fall Classic. Results for these meets are posted on the team bulletin board at the pool. To see your swimmer's times (current and past), login to the SWAC website, go to "My Account", then "My Meet Results".

At our 10/24 meet, we asked that everyone bring food for the needy in our community. Thank you to everyone who donated food to the Community Harvest Food Bank! SWAC collected 2 large boxes and over \$100!

NOVEMBER 20-22 is our annual SWAC "Fall in the Pool" Prelims-Finals meet. For complete meet info: https://www.teamunify.com/isswa/c/_eventform/_627075_2015%20SWAC%20Fall%20in%20the%20Pool%20Prelims%20and%20Finals.docx

As most of you know, when a team hosts a meet, it is a major source of club revenue. SWAC prides itself on running a very successful, full, fun, well organized & staffed meet. ALL SWAC families are required to work at the meet; whether it's selling heat sheets or food, timing or officiating, we need your help! More details will be coming soon; job signups will be available on the website (go to Events, Meet Sign Up, SWAC meet, Job Sign Up). Thanks in advance for your help and support of the swimmers & our team!

SWAC SPIRIT WEAR and TEAM SHIRTS are coming soon! Our team shirts typically arrive right before our November meet. Spirit wear items will be available for ONLINE purchase 11/16-12/7 and will arrive in time for the Holidays!

November also brings the start of the Homestead Swim and Dive season! Which also means more people in the bleachers, pool, lockerrooms and parking lot. PLEASE take a few moments to review lockerroom etiquette with your swimmers. Whether they are 7 or 17, ALL student-athletes must be responsible for their own belongings and at no time should touch anyone else's property. Also *please remember to label everything!* ©

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Editor

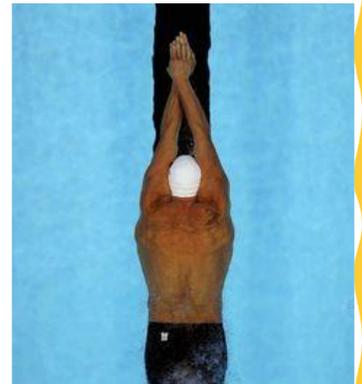
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Part III of V, By Oliver Poirier-Leroy

20 Habits of Elite Swimmers

While there is no exact formula for success that can be applied to everyone, there are some typical traits and habits of those who have achieved success in swimming that are universal.

9. Surround Themselves with Like Minded Athletes. How we perform is a result of the environment and the people we decide to surround ourselves with. Hanging out with the naysayers and the toxic people will rub off on us. Similarly, hanging out with athletes who are ready to take things to the next level will only embolden and empower you.

10. Proactive. Elite swimmers take action before the need necessitates it. They don't wait for things to happen; they go out and make it happen for themselves. They don't hope for success to stumble upon them via luck or good fortune, they actively chase it.



11. Willing to Go the Extra Mile. This can mean that they will come in early, stay after practice for additional ab work/stretching/etc., or step up and do a faster interval even when not prodded to do so. The adage “first one in, last one out” is highly applicable to elite athletes.

12. Set Higher Standards for Themselves. “Good enough” is *not* good enough. Don’t confuse this with perfection; elite swimmers understand the difference between striving for excellence versus chasing perfection (which doesn’t exist!).

Group Spotlight: Yellow & Ex 2

By Coach Theresa Thrasher

I’m very excited about working with the Yellow training group. It is so cool to see how much the swimmers have grown since I had them in Piranha and/or Barracuda. They have been working very hard building their endurance. We have done some stroke work, but are really focusing on our walls. Specifically, we are working on how we come off our walls. We will start working on how we go into our walls in November and continue improving our strength.

Please remind your swimmer to bring their equipment to each and every practice. (The equipment list can be found on the team website under training groups.)



On the Exploration 2 or Orange side, I am happy with all of the swimmers in this group! The kids have been working very hard on stroke technique. Our next step is to build more strength but keep working on stroke technique. We will start doing mini-sets and learning to use the pace clock. I’m excited for our SWAC meet as the first meet experience of the short course season. The Orange Swimmers will be ready to race!

I’d like to thank Coach Sally for helping coach when I’m traveling. She is awesome and I know the groups are happy when she is able to be the guest coach.

I’m looking forward to a great season with all swimmers!

GO SWAC!!!

