

PAWW POST

The Wizard Way

TOP NEWS OF THE MONTH

SUMMER SCHEDULE

PAWW again this year secured 50 meter practice lanes at the YMCA for our Black 2 swimmers!

This resulted in a few changes to the previously released summer schedule.

The summer schedule with changes has been finalized and can be found on page 8 of this issue.

IMPORTANT INFORMATION

>>> 5/10: Pekin NO PRACTICE

>>> 511-5/12: Away Meet

>>> 5/12: PEORIA No Practice (away meet)

>>> 5/17: PEKIN No Practice (graduation)

>>> 5/20: Board Meeting @ 7 pm.

IMPORTANT INFORMATION

**THE 2024 LONG COURSE
SUMMER SCHEDULE BEGINS
JUNE 3RD.**

**THE APRIL/MAY PRACTICE
SCHEDULE WILL END ON
JUNE 2ND.**

**THE LAST SUNDAY PRACTICE
OF THE SEASON WILL BE ON
JUNE 2ND.**

COACH MIKE AND I WENT TO A COACH'S CONFERENCE LAST WEEKEND AND LEARNED SOME GREAT THINGS FROM MANY COACHES AND FROM A BRILLIANT SPORTS PSYCHOLOGIST NAME ALAN GOLDBERG.

I WANTED TO WRITE TO ALL OF YOU ABOUT THE MENTAL ASPECTS OF COMPETING IN SWIMMING. AS YOU MAY HAVE NOTICED RECENTLY, THE COACHING STAFF HAS BEEN VERY DILIGENT ABOUT MAKING SURE YOU ARE DOING THINGS PROPERLY DURING PRACTICE. THERE ARE 2 REASONS FOR THIS.

BEFORE I EXPLAIN THE REASONS FOR THIS, I NEED TO EDUCATE YOU ON CERTAIN PARTS OF THE BRAIN. THERE ARE 3 MAJOR PARTS - FRONT BRAIN, MID BRAIN, HIND BRAIN. YOUR FRONT BRAIN FOCUSES ON THINKING, THE MID BRAIN CONTROLS EMOTIONS, AND THE HIND BRAIN FOCUSES ON KNOWING - THINGS WE HAVE DONE OVER AND OVER.

DURING PRACTICE, WE WANT YOU TO BE FOCUSING ON USING YOUR FRONT BRAIN, CONSTANTLY THINKING ABOUT STROKES, TURNS, STARTS, TECHNIQUE, STROKE COUNT, UNDERWATERS, ETC. IN OTHER WORDS, WE WANT YOU TO USE YOUR FRONT BRAIN DURING PRACTICE.

THE SECOND REASON WHY WE HAVE BEEN SO DILIGENT WITH OUR FEEDBACK IS TO PREPARE YOU AS BEST WE CAN FOR THE RACE. THE MORE REPETITIONS DONE CORRECTLY, THE BETTER YOUR RACE SHOULD BE. IN OTHER WORDS, BY THE TIME YOU GET TO THE RACE, YOU HAVE DONE IT SO MANY TIMES, YOUR RACE SHOULD BE GREAT. WE WANT YOU IN THE HIND BRAIN DURING THE RACE.

WHICH BRINGS US TO RACING. LET'S LOOK AT WHAT HAPPENS DURING GOOD RACING VS. BAD RACING.

A. BAD SWIMS

I. IN YOUR HEAD

II. OVERTHINKING

III. RACE FOCUSES ON THOUGHTS.

IV. EXPECTATIONS/GOALS/OUTCOME

V. TRY TOO HARD AND SHUT DOWN.

VI. WHEN AN ATHLETE BRINGS THEIR GOALS TO A MEET, THE ATHLETE CREATES A SENSE OF URGENCY.

DURING BAD SWIMS, THE SWIMMERS ARE USUALLY IN THEIR HEADS, TOO BUSY IN THEIR FRONT BRAINS FOCUSING ON THINGS THEY SHOULDN'T BE, NOT ON THE SWIM ITSELF.

NOW LET'S TAKE A LOOK AT WHAT WE ARE THINKING ABOUT DURING GOOD SWIMS.

B. GREAT SWIMS

I. THE ATHLETE IS IN THE EXPERIENCE.

II. VERY LITTLE THINKING

III. RACE FOCUSES ON FEEL OF THEIR MOVEMENT.

IV. STAYS LOOSE.

V. NO EXPECTATIONS

VI. TRUST AND LET IT HAPPEN.

DURING RACES, THE ATHLETE SHOULD BE FOCUSING ON THE HIND BRAIN ACTIVITIES. THEY SHOULD BE FOCUSING ON THE FEEL OF THE SWIM RATHER THAN THE OUTCOME OF THE RACE.

