

# In The Dawg House



## CPSC Earns Second Straight Bronze Medal Status

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For the second straight year, the Crown Point Swim Club has been awarded the USA Swimming National Club Excellence Program's Bronze Medal status.

The program is designed to recognize those teams that produce swimmers at a very high level of competition.

The Club Excellence Program is a voluntary program that identifies and recognizes USA Swimming clubs for their commitment to performance excellence. This program strives to meet the following objectives:

- Promote the development of strong, well-rounded age group and senior swimming programs that produce elite 18 & under athletes;
- Provide recognition and resources to motivate and assist member clubs to strive for the highest ideals of athlete performance.

The program provides grant funding and recognizes the club development system as integral to achieving excellence in the sport.

Congratulations CPSC Swimmers!!!

Next up....CPSC has applied for Gold Medal status based on this past season's Long Course results.....announcement will be made in mid December as to who is awarded which level.....

Stay Tuned.....

### Announcements:

- Please make sure to sign up online for jobs for our home meets to help make each meet a success.
- If you have any questions, please contact the office at (219) 838-DAWG (3294) anytime between 9 am - 4 pm, Monday - Friday.



# CPSC's End of Summer Season Success



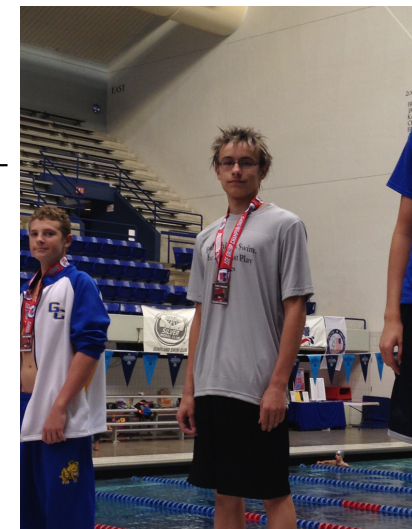
As the club shows constant improvement on all levels, we'd like to highlight just a few of the successes we had over the last season....



Finished 2nd at the Northwest Indiana Swim Conference Championships - Winning the 8 & Under Boys age group



Finished 21st at the Age Group State Championships - Jordan Artim was State Champion in the 200 Breaststroke and runner up in the 100 & 50 Breaststrokes, 7th in the 400 Free, 8th in the 200 Free, and 3rd in the 200 Individual Medley for 11-12 girls. MacKenzie Hatke was 4th in the 100 & 200 Breaststrokes and 5th in the 50 Breaststroke for 11-12 girls. Evan Holland was 8th in the 800 Freestyle and 7th in the 1500 Freestyle for 13-14 Boys. Alex McCormick was 6th in the 200 Backstroke, 7th in the 100 Backstroke, and 8th in the 50 Backstroke for 11-12 Boys. Christian Mikrut was 4th in the 200 Butterfly for 13-14 Boys.



## CPSC's End of Summer Season Success (cont.)

*(Continued from page 2)*

Finished 15th at the Senior State Championships - Hannah Kukurugya was 3rd in the 200 Individual Medley and in the 400 Freestyle. Aly Tetzloff was 3rd in the 100 Backstroke. The Girls 400 Medley Relay finished 4th with Racheal Bukowski, Holly Schuster, Hannah Kukurugya, and Aly Tetzloff. Qualified 4 swimmers for the Junior National Championships - Racheal Bukowski, Holly Schuster, Aly Tetzloff, Hannah Kukurugya. Hannah Kukurugya finished 17th in the 200 Butterfly and 11th in the 400 IM while Aly Tetzloff finished 11th in the 100 Butterfly and 23rd in the 50 Freestyle.

Qualified 2 Swimmers for the National Championships - Aly Tetzloff and Hannah Kukurugya. Hannah Kukurugya finished 17th in the 200 Butterfly setting the Indiana State Record

One swimmer selected to represent the USA at the Junior Pan Pacific Championships - Hannah Kukurugya won a Bronze medal in the 200 Butterfly (resetting the Indiana State Record) and a Gold medal as part of USA Swimming's 400 Medley Relay that set the World Jr. Record for that event. She is currently ranked 33rd in the world in the 200 Butterfly and 8th in the United States

At the time of print, Hannah has been invited to and will represent the USA (based on her performances at the Junior Pan Pacific Championships) at the Junior World Cup Meet in Tokyo, Japan and Singapore. Those meets will go on over the week of October 24—November 3.

## USA Swimming Announces 2016 Olympic Trial Cuts



On Thursday, September 18th, USA Swimming announced the 2016 Olympic Trial Cuts for the US Trials meet slated to swim June 26-July 3 in Omaha, Nebraska.

