

# WATER WORKS



March - April 2003

Volume 1, Issue 1

Congrats to Helga & Troy Schultz!

It's A BOY!!



Behrnt Schultz

- March 6, 2003
- 7lbs 6oz
- 20 inches

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## Cancel Program vs. Collect Fees

As most of you, hopefully, know by now, we are collecting (or not, as the case may be) fees to help create a bigger and better "Swimming Program" for you.

The biggest question for most has been "What's in it for me?" The changes have been subtle for a few: updated bulletin boards, implementation of a season plan, swim meets, swim clinics, etc. So what?...

Our goal is to provide you with a "Swimming Program" not just another workout. You can get that by swimming laps. We want to create a program that promotes Camaraderie, Fitness, Fun, and of course RESULTS, depending on your own personal goals. Whether you are training for a triathlon, or just hoping to improve your strokes, we are striving to provide an all inclusive program for you.

We have created a season plan to cater to all groups: Fitness & Competitive Swimmers as well as Triathletes.

But all our attempts, may be for nothing, if we don't see support from our members in paying the Masters Fee. There is the possibility that they will shut it down. Due to budget constraints, the YMCA is taking a closer look at all programs and ours just happened to have a "large" disparity in incoming vs. outgoing monies. So it's up to you to keep the program going, growing, and improving!

We've been working with Y Management to try and make this as easy as possible, so as of April there will be some new changes implemented:

1. You will have the option to have the fee taken out as an automatic withdrawal monthly (ask a coach for the form)
2. You will be sent a bill as a reminder through e-

mail

3. A new fee of \$40 a month has been established for Non-YMCA swimmers who wish to participate in the Masters Swimming Program. There is no limit on the number of swims. They will be given a card when they



To BE or Not to BE?

That is the question....

pay at the front desk and will have to show it every time they come to the pool. Note: This is a privilege which will be taken away if people abuse the opportunity. If people are caught using other services of the YMCA besides the swimming pool for Masters practices and the locker rooms, their privileges will be revoked.

With your help we can make this BETTER than a GREAT program!

## Upcoming Events - April & May

- **Freestyle Filming Clinic**  
**Sat, 5 Apr or Sun, 6 Apr**  
**Where:** Downtown YMCA



- When:** 8am—12pm  
8 - 9am: Classroom Session  
9-11am: Pool Session  
11-12pm: Film Analysis  
**Cost:** Free for Registered/Paid Masters swimmers  
- \$25 YMCA Members  
- \$50 Non YMCA Members  
**Sign up at Front Desk - Limit 24 per day**  
(No practice Sat, 5 Apr)

*“While the traditional emphasis in swim training is on how MUCH or how HARD, Popov's focus is mainly on how RIGHT”*

## Improving your 100 Free — Lessons Learned from Popov

By Terry Laughlin  
Reprinted: Total Swim Newsletter - Mar 03

While browsing the web, I found this on a website maintained by TI workshop alum Donal Fagan ([www.donalfagan.com](http://www.donalfagan.com)). It's a posting I made to a swimming forum, exactly five years ago. I thought, “Hmm, that's worn well,” and decided to update and re-print in Total Swim.

Date: 2 Feb 1998 07:25:07 GMT

In an earlier thread on this forum about how to improve a 100 yd Free from 56 to 52, there were a number of well-intentioned responses most of which boiled down to:

1. Work harder.
2. Get stronger.

Scott Lemley, the inventor of Fistgloves, was the only respondent who recommended focus on stroke efficiency.

