

Morning Swim Practices:

The Early, Early, **EARLY** Bird Gets The Workout



Taking the Plunge. Sophomore Molly Clow dives into the water during morning practice with fellow Marian teammates. The Marian swim team practices as early as 5:20 each morning. Photos by Abbey Furlow.

Kyra Lindholm

It's dark. This is typically the first thought that swirls through a swimmer's mind when she opens her eyes at 5:30 in the morning. The alarm clock numbers are glaringly bright as they display a time that most people don't see on a regular basis. The moon and stars are still shining in the blackness of the morning when the cars belonging to the Marian swim team girls pull out of their garages.

While the freshmen may have their reservations about beginning morning practices for the first time, the older members of the team have slightly different feelings

on waking up for this season. "It's not as bad this year," senior Chloe Wilwerding said. "I remember my freshman year we had practice every morning at 5:20. We woke up at 4:45 every day during the school week."

Up until this year, the swim team practiced at Montclair Community Center for both morning and afternoon practices. This high school season, however, the swimmers get the opportunity to swim at UNO's pool in their new Mav-Rec Campus Recreation building. The new pool is such an upgrade that many people wonder why the swim team hasn't made the switch of facilities before now.

Money isn't a factor, considering that there was no increase in renting cost between UNO and Montclair. "I have never contacted UNO before now, but I just decided to try it and see if they would rent the pool to us," Coach Dave Anderson said, very pleased with the transition this year. "We have six blocks now, a great facility and we get to swim in yards instead of meters."

While the pool venue has changed, the morning practices remain. Morning practices now last from 6:00-7:15, which is a nice chance to sleep in compared to the previous 5:15-7:00 morning practices. The freshman swimmers this year have mixed feelings about the morning practices. Before

her first morning practice, freshman Erin McClellan said, "I'm kind of excited, but at the same time I'm worried about how hard it will be to wake up that early. I'm also nervous that it will be hard to go to morning practice, then school, then afternoon practice."

Everyone knows the swimmers from their signature wet hair, sleep-deprived eyes and that lovely chlorine smell following them everywhere they go. The other students can't help but sympathize when they see the swimmers practically crawling up to their third-floor classes after a tough practice.

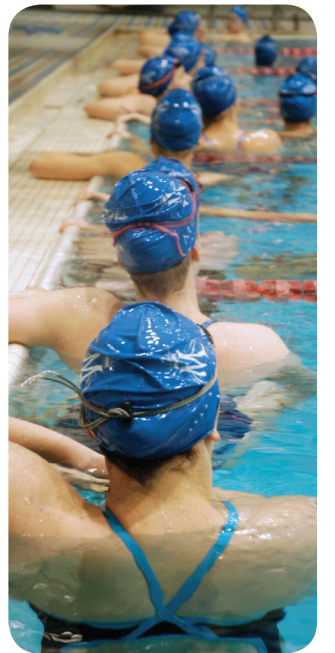
Not only are they up much earlier than their fellow students in the morning, but they are also performing under a rigorous workout routine. Even the swimmers themselves question the need of morning practices every once in a while. "We need to get in the water more than once a day because of the physical requirements demanded by the sport of swimming," said Anderson.

Along with a new pool, Anderson has revamped morning practices to include dryland training as well as swimming. "Yeah, I guess I was kind of excited to go back to morning practices, but not as much after today," sophomore Alexa Gross said. Understandably so. The first morning practice of the season consisted of having the swimmers run, hop and jump up the nearly vertical stairs in UNO's pool viewing/seating area. The routine was designed to focus on leg strengthening and quick feet, which helps with starts and turns.

"Dryland is important to develop general fitness out of the water to increase performance in the water," Anderson said.

Swimming is a sport unlike others. Practices can contain a mixture of running, pushups, swimming with resistance parachutes and sprinting. Eventually days begin to blend

together, and sometimes swimmers can't tell the difference between the darkness of the morning and that of the night. "Practices in the morning are definitely hard to get up for," senior KT Lempka said. "But we know it'll pay off in the long run," senior Kristy Kunkel said.



Line Up. The Marian swimmers take their lanes during an early practice. This is the first year the team is practicing at UNO's pool.

