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In The Dawg House



Kukurugya Makes A Splash In World Cup



Crown Point Swim Club's Hannah Kukurugya was selected by USA Swimming to represent the USA on the last two meets of the World Cup tour in Tokyo, Japan (October 28 & 29) and Singapore (November 1 & 2). She swam several events but shined in two of her specialties, the 100 and 200 Butterfly, posting best times in both meets and winning a Bronze medal the final event, 200 Freestyle Mixed Gender Relay, of the tour.

Tokyo World Cup Results:

100 SCM Butterfly – Prelims - :59.35 12th place
 50 SCM Freestyle – Prelims - :26.14 37th place
 200 SCM Butterfly – Prelims - 2:09.87 14th place
 100 SCM Individual Medley – Prelims - 1:02.90 21st place
 50 SCM Butterfly – Prelims - :28.04 28th place

Singapore World Cup Results:

100 SCM Butterfly – Prelims - :59.26 6th place / Finals – 1:00.05 8th place
 200 SCM Individual Medley – Prelims – 2:15.36 12th place
 200 SCM Butterfly – Prelims – 2:08.96 4th place / Finals – 2:08.77 5th place
 100 SCM Individual Medley – Prelims – 1:04.37 14th place
 200 SCM Freestyle Relay – split :25.19 3rd place

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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.



10 Things To Think About During Swim Practice

It's time to get engaged, and that means thinking during practice. But maybe you aren't sure where to begin. So here's a list of ideas for you!

In the 7 Habits of Highly Effective Athletes, one of the important things swimmers need to do is become engaged during practice. Here are a few more ideas of things to focus on while you battle your way through another "mindless" aerobic workout.

1) LOOK DOWN

Everyone jokes about following the black line all practice, but I've known plenty of athletes who spent more time looking for the wall than down at the pool bottom. Raising your head out of the neutral position does wonky things with your body position – not to mention it can give you a seriously sore neck after two hours. Relaxing your neck to lower your head may, at first, feel like you're burying it. Ask a coach or a teammate to tell you if your senses are giving you accurate information. The waterline should be about mid-cap on the top of your head, deep enough that when you rotate to breathe, one goggle is easily submerged.

2) FINISH PAST THE WALL

Frequently, sprinters are the only ones who seem to grasp this concept – and only during their fast sets. What's the difference between finishing well in a fast set and making sure to touch the wall before lifting your head during warm up? Really, there is none. Your body will do in a race what it has trained to do in practice, and if it has learned two different behaviors in workouts, your body is going to pick the easier one when you're too dead exhausted to tell it differently.

For distance athletes – maybe most races don't come down to touch-outs, but how great is it to be able to brag that you out-touched your competition by .01 in the mile? Or, in a race that isn't supposed to be so close, would you rather explain to coach how lifting your head and gliding on the way in managed to lose you that race by a hundredth?

So here it is – whether it's reps in warm up, warm down, hard aerobic work or guns blazing pace sets, drive hard into that wall. It's not hard to do, and everyone loves down-to-the-wire victory stories. Especially the victors.

3) WHERE'S YOUR HAND?

When you're swimming, can you answer this question? Where do you put your hand in? Where do you lock into your catch on the water, and what's the pattern of your pull? When you do butterfly do you make a key-hole shape, or do you pull straight down like two simultaneous freestyle arm pulls? Knowing where your hand is in the water can help create a physical awareness that will allow you to make adjustments in a set as you get tired. Know what swimming "right" feels like, so you can keep your body engaged as it gets tired.

Also, building a kinesthetic awareness can help you make changes in your stroke – like if you sweep out too wide in your catch, or cross over underneath your body as you pull. Ask a coach to look at your stroke for suggestions.

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10 Things To Think About During Swim Practice (cont.)

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4) COUNT YOUR KICKS

If you do underwater kick sets, counting your kicks is the surest way to get across the pool without panicking that you are going to drown. There's just something about knowing that there are only X more kicks to go before you can surface and gulp in sweet air for a few seconds before having to resubmerge and do it again.

Counting doesn't just help with kick sets though – knowing how many kicks you take off each wall in a race can help you prepare in practice to become better. Experiment – do you swim faster with a few more kicks? Or fewer? Once you know your number, try to maintain it off every single wall. If you're doing repeat 200s, make sure that last wall has the same (or more!) kicks as the first wall. If you don't count, you won't know.

