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In The Dawg House

2013 Summer Season & Banquet Awards



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The Crown Point Swim Club would like to congratulate its 2013 Summer Season Award winners. Each season, CPSC awards several of its swimmers for high achievements both in and out of the pool. This season's award recipients are as follows:

Academic Excellence Awards –

A/B Honor Roll – Jordan Andras, Gabriella Arena, Connor Clark, Alyssa Click, Andrew Downey, Elyse Duerig, Noriann Gubins, Carmen Hernandez, Santo Jann, Christian Letcher, Rebekah Letcher, Caroline Lodovisi, Grace Mikrut, Jonah Peterson, Kaitlin Phillips, Zach Rauh, Kate Ryan, Meridith Sianta, Morgan Sianta, Karina Snoddy, Joe Sullivan, Ty Thorn, Baleigh Thorn, Ben Wendorf, Nathan Wendorf, Abbey Werner, Alexis Werner, Cameron Zimmerman, Hope Zimmerman.



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.



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2013 Summer Season & Banquet Awards (cont.)

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A Honor Roll – Jordan Artim, Autumn Davids, Megan Davids, Nathan Davids, Aidan Duerig, Jake Hektoen, Evan Holland, Michael Holland, Anthony Huls, Nick Huls, Kristian Kirilov, Ryan Kozlowski, Katie Krick, Rachel Krick, Sarah Krick, Molly Kubal, Hannah Kukurugya, Alex McCormick, Anna McCormick, Christian Mikrut, Nikolai Petkov, Rylin Sherron, Nathan Tufts

National Elementary School Honor Society – Grace Mikrut, Baleigh Thorn

National Jr Honor Society – Hannah Kukurugya, Rebekah Letcher, Christian Mikrut

Dean's List – Blake Yeager (South Dakota State University)

Athletic Excellence Awards-

Dedicated Dog Awards (Highest Attendance % for each training group): Ruby Monroe (White - 91%), Morgan Hegyi (Black-91%), Caroline Kruit (Gold-89%), Joey Karczewski (Senior-93%), Kristian Kirilov (Red-96%), Christopher Letcher (Red-96%), and Nikki Pudlo (Red-96%)

Most Improved Swimmer Awards: Kristian Kirilov (Red), Carly Kruit (White), Kaitlin Gardner (Gold), Jordan Andras (Senior), and Nathan Wendorf (Black & Overall Team)

“Top Dog”/ Top Performers of the Season

(Highest average time drop over the season): Helen Swinford (Red), Grace Mikrut (Black), Christian Mikrut (Gold), Brian Voas (Senior), and Baleigh Thorn (White & Overall Team)

Junior National & National Qualifiers: Hannah Kukurugya (finished season ranked 21st in the 100 Butterfly & 20th in the 200 Butterfly for 15-16 girls in the nation) and Aly Tetzloff (finish season ranked 9th in the 50 Freestyle, 7th in the 100 Freestyle, and 11th in the 100 Butterfly for 15-16 girls in the nation)

True Spirit of Sportsmanship Award (in recognition of undying sportsmanship in practice & competition): Caroline Kruit

Spirit of Excellence Award (in recognition of expectations exceeded through dedication, determination, and desire): Aly Tetzloff

Team Awards:

CPSC finished the 2013 Long Course swim season ranked in the Top 24% of swim clubs in the nation, finished 24th at the Age Group State Championships and 9th at the Senior State Championships, setting 30 individual Meter team records, 13 individual Yard team records, and 1 relay Yard team record. CPSC was awarded USA Swimming's Bronze Medal Club status for the 2013 year.

Pros and cons of the “Paleo” diet for swimmers

BY CHRIS ROSENBLOOM, PHD, RD, CSSD

A 15-year old swimmer recently asked me about “going paleo.” She trains six days a week for two hours a day and cross trains several days a week. Some people at her gym suggested she follow the paleo diet and they told her “they feel better and seem to have more energy.” The Paleolithic (“paleo”) or “caveman” diet is based on the idea that early men and women ate wild game, wild plants, roots and berries and that those foods are best

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for our body. Of course, the life expectancy of cave men and women was not very long compared to modern folks, but is the paleo diet a good plan for swimmers?