SWIM Terminology

- Anchor: The final swimmer in a relay
- Backstroke: Stroke similar to freestyle on the back; swimmer starts in water instead of on diving block
- Breaststroke: Stroke with arms moving simultaneously in a heart-shaped pattern with a circular frog kick
- Butterfly: Stroke with both arms moving simultaneously above and below the water with a dolphin kick
- DQ'd (Disqualified): When a swimmer violates a rule of the stroke she is swimming; her results are no longer counted
- Dryland: Exercises done out of the water; similar to cross-training
- Freestyle: Stroke with arms moving individually through the water with a flutter kick
- Individual Medley: When one swimmer swims certain distances of butterfly, backstroke, breaststroke and freestyle, in that order, in one race
- Relay: A team of four swimmers who swim the same distance one after the other; the stroke they swim depends upon the type of relay

Source: http://www.chinookaquaticclub.org/002/NewMemberInfo/glossary_of_swim_terms.htm

Graphic by Brittany Hyrek

Ways to stay active this winter...

Graphic by Allison Dethlefs

Visit our website at www.omahamarian.org/netpaper for links to exercise facility and calorie counting websites and printable exercise and diet logs!

Visit the Gym

- YMCA
- Gold's Gym
- Urban Active
- 24 Hour Fitness
- Jewish Community Center (JCC)
- Curves (For Women)
- Aspen Athletic Club
- Ladies Workout Express
- Prairie Life Center
- Better Bodies
- Jazzercise
- Life Time Fitness

Visit the Gym

- Candlewood
- St. Robert Bellarmine
- Mahoney State Park
- Memorial Park
- St. Margaret Mary Parish

Sledding Hills

Use a Shovel

Stay Active

- Ski
- Ice Skating
- Jog in Layers
- Dance
- Karate
- Basketball
- Sledding
- Watch Your Diet
- Visit the Gym
- Ski
- Ice Skating
- Jog in Layers
- Dance
- Karate
- Basketball
- Sledding
- Watch Your Diet
- Visit the Gym

Temperature Ranges:

- 40-49°F: Long sleeves, Jog in Layers
- 50°F +: Shorts, T-shirt, Running: Face Mask, Jacket, Gloves, Hat
- 14°F -
- 15-24°F: Jog in Layers, Watch Your Diet
- 25-39°F: Jog in Layers, Watch Your Diet

Watch Your Diet

- Keep a daily calorie intake log.
- Limit snacking or substitute caloric snacks for fruits or vegetables.
- Instead of sugared beverages drink water, sugarfree or diet drinks.
- Limit yourself to one dessert a day.
- Only eat when you're hungry (not when you are bored!).

Perseverance

Sophomore pushes through summer setbacks

Maggie Rossiter

It was 6 a.m. on July 22, 2010 and sophomore Sarah Townsend's father was rushing her to the hospital, somehow keeping his usual calm composure. Townsend had already visited the doctors twice before, but they hadn't figured out what was wrong with her. She had a high fever, the chills and no appetite.

Her new home for the next two weeks was the dark, intimidating, machine filled Intensive Care Unit (ICU) at Omaha Children's Hospital and Medical Center.

The doctors ordered a chest x-ray and found fluid in Townsend's lungs, diagnosing her with staph infection.

"The first three days when I was in the hospital I was just scared because they didn't know what was wrong, and it was so hard to breathe. I was on oxygen and a ventilator. But once they figured out what I had and knew what antibiotics to give me, it got a lot better," Townsend said.

After many tests, Townsend was sent home with a PICC line, which prevented her from having to stay in the hospital for six weeks. "A PICC line is basically like a take-home IV. It was an IV hooked up to a catheter, which was connected to my heart. My mom had to give me antibiotics three times a day," Townsend said.

Things seemed to be going much better. Townsend's previous symptoms had subsided, and her condition was looking up. Then, a few weeks later, Townsend woke up with a swollen arm. The next thing she knew she was back at the hospital. A doppler, or ultrasound, was ordered on her arm, and the doctors found a blood clot.

However, it wasn't just a blood clot. Tests showed that Townsend had genetic blood clotting, which could prevent her from any contact sport ever again. "At first when the doctor told me I couldn't play sports, I was pretty mad. But then I realized that basketball season didn't start for a while. I hoped that

by the time it started I would be able to play. The doctors were preparing me for the worst, but I was praying for the best. It was hard. I missed all the summer camps for basketball, like the Marian camp and the one at Creighton. I thought I was going to have to be on the blood thinners for the rest of my life. I had to have two shots a day. I was really afraid I wasn't going to be playing sports ever again," Townsend said.