“Official” Words: DQs part III

Parents new to swimming often have questions about swimmer disqualification (or DQ). DQs (performing one or more aspects of the stroke, start and/or turn “illegally”, or beaking a rule) are part of the learning process and a standard aspect of the meet experience.

How should parents respond to a DQ? It is our team policy that swimmers check in with their coach after the race, before talking with their parents. Parents are *strongly discouraged* from giving any kind of race feedback. It is the coach’s job to give specific swimming feedback, and the parent’s job to show support regardless of the performance.

How to support your swimmer: The following list includes important info about how to be a supportive swim parent. Our staff focus is on developing swimmers who will stay excited about and motivated in the sport of swimming for a long time! We know that parents play such an important role in supporting and encouraging their student-athlete.

We believe that swimming is the best youth sport! Through the relationships that swimmers develop with each other, their hard work and training, and the life skills they learn throughout the process, swimmers will continue to benefit from their involvement in the sport their entire lives.

Please DO NOT do any of the following:

1. Don’t put the swimmer down. If they stick with it, all swimmers will experience ups and downs and this is a normal part of the process.
2. Don’t question DQs, make excuses for athlete performance, or make negative comments about officiating. Negative comments are not what SWAC is about and should not be modeled by our coaches, swimmers and team parents.

Please DO the following:

1. Show support through cheering and volunteering.
2. Encourage your swimmer to communicate with the coach directly (they shouldn’t share their feelings only with parents).
3. If you are concerned or would like more specific information from the coaches, please email to set up a time to talk with coaches *outside of meet or practice times*. We are happy to meet and prefer to check in with parents at an appropriate time when we can direct all of our attention towards the conversation.

Swim Parent 101: 6 Tips on How to Be a Happy Swim Parent

Courtesy of Elizabeth Wickham

I've read some stories from softball and soccer parents about how happy they are when the season is finally over and they no longer have to drive their kids to practice and games. One mom blogged about how happy she was because life was finally "back to normal." As swim parents, we don't have that luxury. We have short course and long course seasons and a few week/weeks breaks. We definitely don't have a "normal" schedule for our families. I wanted to tell the softball mom blogger that she'd never cut it as a swim parent.

One of the happiest swim parent moments is when our child drops time. We're happy when our swimmer reaches a goal of a coveted Age Group State, JO, Sectional, or Juniors cut. Easy to smile when our kids are elated, right? We also need to be encouraging when things aren't going so great. I truly believe if we enjoy the process, our kids will too.

Here are my 6 tips on how to be happy as a year-round swim parent:

1. Don't treat each meet like it's life or death. There will be good meets and bad meets, good swims and less than stellar ones. Don't get too caught up in the moment, but look towards the big picture.

2. Don't compare your swimmer with teammates. It's easy to wonder why your kid isn't making the same progress as their friends. All kids are different and they learn and develop in their own



time. I promise that comparing your swimmer's times with others will not make you, or them, happy.

3. Cheer loudly for other swimmers. Being enthusiastic for your child's teammates will help you focus less on your own kid. Spread positive energy on the pool deck and encourage other swimmers' success.

4. Invite the team over to your house. Some of my favorite swim mom moments were having the entire team over for a potluck. Cooking spaghetti for the senior group, or having the girls over to paint t-shirts for a big age-group meet. Make some happy memories.

5. Get your swimmer to practice consistently. The only way to get better in this sport is to be there and put in the hard work on a daily basis. There are no short cuts.

6. Volunteer. Busy parents are happy parents. I believe that being involved will give you a sense of accomplishment and satisfaction that you're giving back to your team and this great sport.

Shoulder Injury Prevention

Pain in the shoulder is common in swimmers. Shoulder function is highly dependent on the coordinated function of many muscle groups. These include the muscles around the shoulder, those that control the scapula or shoulder blade, muscles in the upper and lower back, as well as abdominal and pelvic muscles.

Since the shoulder is an inherently unstable joint, muscle forces are critical for maintaining stability, proper motion, and painless function. The repetitive overhead activity of the swimming stroke can result in fatigue of these muscles. This in turn can lead to distinct changes in the function of the shoulder, resulting in the pain that is commonly known as "swimmer's shoulder."