I'd like to suggest consideration of a different method for maximizing sprint speed. I've just finished writing an article for “Fitness Swimmer” magazine on how Alexandre

- **Spring Sprint Tri**  
**Fri, 11 Apr & Sat, 12 Apr**  
For more info see YMCA

(No AM practice Fri, 11 Apr at Downtown YMCA)

- **Northwest Zone Short Course Championships Sat & Sun, 26 & 27th April** **Where:** Hood River, OR **Entry Deadline:** Fri, 11 Apr  
For sign-up sheets see Masters Bulletin Board at Pool

- **Long Course Practice Saturday, 26 April** **Where:** West YMCA **When:** 7:30am - 9:00am  
Get in a long course 50M practice, while it's available!  
(No Downtown practice)

- **Try a Tri #1 (Series of 3)**  
**Saturday, 26 Apr**  
**Where:** Raquetteers Health &

Fitness Club - Burley, ID  
**When:** 7am  
**Distance:** 1/4m sw, 6m blk, 1m run  
For more info call Raquetteers Club - (208) 678-5011

- **Open Water Clinic**  
**Monday, 12 May**  
**Where:** Clock Tower Pond  
**Details:** TBD  
Watch for more INFO!

- **Masters Short Course Nationals**  
**Thur-Sun, 15-18 May**  
**Where:** Tempe, AZ  
**Entry Deadline:** Mail - received by **10 Apr** On-line - by **10 Apr**  
For more info see:  
<http://www.usms.org/comp/scnats03/>

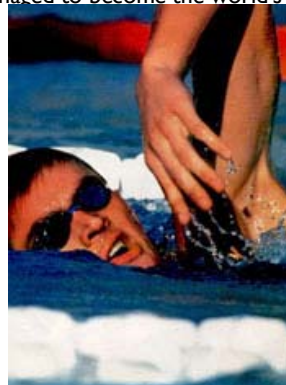
- **Dual “FUN” Meet**  
**Saturday, 31 May**  
**Where:** Twin Falls YMCA  
**When:** More details to follow!

Popov managed to become the world's

fastest and most efficient human swimmer. The basic thrust of his program is that stroke efficiency – not training

speed, hard work or power – is the #1 goal of nearly everything he does. Speed is simply a product of that.

In fact, his weight lifting program is rather modest, particularly in comparison to many US collegiate swimmers who he basically beats at will in 100-meter races. He swims much faster despite a power output estimated by sports scientists to be from 25% to 40% lower than most of those he races. In the same vein, Rick Sharp and Jane Cap-



paert of the International Center for Aquatic Research have reported that of all the men's 100-meter freestylers in the 92 Olympics, the finalists averaged a power output 16% LOWER than everyone else in the field who FAILED to make finals. This is so because swimmers who maximize their stroke efficiency simply don't NEED as much power to swim fast.

### How Popov swam so fast

Popov and his coach, Gennadi Touretski, have devised a program that focuses on the following core objectives:

1. While the traditional emphasis in swim training is on how MUCH or how HARD, Popov's focus is mainly on how RIGHT – technical perfection and stroke length. Where most other swimmers engage in a daily race with the clock to prove their speed and fitness, the rule with Popov is “if you can't do it exactly right, don't do it at all.” Popov's training VOLUME is dictated by how FAR he can swim while  
see IMPROVING on pg 3

meeting Touretski's rigorous standards for technical excellence, and his training SPEEDS are limited by how FAST he can swim while meeting those standards. During his teens, while developing to the world record holder he became, his mileage and intensity were increased only as Alex demonstrated the ability to maintain his stroke length and efficiency while swimming farther or faster.

2. Two of Touretski's principles for fast swimming – stroke length and relaxation – are immediately useful to swimmers of all levels and can easily be practiced without the aid of a coach. While Popov now makes them look effortless, it took him years of consistent and disciplined application to make them habits.