5) COUNT YOUR STROKES

Along the same vein as counting your kicks, counting your strokes provides a good idea of where you are in the pool, and how your training compares to your racing. If you are practicing at race pace and you know you take 15 strokes a length, but today you're hitting 19, think about holding onto more water, and maybe slowing the arms down a little. If you usually are at 15 and today it's only taking 13 strokes to cross the pool, see if you can decipher what's different. Are you going slower? Are you going faster? Are you taking more kicks off the wall than usual? Are you holding onto water better? Knowing what you are doing in practice is a good way towards becoming your best self.

6) WHAT'S YOUR TIME?

While at one point or another, we all want to kill the clock because the sendoff approaches too soon, or time stops and practice takes forever, the clock is a tool for you. Use it. Know your times – on everything. I know my splits for a warm up 300. That's probably overkill. However, knowing how fast your easy is will give you an idea of where you stand before workout even begins for the day. You might feel crappy in the water, but if you look at the clock during warm up and see you're cranking out 1:05s on easy 100s – maybe despite how you're feeling, your body is ready to go today!

The other part of this is remembering your times. I don't know how many times I've heard coaches ask their athletes, "What's a good time for you on this set?" and all they get is a shrug in response, or a wild guess after a minute's hesitation. Don't be that athlete. Know that a 30 second 50 breast might be outside your range on :40, but that you can cruise :28 freestyle 50s on that same interval without breaking a sweat.

7) TURNS

Do not look up when you start a turn. Do not raise your head. Do not grab the wall and try to climb to the ceiling before giving up and resubmerging to push off dejectedly in the other direction. Turns are like finishes for many people – we've got so many of them during practice that we just sort of tune them out. In some aspects,

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10 Things To Think About During Swim Practice (cont.)

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turns are worse because there are so many more. That's good news as well as bad. Because there are so many turns, and because we get sloppy in long sets where we'd rather think about the latest gossip on Facebook or what's for dinner, often we train our bodies to be sloppy where turns are concerned. Heads raised, feet crossed, one-handed open turns – all sloppy. All fixable. Because there are so many turns, if you think about them all the way through that set of 12 x 200, in the space of one set, you can begin to make a difference in your swimming. Pretty cool, huh? The downside is that to keep any alterations you make you'll have to keep thinking – for a lot of practices, until the changes take hold and your body forgets how bad it once was in light of how good it has become.

8) BREAKOUTS

Ever heard another athlete tell her coach that she could have had a great 100 fly, but her breakouts were bad? Got caught under water, kicked too far so her feet were breaking the surface, lost momentum, just plain stopped in the water.

Don't be that swimmer. When you're dealing with breakouts, some sort of speed is key. Gliding to the surface is not okay. Off every wall, you have a chance to figure out what the best way for you to begin swimming is. Coaches can give excellent pointers on things like this one.

9) WHAT'S THE POINT?

Usually I don't condone asking questions during a practice, but if you're really stuck for things to think about, this question can sometimes work wonders. Occasionally a coach will ask you to do something that sounds ridiculous. Maybe it's a 200 of backwards swimming. Maybe it's butterfly with a freestyle kick. Maybe you'll spend twenty minutes swimming in circles without touching the wall – whatever it is, sometimes asking what the point of a crazy notion is, is a good idea. Knowing what you should be striving to accomplish in the set is part of the point, after all – no good going through the motions if you won't be able to gauge your own success!

But don't ask questions when it's an aerobic set you want to get out of. You won't escape.

10) EAVESDROP

If you've run out of things to think about in practice, then this little nugget might get your brain going again. Listen to what your coach tells other athletes. Think about your own stroke, and whether you are doing what your coach is asking someone else to do. This one requires a lot of control: if Coach tells Swimmer A he needs to stop reaching so far on his freestyle and you take the advice, you may not be getting from it what Swimmer A would (if he turned his brain on and listened). Maybe your freestyle arms are already right. The point of eavesdropping is trying to gain nuggets to compare to your own technique and see if there are areas where you might be able to improve. But check with your coach before making any radical changes! Any other thoughts or ideas for things to work on and think about during practice?

