



Crown Point Swim Club

In The Dawg House

COMMITMENT, PRIDE, SPORTSMANSHIP, CHARACTER

February 2010
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MONDAY MARCH 1ST, 2010 AT CROWN POINT HIGH SCHOOL 5:30 WARM-UP/6:15 START

Entries will open at 5pm on the day of the time trial.

Swimmers must supply a timer in the events that they are needed.

Fees:

\$5.00 per event

\$1.50 Indiana Swimming surcharge per swimmer (one time charge).

Warm-ups start at 5:30 p.m. and will run for approximately 45 minutes.

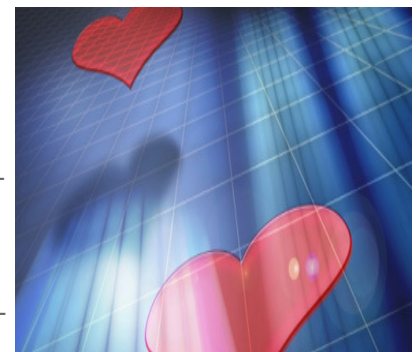
Upcoming Events :

- * Parent/Board Meeting
Wed. Feb 17th @ 5:45 and 7pm
- * TESTING DAYS
2/17 + 2/24
- * Conference 2/19-21
- * LCB Pre/Fin 2/26-28

Swimming: The love of our lives - USA Swimming

For some of us, this Valentine's Day will be filled with chocolates, flowers and romantic surprises. For others, it will go down as just another day on the calendar.

However you plan to spend your day on February 14, we creatures of the water all share one love – the sport of swimming. Read on below to find out why National Team athletes and coaches, as well as USA Swimming staff members love our sport.



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Swimming: The love of our lives *continued*

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Quotes:

- "I love swimming due to the social aspect of practice and meets--- laughing and having a great time with my best friends!! J" – *Caroline Burckle, 2008 Olympian*
- "I love the excitement at big meets." - *Aaron Opell, National Team '09-'10*
- "In the years since I have been done with the sport, I frequently go back to the greatest lesson I learned from the sport: You can only worry about what's going on between your lane lines.
- "I love the race and the challenge of pushing myself to the limits. Winning is fun, but I truly love a good race regardless of the outcome." – *Margaret Hoelzer, two-time Olympian*
- "I love swimming because of the people. That's how it was when I was an athlete and it remains the same now. Maybe it's because the sport, the water, or your teammates and competitors can so easily challenge and humble you, but everyone that's in it is passionate and enjoying it." – *Russell Mark, National Team Biomechanics Director*
- "I love swimming for the life skills and lessons it's given me: the importance of long and short range planning, the value of consistency, the result of hard work, the skill of staying focused, working as a team, and most importantly, the confidence in myself it's given me and how it affects everything I do." –*Mariejo Pasion, USA Swimming Coaching Coordinator*
- "I love the goofy chlorinated people affiliated with this sport! J" - *Kim O'Shea, USA Swimming Make a Splash Program Manager*
- "I love to watch athletes start believing in the hard training that they are doing and seeing it all pay off!" - *Courtney (Shealy) Hart, Georgia Tech Head Coach*
- "I love swimming because I love being in great physical shape and challenging myself on a day to day basis. Swimming also gives me the opportunity to set goals and work towards them during a season." - *Peter Vanderkaay, three-time Olympian*
- "What I love about swimming is what I love about what it takes to be a team. I love that you get to see your teammates and your opponents at their best and at their worst, and they you. And we keep coming back - we keep choosing our sport and each other. It makes for great camaraderie, sportsmanship and competition. And that you smell like chlorine all the time. That always made me giggle to myself." - *BJ Bedford, 2000 Olympian*
- "I love swimming because of the friends I have made and continue to make in the sport, I also love the healthy lifestyle we live as swimmers." - *Kim Vandenberg, 2008 Olympian*

For Parents - from USA Swimming

Understanding Athlete Progressions of Training

Knowing what to expect and being able to support your child through the phases of training as they progress through the sport is an important responsibility for any swim parent.

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From ages 6-14 athletes are in what we call the generalized phase. Coaches are trying to build base fitness and endurance while focusing on proper technical development of the strokes, starts and turns. This pre-pubescent and pubescent stage of growth and development is the aerobic and technical foundation for more intense and specialized work in the next phase. During the generalized phase, especially for the younger age-groups (6-10 years) structured play, games, establishment of rules, structure of practices and more experience at swim meets is should be some of the major focuses.

