



# HORNET BUZZ

M A Y 2 0 1 7

## UPCOMING EVENTS

Host	Location	Date	Sign up Deadline
Team outing to Tivoli Bowl	Tivoli Bowl	May 13	05/11/17
Munster Memorial Day Invitational	Munster H.S. Munster, Indiana	May 26-28	passed
Speedo Midwest Premier Open (Qualifying meet)	Rec Plex Pleasant Prairie, Wi.	May 26-28	passed

### Summer Session begins June 5, 2017

Team BBQ at the DG Swim and Racket Club	DGSRC	June 9	06/07/17
Wheaton Father's Day Meet	UIC Natatorium	June 17-18	passed
Munster Summer Splash	Munster H.S. Munster, Indiana	June 23-25	05/30/17
HOSC/HWSA Dual Meet	Palos Community Pool	June 27	06/22/17
HSC Mid Summer Classic	Hinsdale Community Pool	July 7-9	06/02/17
Illinois Senior Swimming Championship (Qualifying times)	Rec Plex Pleasant Prairie, Wi.	July 13-16	07/14/17
Wheaton Swim Club "Last Dance" Swim Meet	UIC Natatorium	July 15-16	06/05/17
Illinois Swimming Summer Regional Championships	TBD	July 21-23	07/13/17
Illinois Swimming Age Group Championships	Rec Plex Pleasant Prairie, Wi.	July 27-30	07/24/17

## Word from the Coach

Greetings Hornet Families!

Welcome back to what is so far shaping up to be an outstanding Spring session. And welcome to all new swimmers and parents joining our Hornet family. So far swimmers have done an outstanding job working with coaches on their stroke work as well as endurance in the water. The long course meet season is quickly approaching so keep a close eye out on meet signups as they come up.

At this time I want to highlight some of the key achievements that occurred as we wrapped up the short course season over the last few weeks of our Winter season. At the short course Regional event at Lyons HS over February 24-26, the Hornet Swim Club was fortunate enough to qualify 56 individual swimmers to the event, well surpassing the team goal set forth by the coaching staff! Numerous swimmers go on to achieve qualifying times for the Illinois state meet at the Regional event. They are: Jack Dillon, Matt Vatev, Henry Guo, Cadel Stauffer, Maya Homberg, Bobby Sayre, Shea Stauffer, Laura Misiunas, Jorie Selig, and Olivia Roti were amongst those swimmers. New team records were also set by Olivia Roti (200 BR), Jorie Selig (200 IM).

Following up the Regional Championships was the Illinois State Senior Championship and Illinois Age Group Championships in March where 21 different HOSC swimmers swam above and beyond expectations with quite a few top 10 finishes! Our 9-10 boys 'A' relays finished 7th and 5th in the 9-10 relays, Henry Guo finished with three top-10 finishes in the 50 Fly, 100 IM, and 200 IM, Jorie Selig finished top 10 in both the 50 Free and 100 Breast (both team records), and Alexa Smith finished 10th in the 200 Backstroke. The 13-14 girls 400 Free Relay (Jorie Selig, Alexa Smith, Amelia Carlson, Jessica Phillips lowered the team record as well as in the 400 Medley Relay Alexa Smith, Jorie Selig, Madeline Padavic, Jessica Phillips). Other competitors at the state meets included: Meredith Callahan, Jack Dillon, Maya Homberg, Laura Misiunas, Sean Noller, Andrew Peterson, Jessica Phillips, Emma Roche, Olivia Roti, Bobby Sayre, Shea Stauffer, Cadel Stauffer, Matt Vatev, Luke Vatev, and Ethan Weingust

Our last meet of the short course season saw a few swimmers travel down to Orlando for the NCSA Age Group Junior Nationals. Here we were represented by Jack Dillon, Henry Guo, Cadel Stauffer, Alexa Smith, Jessica Spahn, Luke Vatev, and Matt Vatev. Team records were set by Henry Guo in the 50 fly and Alexa Smith in the 200 Back. Swimmers had a blast at this meet coming away with again a plethora of podium finishes.

All in all it was a wonderful short course season and I want to thank everyone involved, swimmers, coaches, and parents. We witnessed 47 different swimmers making Hornet history, getting added to the HOSC Top 10 list in their respective age group. Thanks for being a part of this great journey and we look forward to a wonderful spring and summer sessions with you all.

Thanks,  
Coach Andy



## Meet Coach Jenny



1. *What's your favorite thing about swimming?*  
Swim meets.
2. *Are you a sprinter or distance swimmer?*  
If I had to choose, sprinter; really I'm neither
3. *Best / favorite stroke?*  
My best stroke was butterfly  
Favorite stroke was backstroke.
4. *If you could have any job in the world, would it still be coaching?*  
No. I would be a genetic counselor.
5. *If you could change one rule of swimming, what would it be?*  
You could go underwater as long as you like.
6. *Are you into any other sports besides swimming?*  
Yes, college football and hockey. I also played softball for many years.
7. *What's your favorite thing to do when you're not coaching?*  
Relax and watch t.v.
8. *If only one food existed, what would you want it?*  
Burgers.
9. *Do you have any pets?*  
No :(

10. *What is your best memory?*

When I was a kid my brother and I would spend a week at my grandparent's house and go to the heart of the Illinois fair. A week of being spoiled was amazing!



