

SWAC Speaks

January, 2016
Volume 2, Issue 1

Southwest Allen Community Swim Team

The time of your life!

January Events, December Results

We hope everyone had a wonderful holiday season and nice winter break! SWAC swimmers attended three big meets in December in Nashville (TN), Muncie and Middlebury. Congratulations to all participants and thank you parents for supporting your swimmers at these out-of-town meets. While we enjoy the convenience and low cost of in-town meets, it is important that our swimmers get opportunities to swim with different competition and experience new venues. It is also important for our club to attend various meets which helps promote reciprocity when it is time for SWAC to host meets.

January is a busy and exciting time in the pool! With our eyes looking towards the final meets of the season (Divisionals, Senior State, Age Group State, Speedo Sectionals), the remaining meets become very important to achieve best times and championship time standards. This month SWAC swimmers will attend the Carmel Winter Invite-1/15-17 and/or the TRAC Polar Bear Plunge 1/22-24. Good luck swimmers!

Also a reminder as the Summit and Woodside Middle School Swim & Dive Teams begin later this month, to please double check the practice calendar often for changes, label ALL belongings, and look for team emails about practice time/availability in the event of school cancellations. Please contact your swimmer's lead coach for any questions.

20 Habits of Elite Swimmers By Oliver Poirier-Leroy, Pt. V of V

While there isn't an 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.

17. Make the best of what they have. Heaps of Olympians have come up through the ranks having trained in dark, dingy 25 yard pools. They know all they need is a lane and suit and they are good to go. Conditions and your environment will never be perfectly ideal; the key is to maximize the resources you do have.

18. They don't complain. They recognize that complaining doesn't bring them closer to their goals. Getting bitter and dwelling on complaints and perceived unfairness only develops a negative and ineffective state of mind.

19. They know they deserve success-just like anyone else. Most gaze star-struck at top-level swimmers and think of all the reasons that they will never be at that level. Elite swimmers look up and think of all the reasons why they will and deserve to be at that level.

20. Refuse to wait. Sure, you could fully dedicate yourself to your swimming when you feel up to it. Or when you get that new suit. Or when your team gets that new pool. But at that point there will be a new excuse to delay action. Elite swimmers refuse to wait another moment to chase their goals and dreams. They recognize that starting tomorrow is a day too late.



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Group Spotlight: Red & Green

By Justin Max

Nutrition Notes-Cramps

A common question is how to deal with muscle cramps during practice or a meet. Many theories of what helps are out there from pickle juice, mustard packets, sports drinks and bananas, to rest and stretching. While cramps are not uncommon in active people, the reason for cramping remains in question. There are generally two theories on cramping: 1. Dehydration and loss of electrolytes & sodium (hence pickle juice); 2. An imbalance in nerve signals to muscles/neuromuscular theory. Neither theory has been proven beyond a doubt to be the cause.

So, where does that leave the cramping swimmer? It still makes sense to ensure good hydration and have adequate salt intake. While it may not be the sole cause of cramps, dehydration can affect performance, and severe dehydration can result in life threatening heat illness. Research with football and tennis players have found that those athletes who have a high sweat rate and high sodium losses in sweat (the "heavy and salty sweater") are cramp-prone. So, try these tips and see if they help reduce cramps:

1. Monitor your body weight by weighing before and after practice. If you lose more than 2% of your body weight, drink a liter (4 cups) of a sports drink 1 hour before your workout.
2. Add 1/3 t. of salt to a liter of sports drink to make your own endurance formula sports drink (shake well!).
3. Consume higher sodium foods or beverages in your pre-workout meal or snack; try chicken noodle or tomato soup, beef or turkey jerky, tomato juice, salted pretzels or baked chips.
4. Drink sports drink during your workout; keep a sports bottle handy, drink a few swallows when you can.

**Chris Rosenbloom is a Sports Nutrition consultant and wrote this for USA Swimming.*

THE RED Group has without a doubt some of the hardest working athletes on SWAC. Even though they come into the pool at the end of a long day, they always hit the water with the right attitude, ready to give 100%. Coach Jess and I are lucky to get to end our nights on deck with such an upbeat and motivated group of swimmers.

Recently, Red Group has been focusing on trying to add more aerobic training to our practices, while maintaining the high level of technical focus that we established early on in the season. It's not easy to keep their strokes clean and smooth

while they're working hard to make their send-offs, but Coach Jess and I have been really pleased with the focus and commitment the group as a



whole has displayed.

As we move towards the end of the season, we hope to see Red Group athletes continue to work hard and improve, with one of our goals being to qualify as many swimmers as possible to both the Divisional and State Championship meets in March. Go Red Group!

GREEN GROUP has come SUCH a long way since the beginning of the season. Coach Jess and I have really tried to put a lot of emphasis on building a solid foundation of the fundamentals with our athletes, and their hard work is definitely starting to pay off. Stroke technique



is starting to look much, much better, and they're learning more and more what it takes to improve in the swimming world. We're very lucky to have Coach Jess, Senior Mentor Cameron Frank and me all working with the swimmers, and making sure that no one goes unnoticed.

As we get further and further into the season, we'll be continuing to work on stroke technique and kicking at practices, but we'll also be adding in a good amount more of FAST swimming. We were all incredibly pleased with the Green Group athletes' results at the November SWAC Invite as well as the December NASA meet up in Middlebury, and we're looking forward to seeing how they perform at meets in January, February, and (hopefully) March. Keep working hard, Green Group!

Bobby's Blog

By Bobby Mattin

Happy New Year SWAC!

