



**MAY - JUNE
2016**

Team News

Our Team results at the Coral Springs Invitational on May 14-15 were outstanding! We received many compliments for our performance, as well as for our new team gear. While the times were impressive, we were also very proud of the incredible team spirit and sportsmanship shown by our swimmers.

Lucas, Madeline, Christopher & Nicolas – Congrats on your first meet! You did great, Go Cyclones!!

Cooper City Founders' Day was a huge success!! We had wonderful weather and a large turnout. We sold out of burgers, and our game booth was very popular as usual. Fundraising while having a great time is always a good idea!



Team T-shirts, shorts and swimsuits are now available. T-shirts are available anytime for \$12 each, for Youth Small through Adult XL; and shorts are \$5 each. Suits are custom-ordered and range from \$32 for boys' briefs to \$54 for girls' suits. Prices will vary according to size and style.

Please avoid wearing any PST team gear at meets and other outside team events. We are back to being Cyclones and we want everyone to know it!!

Congrats to our beloved Coach Jill Ankney for her 20-year award for working for Cooper City. She was so surprised to see us at the ceremony.

We ❤️ Coach Jill!!!

Team Calendar

- June 2** – 6pm Board Meeting
- June 3** – Sizzler @ Azura
- June 4-5** - NPB Summer Kick Off @ PST
- June 11** – Splash Pad Opening/Pool Party
(Cyclones will be selling food) 11am-3pm
- June 17-19** - Michael Lohberg Invite @ Coral Springs
- July 9-10** - Area 2 Championships @ Sunrise
- July 15-17** - Junior Olympics @ Martin
County/North Palm Beach
- July 22-24** - Senior Championships @ Coral Springs
- August 12** – Friday Night Movie at the Pool & Potluck
- August 26** – Marlin family night
- August 27** – Team Tryout/Open House 10am-noon
- Sept 4** – Open Water swim, Pompano Beach

To be Scheduled

June – “Finding Dory” movie night

Summer Swim Schedule

Effective Monday, June 13, 2016

	MON	TUES	WEDS	THURS	FRI	SAT
Senior Coach Jill & Pre Senior A Coach Lee	7-9am	7-9am 4:00- 5:30pm swim 5:30- 6:00pm dryland	7-9am	7-9am 4:00- 5:30pm swim 5:30- 6:00pm dryland	7-9am 4:00- 5:30pm swim 5:30- 6:15pm yoga	7-9am
Pre Senior B -Brianna	7-9am	7-9am	7-9am	7-9am	7-9am	7-9am
Age Group	5-6pm	5-6pm	5-6pm	5-6pm		
Splash Rec	4-5pm		4-5pm			



- May 5 - Jordan Cook
- May 7 - Gabriel Soto
- May 16 - Nicholas Chaimowicz
- May 18 - Veronica Cline
- June 5 - Darby Cook
- June 8 - Lucas Hussey
- June 9 - Alejandro Garcia
- June 15 - Emma Hilebert
- June 15 - Nikole Lesmes
- June 24 - Ryan Kibler
- June 27 - Allison Devito
- June 28 - Raena Hernandez
- June 29 - Celenia Lumelski

Stroke Tips & Techniques

The 5th Stroke: Underwater Kicking Stroke

By Gary Hall Sr., 10-time world record holder, 3-time Olympian

The dolphin kick has become so important in all of the swimming strokes, that it is now considered The Fifth Stroke.

The maximum propulsion from the kick occurs at the beginning of the down kick with the flick of the foot toward plantar flexion of the ankle. The more plantar flexion of the ankle, the more foot surface area is available to push backward in the water, creating propulsion.

While it is only the down kick that the foot is actually moving backward in the water, I was surprised to find that there is some propulsion on the up kick, even though the foot is moving forward during this motion.

This can only be explained by the fact that the previous down kick and the swimmer's body creates a stream of water moving forward and downward that is greater than the speed of the foot moving forward. Within this hydrodynamic system, the foot can still produce propulsion while it is moving in a forward direction. Acceleration of the body occurs in the up kick from the time the legs are horizontal with the body upward to nearly the end of the upstroke.

"Both the up kick and the down kick are important, so the fastest kickers are working the legs in both directions."

The velocity of the swimmer in the water reached after the down kick is about twice that of the velocity after the up kick. Regardless, both the up and down kick are important, so the fastest kickers are working the legs in both directions.

In freestyle, I consider the speed of the kick to be the baseline speed of the swimmer before the arm pull is added in. It's almost as if the swimmer has the choice of being in a pool or stream. No kick propulsion = no current. With kick, the swimmer is swimming with the current in a stream. With a strong kick, and add the arm pull, a swimmer can rip down the stream.