HAVE YOU EVER NOTICED THAT THE ATHLETES DON'T PUT PRESSURE ON THEMSELVES IN PRACTICE? WHY WOULD WE WANT OUR ATHLETES TO BEHAVE DIFFERENTLY AT A MEET THAN IN PRACTICE?

DR. GOLDBERG SUGGESTS SWIMMERS COME UP WITH A PRE-RACE RITUAL THEY CAN DO BEHIND THE BLOCK TO KEEP THEM CALM AND FOCUSED ON THE "NOW". INSTEAD, FOCUS ON THE FEEL (EXAMPLES THAT SOME SWIMMERS DO IS SLAPPING THEMSELVES, OTHERS USE MUSIC TO DROWN OUT THE NOISE, MANY DO DEEP BREATHING TO CALM THEMSELVES). FIND WHAT IS COMFORTABLE FOR YOU AND LEARN HOW TO APPLY IT TO YOUR PRE-RACE RITUAL.

FINALLY, THE COACHING STAFF IS WORKING TO TEACH OUR ATHLETES HOW TO MANAGE THE UNCONTROLLABLE. YOU CANNOT CONTROL THE PERSON SWIMMING IN THE LANE NEXT TO YOU, HOW LONG THE STARTER HOLDS YOU ON THE BLOCK, OR IF YOUR GOGGLES BREAK RIGHT BEFORE THE RACE. YOU CAN CONTROL YOUR RESPONSE TO THOSE THINGS. WHEN YOU START WORRYING ABOUT SOMETHING YOU CANNOT CONTROL, YOUR BODY PHYSIOLOGY CHANGES. YOUR MUSCLES START TIGHTENING UP, YOUR BREATHING GETS FASTER AND SHALLOWER, AND YOU START TO GET COLD HANDS AND FEET. INSTEAD OF WORRYING, FOCUS ON THE FEEL IN THE “NOW”. MAKE SURE YOU CONTROL YOU.

BOARD OF DIRECTORS

WE ARE HERE TO SERVE YOUR NEEDS



May Director Spotlight, Olga Happel

Olga is a mom, business professional, and the Parent Club Committee Chair on the Board. Her family moved to the Peoria area from California several years ago. She has twin daughters who have been swimming with PAWW ever since. They also love summer and high school swim, but PAWW has their heart!

Olga holds a Master's Degree in Business Administration from the University of Illinois. She is a Technology Manager at RLI Insurance Company leading a team of business analysts and a Product owner responsible for customer facing technologies.



Olga.Happel@pawswim.org
Parent Committee Chair



Brandon.Crull@pawswim.org
President



Scott.Mousty@pawswim.org,
Treasurer



Lindsey.Sefried@pawswim.org
Secretary



Mike.Gardiner@pawswim.org
Vice President



Matt.Heberer@pawswim.org
Facilities Chair



Jana.Soviar@pawswim.org
At-Large

BOARD OF DIRECTORS

SERVING PAWW



Paul.Walliker@pawwswim.org
Programs Chair



Kelly.Hamilton@pawwswim.org
Fundraising Chair



Julee.Amerman@pawwswim.org
At-Large



Karen.Gast@pawwswim.org
Membership Chair



Derek.Amerman@pawwswim.org
Head Coach



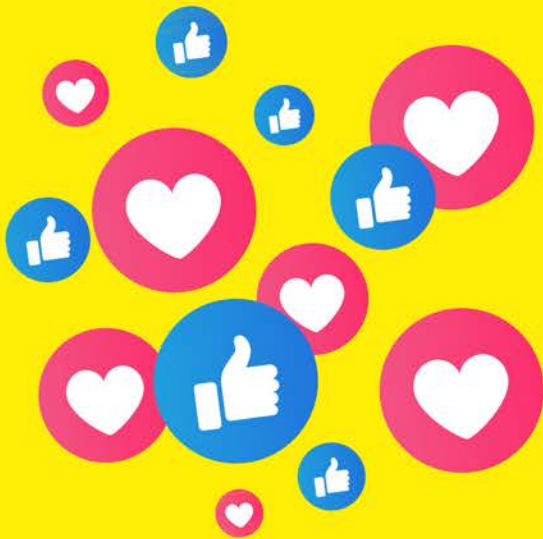
Brenda.Buley@pawwswim.org
Office Administrator

CONTACT US

Not sure which Board Member to contact. You can email everyone pictured here
via: pawwboard@pawwswim.org



