

# 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:

New Team Name & New Coaches!

Upcoming Events

Coaches Spotlight

Teammate Birthdays

*The Power of Habit*  
by Dr. Scott Bay

*Stretching*  
Why it's important!

FAQs

### A MESSAGE FROM COACH BRENNAN

Hydro Families and Athletes,

We are delighted to welcome you back to the September Issue of the Hydro Hype Newsletter! As the Fall Season kicks off, exciting times lie ahead in the coming months. We trust that you will find the extended information engaging and share in our anticipation for what is on the horizon!

The Hydro Hype Newsletter serves as a vital tool in our ongoing commitment to enhance communication among swimmers, coaches, parents, and administration. Effective communication is essential in upholding our culture and advancing our achievements.

A special note of gratitude to our Hydro parents...

Thank you for your unwavering commitment, devotion, and support towards Hydro culture! We could not do it without you. Your daily efforts not only nurture our young athletes into skilled swimmers but also foster their growth as exceptional individuals. Your pivotal role is instrumental in our collective success.

*Coach Brennan*





## NEW TEAM NAME

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As of this Autumn, we have officially changed our Team Name from Hydro4 Swimming to Hydro Swim Club!

With this name change, please be on the lookout for new information regarding our team outfitting and merchandise, as our logos will also change.

In our partnership with SwimOutlet.com, families can purchase new gear at our Hydro Team Store!

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

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



## NEW COACHES

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We would like to welcome two new coaches to our team, Coach Karen Castaneda (right) and Coach Will Carson (left)! Notably, both of our new coaches are current and former members of Hydro, with Coach Karen being a part of our Masters group and Coach Will having swam as an age-group athlete with Hydro for over 6 years!

You can find both of our new coaches working with our White and Bronze athletes in both Ormond and Port Orange! We are excited to have them on our team and look forward to what they can bring to Hydro culture!

To read more about our coaches, visit our *Coaches* section on our Hydro Team Website.

## UPCOMING EVENTS

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### SEPTEMBER 6TH-8TH

Hydro Fall Meet. Our first home meet of the 2024-2025 season! We look forward to seeing all our new Hydro athletes, as well as our returning ones!

### SEPTEMBER 28TH-29TH

Episcopal Amberjax Meet (EAJ) in Jacksonville at the Walton Aquatic Center.

### THROUGHOUT SEPTEMBER

High School Season has begun with plenty of dual meets occurring this month!

## SEPTEMBER BIRTHDAYS

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**9/1**

Richard Kaneaster

**9/4**

Arthur Simpson

**9/12**

Addison Bone

**9/12**

Julianne Tricano

**9/13**

Aiden Kiesel

**9/16**

Emma McMillan

**9/18**

Coach Tom H

**9/20**

Coach Frank

**9/22**

Luke Moyer

**9/22**

Alex Rudik

**9/23**

Finnian Hinman

**9/26**

Pierre Youssef

**9/28**

Coach Brennan

**9/29**

Dominick Goddu



## COACH SPOTLIGHT: GEENA

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Coach Geena has been working mainly with our White and Blue groups for the past year. She grew up swimming competitively and started her coaching journey with Special Olympics Florida. With a childhood in sports and a strong passion for health, she obtained a degree in Sports and Exercise Science with a specialization in Coaching from UCF.

When she's not on deck, you can catch her at the park with her dog, paddle boarding, or taking a yoga class. Coach Geena has coached at all 3 Hydro locations, but you can now find her primarily at Ormond.

Number of Years Coaching: 3

Favorite Stroke to Coach: Backstroke

Favorite Stroke to Swim: Breaststroke & Freestyle

Favorite Drill: Tarzan/Lifeguard Swim, 3-5-7-3 Breathing, Shoots, and using the pull buoy!

Memorable Swim Moment: Coaching the Florida Gators Swim Camp while working with Olympic athletes and coaches.

Favorite Motivational Quote: "Nothing ventured, nothing gained."

Favorite Restaurant/Food: Tacos!!

Favorite Swim Meet Snack: Trail Mix

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## THE POWER OF HABIT

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***You will do what you have always done unless you make a conscious change to improve...and your performance will reflect it.***

*Scott Bay, 2016 U.S. Masters Coach of the Year*

### **We will call him 'John'...**

John has come to the pool 4 days a week for literally 10 years. He is a Masters swimmer, and despite the coach's best efforts at convincing him otherwise, John usually likes to do his own thing. However, he often expresses frustration with the program for a lack of progress, even though all of the others in his peer group are making significant progress. Same pool, same coach, same workout (except John), and yet no progress? The reason is simple...others were willing to change their habits. Fair warning...Changing habits is a messy business!