The kick is even more important in fly, breast and back than it is in free; yet it is important in all four strokes. Work on ankle flexibility, leg strength and fitness to sustain those kicking motions and you will see great improvement in swim times.

Nutrition & Fitness Corner



Nutrition Notes: Top 5 Recovery Snacks

By Chris Rosenbloom, PHD, RD, CSSD, for USA Swimming

Recovery is a hot topic for swimmers and for good reason. A long pool and/or land workout burns muscle fuel and causes muscle protein breakdown. Eating a recovery snack within an hour of a workout speeds needed carbs and amino acids (the building blocks of protein that make up the protein-rich foods you eat) to replenish muscle glycogen and repair and build muscle tissue. Do you need to buy expensive protein shakes? No, because the same amino acids found in shakes can be found in foods for less money and more taste. Here are the recovery snacks that provide some carbohydrate and about 20 grams of high quality protein, the amount that most researchers agree is the optimal protein dose for recovery.

2 cups of chocolate milk. (It has two important sources of protein-whey and casein; the natural sugar lactose that stimulates insulin; and it has as much calcium as 10 cups of spinach!)

1 cup low-fat cottage cheese with fruit - peaches, pears, pineapple, etc. (CC is rich in the amino acid leucine, a trigger for muscle protein synthesis.)

3 oz of turkey breast on a wheat bagel. (Meat & fish provide about 7 grams of protein per ounce, so a 3 oz portion-roughly the size of a deck of playing cards-gets the needed 20 grams of protein.)

PBJ on wheat. (This classic with 4 tablespoons of PB and some J is especially great for athletes who are trying to put on weight since PB is higher in fat than other proteins, but the "good" heart-healthy kind.)

7 oz of Greek yogurt with granola or fruit. (This is higher in protein than the regular kind. Greek yogurt is also great for topping baked potatoes or nachos as a substitute for higher-fat, lower-protein sour cream.)



Swim Meets 101

Swim meets are a fun and important part of the sport. These are where progress can be measured, goals can be achieved and friends can be made. It's important for the swimmer to get plenty of sleep the eve of the meet (even if he/she swims in the afternoon session), eat well and pack the swim bag the night before (be sure to include suits, caps, goggles - extras of all of these are always good, 2-3 towels, dry clothes, healthy snacks, and activities - books, games, music, to keep busy in between events).

After each event, swimmers must speak with their coaches so they can review the race and prepare for the next one. Remember, parents shouldn't coach their children on the way to or during the meet. Let his/her coach be the one to talk about the swimmer's strengths and areas in which to improve; just be the parent with lots of hugs and encouragement! Bottom line for both the swimmer and the parent, have fun!

Swimmer Spotlight



Name – Lucas Hussey

Age – 9

School – Cooper City Elementary

Joined Cyclones – Dec 2015

My favorite thing about swimming is – Competitions

My least favorite thing about swimming is – Not swimming everyday

My favorite stroke – Breast stroke

More about me -

- I love sports and video games, especially soccer.
- I am going into 5th grade.
- I moved here 2 years ago from South Carolina.
- I love my younger brother Mateo

From Our Cyclones Board

New Board Members were elected in April. We are all committed to making this a great year for our team!

President - Bill Evans

Vice President - Kim Reilly

Secretary - Dee Dee Chaimowicz

Treasurer - Pam Marmer

Special Events Committee - Melissa Smith, Sarah Evans, Walter Hussey, Yaneth Arentsen, Lisa Kaplan

Webmaster - Vicki Kushnir

Team Gear Committee - Tanya Deperalto

Swimmers Representative – Nikole Lesmes

Meet Results

Coral Springs Invitational May 14-15

Top 10

Alanna Arentsen, Age 11-12 (200IM, 50FR, 100FR, 200FR, 200BR, 200BK)

Dylan Chaimowicz, Age 11-12 (50FLY, 50BK, 100BK)

Kate Kaplan, Age 11-12 (50FLY, 50BR, 100BR, 200BR)

Eva Pierre-Antoine, Age 11-12 (50BR, 100BR, 200BR)

Nikole Lesmes, Age 13+ (50BK)

Troy Spratley, Age 11-12 (50FLY, 100FLY, 200FLY, 50FR, 100FR, 200FR, 100BR, 200BR)

Robbie Wilson, Age 13+ (50BK)

Best Times - ALL our swimmers recorded Best Times in at least one event.

These swimmers had Best Times in 5 or more events -

Alanna Arentsen

Eva Pierre-Antoine

Grace Burachio

Isiah Reilly

Dylan Chaimowicz

Troy Spratley

Claire Delacoste

Kate Kaplan

Madison Deperalto

Nikole Lesmes

Raeana Hernandez

Celenia Lumelski

Lucas Hussey

Jules Marmer

Jeyiza Mendez

Anthony Villegas