Written by Hannah Saiz, SwimSwam.com - November 4, 2014

Notes from the Deck—Red Group, Coach Aly Tetzloff



At practice, it can get a bit crazy in the Red Group, because there are four coaches that all have different levels of swimmers. When one coach can't make it, another coach is there as a replacement. We ask for the parents and swimmers to be patient with this situation. A lot of the swimmers think that only the coach that coaches their lane, they should respect. The kids should respect every coach on the coaching staff. We've noticed that the more kids in a lane, the antsier the kids are. We ask for the parents to have patience, because sometimes we are yelling more and taking up practice time by disciplining the swimmers. Thus, if practice runs over by a couple minutes, understand we ask for your patience and not to get angry with the coaching staff.

The meets have begun this season, and if your swimmer isn't signed up for at least one, you may want to sign them up for a meet as soon as possible. Meets are a great way to prove what they have been learning and working on in practice. Meets are great ways to track improvement throughout the season. It's a great way of interaction for the kids and the coaching staff as well. Coach John has a wide variety of meets, some that are close for the little kids and the farther away meets for the older kids. For the younger kids, swimming at as many meets as they can give them experience. Plus, the younger kids get to interact on another level with the older kids and learn the routes of a meet. Whether it be participating in team cheers or cheering for teammates on the side line. The older kids are always available to help the younger kids at swim meets and a lot of them enjoy helping out as well. Even at practice, the older kids ask to get in the water to help out and teach new strokes and techniques. Make sure, parents, you have your child attend all practices so we, as coaches, can track their improvements made throughout the season.

What Is Swimmer's Ear?

Swimmer's ear (also known as otitis externa) is an infection of the outer ear canal. Symptoms of swimmer's ear usually appear within a few days of swimming and include:

- Itchiness inside the ear.
- Redness and swelling of the ear.
- Pain when the infected ear is tugged or when pressure is placed on the ear.
- Pus draining from the infected ear.

Although all age groups are affected by swimmer's ear, it is more common in children and can be extremely painful.

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What Is Swimmer's Ear? (cont)

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How is Swimmer's Ear Spread in the Places we Swim?

Swimmer's ear can occur when water stays in the ear canal for long periods of time, providing the perfect environment for germs to grow and infect the skin. Germs found in pools and other places we swim are one of the most common causes of swimmer's ear.

Swimmer's ear cannot be spread from one person to another.

If you think you have swimmer's ear, consult your health care provider. Swimmer's ear can be treated with antibiotic ear drops.

Is There a Difference Between a Childhood Middle Ear Infection and Swimmer's Ear?

Yes. Swimmer's ear is not the same as the common childhood middle ear infection. If you can wiggle the outer ear without pain or discomfort then your ear condition is probably not swimmer's ear.



How Do I Protect Myself and My Family?

To reduce the risk of swimmer's ear:

- **DO** keep your ears as dry as possible. Use a bathing cap, ear plugs, or custom-fitted swim molds when swimming.
- **DO** dry your ears thoroughly after swimming or showering. Use a towel to dry your ears well. Tilt your head to hold each ear facing down to allow water to escape the ear canal. Pull your earlobe in different directions while the ear is faced down to help water drain out. If there is still water left in ears, consider using a hair dryer to move air within the ear canal. Put the dryer on the lowest heat and speed/fan setting; hold it several inches from the ear.
- **DON'T** put objects in the ear canal (including cotton-tip swabs, pencils, paperclips, or fingers).
- **DON'T** try to remove ear wax. Ear wax helps protect your ear canal from infection. If you think that the ear canal is blocked by ear wax, consult your health care provider.
- **CONSULT** your health care provider about using ear drops after swimming. Drops should not be used by people with ear tubes, damaged ear drums, outer ear infections, or ear drainage (pus or liquid coming from the ear).
- **CONSULT** your health care provider if you have ear pain, discomfort, or drainage from your ears.



Quote of the Month

"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."

- Michael Jordan, Chicago Bulls, 6 time NBA World Champ, 5 time NBA MVP

TOP DOGS for the Meets



This section is in recognition of those swimmers who have had exceptional time achievements at meets.....

CPSC vs HHSC Dual Meet - **Zeke Huls** - 18.52 second average time drop. 77.30% team best times

UTSC Beginner's Invitational - **Olivia Tokar** - 15.58 second average time drop. 77.63% team best times

Lyons Pride Invitational - **Evelyn Ulloa** - 7.68 second average time drop. 41.91% team best times

AWESOME JOB DAWGS!!!!!!



Phone: 219-838-DAWG (3294)
E-mail: coach.john@sbcglobal.net

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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