

# SWAC Speaks

## Southwest Allen Community Swim Team

*The time of your life!!!*

## October Events & September Results

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Editor

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Happy October everyone! It has been a very busy September in the pool! After a wildly successful two weeks of swim camp (with over 95 kids!), all of our groups are back in the water practicing. As of 10/1, our current SWAC enrollment is 190 (which doesn't include the 17 kids currently in Swim School session I). Last year at this time, we had 168. Let's keep growing!!!

In September, SWAC had 2 trips to Camp Crosley (a YMCA camp near Lake Tippecanoe). The high schoolers (Senior & National Focus Groups) attended 9/11-12 and the middle schoolers (Blue & Red groups) attended 9/25-26. The camp provided an excellent opportunity for goal setting, team bonding and great fun on the high and low ropes courses.

Important dates for October:

**10/5 & 10/7:** USA Swimming Official training clinics, Stroke & Turn and Admin. Both clinics will be held at Carpet One (on Washington Ctr. Rd)

at 6 p.m. Please contact Steve Lipp if you would like to attend one or both clinics. ([carpetonefw@comcast.net](mailto:carpetonefw@comcast.net)). We are *always* looking for swim officials! A great chance for you to get involved with your child's sport!

**10/10-11:** The SSC (Southeastern Swim Club), family travel meet in Fishers. This is for ALL groups (swim school is not a training group and will not be attending).

**10/16-18:** The OLY (Oakland Live "Y"ers) team and family travel meet in Detroit, MI. This fun travel meet is for groups: Sr, Blue, Red, Yellow & Green.

All entries for both of these meets have been submitted; for more detailed information, including the meet packet is on the SWAC website under "Events", then "Meets". Additional emails will be sent to participants with specific info (including warm-up times) will be sent prior to the meet.

**10/24:** SWAC "Go the Distance Meet" at SMS! For groups: NFG, Sr, Blue, Red, Yellow & Red. Families are asked to

bring a non-perishable food item as admission or to donate if your younger swimmer is not participating. SWAC will donate these items to the Community Harvest Food Bank.

**10/14: TEAM PICTURES!** Varsity Photos will be at the pool at 4:30 p.m. for individual pictures. Team pictures will be taken at 5 p.m. Picture forms are in the SWAC team mailbox in your family's file folder. Also on 10/14, **SWIMVILLE USA** will be on site for re-orders.

Looking ahead: November 20-22, we host the SWAC "Fall in the Pool" Prelims & Own Age Finals Meet. This is a very important meet for us as it is one of 3 major revenue sources for the club. This is literally an "all hands on deck" effort that will require volunteer shifts and concession/hospitality donations. Look for more info from Meet Director Deb Luarde. And, if anyone is interested in helping beyond the volunteer commitment, please contact Deb at [DebLuarde@gmail.com](mailto:DebLuarde@gmail.com).

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## 20 Habits of Elite Swimmers

Part II of V

By Oliver Poirier-Leroy

### 5. Elite Swimmers Have Unshakable Personal Integrity.

How often do you commit to something and find that within a few days or weeks, your resolve loosens, until the promise you made to yourself is broken and gone? Having personal integrity means that you not only keep your word, and promises with others, but most importantly that you keep it with yourself.

**6. Embrace the Grind.** Sure, it would be great if life came without friction, if things went according to plan, and according to our wishes all the time. In reality, we know this is not how things go down. Setbacks, detours and roadblocks will happen, and choice is whether they will be exercises in character development or the reasons for quitting.

## 20 Habits, cont.

**7. Unafraid to Plan.** Success isn't an accident: it is the result of planning combined with focused action. Elite swimmers know to get where they want to go, they need to have a road map.

**8. Look for Solutions, Not Excuses.** While many swimmers will talk about achey muscles, excessive homework or how they don't feel up to their best, your friendly neighborhood elite swimmer will find a way to be successful in spite of these same types of challenges.