Sports have always been an important part of Townsend's life. "I have played volleyball, basketball, cross country and tennis. The thing I love about sports is the feeling afterwards. I love when I do something really good in a game," Townsend said.

Townsend had her family and friends' support behind her throughout this entire experience. Her mom stayed with her every



Support System. Sophomores Anna Bartolomei, Anna Pope, Emily Mullen, Maria Kizer and Hayley Higgins gather around Townsend's hospital bed as they lend their support during her difficult time. This room became a familiar place for Sarah and her friends this summer. Photo courtesy of Sarah Townsend.

night and her friend, sophomore Anna Bartolomei, was there for Townsend every step of the way. "Anna and I have always been very close friends. We don't necessarily hang out with the same people, but I know she will always be there for me. She was so nice to me and made me feel so much better. I don't know what I would do without her."

"I went every day because Sarah and I pretty much grew up together," Bartolomei said.

"We went to the same school from kindergarten to fourth grade at St. Roberts. When I left after fourth grade we still stayed really close during sports. I wanted to show her that I was always there for her. When times get tough, I will always be there for her, even if we tend to start hanging out with different people through our high school experience. For me, the experience really opened my eyes and brought me closer to her. I hope she knows she can approach me with anything, and I'll always be supportive," Bartolomei said.

After many weeks of treatment, her pain finally paid off. She received the good news she had been praying for. The doctor gave her permission to play sports. "When the doctor told me I was able to play sports again, I was

so happy. I thought I was not going to be able to. I was very relieved because it meant I wouldn't have to get my shots twice a day, and I would not have to be on my blood thinners," Townsend said.

On Nov. 15 and 16, she tried out for Marian's basketball team. Her pain finally paid off. Townsend will be playing with the Varsity team this season. "I really do not have to take any precautions, and all of the coaches know about it. They understand that I am still trying to get in shape; so I may not be the first one down the court," Townsend said.

The first two weeks of the basketball season were pain free for Townsend. Then her foot started hurting again.

"After playing basketball for two weeks, it started hurting really bad and got pretty swollen. Melissa just thinks it is hurting because I have not done very much on it for a long time, and I just over used it. She suggested going to the doctor, and he said to wear the boot until I can see him. I am almost 100 percent sure I will be able to play. I will just have to be more careful on my foot and maybe not go full speed right away," Townsend said.

Although Townsend has had many setbacks, her perseverance keeps her strong.

Q&A Sarah Townsend

Sophomore tells about her blood condition

How did you find out you had it?

"Well, it is kind of a long story of how they found out that I had this disorder. Earlier in the summer I was diagnosed with **staph infection**. When I got out of the hospital I went home with a PICC line. A PICC line is basically an IV at home. After about a week of being home with my PICC line my arm started to swell and turn purple. That is not a good sign. So my mom took me to the hospital and they figured out I had a blood clot in my subclavian artery. They then ran a lot of tests to figure out if I had any genetic blood clotting disorders, and sure enough, I did. If I would have never had the staph infection, I would have never had my PICC line. If I never had my PICC line, I would probably not have gotten a blood clot. **It was a miracle that they found out about this disorder because it could save my life when I am older.**"

What is the name of your condition?

"I have something called MTHFR Compound Teterozygous **Blood Clotting Disorder.**"

What kind of treatment did you receive?

"I had to be on **blood thinners** for three months. I had to get **shots** twice a day."

Is it hereditary?

"Yes it is hereditary. Both of my parents are **carriers**. My parents never knew they were carriers until they found out I had this disorder."

Signing Day

Anna Woods University of Sioux Falls Volleyball	Kristy Kunkel Iowa State University Swimming	Brooke Urzendowski Saint Louis University Tennis	Andrea Spaustat University of Northern Colorado Volleyball	Jordan Rearick University of South Dakota Golf	Chelsea Lawson College of Saint Mary Softball
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Sign on the Dotted Line. On Nov. 10, six Marian seniors signed up for the next four years of their lives. Friends, family and coaches gathered around as each girl committed to play the sport she has worked so hard to perfect these past years at Marian. Not pictured is senior Kyra Lindholm who signed to swim at Texas Christian University. Photo by Liz Prosser