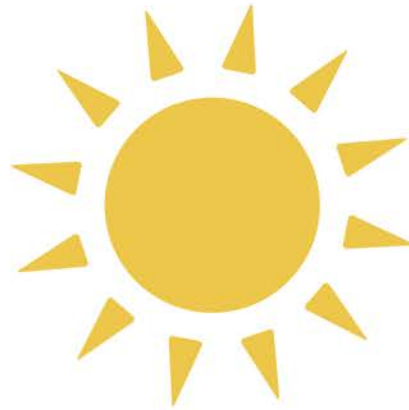
***VOLUNTEERS
NEEDED***



**Help us celebrate our swimmers!
Volunteer to keep social media
up-to-date!**

karen.gast@pawwswim.org

FINAL



Summer practice schedule for June-July

	White	Yellow	Blue	Black 1	Black 2
Monday AM	9:30-10:30	9:30-11:00	8:00-9:30	8:00-9:30	6:00-7:30 at Y
Monday PM	6:00-7:00	6:00-7:00	6:00-7:30	4:00-5:30	4:00-6:00
Tuesday AM	Off	Off	*7:45-10:00	*7:00-9:15	*7:30-10:30
Wednesday AM	9:30-10:30	9:30-11:00	8:00-9:30	8:00-9:30	6:00-7:30 at Y
Wednesday PM	6:00-7:00	6:00-7:00	6:00-7:30	4:00-5:30	4:00-6:00
Thursday AM	Off	Off	Off	*7:00-9:15	*7:30-10:30
Friday AM	9:30-10:30	9:30-11:00	8:00-9:30	8:00-9:30	6:00-7:30 at Y
Saturday	12:00-1:00	12:00-1:30	*9:15-12:00	*7:00-10:00	*7:00-10:00

* drylands as part of practice

Blue Drylands - Tues 7:45-8:15, Saturday - 9:15-9:45

Black 1 drylands - T/TH 8:45-9:15, Saturday 7:00-7:45

Black 2/HP Drylands - T/TH 7:30-8:15, Saturday 7:00-7:45



HOTEL BLOCKS

STAY WITH THE TEAM!

May 10-12: Kendall Pickering at UIC

Embassy Suites Chicago Lombard Oakbrook
700 Butterfield Road, Lombard, IL



\$169 + tax/night
RSVP by 4/19/2024
630-969-7500



May 31-June 2: JETS Summer Classic

Holiday Inn Express & Suites
1773 Fountain Park Drive, Schererville, IN



\$199 + tax/night
RSVP by 4/30/2024
219-865-3301



HOTEL BLOCKS

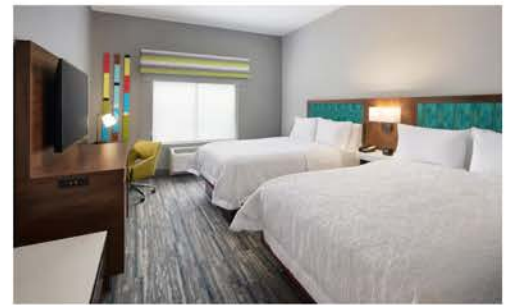
STAY WITH THE TEAM!

June 20-23: FRST Prelim/Final

**Hampton Inn & Suites
361 Paris Drive, Franklin, IN**



**\$169 + tax/night
RSVP by 6/1/2024
317-668-5080**



July 5-7: Champaign HEAT

**Holiday Inn Express & Suites
1003 Killarney Street, Urbana, IL**



**King: \$154+ tax/night
Queens: \$164+tax/night
RSVP by 6/5/2024
217-328-0328**



HOTEL BLOCKS

STAY WITH THE TEAM!

Senior State



Age Group State



Hotels in the area do not have enough rooms for a block!

WE SWIM & SWAG!

THE PAWW TEAM STORE



PAWW's year-round team store



To order, click the link
on our homepage.
www.pawwswim.org

ADD TO CART



LOBBY CHARTS EXPLAINED

IF YOU VISIT THE LOBBY AT THE PEORIA CENTRAL PARK POOL, YOU MAY HAVE NOTICED THE CHARTS WITH THE SWIMMER'S NAME. THESE MOTIVATIONAL CHARTS ARE A TOOL FOR SWIMMERS TO SEE THEIR PROGRESS THROUGHOUT THE SEASON. THE CHARTS WILL BE UPDATED AFTER MEETS TO SHOW IMPROVEMENTS AS WELL AS ACHIEVEMENT OF USA SWIMMING MOTIVATIONAL TIMES AND ILLINOIS SWIMMING CHAMPIONSHIP GOALS (CUTS) BY AGE GROUPS.

SO WHAT DO THE STICKERS REPRESENT?

FOR OUR NEWER AND YOUNGER SWIMMERS, YOU MAY NOTICE FEWER PAW AND STAR STICKERS THAN WITH THE OLDER KIDS. THIS IS DUE TO THE FACT THAT ALL KIDS UNDER 10 ARE TRYING FOR THE SAME MOTIVATIONAL TIMES AND CUTS AS A 10 YEAR OLD. BUT WE STILL WANT TO SHOW PROGRESS, IN AN EFFORT TO DO SO WE HAVE THE SMILEY FACE STICKERS THAT WILL BE PLACED ON THE CHARTS FOR EACH 1ST TIME SWIM OR NEW BEST TIME ON AN EVENT.

