

HYDRO HYPE

HYDRO NEWS AND UPDATES



WELCOME

Welcome back Hydro Families! We are excited to once again bring you our monthly newsletter.

Inside you will find:

Custom Team Gear
Available at
SwimOutlet

Welcome our Newest
Coach: Mark Cox

Upcoming Events

Coaches Spotlight:
Chris Fulton

Hydro Birthdays

*How to Handle the
Plateau by Scott Bay*

*8 Facts About Sleep
and Athletic
Performance*

Swim Tools

A MESSAGE FROM COACH BRENNAN

Hydro Families and Athletes,

It is with great pleasure that we can present you with this Second Edition of the 2024 Hydro Hype Newsletter! As we continue to roll through our fall season, we have plenty of exciting events and experiences to look forward to. I hope you all are as excited as I am for what's to come.

To kick off our Fall season, we had the pleasure of hosting our annual Hydro Fall Classic! The energy and excitement of the team was second to none, and the coaching staff enjoyed seeing many of our swimmers racing side-by-side! On another note, I want to extend a thank you, not only to our amazing athletes but also to our volunteers for their participation during the Classic. For our team to prosper during these events, the inclusion of our families is vital. It is with your help that our athletes will receive the most engaging experience, not only during our meets but throughout the year as a whole.

As always, the goal of this newsletter is to also serve as a tool for communicating with our families about what is on the horizon for Hydro. We hope that the topics presented here find you well and that you are as entertained as you are informed!

All the best,

Coach Brennan Gravley





CUSTOM HYDRO TEAM GEAR

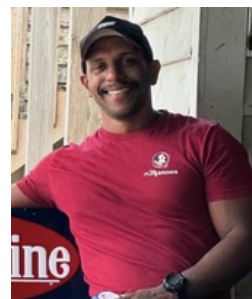
Are you someone looking for some new Hydro gear for your athlete? Or maybe you're someone just looking for a new practice suit or a new piece of equipment? Or maybe you're a swim parent who wants a Hydro t-shirt for swim meets?

Our Custom SwimOutlet website has everything you're looking for! By clicking on our custom link, you will be directed to our product line that offers all of our Team Products, including Hydro team suits, t-shirts, shorts, and more!

In being part of Hydro, it is especially important that our athletes have Hydro gear for our swim meets! Whether it's our team suit or a Hydro sweatshirt, we want to make sure our athletes can represent their club. Feel free to access our Team Store to find what you're looking for!

To shop at the Hydro Swim Club Store, visit the link or scan the QR code below:

<https://www.swimoutlet.com/collections/hydroswimclub>



WELCOME COACH MARK COX

As of Late August, we have had the pleasure of adding Mark Cox to our Hydro Coaching Staff! Coach Mark was an excellent swimmer himself, and brings plenty of high-level experience to our Hydro culture.

As an athlete, Coach Mark helped the Sarasota Sharks to 3 YMCA National Titles. After completing high school, Coach Mark attended Florida State University, where he swam for Coach Neil Harper. Mark attended Olympic Trials in 2008 and 2012, and also attended World Championship Trials in 2009!

You can currently find Coach Mark working primarily with our Bronze Group in Ormond. Say hello if you see him on deck!

To read more about our coaches, scan the QR code below to visit our Hydro Team Website.



UPCOMING EVENTS

OCTOBER 11TH-13TH

Bolles October Spook-Out in Jacksonville, FL

OCTOBER 27TH

Hydro Halloween Pentathlon! Our second home meet of the year, this time with a Halloween theme!

NOVEMBER 15TH-17TH

Patriot Aquatics Invite in Altamonte Springs, FL

NOVEMBER 24TH

USRP Thanksgiving Meet. A fast, one-day meet right here in Daytona Beach!

OCTOBER-NOVEMBER

Be on the lookout for plenty of High School Invites, as well as the Districts, Regionals, and State Championships!

OCTOBER/NOVEMBER BIRTHDAYS

.....

10/2

Caroline Price

10/8

Brennan Ehlen

10/8

Brady Jones

10/8

Carter Olsen

10/11

Peter Horan

10/12

Michael Varela

10/24

Remi Templeton

10/26

Emily Willard

10/27

Brody Smurdon

11/1

Scott Bay

11/1

Callahan Calkins

11/9

Nelanee Fulton

11/13

Nathan Wang

11/14

Axel Dragstedt

11/17

Noelle Dragstedt

11/21

Samantha Roberts

11/30

Kylie Hucka



COACH SPOTLIGHT: CHRIS FULTON

.....

Coach Chris has been with Hydro since the very beginning! His inclusion with the team began with his two daughters, Nelanee and Zoe, who have been swimming for more than a decade. Coach Chris currently works with our Blue Group, and you can find him on deck in Port Orange and in Ormond!

Coach Chris is a certified Stroke and Turn Official, as well as a Starter Official. In his past, Chris was a Volusia County Lifeguard, a 3x Regional Crossfit Qualifier, and a professional surfer! Chris has been happily married to his wife, Kellee, for 28 years, and they currently reside in Ponce Inlet.

When it comes to the sport of coaching, Chris enjoys seeing kids develop as swimmers and as people. He also hopes to not only develop athletes but also to have a positive influence on their development as people! As a coach, Chris wants his athletes to know that he believes in them and that with their own belief in themselves, anything is possible!

Number of Years Coaching: 4

Favorite Stroke to Coach: Breaststroke

Favorite Stroke to Swim: Breaststroke

Favorite Drill: Breaststroke "Under the lane line" Drill

Memorable Swim Moment: Watching my girls swim from age 4 until now!

Favorite Motivational Quote: "Just Do It."

