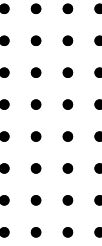


# HINSDALE SWIM CLUB

DECEMBER 2025



HAPPY  
*Holidays!*

On behalf of the Board, we want to wish you and your families a fun and relaxing holiday season. As the year wraps up, we just want to say a big thank you for all your support, dedication and enthusiasm for our club. Whether on the pool deck, volunteering at meets or cheering from the stands, we truly appreciate everything you do. We are grateful to have such engaged and supportive families and swimmers and we look forward to an exciting and successful year ahead!

Warm wishes,  
The HSC Board



## SPEEDO CLASSIC-BY THE NUMBERS

We want to thank everyone again for their continued support of our Speedo classic. We can't host this meet without your help! 2025 was a very successful year and we want to share some statistics and why this meet is so important to the team. Revenue from this meet helps with salaries, pool rental, equipment purchases and team activities.

- 22 teams represented
- 906 athletes from 5 states
- 5402 total entries
- **33 Speedo Classic Meet Records Broken - HSC Broke 5 of them!!**

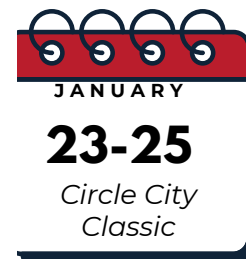
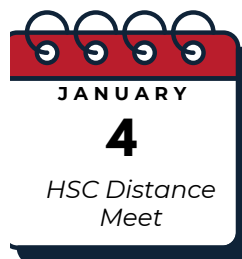
UPCOMING  
EVENTS

LINKS

[HSC MEET  
CALENDAR](#)

[PRACTICE  
CALENDAR](#)

Please refer to emails and team calendar for details.



# HINSDALE

## SWIM CLUB



Coaches Corner  
Coach Shane

Hello HSC Families,

My first three months with HSC have been amazing! The swimmers, coaches, and parents have been so welcoming and I am so grateful to be with Hinsdale Swim Club. The first half of this season has flown by and we have had some great team performances at all of our meets including the Speedo Grand Challenge and Speedo Classic that we just hosted with FMC. I wanted to thank all of our parents and volunteers for running a great meet! This would truly not be possible without all of you! I hope everyone has a great holiday season and I can't wait to see what HSC accomplishes in 2026!

Below is a recap of both meets!

### SPEEDO GRAND CHALLENGE

**HSC: 4TH PLACE OVERALL**  
**HSC GIRLS: 3RD PLACE**  
**HSC BOYS: 7TH PLACE**

### SPEEDO CLASSIC

**HSC: 2ND PLACE OVERALL**  
**HSC GIRLS: 1ST PLACE**  
**HSC BOYS: 2ND PLACE**

### SPEEDO CLASSIC MEET RECORDS BROKEN

**MOLLY WIDEIKIS - 13-14 GIRLS 1000 FREE**  
**CHARLIE DRISCOLL - 13-14 BOYS 1000 FREE**  
**JONAS RYLANDER - OPEN BOYS 200 FREE**  
**THEO LANGE - 11-12 BOYS 50 FREE**  
**13-14 GIRLS 200 FREE RELAY**

**KATE VONNAHME, MIRA CUTHBERT, KARA BRADY, MOLLY WIDEIKIS**

# HINSDALE

## SWIM CLUB



Coaches Corner  
Coach Shane

**Congrats to ALL of our Swimmers and Relays who  
broke Team Records!**

**Molly Wideikis (13-14 Girls) - 1000 Free**

**Charlie Driscoll (13-14 Boys) - 1000 Free**

**Kajus Eidukevicius (13-14 Boys) - 100 Fly**

**Matthew Glod (15-16 Boys) - 50 Fly, 100 IM**

**Jack Kessler, Oscar Jovic, Theo Lange, Thomas Gambla  
(11-12 Boys) - 200 Medley Relay**

**Jack Kessler, Theo Lange, Jude Ciesielski, Oscar Jovic  
(11-12 Boys) - 200 Free Relay**

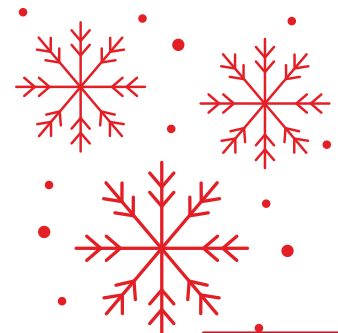
**Congrats to our High Point Winners at the  
Speedo Classic!**

**Mia Bayan (11-12 Girls)**

**Theo Lange (11-12 Boys)**

**Molly Wideikis (13-14 Girls)**

**Jonas Rylander (Senior Boys)**



DECEMBER 2025

# HINSDALE SWIM CLUB



Coaches Corner  
Coach Shane

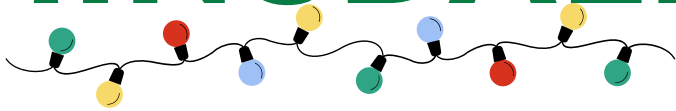
**Congrats to All of our Swimmers who Achieved Regional and/or State Championship Qualifying Times for their Age Group!**