### **What is a Habit?**

Habits are things we do so routinely that we don't even think about them. There are good habits and bad habits (healthy eating and exercise vs. poor nutrition and sedentary life) but there are also cognitive and performance habits when it comes to swimming that are slightly different. Habits in swimming are those things that you know you should do but oftentimes don't. The key to creating a good habit is to make it so routine that it takes no effort at all and is automatic.

### **A Good Analogy We Can All Relate to...**

Cognitive and performance habits are those that at first are difficult, but with careful attention to purpose and outcome, can become like second nature to us. So here is the analogy: if you have ever watched a toddler learning to walk, you notice that they are unsteady on their feet, and every movement is both awkward and deliberate. This is because it is a new skill, and it requires concentration and skill development. After a while, walking is so effortless both cognitively and physically that we find other things can be done at the same time...such as carrying on a conversation or getting lost in a million other thoughts. But how does this relate to swimming habits? Something as simple as walking can translate into the little things in swimming. These are good habits to work on.

- **The Push-Off** - There are as many different iterations of a push-off as there are swimmers in the pool. A good suggestion is to make a habit of the way you push off the wall in a race. The cues we use in our program are head up, knees up, and toes up. During a properly executed flip turn, your head, knees, and toes are all facing at least a little toward the top of the pool. Pushing off that way from the moment they jump in gets swimmers into the habit of being powerful in that position.
- **Streamlines** - Yes, we all have this unreasonable need for oxygen and want to get air as soon as possible. What some swimmers may not realize is that you can work on being a better swimmer and getting air faster by developing a strong streamline. This starts with making it a habit! We all know what a good streamline is, but doing it off every wall is what makes it a habit. The more you do it, the less of a chore it becomes.



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- **Breakouts** - Just like streamlines, breakouts are a matter of putting effort in, rather than simply going through the motions. The first stroke of each lap is what creates momentum for the remaining distance! At first, it may be challenging because you must devote mental and physical energy, but as before, enough effort will lead to less concentration and more habitual success!

## The Payoff

We have all seen age groupers and senior swimmers crank out a good time in a meet, despite sloppy turns, loose streamlines, and some cringy mechanics that are simply reliant on great fitness. Some of us have also been privileged enough to see a 50-something teach those same youths a lesson in doing it better, and as a result, faster! As the Power of Habit demonstrates, it can be both entertaining and instructive!

## STRETCHING: WHY IS IT SO IMPORTANT?

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Many of our athletes this past summer had the chance to stretch as a group during the FLAGS and Senior Champs competitions. These prehabilitation exercises are great for getting our athletes ready to swim...but what about after?

Static stretching, which is to stretch without any movement, is incredibly important in maximizing recovery, mobility, and injury protection!

Although the water is incredibly healing, it can also put a lot of stress on our muscular tissue. If we do not focus on taking time to recuperate from this stress, it can have a negative impact on our development as an athlete. This is why stretching as a form of recovery is equally as important as the workout itself!

### Sample Stretching Routine

- Seated Single-Leg Hamstring Reach (1 min. each side)
- Seated Pretzel Stretch (1 min. each side)
- Posterior Arm Across and Hold (45 sec. per side)
- Standing Triceps Stretch (45 sec. per side)
- Pec Stretch (45 sec. per side)  
Tip: Use a doorway to maximize this stretch!
- Butterfly Stretch (1 min.)

## FIND US ON SOCIAL MEDIA

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### FACEBOOK

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



### INSTAGRAM

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



### TAG US ON SOCIAL:

#HYDROSWIMCLUB  
@HYDROSWIMCLUB

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## FAQS & SWIM TOOLS

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### **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/szfillsc/page/officials>



### **What do I wear to a swim meet?**

Swimmers and parents should wear Hydro shirts if they have them! If not, they can always wear navy and/or sky-blue colors. Parents and swimmers can order their own Hydro t-shirts via our SwimOutlet Team Store (under the [Merchandise](#) tab on our Team Website)! Parents and swimmers can also order their own Hydro t-shirts a couple of times per year when orders go out!

### **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?

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Do you have specific questions or inquiries related to your swimmer?  
Please reach out via email at [hydro4@vfymca.org](mailto:hydro4@vfymca.org).