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In The Dawg House



"What Is Swimmer's Ear?"

Answered by: Robert T. Scott, M.D.

Most competitive swimmers have been bothered at one time or another by what is known as "swimmer's ear". There seems to be many ways of curing the tiresome disease but it often requires a swimmer to stop swimming for a week or two. Swimmer's ear can reoccur weeks, months or years later for no apparent reason.



For some individuals, it becomes a chronic painful inflammation of the skin inside the outer ear canal. There are multiple symptoms of varying intensity. Itching and pain are mild to intense, depending on the degree of inflammation and swelling of the skin. The amount of the discharge (pus), which causes blockage of the air column leading to the eardrum, determines the severity of the interference with hearing. A dull fullness may exist for weeks to months with mild skin inflammation. However, a canal with maximally thickened skin will exert pressure on bone and cartilage, resulting in extreme pain and complete clogging of the air passage. This leads to clogging of the air passages and will result in temporary hearing loss and is a common sign of swimmer's ear.

To help prevent swimmer's ear, the ear canal should be kept as dry as possible. This will help maintain the natural protective action of the earwax. A thin mantle of wax prevents maceration (softening) of the skin surface and its acid pH inhibits the growth of bacteria and fungus. Some individuals have very little wax, and just the water that enters the canal from normal bathing or showering becomes trapped and prepares the skin for infection ensuing inflammation. A snug-fitting bathing cap will help prevent the headaches associated with cold water swimming and will also help keep water from washing in and out, taking ear wax with it.

Using comfortable earplugs while swimming will help keep ears dry. A good fit

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Announcements:

- Please make sure to sign up online for jobs for our home meets to help make each meet a success.
- If you have any questions, please contact the office at (219) 838-DAWG (3294) anytime between 9 am - 4 pm, Monday - Friday.



Coaches Corner From the White Group



I would like to start by saying that our swimmers have done an amazing job this season! I have seen so many evolve into some beautiful and talented athletes!

There are some things that could help further improve our swimmers, the main one is coming to practice on time. I notice that more

swimmers come after practice has started. If coming to practice late becomes a habit it will affect

the swimmers in the end. Also, some swimmers will be here but will hide out in the locker room to avoid doing dryland. That has become an issue for the coach's because we have to go out of our way to go into the locker room to address the swimmers to get out on deck when they should have been out there a while ago.

Other than that I think our swimmers are improving tenfold! Keep that dedication and determination going!

Sumbitted by Assistant Coach Taylor Ficek

Mikrut 6th at Mid-States Quad



On Saturday January 4th, Team Indiana won 41 individual and relay events on the way to a first place finish in the 30th Annual Mid-States Championships held at the IUPUI Natatorium. Team Indiana scored 4189.50 points to second place Team Kentucky's 3298.50 points.

The traditional two day format was consolidated into a one day session due to the impending inclement weather in Indiana on the second day of the meet.

Crown Point Swim Club's lone representative, Christian Mikrut, was selected to swim the 13-14 boys 200 Fly. Going into the event Christian was seeded 11th but finished the event 6th after dropping nearly three full seconds to finish with a 2:11.53.

Coaches Corner From Coach John

There are a couple of things that I just wanted to pass along to the parents of my groups of swimmers, the Gold / Black / & Seniors, that I have said to the swimmers on several occasions but not necessarily always to the parents. So I'd like for my group of parents to hear this from my viewpoint.....

While I do believe that this season has started off very well from our beginning two groups, Red & White, I do feel that the older swimmers have been going through more of the said "motions" than anything else and expecting some MAJOR miracles to occur. For those that have participated in swimming at any competitive level, you know, that just isn't a wish that is going to be granted.....no matter how many times you ask Santa or

Coaches Corner From Coach John (cont.)

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rub that lamp!!

I have always started off a season with a promise to my groups that if they show up 100% of the time and give me their full effort to the best of their abilities every day, I will guarantee that I will get them to win SOMETHING at the championship meet they attend that season or it's my fault and I need to change some facet of our training. So far I have had two swimmers ever take me up on that in the past 24 years of coaching and while we didn't win an event, we did have really good follow up seasons. It was a simple challenge that I sent out to our swimmers.....attend AND WORK and then you'll have the success you're looking for. Right now, between my three training groups, we are averaging 58.8% attendance. I kind of look at swimming like school the more time you put in the better you'll get at it. 58% as we all know keeps you in the grade you are in.....it keeps you at the times you are swimming at. Not much hope or chance for improvement.



I have VERY high expectations of my top two club training groups. I expect to see them swimming at the Age Group State Championships, Zones, Junior Nationals, & Senior Nationals. There is no reason that they could not be, sans one. And unfortunately that one has become our greatest team kryptonite. It is the willingness to put in what it takes to be GREAT. I have seen small glimpses off it from some of our swimmers but then it fades. There are times that I feel that some kids take way too much for granted in life, no different than I'm sure I did at times. Today, however, in the "age of instant gratification" it seems like because we show up, we think we should get what we want. Nothing can substitute the advice of what our grandparents told our parents....work hard and you'll get what you want. It's hours upon hours, days upon days, and months upon months of HARD WORK. Only then will we have a chance to achieve what we were hoping to achieve.....our personal goals. But nothing is guaranteed for sure.