Lila Abbott, Vinny Allegra, Wiley Baird, Tyler Bardak, Bill Bradford, Lauren Bukey, Alyssa Bylsma, Teddy Chase, Tommy Chase, Olivia Chavez, Claire Crimmins, Grayson Dean, Clare Donnelly, Johnathan Feiro, Matthew Forsythe, Paige Foster, Matthew Glod, Lexi Goldstone, Alex Henry, Emily Holland, Jonathan Hurley, Mackenzie Kuznar, Matas Lapeika, Noah Lau, Reese Marcet, Gustas Meiliulis, Cameron Mesker, Rashida Moosabhoy, Abby Morrissey, Eleanor Parsinen, Abby Pobozny, Eliza Potocki, Sammie Reiss, Cooper Robison, Maeve Ryan, Jai Salzman, Addie Schreiber, Jack Schreiber, Carter Seiple, Nicholas Sfirnaciuc, Lilly Strama, Brando Suliga, Jules Swatland, Jack Treadwell, Sebastian Trybula, Oyi Ukoha, Avery Warren, Natalie Wesolowski, Anna Westberg, Angela Wideikis, Louie Abu-Qulbain, Livi Agema, Rakan Alhandalous, Griffin Armstrong, Mischa Azhar, Jack Bach, Calista Basile, Mia Bayan, June Bazan, Kara Brady, Reese Breidenbach, Ella Brownfield, Teagan Brownfield, Amalia Calafeteanu, Addie Campbell, Elizabeth Campbell, Blake Cassell, Mason Chan, Shuwen Chen, Muunuu Chinzorig, Ceci Ciesielski, Jude Ciesielski, Logan Cotter, Mira Cuthbert, Hugh Danford, Colin DeKuiper, Ben DeProsperis, Mackenzie Decker, Sydney Decker, Kamile Didzgalvis, Charlie Driscoll, Milena Dudziak, Noah Dunn, Julius Eidukevicius, Kajus Eidukevicius, Kenzie Ellenberger, Siena Ellenberger, Anna Fagans, Danny Fahmi, Barrett Fichter, Aiden Fong, Kaylie Fong, Thomas Gambla, Aiden Gao, Emma Gatsch, Sadie Gomez, Eve Goodwin, Dylan Gustafson, Lyla Harder, Kerim Hasanbegovic, Kylie Hong, Jace Jovanovic, Oscar Jovic, Jack Kessler, Nora Kienzler, Avery Kinsella, Caroline Kinsella, Ava Koch, Josephine Lange, Theo Lange, Sadie Lee, Kasey Li, Anna Makstenieks, Charlie Martin, Maura McFarland, Sofia Medina, Isabella Mierke, Dylan Myszynski, Kaia Nguyen, Evelyn Nicholson, Vivienne Nicosia, Ava Nixon, Ceci Nixon, Inez Nixon, Michael Nixon, Berkley Ochse, Athena Olson, Arjan Panjwani, Ella Pasquinelli, Jack Pasquinelli, Siena Pasquinelli, Vivian Perez, Miles Perucki, Charlie Pielsticker, Morgan Piening, Grant Rafferty, Maeve Rafferty, Andrea Ratkova, Mackenzie Raymond, Pauline Riseman, Clare Ryan, Danny Ryan, Jonas Rylander, Sabina Rylander, Nathan Sambat, Landon Schierle, Emmy Schreiber, Peter Shaplin, Diya Sharma, Emily Smart, Vivian Suliga, Johnathan Trombley, Amadi Ukoha, Sora Ukoha, Kate Vonnahme, Grace Walsh, Toby Whittington, Joseph Wideikis, Molly Wideikis, Britt Wilson, Meredith Woodbury, Aria Yamine, Noelle Yamine, Avery Young, Charlotte Zhong, Jayden Zhong, Patrick Zimmerman

*Let's GO!*



# HINSDALE



## SWIM CLUB

Coaches Corner  
Coach Shane

### Congrats to All of our Swimmers who Achieved NCSA Junior National Times or NCSA Age Group National Times!

Wiley Baird, Bill Bradford, Tyler Bardak, Alyssa Bylsma, Teddy Chase, Olivia Chavez, Claire Crimmins, Johnathan Feiro, Matthew Glod, Lexi Goldstone, Abby Morrissey, Brando Suliga, Jules Swatland, Jack Treadwell, Anna Westberg, Mia Bayan, Kara Brady, Blake Cassell, Jude Ciesielski, Mira Cuthbert, Hugh Danford, Charlie Driscoll, Kajus Eidukevicius, Anna Fagans, Thomas Gambla, Sadie Gomez, Oscar Jovic, Jack Kessler, Theo Lange, Charlie Martin, Isabella Mierke, Michael Nixon, Emily Smart, Kate Vonnahme, Joseph Wideikis, Molly Wideikis, Avery Young



# HINSDALE SWIM CLUB

DECEMBER 2025

## THANK YOU to our Sponsors!!

**IMPACT**  
PHYSICAL THERAPY



**NewEdge**  
WEALTH



**Vitaminis**<sup>®</sup>  
Drink Your Vitamins



Do you want to have your business advertised at our home meets and in our newsletters?  
Contact Lisa Lundgren ([hsclisal@gmail.com](mailto:hsclisal@gmail.com)) for sponsorship opportunities.



