

# THE HORNET BUZZ



## COACH'S CORNER

BY COACH BRYAN



### Upcoming Meets: Check website for entries.

- **Fox First Splash (October 16-17)**
- **Hornet Swim Club Swim Your Age (October 31)**
- **Patriot Games (November 4-6)**
- **Hinsdale Swim Club Fall Classic (November 20-21)**

### Upcoming Deadlines:

- **Dual meet versus NAC on Nov 10 (entry deadline Nov 3)**
- **Dual meet versus Lincoln Way on Nov 17 (entry deadline Nov 10)**
- **Westmont Mid-Season Challenge on Dec 4-6 (entry deadline October 23)**

Hello. This is Coach Bryan with the Coach's Corner. I would like to talk about each group, and what I am seeing as the Head Coach.

As far as the **green** goes, I have never been so happy with not only the progress of this group, but the turnout this fall. We currently have so many swimmers in the group that we need two coaches to teach all of these swimmers, we also require two lanes! As the head Coach of Hornet Swim Club, I often look to the future of our club and to me it seems very bright. HOSC has had five state champions and two national champions so far. Four of these champions started out in the green group. Not all swimmers will achieve this level of success but with a combination of experienced coaches and dedicated swimmers who like to have a little bit of fun, something great will come out of it.

The **white** group is in a good place right now. Coach Mike Turk is very dedicated to working on all four strokes with the kids ready to compete in the upcoming meets. We have been focusing on starts and turns in practice. Coach Bay has been spending some time with this group in hopes of helping Coach Mike Turk move some of them up to the yellow group. We are hoping that this can be possible in the next few months.

The **yellow** group is currently working on the refinement of their strokes. While working on strokes, we are also refining turns. Turns



Swimmers prepare for the first heats of the intrasquad meet on October 15.

have been a weakness in the past with this group. Every swimmer in this group has four legal strokes and will be eligible to swim in any dual meet event. Knowing this, the coaching staff has been spending a lot of time and effort getting these swimmers into shape. The combinations of stroke work, turn work, and conditioning have this group on track and right where they need to be for this point of the season.

For the **gold** group an interesting practice play is underway. They start with a regular warm-up and that is followed by a few rigorous training sets. In practice we work on strokes and turns to make sure they are correctly being done. At the end of practice we usually finish with a few sprint sets and hard kick sets. We do this to round out a combination of refinement and condition that will help these swimmers make regionals and other meets that you need a qualifying time for.

As far as the **black** and **senior** groups go, Bryan Sr. and I have spent the first

two or three weeks doing sets and figuring out what we need to work on. The strokes look great but we need to work on the basic skills of pushing off the walls and finishing into the walls. The coaches are confident in the training and conditioning of our swimmers, but we need to make sure bad habits do not form and become factors. When swimmers are swimming back and forth these habits can form and will carry over to meets and will become a problem. Coaches and swimmers alike need to be aware of this to make sure that these habits do not become a problem.

The last thing I want to say is that I want all swimmers to talk to their coaches after each race is completed. A majority of our younger swimmers walk off after each race and I would like them to get in the habit of seeing their coaches after their races.

I am looking forward to a great season. I see the potential for great improvement in every one of our swimmers.

## GREEN GROUP

BY COACH BAY

The green group this year is about the best group to come through our program in a long time. With enthusiasm, talent, and numbers this group has it all. The parents have been tremendous in bringing their swimmers on time and with regularity. The difficult part of teaching young swimmers competitive strokes at this age is consistency. A coach has to build the strokes and

the kicks. By that I mean one day you work on breathing. The next day you work on arm position. Once these skills are obtained and maintained then we move on to different strokes with different skill technique. That is why consistent attendance is so important.

Kicking plays a vital part of every stroke. It is the motor behind the



boat. The reason we use fins so much is that the fin makes it impossible to kick incorrectly and allows the swimmer to develop strong kick muscles. When you have the enthusiasm and great attendance this makes an ideal recipe for competitive swimming. This group is really making great progress.