Paleo diet plans are so popular that they are becoming like the “dummies” series; the paleo diet for men, for women, for athletes, for children, and even the paleo pet! The paleo diet includes low-fat protein like bison, grass-fed organic beef, lamb, pork, chicken and turkey. Wild-caught fish is also recommended. Roots, wild greens and non-starchy vegetables, as well as some nuts, seeds and berries that were foraged by men and women a very long time ago are also allowed on the diet. What is not included is grains (like wheat, rice, pasta, oats, cereals), potatoes, legumes (beans, like kidney beans and black beans and peas, like chick peas), peanuts and peanut butter, dairy foods (milk, cheese, yogurt, ice cream) and processed meats like luncheon meats, bacon, hot dogs and fast food burgers.

The pros of the paleo diet include the elimination of highly processed foods (cavemen didn’t have soft drinks, Kool-Aid or chocolate-covered pretzels). It also includes lean meats that are lower in fat and saturated fat compared to the usual burgers, steaks and chops. Vegetables are often sorely lacking in the diets of young people, so including greens and other veggies is good for athletes. Nuts and seeds provide protein and healthful fats. A paleo diet might also help young athletes eat “clean” and appreciate nourishing foods.



The cons of this plan are the elimination of most carbohydrate-rich foods. Swimmers need carbohydrates, and it is hard to get sufficient carbs to support hard training on the paleo diet. There are only so many rutabagas and turnips you can eat before you are craving a baked potato or PBJ sandwich. The elimination of dairy can also pose a challenge to young swimmers, as dairy foods supply calcium and vitamin D in greater amounts than other calcium-containing foods. While it is true that we don’t need to drink milk or eat yogurt, we do need the nutrients found in those foods. I know I could not live without yogurt!

I applaud young swimmers who want to improve their diets but before you go paleo, seek the advice of a registered dietitian nutritionist who can modify any meal plan to make sure you have the fuel and nutrients that you need to perform your best.

Chris Rosenbloom is the sports nutrition consultant for Georgia State University Athletics and is the editor of the Academy of Nutrition and Dietetics Sports Nutrition Manual, 5th edition, 2012. She welcomes questions from swimmers, parents and coaches. Email her at chrisrosenbloom@gmail.com.

REMINDERS

FACILITIES:

We have been reminded from the HS staff that we need to make sure to keep to the pool area. If you are waiting for your child to be done with swimming AND you have other children that are not swimming, please make sure that all children you are responsible for stay either in the stands or in the hall outside of the pool area. NO CPSC members are allowed to use the fieldhouse without the permission of the HS administration. We do not have permission to be utilizing any other parts of the HS facility other than the pool. Thank you for your help with this!

MEET SIGN UPS:

Once the meet deadlines pass, no changes can be made to the entry of the meets. Please make sure to check to see if you have signed up your swimmer(s) PRIOR to the deadlines for each meet. You can always change your commitment to meets PRIOR to deadlines passing. Make sure you know when these deadlines are as they are emailed to each member when the meets are posted on the website. If you have problems locating the deadlines, please contact the office or see Coach John after practices to help you with this.

PARENTS ON DECK:

This is just a quick reminder that parents are not allowed on the pool deck during practices. Instead of walking your children on deck, please take a second to give them the instructions of what you want them to do (i.e.; put clothes in bag, leave bag on deck, don't forget something, etc.) and then let them learn from their own mistakes. If you find something missing, please let us know immediately and we will find it if it was left. You are more than welcome to walk them into the locker rooms, just NOT on the pool deck.

TOP DOGS for the Meets



What an amazing finish to our 2013 Summer Season!!

NWISC Conference Championship - **Max Spomar** - 14.37 second average time drop. 69.37% team best times.

Senior State - **Greg Logothetis** - 8.74 second average time drop. 68.60% team best times.

Age Group State - **Evan Holland** - 4.59 second average time drop. 78.33% team best times.

Junior Nationals - **Hannah Kukurugya** - 1.98 second average time drop. 40% team best times.

To finish off the season, the team posted a 68.00% average 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-

2013 Club Sponsors

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