As of right now the Crown Point Swim Club has two current members qualified to attend the trials. Hannah Kukurugya has qualified in the 100 & 200 Butterfly's and the 400 IM. And Aly Tetzloff has qualified in the 100 Butterfly. Both girls are just tenth's away from qualifying for more swims over the next 1 year and 9 months. Several of their teammates as well are on a path to be joining them in Omaha.

The following is the link for those interested in viewing great goal times to set.....the 2016 US Olympic Trial Cuts.....

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1472&Alias=Rainbow&Lang=en-US>



## Movement is medicine: Exercise and intelligence



*Published in The Sentinel, September 15, 2014*

It is becoming increasingly obvious that the benefits of regular exercise go far beyond what was thought of conventionally. Of course exercise can help you lose weight, feel better, increase strength and reduce risk of injury. It also increases bone density, reduces anxiety, combats depression and prevents heart disease. But these are just some of the effects we have mentioned in previous columns. What's truly amazing is these effects only scratch the surface of what can be gained by exercising regularly. There is one more effect which we are coming to understand more fully, and that is that exercise actually makes you smarter. There is a steadily growing mountain of evidence that proves that regular exercise is directly linked to improved brain health and function.

At some level, this has always been known. It was Plato who said, "In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these two means, man can attain perfection."

What we have come to learn about brain health and function is that often it is directly linked to our lifestyles. Sedentary and stress filled lifestyles are toxic to the body and especially the brain. Connections between brain cells erode and certain areas of the brain actually shrink in proportion to the amount of stress we feel and during episodes of chronic depression. Exercise literally reverses this process by increasing levels of serotonin and norepinephrine (important neurotransmitters associated with positive thoughts and emotions). Exercise unleashes a cascade of neurochemicals and growth factors that bolster the brains infrastructure and helps build new connections. Growing and maintaining the complex network of connections between brain cells is what differentiates a healthy brain from a less than healthy brain prone to memory loss, confusion, and dysfunction.

To dig further into the specific neurotransmitters of the brain and how specifically they are affected by activity is fascinating for sure, but it is the stuff that comprises volumes of medical literature. Without getting too far into the weeds, the message at hand is that the most im-

## Movement is medicine (cont)

portant neurotransmitters like IGF-1 (Insulin-like growth factor), VEGF (vascular endothelial growth factor) and BDNF (brain derived neurotrophic factor) are all positively affected by exercise and have a ‘miracle grow,’ like effect on brain function and therefore intelligence.

Perhaps the best news is that it doesn’t take hours of exercise a day to realize these benefits. In previous articles, we have described how simply walking 30-60 minutes a day can provide you with unbelievable health benefits. To have walking also provide your brain with the aforementioned benefits, it is recommended that walking be at a pace which is challenging, but not at a level which you cannot maintain over the course of an hour (about 60 percent of your max hearth rate). In addition to simply walking, it is also recommended to alternate activities and movements in the form of dance, swim, or yoga — anything, in fact, that pushes you to move your body in new and different ways.

Chris Telesmanic is a Doctor of Physical Therapy at Alliance Rehabilitation in Fresno.

## TOP DOGS for the Meets



**NWISC Summer Championships - Izzy Bahr** - 6.103 second average time drop. 47.78% team best times

**Senior State Championships - Caroline Lodovisi** - 6.363 second average time drop. 53.57% team best times

**Age Group State Championships - Evan Holland** - 23.398 second average time drop. 85.45% team best times

**Junior National Championships - Hannah Kukurugya** - 1.45 second average time drop. 43.75% team best times

**Summer Divisional Championships - Nori Gubbins** - 3.235 second average time drop. 34.88% team best times

**AWESOME JOB DAWGS!!!!!!**



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**Commitment, Pride, Sportsmanship, Character**

[www.crownpointswimclub.org](http://www.crownpointswimclub.org)

**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 ca-

## 2014 Club Sponsors

### *GOLD LEVEL*

Puntillo & Crane Orthodontics

### *SILVER LEVEL*

Kwik Kopy  
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Indiana Spray Foam  
Marketing Solutions Advantage  
MGM Property Management  
McColly Real Estate  
Kevin E. Werner, Attorney at Law

### *BRONZE LEVEL*

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McCarroll Dental  
Hektoen Homes  
AmeriFirst Home Mortgage  
Travel Place  
The Kozlowski Family  
HouseBuyersToday.com  
Kumon  
Chicago Fire Juniors NWI  
Microworks, Inc.  
Tufts Grinding  
Toyota of Merrillville  
City of Crown Point  
Jason Ryman—Advocare  
The Nuet Family