*Thank you for signing up for your shift(s) at our Swim Your Age meet.*

*Check the bulletin board and please sign up to help our concession co-chairs with items that they need for the meet. Thanks!*



**Not much of this going on at the pool during practice! The kids are working hard!**

## WHITE GROUP

BY COACH MIKE T

In the white group, we are primarily looking at the key fundamentals and components in a swimmer's stroke, trying to work toward making sure each swimmer learns his or her strokes properly. The goal is to develop arm movements and kicks so that each swimmer ends up with four legal strokes. We work daily on drills and sets that help in correcting the stroke. Building endurance means nothing if swimmers are not using proper strokes.

This is an entry level group composed of

swimmers new to the sport and swimmers who have graduated from the green group. During our hour in the water, we work on stroke technique. Then we



do a set that builds further upon what we have worked on that day. Since the white group is an entry

level group, some swimmers will be exposed to meets for the first time. Therefore, while we work on key components of stroke, we also work on starts, turns, and finishes. These apply to all the strokes and help our swimmers have a good first experience in competition.

I am glad that so many of you have signed up your swimmers to participate in the Swim Your Age meet. It is a great first meet experience, and it will be exciting to see what these kids can do!

## YELLOW GROUP

BY COACH MIKE SLOTWINSKI

The yellow group is split into two sub-groups, one consisting of 10 and unders and the other for 11 and over. This group has been extremely good in attendance so far and their strokes have been improving daily. The children have been working almost entirely on stroke improvement and so far almost everyone has four legal strokes. Only butterfly has been a little problem, but we will

continue to work on that. Also, I am happy to say that everyone does have legal turns in all 4 strokes. As we move through the season I anticipate continuing to work on stroke technique, turns, and starts while improving endurance.

The only problem so far in this group is getting on deck on time and I would recommend getting your children here earlier so

# YELLOW

everyone can start warm-up at the same time.

I am looking forward to our upcoming meets, as I expect that this group will see some big improvements as their hard work and consistent attendance pays off.

## PLANTAR WARTS

BY SUSAN HAWKEN, R.N. (AND HORNET BOARD MEMBER)

Several people have asked about plantar warts, which are often an issue around swimming pools. Warts are caused by a virus that is passed from person to person. The virus that causes warts likes to live on moist, warm surfaces like the pool deck, locker room floor and shared fin bins. Many people even carry the virus and never know it because they never get warts. Warts tend to start in places where the skin is damaged or broken. Plantar warts appear on the soles of the feet. When standing or walking, the wart can be painful.

Prevention is the key to stopping wart transmission from one person to the next. Here are some steps to follow to help prevent the spread of plantar warts. Also, keeping a pair of flip-flops or deck shoes with you for pool use only and using a pair of your own fins will help stop the spread of warts.

In the locker room:

- wear flip-flops or deck shoes at all times, even in the shower
- do not share shoes, towels, or other personal items
- keep towels and clothing off floor

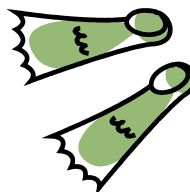
On the pool deck:

- wear flip-flops or deck shoes from the locker room to your lane
- use your own fins/flippers

After practice:

- if showering keep your flip-flops or deck shoes on
- dry your feet well

If you find a wart please seek medical attention for removal.



*Parents - Thank you for timing during our home dual meets and for taking a shift at ISIs.*

## GOLD GROUP

BY COACH BAY

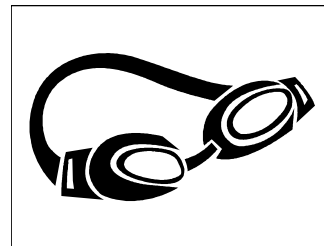
# GOLD

The Gold group this year is pure pleasure for Coach Bryan and me. Very seldom can you throw this many swimmers together without a few problems. This group gets along so well it is like one big fun family. They have mastered one of life's great lessons - sportsmanship. With few exceptions, everyone supports one another. The camaraderie is amazing. Swimming is about personal bests, and all swimmers should be supporting each other and

applauding each other's success like these kids do.