Favorite Restaurant/Food: The Garlic, New Smyrna Beach/Italian

Favorite Swim Meet Snack: Bananas

HOW TO HANDLE THE PLATEAU

Reaching the next level has its ups and downs, and sometimes it's just flat.

Scott Bay



It happens to everyone.

You go to practice, you have perfect attendance, and you are putting in the work, but somehow you just can't drop time. What is worse is that sometimes it seems you are working harder to hang on to the same times... or worse yet, adding time. There are lots of reasons for this, but it is important not to let it lead to negative thoughts. There are an infinite amount of reasons for a plateau, but here are some of the most common:

- **You Grew** - You are spending a lot of energy as a human just by growing! Sometimes this takes away from the energy and power you have for swimming faster and faster times. What is more notable is that you have your body parts in a different place, and your muscles are getting used to all the levers being in a different place.
- **Training Load** - Growth spurts aside when you start to increase your training load in order to be successful at the next level, it takes a while for your body to adjust. You may find yourself being a little more tired, which is normal. Your body is figuring out how to adapt to the new level. For some, it takes longer than others.
- **You Got Stronger** - If you have been killing it in dryland, you likely have gotten stronger. This can often lead to swimmers trying to overpower the water a bit, which can have an adverse effect on their improvement. Lots of this comes down to making some subtle changes so that you are making the most of those gains rather than applying brute force.
- **Technique Changes** - It's true that your technique will evolve over time, and rightly so based on what you read above. As you learn how to best use your new body, your new training load, and your new strength, lots of things with the way you swim are also going to change. Sometimes it takes a little more time to figure it out.

How to handle it.

This is super frustrating for every swimmer at every level. How you handle it will make a big difference in how long your plateau lasts, and what you can do if it happens again. This begins and ends with attitude. If you know it is going to happen (and it will happen), you can choose how to deal with it. The first step is to recognize that sometimes you have to take one step back to take two, three, or more steps forward. Look at some of the potential reasons for your plateau and talk to your coach. It is normal to be frustrated with a plateau, but your coach can help you through it. You can also try to be more thoughtful about your swimming in practice. It is not just mindless laps. Try to find something you want to do better each trip down the pool. Similarly, think about how you are moving through the water. As you get stronger and grow, everything will change. Next, don't be a grumpy gills. Yes, it is okay to be disappointed in a swim, but once you've given yourself a minute to be upset, yourself a minute or two to be upset, you'll want to look forward to the next swim and be positive. Lastly, the best way to turn that plateau around is to be the best teammate you can be. Having a rough meet? Cheer for your friends. It will give you energy. When you get past the plateau, the energy you gave to your teammates will be returned, and it will be amazing!

SIX FACTS ABOUT SLEEP & ATHLETIC PERFORMANCE



Along with nutrition, sleep is one of the most important factors in helping to grow as an athlete. In order to recover from our daily workouts, it is essential that we prioritize our sleep! Here are a few facts about sleep that can help you understand why it is so important:

#1: **Poor sleep can lead to less stamina.** With swimming being an aerobic-based sport, this fact could be very detrimental to our fitness in the water.

#2: **Your accuracy and reaction time suffer when you lose sleep.** Think of the precision of swimming! Starts, flip turns, breakouts...we need these items to be sharp!

#3: **Not enough sleep may lead to more injuries.** According to the American College of Sports Medicine, athletes who get 7 hours of sleep or fewer per night for periods of 14 days or more are up to 1.7 times more likely to sustain a musculoskeletal injury.

#4: **Good sleep improves glucose metabolism, which leads to increased energy and a better mood.** If you want to make your days a little brighter (and practice a little more exciting) you'll benefit from those extra hours!

#5: **Lack of sleep can lead to a greater risk of illness or immunosuppression.** Especially with the winter season coming up, this one will be very important!

#6: **More sleep can simply make you faster.** A Stanford study of men's basketball players found that when athletes increased their nightly sleep from 7 hours to 10 hours, their speed on their half-court and full-court sprints increased. A similar study found that times to the 15-meter mark for swimmers decreased when their sleep increased by two hours per night. In short, getting more sleep every night may be the simplest way to help you in becoming a faster swimmer!

FIND US ON SOCIAL MEDIA

FACEBOOK

<https://www.facebook.com/HydroSwimClub>



INSTAGRAM

<https://www.instagram.com/hydro4swimming>



TAG US ON SOCIAL:

#HYDROSWIMCLUB
@HYDROSWIMCLUB

SWIM TOOLS

SwimSwam & Swimming World

Want to keep up with all the fast swimming in our sport? Look no further than these swim news websites! SwimSwam and Swimming World are two of the most popular websites for swimming updates in the United States. Following the exciting news of our sport is also a great way for our swim parents to become more familiar with what swimming is all about!



Why should I become an official?

Becoming an official is a rewarding opportunity to support your swimmer, have the best spot on deck to watch your swimmer race, and meet a great group of people while completing your volunteer hours! There are no prerequisites in terms of your time on the team, the age and experience level of your swimmer, or prior swimming participation in your younger years. Officials also receive a \$25 credit each day they work a meet! To learn more about how to become an official, visit the link or scan the QR code below:

<https://www.gomotionapp.com/team/szflsc/page/officials>



What is MEET MOBILE?

Meet Mobile is an essential swimming app for swimmers, coaches, parents, and family. Meet Mobile provides real-time meet results. You can see meet results for HSC and teams worldwide. You can follow your favorite swimmers and teams. You can see heat sheets, lane assignments, real-time results, and more.



QUESTIONS?

Do you have specific questions or inquiries related to your swimmer?
Please reach out via email at hydro4@vfymca.org.