As the second half of our short course season gets underway, we get closer to the first championships of 2016. Overseeing all groups, I have a unique perspective on the overall culture of our sport and of our team. We have seen a shift in the past year. Our team is becoming a cohesive group with a clear path to success.

Success is cultural. What we seek to do is affect a culture where success, whatever that means to each individual, is expected.

Success, however, does not come cheap. There is no magic pill to make one successful nor is there a shortcut to avoid the hard work that breeds success. Success comes from repetition. Our best swimmers, across the entire program, are without fail, the hardest working

swimmers in their groups. Those athletes are helping to spread the culture of hard work and year round training. As coaches, we are celebrating those athletes who are embracing that road to success regardless of which group they swim with.

The keys to swimming success are simple: year round attendance, everyday work ethic and year round swimming goals. That is our culture. All the success we will have this upcoming year will be because of those things and those things alone. Be proud of your swimmers for embracing that. Support your athletes in achieving those attributes. Celebrate with your athletes when they achieve success because they have submerged themselves in that culture!



Swimsuit Tips:

1. **NEVER** put a swimsuit in the washer OR dryer! Doing either will compromise the suit material and shorten the life of the suit. (Hand-wash occasionally and hang to dry. Or, if your swimmer washes their hair at the pool after practice, the shampoo suds should be enough to clean it.)

2. Swimsuits are NOT meant to be worn with undergarments. The suit should be tight & supportive enough by itself. Many swimmers and/or parents get their suits too loose; a good rule of thumb for female suits is that you should not be able to pull the straps up to your earlobe.

3. Lycra vs. Poly? For my money, I would always go with polyester or a poly-blend. They tend to be more durable and last longer.

Swim Parent 101: Goal Setting and Mental Preparation

Pt 1 of 2

Q: Should my child begin setting goals?

A: Of course! Everyone should set goals. In fact, most kids have already set goals. As adults, however, we must remember that kids are not simply little versions of us and won't set the same types of goals as adults. Setting long-term goals often doesn't provide the same motivation; kids want results today. With younger athletes, it is appropriate to talk about short-term goals: what they need to work on today. Most coaches will emphasize goals that reinforce skill development and the process of performance. Additionally, based on cognitive development research, we know that around the age of 6-7, kids enter the stage of social comparison; when they begin to evaluate their own performance by comparing it to others. So as the parent, reinforce what the coach has emphasized and help her focus on individual improvement.

Q: What are "Process" goals?

A: There are two types of goals athletes can set:

Outcome Goals: focus on performance end result. "Win, qualify for finals."

Process Goals: relate to performance process. "Maintain technique, streamline."

Q: My son has set some great goals, but I'm not sure if the coach knows.

A: Ask if your swimmer developed the goals with his coach. You may find that the coach actually helped your son set these goals. This is the beginning of your son learning to take risks & responsibility for his sport. Encourage "SMART" goals:

Specific: tells the athlete what to do

Measurable: able to measure and record progress

Attainable: athlete can experience success

Realistic: challenging but "do-able"

Trackable: short-term goals build into long-term goals

Tip of the Month: *Streamline!*

Written for USA Swimming
By Chelsea Walden Schreiner



Streamline. Streamline. Streamline. Streamlining upon entering the water and off your walls may be obvious, but it is often overlooked or the first thing to go when your arms tire and muscles scream. However, it is one of the most important habits you can practice over 100 times during a workout. Streamlining reduces drag and therefore keeps your body moving faster in the water. Those hundredths of a second can mean the difference between places. Remember, Jason Lezak out-touched Alain Bernard by just eight one-hundredths of a second in the 4x100-meter freestyle relay at the 2008 Olympic Games.

Practice head position. “If your head is moving, your body is moving,” says Kate Lundsten, coach of the MN Team Aquajets. Like streamlining, your head position can affect the amount of drag on your body and the efficiency of your stroke. Strive for a neutral head position throughout your stroke.

Dolphin kick underwater. If you’re streamlining with a powerful kick already, one way to take it up a notch is to dolphin kick off the wall *always*. By practicing a strong underwater kick, you’ll be sure to have the lung capacity and kicking power to leverage this asset in a meet.

Perfect practice makes perfect. All of these techniques can help you shave time in your races, but just thinking about them at meets isn’t enough. “You have to use it in practice to use it in a meet,” says Lundsten. Practice makes perfect in that your muscle memory will be developed and ready so you can focus on racing.

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Business Briefs

IN Championship Meet Hotel Info

Please see the Indiana Swimming website, under the “Events” tab or click on the following link for details. We would like our swimmers and families to stay in the same hotel(s) whenever possible at SrSt & AGS, so talk with teammates and your swimmer’s lead coach to coordinate.

<https://www.teamunify.com/SubTabGeneric.jsp?team=czinlsc&stabid=134920>

SWAC Speaks NEEDS YOU!

Do you have any swim meet or practice pictures? Do you have questions or article ideas? If so, please send to Coach Julie. :)

School Cancellations

When SACS cancels school, the pool is closed. However, sometimes we are able to practice. Look for team emails about possible pool time on snow days. (As always, these will be optional practices and only if you feel comfortable driving.)

4 SWAC Swimmers Selected

Congrats and good luck to Spencer Koehn, Ripley Merritt, Julian Norman & Halle Weaver who were selected by Team Indiana to compete in the 14 & un MidStates Championship 1/9-10!

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ALLSTAR COMMUNICATIONS specializes in leveraging technology to help businesses, especially healthcare, education & government, communicate effectively and efficiently. Since 1991, Allstar Communications has been providing businesses throughout northern IN solutions, from phone systems to IT and more. See www.teamAllstar.com for complete information.