As far as workouts go the parents are doing their usual great job of getting the swimmers to practice. We are refining strokes, turns, and dives. Speed is what we need to work on now. The strokes are close to optimal; Bryan and I will always be making improvements in technique as we see things. Usually with good stroke technique and good kicks a swimmer is ready for some good times. Our

problem in this group seems to be race speed. When we ask for fast swimming at a meet, we get about the same as workout speed. This may be all that is holding this group back for now. We will see what needs to be done after the first couple of meets. We are looking forward to an exciting and challenging year. Our goal is for this group of swimmers to reach their full potential - lots of best times by a big margin by the end of the year!



Make sure you have cap and goggles on **BEFORE** practice begins

## DO NOT BRING SICK CHILDREN TO PRACTICE

If your child doesn't feel well or stayed home from school on a given day, please do not send him or her to practice. This will inhibit the spread of illness as well as to help the ill swimmer get better faster. If a sick swimmer comes to practice he or she really won't get much from the workout and will be even more tired and less able to fight the illness. In terms of choosing when to return, please use the same guidelines for attendance given at your school.

## BLACK GROUP

BY COACH BAY

Black is going though for most part a transition year. The previously gold ten year olds are now turning eleven. The eleven year olds of last year are now twelve, and most of the twelve years are turning thirteen by state. All these swimmers thrown into one or two lanes makes for an interesting challenge to both the coaches and the swimmers. Coach Bryan has decided that Coach Bay will be helping in coaching this group as well, and Bay is the guest writer for this newsletter.

**We cannot emphasize enough the importance of working out con-**

**sistently.** At three days a week (including some swimmers not working hard and getting in late) the swimmer's body is unable to maintain conditioning, which means every week the swimmer starts over. This makes coaching a nightmare. The swimmers who maintain the conditioning from the week before by coming to practice, getting in on time, and working out hard are leaving the swimmers who don't far behind. The inconsistent swimmer cannot progress, and causes huge lane problems, almost like a traffic jam. As conditioning improves, the training intervals gets

shorter and harder to make as the swimmers get into even better shape and become stronger. By not working out hard or enough, the progression to being ready for faster intervals never happens for some swimmers.

Interval training is an important tool for getting a swimmer into shape and into being ready to perform great swims in meets. The interval is set for about 10 seconds slower than the swimmers' best times. By November all the swimmers should be in good enough shape to make these times. This is our goal for ALL of the swimmers in this group.

*If you're not on your 'A' game in our workouts every day, you're going to get absolutely smoked.*

**-Michael Phelps**



*Did you know? Coach Bay and Coach Bryan Sr raise champion koi and goldfish. Here is a picture of Coach Bay and a collection of her prize-winning "fish".*

## SENIOR GROUP

BY COACH BRYAN (SR)

I have the pleasure of working with the seniors again this season, and we are off to a good start. It is a challenge coaching this group in the fall, as there are really two groups within it – there are the guys who will be starting their High School programs in a few weeks, and there are the swimmers who will be staying with us throughout the season. We're trying to get the HS swimmers ready to begin their season by giving them a good conditioning base and sharpening up their strokes. We have probably the largest group of HS swimmers we have ever had this year, and also the BEST that we've seen. I think we'll see some of these guys at State this year!

The emphasis to date has been on drills. All four strokes have now been covered (one week on each stroke), and now we'll be working on turns, break-outs, starts, and continued review of all strokes. It is important that the stroke corrections being made are worked on in the training sets. One problem we see is that many swimmers will do it properly in drills, but will regress back to bad habits in the training sets. Old habits die hard, and in order for a change to become a habit (i.e. a permanent part of your swimming technique that you don't have to consciously think about) it must be consciously repeated over and over for several days.