### Do you know our dues only cover so much?

Membership dues cover only a portion of the club's operating costs. To keep our program strong we rely on the generous support of our Sponsors, the funds raised through our dine-out events and other Fundraisers, and the revenue from our Hosted Meets.

THANK YOU for your support - every dollar truly makes a difference!

### WHO DO I CONTACT?

Registration/Billing/Volunteering: Betsy Bruns ([betsybruns@yahoo.com](mailto:betsybruns@yahoo.com))

General Meet Questions: Morgan Wind ([coachmwind@gmail.com](mailto:coachmwind@gmail.com))

Meet Event Questions: Your Swimmer's Lead Coach

HSC Board President: Becky Schreiber([becky.schreiber@gmail.com](mailto:becky.schreiber@gmail.com))

Team Travel/Spirit Wear/Sponsorship: Lisa Lundgren ([hsclisal@gmail.com](mailto:hsclisal@gmail.com))

*Follow Us!*



*Contact Us*



# HINSDALE SWIM CLUB

DECEMBER 2025



## Upcoming Team Events

### SAVE THE DATE

**December 22-23**  
**Winter Spirit Days**

**January 19<sup>th</sup>, 2026**  
**Group Outings**

**February 16<sup>th</sup>, 2026**  
**Champs Party**

**February 26<sup>th</sup>, 2026**  
**Pasta party for all Regional Qualifiers**

**April 19<sup>th</sup>, 2026**  
**Swim-A-Thon**

**April 26<sup>th</sup>, 2026 12-4pm**  
**14 & Under End of Season Banquet**



*Follow Us!!*



*Contact Us*

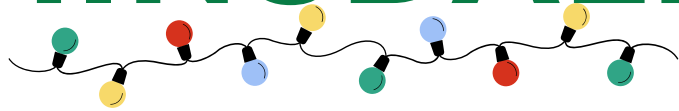








# HINSDALE



## SWIM CLUB



### SECRET SNOWMAN GIFT DRIVE

**HSC Families,**

**We would like to extend our sincerest gratitude for your incredible generosity in donating gifts to the Secret Snowman gift drive. Your kindness will make a meaningful difference in the lives of many young people, bringing joy, excitement, and hope during this holiday season.**

**We were overwhelmed at the response to this project. The Amazon wish list was active for less than 18 hrs and all the gifts were purchased. Your willingness to come together as a team and support families facing hardship reflects the true spirit of compassion. The remaining donations will be used to support the Spark holiday party in December.**

**Thank you for choosing to make a positive impact for the students in the Spark program. We look forward to participating in this program next year.**







# NUTRITION



## SIGNS YOU ARE EATING ENOUGH



### PROTEIN

+

### CARBS

Milk/RTD shakes, individual greek yogurt/cottage cheese

Dried mango/fruit/packets/TCJ

Dry roasted Edamame, Chickpeas, Broad Beans

Oat bars/fig bars/dates

Pumpkin seeds, cashews, almonds, pistachios, peanut butter

Oat packets/cups/granola

Beef jerky, tuna/chicken pouches

Pretzels, whole grain/seed crackers, instant rice/grains

Protein Bars/Protein Powder Packets/Fuel for Fire/Noka

Electrolyte packs, Honey Stinger waffles/chews, honey/maple syrup

SNACKS TO PACK OR FIND WHILE TRAVELING



VS



	familiar foods		new foods
	minimal fat & fiber near race time		high fat & fiber near race time
	fast food menu guide + travel meet snacks		fried/greasy foods + forgetting snacks
	quick carbs + electrolytes before/between races		energy drinks before/between races
	pre-order food to maximize recovery/nap time		trade recovery time for social/ other activities

MEET WEEK FUELING CHECKLIST





# HYDRATION

## TIMELINE

DAILY GOAL (OZ):

$\frac{1}{2}$  BODYWEIGHT +  
16-24 OZ FOR  
EVERY LB LOST

### PRE- PRACTICE

8-16 oz electrolytes 30-  
60 minutes before

### POST- PRACTICE

16-24 oz fluids

### PRE- PRACTICE

8-16 oz electrolytes 30-  
60 minutes before

### POST- PRACTICE

16-24 oz fluids

### WAKE UP

6-8 oz fluids

### AT PRACTICE

2-4 oz or a large sip  
every 15 minutes

### MID-DAY

8-12 oz fluids

### AT PRACTICE

2-4 oz or a large sip  
every 15 minutes

NOTE: FACTOR IN FLUIDS CONSUMED  
DURING PRACTICE FOR MOST ACCURATE  
SWEAT LOSS (SEE NEXT LEVEL HYDRATION)