



ON DECK

This newsletter will be distributed to athletes quarterly: March 1; June 1; Sept 1 and Dec 1.

March 2016

ILSwimming News

The ISI Nominating Committee is in the process of gathering a slate of candidates for election to open positions on the Illinois Swimming Board of Directors.

For more info, click [HERE](#)

Kendall Pickering of the Hinsdale Swim Club broke the 10 and Under 100 SCY Backstroke record in a time of 1:03.62, while Jaeddan Gamilla of the Maverick Swim Club has broken the 10 and Under 400 SCY IM record with a time of 4:56.81. Congratulations to both athletes!

Good Luck to all swimmers in the Discover Student Loans Illinois Swimming Winter Regionals, Short Course Senior Championships and Short Course Age Group Championships!

ILLINOIS SWIMMING PARTNERS WITH OCEAN'S APPAREL FOR SCHOLARSHIP PROGRAM

Illinois Swimming, in partnership with Ocean's Apparel, will launch a scholarship program in April, whereby two scholarships to Illinois Swimming member athletes in the amount of \$1,000 each will be awarded to two students. The scholarship winners will be announced at the 2016 Annual Athlete Recognition Banquet.

To be eligible for these awards, applicants must be currently registered USA Swimming athletes who will be graduating high school as a Class of 2017 member. Sons and Daughters of Illinois Swimming staff or Board of Director members will not be eligible for the scholarships.

Check the Illinois Swimming website in early April for more details about the scholarship and how to apply.





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Brian Anderson
Grace Ariola
Azra Avdic
Avery Braunecker
Charles Cole
Matthew Elliott
Erin Falconer
Kayla Filipek
Jonathan Grodecki
Daniel Hein
Sam Iida

Kirsten Jacobsen
Andrew Jovanovic
Meghan Lavelle
Jonathan Lieberman
Lacey Locke
Joseph Milinovich
Caitlynn Moon
Almog Olshtein
Maciej Olszewski
Jae Park
Melissa Pish

Melissa Postoll
Alexis Preski
Daria Pyshnenko
Franco Reyes
Mary Schneider
Max St. George
Ingrid Wall
Justin White
Samuel Wilcher
Annika Winsnes
Alexis Yager

2016 OLYMPIC TRIALS QUALIFIERS

The chart to the left identifies current Illinois Swimming Members that have qualified for the 2016 Olympic Trials, June 26- July 3, 2016, in one or more events.

Follow us on social!

Staying up to date with meets, events and other breaking news pieces about Illinois Swimming isn't always easy. We have made an effort to lighten your load, making it easier for you to always be in the loop.

Twitter: @ILSwimming
Facebook: Illinois Swimming
Blog: ilswimming.wordpress.com
#ILSwim #ILSwimming

Lyons Wins IHSA Boy's State Championship

Congratulations to Lyons Township High School and every swimmer who competed in the IHSA Boy's State Championships on February 26-27 at Evanston Township High School.

Following Lyons was Naperville Central, with Hinsdale Central (third), Notre Dame (fourth) and New Trier rounding out the top five.





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Grace Ariola is swimming her way to the 2016 Olympic Trials



in prime position to earn a spot on Team USA at the 2016 Games in Rio. With a history of successful races for Grace, it is hard for her to select one that is the most memorable, but a swim-off in Singapore for Team USA against a swimmer from Ukraine sticks out in her mind. Grace's confidence was evident as she stepped up to the pool, trusting that her backstroke, her favorite stroke, would continue to bring her good luck.

"I got this feeling that was so awesome. All of a sudden, I knew I was going to win," Grace said, reflecting on her pre-race routine. "There was no doubt in my mind. Before we jumped in for the start, I looked in the stands and saw Team USA all cheering for me, and only me, and the feeling intensified. I just *knew*."

Her gut feeling was accurate, because 29.10 seconds later, Grace's team was rioting in celebration from the stands in celebration of her win for Team USA.

Grace told her mom at age six that she wanted to be a swimmer, and has excelled in the sport ever since. She played basketball and softball when she was younger, but claims to have been terrible at both sports. Although she tries to avoid watching sports other than swimming, Grace admires the strength and grace of Olympic gymnasts.

Because she leads such an active lifestyle, especially while in training, you can find Grace relaxing with a good book, doodling in a notebook, curled up watching *The Office* on Netflix, or eating mint chocolate chip ice cream

Grace Ariola has certainly made her mark on Illinois Swimming. As the 15-year-old swimmer looks forward to her first appearance at the Olympic Trials next summer, Grace has a lot of achievements in her past swimming career to be proud of as well.

With an eye on next summer's Trials in Omaha, Nebraska, June 26-July 3, 2016, Grace practices in the pool nine times per week, which adds up to about 20

hours of swimming. She spends time envisioning herself racing at the Trials and pushing herself to the limit to allow her dreams to become a reality. Grace proves by example that hard work, hours of practice and a lot of determination propels you a long way.

Grace's dedication has paved the way for her to compete at next summer's Olympic Trials, and put her





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while being mesmerized by her favorite movie, *Avatar*. Maybe you can even catch her familiarizing herself with the actors in the TV shows and movies that she is keeping up with, which Grace refers to as her “small obsession.”