From age 11-14 your swimmers may be going through puberty and where peak height velocity or their growth spurt can take place. This is when their bodies change and where they're learning how to maneuver in their new skin. Some athletes may seem sudden performance gains while others may plateau or even see a decline. It's especially important in this phase of training that athletes focus on technical development, off-events, are even encouraged to participate in other sports. Athletes learn more about race strategy.

The second phase of training is Specialization. Athletes have gone through or may be on the tail end of puberty and have entered adolescence. In this phase, if athletes can have had a

solid base, can start to work at higher intensities and put in higher quality workouts. Athletes really begin to refine race strategy and take more responsibility for their own training.

Because their bodies are more physically developed some athletes are ready to begin a structured dry-land program. This is also where athletes start to focus on just one sport and put in more time at the pool.

The final phase of training will hopefully take them to a very successful and satisfying end of career and where the athletes fully mature physically and emotionally within the sport. Athletes in this phase are really ready to put on more muscle mass, training at top end speeds, and also realize the importance of other training factors such as sleep, nutrition and psychology. Athletes in this phase are usually highly motivated and with the right program and guidance can really reach their full potential.

Although these phases are generalizations you can often see characteristics overlap into different phases. Depending on the growth and development of your athlete, some characteristics described may be seen either or earlier or later. What's important is the base knowledge of the progression that usually occurs and to be able to apply it to your athlete.

For Swimmers *from USA Swimming*

Becoming A Champion: Talent Development

There are three phases of talent development:

Phase 1 : Introduction/Foundation

- o Approximate years in phase = 5
- o Age of athlete: 4.5-9.6 years

Phase 2: Refinement/Transitional

- o Approximate years in phase = 4
- o Age of athlete: 10.6-14.6

Phase 3: Elite Performance

- o Approximate years in phase = NA
- o Age of athlete: 15.4 +

Our focus will be on the final 2 phases and how it pertains to you as an athlete.

In the Refinement/Transitional Phase it's important that you are still enjoying the sport. What are the things about swimming you love? Why do you come to practice every day? Being able to answer those questions and continually remind yourself of why you enjoy the sport will help keep you motivated as you progress through.

Don't be afraid to want to win and strive for those goals, BUT what's even more important than that is to give your best, consistent effort in practice and in competition. This is the phase where you start to understand the process of performing; just showing up to practice isn't enough, but being focused, working hard, eating right and enough sleep are also major factors.

Having other activities outside of the pool is important so don't forget to also keep your focus on school work, home responsibilities or possibly other sports you are good at. As you mature through this phase, take initiative to be more involved in decision making and your training. *(continues to page 5)*

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In the final phase, remember who you are as a person and that you're not just an athlete/swimmer. This is the phase where you are the main motivator and have control of your own destiny. Your equipment, knowing when meets are and the events you're swimming, and being where you're supposed to be is primarily your responsibility.


Remember that sports are a game of highs and lows and to work to stay emotionally even. What's important to remember that many of the same themes will resurface from phase to phase. Be consistent, know your role as the athlete and continue to work on life skills and good sportsmanship throughout all phases.

February Birthdays



Balko, Hayley	2/19
Basting, Caleb	2/12
Bustos, Sydney	2/27
Caudillo, Colin	2/12
Dixon, Jessica	2/5
Doyle, Ashley	2/5
Krapf, Ryan	2/6
Kukurugya, Michael	2/16
Lambert, Jake	2/13
Powell, Lauren	2/3
Sawaska, Adisyn	2/16
Wilck, Kennedy	2/12
Yukich, Jessica	2/1