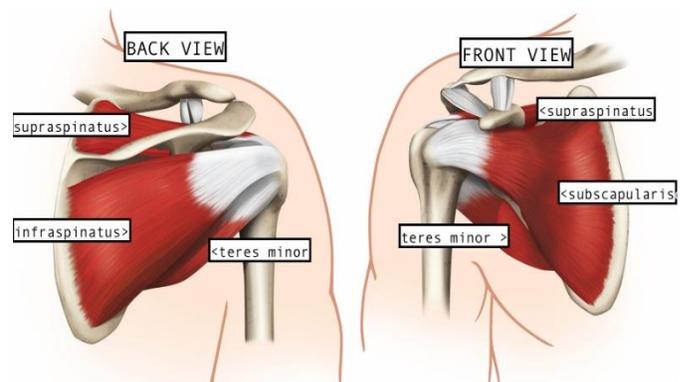
One of the major factors causing shoulder pain is overuse and subsequent fatigue of the rotator cuff muscles, scapular muscles, and muscles of the upper and lower back. Consequently, this fatigue can lead to shoulder instability and predispose a swimmer to shoulder pain. The risk of injury and pain is especially true for swimmers who swim with poor technique.

It is well-established that a comprehensive program to develop strength, endurance, balance, and flexibility of the

muscles is the most important way to prevent "swimmer's shoulder". The exercises described in this review were chosen to develop these characteristics based on a sound knowledge of the muscles that are most important for optimal shoulder function.

Click here for the complete list of exercises and tips for the uninjured student-athlete:

<http://www.usaswimming.org/ViewMiscArticle.aspx?TabId=1645&mid=702&ItemId=700>



Scott Rodeo, MD, wrote this article for USA Swimming



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Our Mission:

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

Nutrition Notes: Prelims/Finals Meet Food

ASCA article by
Keith Wheeler,
PhD and Angeline
Cameron

Question: In a prelim/finals meet, a swimmer might finish the last prelim event at 1 PM and return to the pool at 5 PM to warm up for the finals, which are at 6 PM. What would be the best nutrition for this swimmer?

Answer: The best nutrition for this swimmer depends on what he/she eats the morning of the competition. If he/she eats a large breakfast with at least 200-300g of carbohydrate, the swimmer will need mainly water and a small amount of carbs, which can be provided by a fluid replacement and energy drink or fruit juice.

Without a high carbohydrate breakfast, the swimmer will need to eat carbs after prelims to provide energy for the warm up and finals. The swimmer should eat an amount of carbohydrate, in grams, equal to 75% of his/her body weight within 15 minutes of the completion of the preliminary event and again 1 hour later. For example, a 100 pound swimmer should eat 75g (0.75

x 100 pounds) of carbs by 4:15 PM and another 75 grams of carbs around 5 PM. Liquid or solid forms of carbs can be eaten: however, liquids are usually better tolerated and are more quickly digested. The amount of carbohydrate needed in the example above, 75 grams, is provided by 4 apples, 3 bananas, or 3 bagels.



Business Briefs

USA Swim Official Stroke & Turn Training: 11/18, 6p.m. at Carpet One. Please contact Steve Lipp for complete info 348-8240

SWAC Board Meetings: 3rd Tue. of the month, open to SWAC members, 6:30 p.m. at Deer Ridge Elementary. If you would like to attend or want more info, please contact Jason Koehn: jkoehn@gmail.com.

SWAC swimmers need to stay healthy! No school = no practice. Kids should be fever and symptom free for at least 24-48 hours before returning to practice.

GROUP ACTIVITIES-Attention parents! Would you be willing to organize get-togethers for your swimmer's training group? SWAC would like to see 2-4 group activities (ie: bowling, lazer tag, paintball, etc.) planned throughout the SC season. Please talk to your swimmer's lead coach if you can help!

SWAC Car Decals-available through Diane Wilson. **SWAC Swim Caps-**available at the pool via coaches and billed to your account.

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!

Want to see an article on a specific topic? Please send your thoughts, comments & ideas to JulieAnderson95@frontier.com

WATCH THIS!

Click to see how to do *FAST* breaststroke turns:

<https://www.youtube.com/watch?v=dD6-HmQtMkw>

Sponsor Spotlight:

Gail Herendeen Photography

Need professional pictures for home, business, or family? Do you have a 12th grader who needs Senior Pictures taken? Contact Gail Herendeen for professional, creative and personal pictures you'll love for a lifetime. Contact Gail at GailHerendeenPhotography@gmail.com or www.GailHerendeen.com