So many of our swimmers have the talent to bring to our program what NO OTHER Northwest Indiana swim club has ever achieved.....an Age Group State Championship. It takes a lot of commitment from the swimmers to work hard every day, show up as much as possible, don't make excuses, and follow the design of the program so that they can be seen as one of the best teams this area has ever witnessed. It starts from the bottom up. And while I believe that the bottom is looking on the right track....the top has hit a minor bump in the road and needs to rejuvenate its desires to succeed. I am looking forward to how this season finishes up and am hoping that we can continue at least our top 10 finishes at the Age Group State Championships and at the Senior State Championships.

Swimmers, remember, nothing can replace hard work. Parents, remember, your swimmers will succeed with your constant positive support. Coaches will remember that it takes a lot of help from all involved and the kids are still kids.....but we ALL NEED TO DREAM BIG. The bigger we all dream, the more success we have in life in general.

"What Is Swimmer's Ear?" (cont.)

(Continued from page 1)

will keep water from washing back and forth through the canal. The constant traffic of water in and out of the canal will remove the protective layer of the ear wax and the more one swims, the more wax is washed out. After a workout most swimmers can clear moisture from their ears by tilting the head and shaking it to the side. Warm hair dryers are also very useful in drying the ears after a swimming session. A warm blast of air will effectively dry out the canal in five to ten minutes and enable the ear wax to reform and do its protective job.

If a swimmer loses his earwax easily, then a couple of drops of acidifying eardrops can help prevent the growth of bacteria. Eardrops can be used without a prescription or two drops of household vinegar will also work for most swimmers.

Each case of swimmer's ear is individual and a physician should supervise treatment. Most swimmers will be required to stop swimming for a few weeks but then again; it depends on the individual. If you can wear a well-fitting earplug that will keep water out and also keep in the drainage from your ears so that it will not infect other swimmers, then I believe it is safe to continue your training. However, if the ear plug itself is causing an irritation by touching irritated skin, then the ear plug is not the answer and some time out of the water may be necessary. A sport minded doctor will usually give you a reasonable answer.

Ben Franklin once commented, "An ounce of prevention is worth a pound of cure." For swimmers everywhere who hope to avoid swimmer's ear, his words are quite literally sound advice.

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Workouts and the Common Cold



When swimmers show signs of a common cold should they continue to practice? Sometimes over ambitious swimmers, coaches, and parents choose to treat a cold as a simple inconvenience and push on toward that all important qualifier meet in February.

Using common sense with the common cold is the best policy. Some "colds" may be far more serious infections waiting to become more intense as stress increases and resistance weakens.

Anthony Verde, PhD, exercise physiologist at the Sports Medicine Center in Wayne, Pennsylvania, stated in the June 1990 issue of *The Physician and Sportsmedicine*, "You have a good chance of turning a cold into something more severe by exercising with any intensity during the incubation stage."

However, in the same article, Harvey Simon, MD, assistant professor of medicine at Harvard Medical School

Workouts and the Common Cold (cont.)

provides the following advice to physicians, "Try to reassure your patients that colds and exercise do not interact in major ways. If anything, anecdotal evidence says that some athletes feel better exercising with colds. This would make sense because exercise can increase mucus flow, which might provide relief for upper respiratory tract symptoms."

Edward Eichner, MD, professor of medicine at the University of Oklahoma and an editorial board member of *The Physician and Sportsmedicine* has found that physicians who regularly treat athletes with colds use the following guidelines: (Also from the June 1990 issue of *The Physician and Sportsmedicine*.)

"If the symptoms are located above the neck (runny nose, sneezing, scratchy throat), then exercise is safe...[however]

athletes should not exercise with below-the-neck symptoms such as fever, muscle aches, loss of appetite, and hacking cough with sputum production."



Some parents wonder if it is permissible for swimmers to participate in dryland activities and avoid the water during colds. In fact, breathing the super humid air at the water surface may help relieve cold symptoms. So long as athletes do not have a fever, history of serious virus infections of which the cold may just be the beginning of, or feel weak and lethargic, a light to moderate swimming workout may be beneficial. The Swim Parents Newsletter editorial staff recommends the conservative policy of always checking with your family physician and encourages swimmers, coaches, and parents to remember that an upcoming qualifying meet is not as important as a child's opportunity to recover from a cold.

Published by The American Club Swimming Association

TOP DOGS for the Meets



NASA Winter Classic Invitational - **Jon Weber** - 8.32 second average time drop. 39.78% team best times.

AWESOME JOB DAWGS!!!!!!



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Committment, Pride, Sportsmanship, Character

www.crownpointswimclub.org

Mission Statement

The Crown Point Swim Club is an aquatics program established to provide opportunities for our community through the sport of swimming. We are a USA Swimming and Indiana Swimming member committed to building excellence in athletes through the sport of swimming at the highest levels of competition. We are dedicated to the members of our not-for-profit organization to help provide our services at very little cost to all.

Vision Statement

Building the future of the community through safety in the water, healthy lifestyles, and physical development while achieving excellence in swimming, academics, and life.

Philosophy

Commitment, Pride, Sportsmanship, Character

We stress being committed to excellence both athletically and academically. We take pride in our organization, our athletes, and their families. We teach sportsmanship both in and out of the pool at all times. We build character through life lessons that will take our swimmers past their athletic ca-

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