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	2 W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	3 R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	4 HS Girls Sectionals <i>NO Practices</i>	5 R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	6 HS Girls Sectionals <i>NO Practices</i>
7	8 B/G/S: 3:30-5:00pm <i>Early practice due to home Boys HS Hat Trick Invitational @ 6pm</i>	9 W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	10 R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	11 W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	12 HS Girls State R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	13 HS Girls State
14 UTSC 10 & U All Area Finals	15 R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	16 W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm <i>Exec. Board Mtg: 7 pm</i>	17 <i>Testing Day</i> R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm <i>Parent/Board Mtg: 5:45-7</i>	18 HS Boys Sectionals <i>NO Practices</i>	19 NWISC Conference Championships @ Highland HS	20 HS Boys Sectionals NWISC Conference Championships @ Highland HS
21 NWISC Conference Championships @ Highland HS	22 R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	23 W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	24 <i>Testing Day</i> R: 5:15-6:15pm W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	25 W: 5:15-6:45pm B: 6:15-8:15pm G/S: 6:15-8:30pm	26 HS Boys State R: 5:15-6:15pm W: 5:15-6:45pm LCB Prelim/Final Invite	27 HS Boys State LCB Prelim/Final Invite
28 LCB Prelim/Final Invite						

CPSC ACADEMIC HONOR ROLLS

Jessica Lopez - GOLD - 3.935 GPA, High Honor Roll
Sarah Lopez - BLACK - A/B Honor Roll
MacKenzie Artim - GOLD - 4.000 GPA, Principal's Honor Roll
Jordan Artim - WHITE - A Honor Roll
Kelsi Artim - GOLD - A/B Honor Roll
Aly Tetzloff - GOLD - High Honor Roll
Brianna Tetzloff - WHITE - A Honor Roll
Cara Hubster - BLACK - A Honor Roll
Katie Krick - RED - A Honor Roll
Sumaiyah Ahmad - SENIOR - 3.143 GPA, B Honor Roll
Katie Ruess - WHITE - A/B Honor Roll
Collin Henson - SENIOR - A Honor Roll
April Przyborski - BLACK - A Honor Roll
Greg Logothetis - GOLD - 3.857 GPA, A/B Honor Roll
Anna McCormick - BLACK - A Honor Roll
Kennedy Wilck - GOLD - A Honor Roll
Brianna Shoemaker - GOLD - A Honor Roll
Brooke Kiran - GOLD - 3.700 GPA, A/B Honor Roll
Caleb Basting - BLACK - 3.949 GPA, A Honor Roll
Alex St. Amour - GOLD - 3.760 GPA, A/B Honor Roll
Liz Markiewicz - SENIOR - 4.000 GPA, A Honor Roll
Michael Kukurugya - SENIOR - A Honor Roll
Hannah Kukurugya - GOLD - A/B Honor Roll
Andrew Gianfermi - GOLD - 4.000 GPA, Principal's Honor Roll
Jack Gardner - WHITE - B Honor Roll
Taylor Sturgis - WHITE - A Honor Roll
Connor Clark - BLACK - A/B Honor Roll
Grace Mikrut - RED - A Honor Roll
Christian Mikrut - RED - A Honor Roll
Moiz Rasheed - WHITE - A/B Honor Roll
Daniyaal Rasheed - RED - A Honor Roll
Autumn Flenar - RED - A Honor Roll
Hannah Raspopovich - SENIOR - 4.00 GPA, High Honor Roll



We will continue to recognize swimmers in following newsletters if parents bring in reports cards after semesters cards have been sent out .

COMMITMENT, PRIDE, SPORTSMANSHIP, CHARACTER



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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 careers and into being outstanding leaders of the future.

2010 Club Sponsors

GOLD LEVEL

Dr. Donald Kvcharzyk

SILVER LEVEL

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Airey Financial Group

Centier Bank

Gerry Scheub - County Commissioner

Fair Oaks Dairy Farm, LLC

Dental Professional Laboratories, Inc.

BRONZE LEVEL

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Dawn Food Products

Illini Hi-Reach, Inc

Smith Ford

Edward Jones - Tim Swallers

Hektoen Enterprises, Inc

Commercial Waste Systems

Keilman Austgen & Sinal, P.C.

George W. Harper, D.D.S.

Hayes Family Chiropractic

www.method360.com

Shelly VanDenBurgh, State Representative

Meijer

D&S Beatty Enterprises

Buddy and Pals LOFS

Generate Sales & Marketing Solutions

Elite Dance Academy

White/Peterman Properties

Servicemaster Advantage

Aker Construction, Inc.

C. W. Transport, Inc.

Accutek Electronics

Optimist Club of Crown Point

A Conservative Café

Naylor Pipe Company

The Plumber

Bogart-Smith Optometry

Indiana Wesleyan University

Barb's Classic K-9 Cuts / Southlake Pet Care Kust-M-Tint

Streiber, Rueth & Schuman P.C.

Powell & Associates