By Coach Justin Max

## Group Spotlight: Blue

Blue Group has spent much of the early part of our season focusing on the "basics" of swimming: streamlining, kicking, and technique. Even though the group is composed of all experienced & accomplished athletes, it's still important for us to develop and maintain mastery over fundamentals of the sport. Now that we've started to establish a little firmer control on the basics, we've moved forward into more challenging and demanding sets designed to tax and improve our aerobic systems. However, no matter how long or difficult our training becomes, we'll always continue to

maintain our focus on technique to help underline our overall QUALITY over QUANTITY approach to the sport.

Blue Group is filled with highly motivated and focused individuals who each have their own personal, individual goals for the season, but we also have collective goals for the group as a whole. One of our goals is for each member of the group to not only qualify for and compete at the Indiana Stage Age Group Championship Meet, but for everyone to contribute to the overall team scoring at that meet. We're working to accomplish this goal

each and every day, and hope our commitment to hard work and focus have us well on our way.

October brings with it a couple key changes to the Blue Group training schedule, as we'll be adding in weekly dryland training sessions with Mad Apple Crossfit certified trainers as well as our weekday morning in-water practices. It's certainly a tall order, but we're confident our athletes are fit for the challenge and will continue their hard work and consistent improvement.

## Tip of the Month: Butterfly

By Head Coach Bobby Mattin

Throw your hands forward in Butterfly! Focusing on throwing your hands forward in fly does three big things:

1. Keeps your momentum going forward. Most swimmers bring their arms out of the water in a large circular motion which promotes a less efficient "up and down" body line versus a straight forward trajectory.
2. Sets up a great catch. By throwing your arms forward it promotes a shoulder width entry and a high catch position.

It also allows for a "leaned in" posture which gives you more power and a higher elbow catch position.

3. Creates additional speed before the catch. Throwing your arms forward actually helps you maintain velocity throughout a larger portion of the stroke rather than a big slow down before the stroke cycle begins again.

Drill: 1 arm Fly. Keep your non-working hand by your side and focus on throwing the working hand forward to the catch position.



## Watch This!

Want to see a video of world-class butterfly being broken down? Click here to see the Go Swim video of "Butterfly-Soft Hands":

<https://www.youtube.com/watch?v=TSCP1FBL0Uw>

Happy Fall SWAC Families!

Fall is an exciting time in swimming and certainly for SWAC as well! All groups are in the water and working hard. Our first swim meets of the season are right around the corner. Our coaches are learning new techniques and training methodologies. The leaves are changing and a chill is in the air!

For SWAC, the fall has led to near record registration numbers and an enthusiasm for the program of which I am very proud. We have a great problem on our hands... Our team is growing! This means more people falling in love with the sport and with that comes the crunch of having that many families in the program!

I am enthusiastic about all our new and

returning exploration swimmers! With over 30 swimmers in Exploration I we are looking at options to alleviate the strain on that group. Coach Theresa, Sally, Justin and I are exploring all options and will roll out a new structure early this month.

For our older swimmers it's time to start thinking about college! Many of our High School Seniors are embarking on college team visits while our Juniors are gathering information and working on their potential college lists. Goal meetings with the coaches are a great opportunity to start exploring options and start thinking seriously about what swimming in college would mean for them.

I encourage our swimmers to do a few things as they embark on this process.

First, think BIG! Your swimmer's first "college list" should be twenty schools at a minimum! Second, consider ALL swimming options. *There is a swim program to fit ALL athletes.* Third, athletes must be their own best advocates! The vast majority of swimmers ARE NOT heavily recruited. All but a very small percentage are contacted independently by Division I schools. Last, consider the positives of being part of a college program versus just finding the best scholarship offer. Being part of a likeminded group of peers who share your work ethic and can help you be more productive is the MOST important consideration. The friends they will make in college swimming are much more valuable than a scholarship.

See you all on deck! **GO SWAC!!!**

## Nutrition Notes:

By Jill Castle, MS, RDN

Don't try to gain/lose weight in season; focus on goals & healthy eating instead.

Many young swimmers ask me what to eat to build muscle and lose fat. When I get that question, I ask the swimmer to take a step back and try to spell out his or her goals, because the truth is, it is hard to build muscle (a process that requires additional calories and protein) and lose fat at the same time (a process that requires reducing calorie intake and increasing calorie-burning exercise).