FOR OUR OLDER MORE EXPERIENCED SWIMMERS, THE CHARTS ARE USED FOR TRACKING GOALS. TAKE A LOOK AT THE KEY NEXT TO THE POSTERS. YOU WILL SEE THE FOLLOWING VERBIAGE ALONG WITH A CORRESPONDING STICKER.

ILLINOIS SWIMMING CHAMPIONSHIP TIMES

ZONES - QUALIFYING MEET TIME OF A AAA.
STATE - QUALIFYING MEET TIME BY AGE GROUP.
REGIONALS - QUALIFYING MEET TIME BY AGE GROUP.
NATIONAL AGE GROUP MOTIVATIONAL TIMES

AAAA: TOP 2% IN YOUR AGE GROUP, NATIONALLY.
AAA: TOP 6% IN YOUR AGE GROUP, NATIONALLY.
AA: TOP 8% IN YOUR AGE GROUP, NATIONALLY.
A: TOP 15% IN YOUR AGE GROUP, NATIONALLY.
BB: TOP 35% IN YOUR AGE GROUP, NATIONALLY.
B: TOP 55% IN YOUR AGE GROUP, NATIONALLY.

THESE CATEGORIES ARE SET UP BY USA SWIMMING AND ILLINOIS SWIMMING AS TARGETS FOR SWIMMERS TO COMPARE WITH OTHER SWIMMERS ACROSS THE NATION. YOU MAY NOTICE WE HAVE SOME REAL TALENT HERE AT OUR POOL! THE PAW STICKERS REPRESENT THE DIFFERENT NATIONAL CATEGORIES, WHEREAS THE STAR STICKERS REPRESENT QUALIFYING TIMES TO PARTICIPATE IN CHAMPIONSHIP MEETS.

WHAT DOES AGING UP MEAN?

AGING UP MEANS THAT YOU ARE MOVING ON TO THE NEXT AGE GROUP WITH TOUGHER STANDARDS. YOU MAY NOTICE THAT YOUR 10 YEAR OLD DOES NOT APPEAR ON THE 10 AND UNDER CHART, THEY ARE ON THE 11-12 CHART. THERE IS A REASON FOR IT. THE CHARTS ARE ORGANIZED BY AGE GROUP BASED ON THE CHILD'S AGE AS OF FEBRUARY 22, 2024. THIS DATE IS IMPORTANT BECAUSE IT DETERMINES WHAT AGE GROUP THE SWIMMER FALLS INTO AND WHAT TARGETS AND CUTS THEIR CHAMPIONSHIP POST SEASON WILL BE BASED ON.

STAY INFORMED!



SOCIAL MEDIA



PAWW & PAWW PARENTS CLUB



PAWWSWIM



@PAWWSWIM



SMS: GET TEXT UPDATES

Computer Instructions: Log into PAWW account. Click on “Account Info.” Located “Mobile/SMS” field. Enter cell number. To the right of that field, locate the field labeled “Carrier.” Toggle to your carrier. Click “Save” on the bottom right of the screen. Two numbers may be entered.

You may also enter a Mobile/SMS on each swimmer’s profile page. Select the “Member’s” tab at the top of the page. Select your swimmer’s name. Enter your swimmer’s name. Enter the Mobile/SMS 7 Carrier in the correct fields. Select the green “Save” button on the bottom right of the screen.

THANK YOU TO ALL OF PAWW'S GENEROUS SPONSORS!



UNLAND
INSURANCE & BENEFITS

<<< CORPORATE >>>



**MILES CHAUTER
FOUNDATION**

<<< GRANTS & FOUNDATIONS >>>



<<< IN KIND >>>

McD
REMARKABLY UNCOMMON.



Tres Rojas Winery



SWIM MEETS

Date

Host

Location

May 11-12	UIC, Kendall Pickering	**Chicago, IL
May 31-June 2	JETS Summer Classic	**St. John, IN
June 7-9	Capital City Classic	Springfield, IL
June 21-23	FRST Prelim/Final	**Franklin, IN
June 29	PAWW Summer Sizzler	Peoria, IL
July 5-7	Champaign Heat	**Champaign, IL
*July 12-14	Regionals	East Moline, IL
*July 18-21	Age Group State	St. John, IN
*July 25-28	Senior State	**Westmont, IL
*August 1-4	Central Zone Championship	Fargo, ND
*August 6	IL Open Water Championship	Lake Manteno, IL

*Denotes time standard qualification meet

**Denotes room blocks will be or are available.