NCSA Age Group Junior Nationals in Orlando, Florida



Above: Senior group survived Cinco de flyo at their May 5th practice  
"Cinco de flyo, Cinco de cryo, Cinco de dyo" Lexie Smith

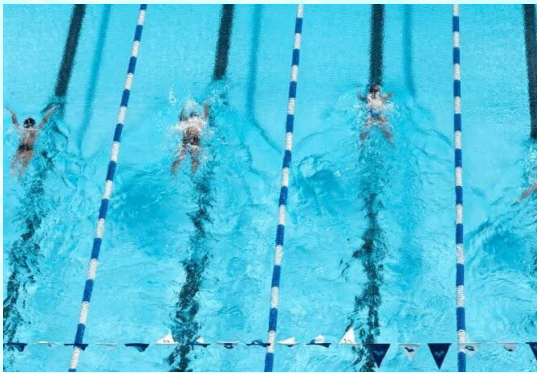
Left: NCSA Age Group Junior Nationals in Orlando, Florida





# Fun Facts

WOW! This pool is sooooo long!  
[How to transition from short course to long course!](#)



How will I ever swim that far?  
[How to prepare for long course season](#)



LONG COURSE IS THE BEST!?!  
[7 reasons to swim long course.](#)



[3—Things Swimmers Can Do daily To Build Self Confidence](#)

## Happy Birthday

### April

Ashleigh Szydlowski, Jessica Spahn, Sara Shenouda, Bobby Sayre, Amy Rozsypal, Madeline Padavic, Sean Noller, Casey Muzykansky, Nathan Moawad, Cayley Hensley, Jillian Devine, Jacey Chen

### May

Jorie Selig, Penelope Radja, Andrew Quiroga, Nicholas Momchev, Andy Henn, Elizabeth Hayes, Sarah Ganden, Ana Ekevag, Sophia Duax, Patrick Dietrich, Abby DeCicco, Charlotte Clinnin, Maya Chranowska, Jack Bergacker, Andrius Avina

# A Few Fast Facts About our Swimmers

Name: Amy Rozsypal

Age: 12

Favorite Stroke: breaststroke

Favorite Swimmer: Katie Ledecky

Role Models: mom and dad

Future Goals: a state time in breaststroke and to be a better performer (dancer/singer in musical theater).

Famous Person you would want to meet: Cameron Diaz

Hobbies: swimming, singer, dancing / performing, volleyball

Favorite Book: Counting by 7's

School: Westmont Junior High School

Grade: 6th

Favorite Movie: Miracles From Heaven

Favorite Song / Band: 21 Pilots

If I could change the world it would be?: For kids all over the world to never go hungry again.

Swims in  
10-13



Name: Katie Rozsypal

Age: 8

Favorite Stroke: backstroke

Favorite Swimmer: Me!

Role Models: my teacher, Mrs. McConnell

Future Goals: to swim 1000 freestyle

Famous Person you would want to meet: Taylor Swift

Hobbies: Indian Princess activities, to be in musicals

Favorite Book: The Croc at My Homework by Stephen T. Pastis

School: Manning Elementary School

Grade: 2nd

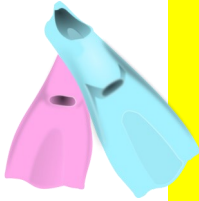
Favorite Movie: The Wizard of Oz

Favorite Song / Band: Uma Thurman by Fallout Boys

If I could change the world it would be?: I would be a perfect swimmer!

Swims in  
9-under





Visit our gear providers for all you swimming needs.

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[Hornet Team Store](#)

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Instagram

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Stay connected—  
stay informed

Practice

Calendar



Please remember to check our [team practice calendar](#) frequently before coming to practice. There are variations in the practice schedule due to conflicts at the high schools, meets, etc. We have tried to make the calendar as user-friendly as possible. The calendar will show Group, Practice Time, and Practice Location. Meets and other events are also listed on the calendar.

If you currently use Gmail, you can easily add the HOSC calendar to your own Google calendar and linked mobile devices. "subscribe" to the Team Unify calendar and add the URL to your google calendar.

Team Unify

[Parent OnDeck](#)



The On Deck Parent app is a great way for parents to see best times and meet results on their mobile devices. On Deck requires only an iPhone, iPod Touch or iPad from Apple. It is also available for Android. The ease-of-use and depth of information is unrivaled. All On Deck products are free and will empower you to know more, in less time, all performed wirelessly. To log in, download the OnDeck Parent app to your mobile device. Log in using the same email and password you use on the computer, and for "team alias" enter ilhsc . Be sure to sync often to get updated results.

Enjoy!