We will be working more over the next few weeks on aerobic conditioning. This provides the essential base for subsequent speed training. Sets will be longer and rest intervals shorter. This builds both the circulatory and respiratory systems, so that as we start to add power/strength sets later, the body will be capable of sustained efforts at these higher intensities. We did a set last Thursday (Oct. 8) which gave me an indication the seniors are ready for this phase. The 10 x 100 kick followed by a tough 3600 yard swim set was handled well by most.

See you at the pool!



## Hornet Swim Club

P.O. Box 1182  
Westmont, IL 60559

Email: [info@hornetswimclub.org](mailto:info@hornetswimclub.org)

Don't forget to check the website often!

[www.hornetswimclub.org](http://www.hornetswimclub.org)



### Coach Emails:

[CoachBryan@hornetswimclub.org](mailto:CoachBryan@hornetswimclub.org)

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## REMINDERS

- Please make sure you know your schedule BEFORE you sign up for a meet. If you have signed up and your plans change, you MUST email [info@hornetswimclub.org](mailto:info@hornetswimclub.org) before the entry deadline, or you will be charged for the entry fees. (Please put the name of the meet in the email subject line.)
- Please have your swimmers to practice on time. They should be ready to get in the pool at the time the practice begins, not just walking in the door.
- Check the website often for practice changes and meet signup deadlines.
- When you sign up for a meet, do not forget to continue until you see a "Confirmation of Order" page. You should then receive an email confirmation. If you do not receive it, you have not successfully signed up for the meet. Please try again, and if you still have trouble email [info@hornetswimclub.org](mailto:info@hornetswimclub.org) to let us know that there is a problem.
- Want to check on what meets you have signed up for? Go to our website home page and click on My Account. When you log into your account, click on the Statement tab and you can see everything for which you have registered.

## COACH Q&A

**My child is sick and is not going to be able to swim in the next ISI meet. Can I get a refund of entry fees if I let you know?**

If you sign up for a meet, you will be charged the entry fee whether your child swims or not. When we enter a meet, we pay based on those entries and we do not receive a refund for swimmers who do not attend.

**How do I know if my swimmer is ready to swim in meets?**

Most swimmers in the white group and above are ready for both ISI and dual meets, though they may not swim all events if they do not yet have all 4 legal strokes. Some green swimmers may be ready, too. You are probably the best judge of how your child is feeling about swimming, and you can also ask the coach. The main thing is that we always want your child to have fun and to feel success, not frustration. A good place to start is with dual meets, both home and away, and the ISIs that we host.

**My child did not win his heat, and was sad. How do I help**



**him?**

Swimming at this stage should be about having fun and about achieving best times. The sooner a child learns that he is really competing against himself, the happier he will be, because there are very few swimmers that always win. Consider making a chart and help your child track their best times in each event. (There is also a way to track best times on the USA swimming website. That will be a topic in a future discussion.) You will both be amazed at the progress he makes, especially if he comes to practice consistently! It a much better role for a parent to

encourage the child to swim his best than to encourage him to win, yet a parent should be supportive even if he does not achieve a best time.

**How do I know what my child is swimming and what time to be at a meet?**

On the Hornet website, go to the Meet Info page. There you can check on entries in the appropriate column (note that dual meet entries are not always posted in advance). To find out details about the meet including times and locations, click on the meet packet.

**Can we leave a meet as soon as my child is done?**

Do not leave a meet until your child checks with a coach to find out if they are swimming on a relay. Relays are usually not listed in the meet entries and are usually the last events at an ISI.

Do you have a question appropriate for the Coach Q&A section of the newsletter for next time? Email it to [s.portland@comcast.net](mailto:s.portland@comcast.net)