Grace is only a sophomore at Normal Community High School, but her college career is creeping up quickly. Grace hopes to attend a Division 1 school, located somewhere warmer than Illinois. She may want to pursue grad school afterwards to become a forensic scientist or pathologist.

Grace has a lot of bright swimming seasons in her future, and becoming a possible Olympian and D1 athlete is only the beginning.

“Honestly, I will be happy with my career when I know I reached my full potential in the sport, wherever that takes me,” Grace said. She believes that there are many lessons you learn as an athlete and, more specifically, a swimmer. The most valuable lesson to her has been not to let your swims define you as a person.

“You are not your swims, races or practices,” Grace explained. “If you have a bad race now, it won’t matter later. Sometimes you just have to laugh it off and learn from it.”

Swimmers like Grace Ariola are rare and refreshing. Illinois Swimming is thrilled to support her as she competes in the 2016 Olympic Trials, and is excited to see where her swimming career takes her.





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SIX THINGS TO REMIND YOURSELF DURING TAPER

Courtesy of [Bryana Cielo](#). SwimSwam

1 – THE WORK IS DONE.

You've trained for months. You've put in the grueling hours of practice that it's time to taper down from. Enjoy the change. Have confidence in what you've done thus far, and believe it will pay off in your races. With that said, though...

2 – THIS ISN'T THE ONLY TIME DURING THE SEASON YOU CAN GO FAST.

Just because it's taper time, doesn't mean that it's the end-all-be-all. Taper, in its many forms, works differently for everyone, and for some, not at all. Have confidence that you will go fast, but don't put too much emphasis on these next few weeks.

3 – EAT HEALTHY.

Just because you're done with high intensity practices for a little while, doesn't mean you should let other aspects of your training go awry. Your body will be burning less calories than it is used to, so it is easy to overeat during taper. In order for you to perform at the highest level possible, your body needs to be fueled with the right foods and plenty of water. Junk food, especially the days before and of the big meet, will do absolutely nothing for you.

4 – STOP MAKING CHANGES.

This is probably one of the only times you will ever hear those three words in the sport of swimming. It is always beneficial to work towards fixing your technique, except during taper. Trying to make last minute changes during taper can hinder your performance. Not only is a week or two not nearly enough time to make a permanent change, but trying to change your stroke in those final days will just confuse you. Stay focused on swimming fast.

5 – YOU EARNED IT.

An old coach of mine has a saying that really stuck with me: "It's not the arrow, it's the Indian". Your performance in the pool doesn't depend on anything except yourself. Your tech suit didn't train 15+ hours a week for three months, you did. On the other hand, if you didn't give it your all, there's no one to blame but yourself. Your coach didn't cause you to skip practice, and your mind didn't force you to think negatively. All of the factors that determine how successful you will be are dependent on how hard you are willing to work. Taper isn't magic: it doesn't work unless you do.

6 – HAVE FUN.

Just like any other meet, stress will hinder your performance rather than help it. Smile and enjoy the experience. Remember why you chose swimming in the first place.





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2016 ILLINOIS SWIMMING SCHEDULE

Event	Location(s)	Date(s)
Illinois Swimming Senior Championships	Univ. of Illinois/Chicago	March 3-6
Arena Pro Swim Series	Orlando, FL	March 3-5
Illinois Swimming Age Group Championships	Univ. of Illinois/Chicago	March 10-13
Central Zone Speedo Spring Sectionals	Pleasant Prairie, WI	March 12-15
NCSA Junior Nationals	Orlando, FL	March 15-19
NCSA Age Group Championships	Orlando, FL	March 22-25
Spring House of Delegates Meeting	Bloomington, IL	April 17
Arena Pro Swim Series	Mesa, AZ	April 14-16
Arena Pro Swim Series	Charlotte, NC	May 12-15
Arena Pro Series	Indianapolis, IN	June 3-5
Arena Pro Series	Santa Clara, CA	June 3-5
Omaha Cup	Omaha, NE	June 16-17
Central Zone Multi-Cultural Camp	Omaha, NE	June 16-19
Grand Prix	Santa Clara, CA	June 18-21
Central Zones Open Water Championships	Pleasant Prairie, WI	June 23-24
USA Olympic Trials	Omaha, NE	June 26-July 3
Central Zone Speedo Summer Sectionals	Minneapolis, MN	July 15-18
Illinois Swimming Summer Regionals	Decatur, IL	July 17-19
	Lyons HS	
	Mundelein HS	
	Niles North HS	
	Rock Island, IL	
Illinois Swimming Age Group Championships	Pleasant Prairie, WI	July 28-31
NCSA Summer Championships	Indianapolis, IN	July 28-Aug. 1
Illinois Swimming Senior Championships	Univ. of Chicago Natatorium	Aug. 4-7
Central MegaZones Age Group Championships	Indianapolis, IN	Aug. 4-7
Rio 2016 Summer Olympic Games (Olympic Swimming Events)	Rio de Janeiro, Brazil	Aug. 5-21
(Olympic Open Water Events)		Aug. 6-13
Phillips 66 National Championships	San Antonio, TX	Aug. 6-10
Speedo Junior National Championships	Minneapolis, MN	Aug. 8-12
NCSA Summer Championships	Indianapolis, IN	Aug. 9-13
Rio 2016 Paralympic Games	Rio de Janeiro, Brazil	Sept. 7-18