Another reason I ask about goals is that *it is never a good idea to work on improving body composition in-season. It is hard to alter your diet or try to cut calories when hard training and competitive meets are happening at regular intervals.*

Lastly, many swimmers, especially female, have unrealistic goals for their bodies. Women naturally have more body fat than men, and poor body image plagues many young (and older) women.

Recently I talked to a young athlete who showed me the cover of her favorite fitness magazine and said she wanted "that body." I reminded her that magazine models are not only taller and thinner than most women, but also have their photos airbrushed and photo-shopped to make them look even more "perfect."

With those reminders, it is possible to improve body composition (notice I did not say lose fat or lose weight) through a combination of strength training, aerobic exercise, food choices and food patterns.

1. Eat regular meals throughout the day to fuel your body. Swimmers need regular meals to provide energy for sport and fuel for recovery. Aim for 3 meals and 3 small snacks each day. Check the nutrition archives of USA Swimming for articles on how best to achieve this.

**"Many swimmers, especially female swimmers, have unrealistic goals for their bodies."**

2. Include protein at every meal and snack. No need to overload on protein (protein powders and shakes are not necessary to get high quality protein), but include a protein-rich food at each eating occasion. Milk, yogurt, cheese, milk-or yogurt smoothies, eggs, turkey, chicken, lean beef and pork, nuts, seeds and beans and peas are all good sources of protein.

3. Feed your muscles after a strength workout. A small protein-carbohydrate snack after weight training can provide needed amino acids to build muscle and strengthen muscle fibers. Low-fat chocolate milk has been extensively studied as an excellent recovery beverage. A combination of protein & carbohydrate eaten shortly after strength training is recommended to speed the nutrients to muscles.

4. Be realistic. Not everyone will have six-pack abs. (There's no evidence that a "six pack" improves swimming performance!) What is important is your health, how well you perform in training and competition, and how you feel about yourself.





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#### Our Mission:

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

## Business Briefs

**CONGRATULATIONS to SWAC Swimmers Katie Ducker, Sam Dynako and Mark Hammes** of Homestead High School who have been named Commended Students in the 2016 National Merit Scholarship Program. A Letter of Commendation from the school and National Merit Scholarship Corporation which conducts the program, will be presented by the principal to these student-athletes. About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Commended Students place among the top five percent of more than 1.5 million students who entered the 2016 competition by taking the 2014 Preliminary SAT/National Merit Scholarship Qualifying Test.

**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!



## “Official” Words: Understanding DQs Part II

Parents new to swimming often have questions about swimmer disqualification (DQ). DQs are a part of the learning process and a standard aspect of the meet experience. In this segment of understanding swimmer disqualifications, an excerpt from an online article sums up officials' approach to swimmer DQs:

“Is a disqualification a failed attempt at something? Yes, it is, but it can be, it should be, a POSITIVE failure; one that will lead to future excellence. A part of becoming a better swimmer is testing limits and not being afraid of failure, not letting the chance of failing stop attempts to do things. And allowing failure to inspire the desire to do things better, leads to DQs being useful, acceptable positive moments.”

Parents and swimmers can think about the parallels between swimming and other sports like basketball or soccer. In a basketball practice, an athlete might repeat taking a free throw shot over and over, getting more consistent with time. The goal is to be able to perform just as consistently during a game or scrimmage, but we know that this is not always the case. A missed shot is part of the learning process, and with coaching feedback, will lead to a better understanding of the sport.

This highlights a very important benefit to having swimmers check in with the coaches before and after every race. A DQ is only helpful if the athlete learns from it. Teachable moments can happen when receiving reminders before a race and feedback immediately after.

### Do you have Swimmers Ear?

Home remedy: 50/50 solution of distilled water and white vinegar. A few drops in sore ear a few times a day can help! Don't forget to dry out your ears after practice, put your ears under the hair drier for a few seconds.



**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](mailto: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.

### SPONSOR SPOTLIGHT: BrightStar Care

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