**How YOU can swim faster:**  
Here are five suggestions for using the Popov model to improve your own sprinting:

**1. Swim slowly.** Conventional sprint training doctrine dictates large doses of fast, intensive repeats to simulate the lung-searing, chest-pounding experience of top-speed racing. Touretski and Popov put little stock in it. Coach Bill

Sweetenham, the swimming development director for Australian Swimming, told me that Popov "does a huge proportion of his training at very slow speeds. And he does very little 'hard' swimming." Be willing to spend far more of your pool time swimming slowly and with more ease. And while swimming slowly, here are the things you'll find yourself much more able to practice:

**2. Stroke length and efficiency.** Popov prepares for his world-record attempts with practice repeats on which he takes up to 10 fewer strokes (for 50 meters) than he will use while racing. He does a huge amount of his training volume, taking only 23-24 strokes (hand hits) per 50 meter pool length. He practices doing that at a whole variety of speeds. You can practice "stroke deprivation" yourself. Challenge yourself to swim for several weeks at two fewer strokes (on average) than you usually do – unless you've already been focusing on stroke count for a year or more. You may feel a bit awkward in the first few thousand yards. Be patient. Soon the new lower count will come to feel more rhythmic and normal. When it does, your nervous system has successfully adapted to the new movements.

After a week or so, take another stroke off your average.  
**3. Slippery Swimming.** Bill Sweetenham also told me that he had watched Popov swim for hours doing little more than tuning in acutely to feelings of where and how the water was resisting him and creatively seeking ways to avoid that drag. Since drag increases exponentially as you swim faster, if you can establish a very low-drag style at lower speeds, the energy savings also increase exponentially as you swim faster. At all times, some small part of your brain should be thinking about how big a "tube" you cut through the water; do whatever it takes to make that tube narrower.

**4. Be "Water-Friendly".** Whenever you do speed up from your concentrated slow-swimming practice, be very sensitive to when you begin fighting the water or yourself. Avoid, at all costs, ever "practicing" struggle. Swim at all speeds with as much economy as possible.

**5. Practice "fishlike swimming."** Popov and Touretski have released a commercial video of him swimming at both race and practice speeds. I watched it with great interest for about an hour. I noticed  
see IMPROVING pg 4

*"At all times, some small part of your brain should be thinking about how big a "tube" you cut through the water; do whatever it takes to make that tube narrower"*

## Meet Results

### Fun Meet - 22 Mar 03

About 10 of your fellow swimmers decided to take a couple hours out of their busy schedule last weekend to test their swimming prowess in a "Fun" Meet at the West Y. They had a BLAST and swam just as FAST!!

#### Women 45-49

**50 Free**  
Sue Stadler 39.28  
**200 Free**  
Sue Stadler 3:00.87

#### Women 50-54

**100 IM**  
Jill Wright 1:35.27  
**100 Back**  
Jill Wright 1:38.72  
**200 IM**  
Jill Wright 3:38.17

#### Womens 60-65

**100 IM**  
Patricia McDaniel 2:08.96  
**50 Breast**  
Patricia McDaniel 57.77  
**50 Free**  
Patricia McDaniel 43.50  
**50 Back**  
Patricia McDaniel 58.49

#### Mens 20-25

**500 Free**  
Travis Everett 5:38.24  
**200 Free**  
Travis Everett 2:06.96  
**100 Fly**  
Travis Everett 1:01.05  
**200 IM**  
Travis Everett 3:35.15  
**100 Free**  
Travis Everett 1:00.55

#### Mens 30-34

**500 Free**  
Jeff Erwin 4:59.60

**200 Free**  
Jeff Erwin 1:55.09  
**100 Free**  
Jed Lauters 1:13.87  
**50 Free**  
Jed Lauters 35.29  
**200 IM**  
Jeff Erwin 2:15.20  
**100 IM**  
Jed Lauters 1:27.48

#### Mens 40-44

**500 Free**  
Kirk Miller 6:30.01  
Jeff Stevens 7:39.73  
**100 Free**  
Kirk Miller 1:03.56  
Jeff Stevens 1:18.72  
**50 Free**  
Kirk Miller 26.62  
Jeff Stevens 35.49

see RESULTS on page 4

## RESULTS from page 3



### Head Coach:

Shannon Hamrick  
Phone: 208-846-5967

### Coaches:

Melinda Antonnuci  
Linda Conger  
Jeff Erwin  
Steve Porter  
Helga Schultz

For suggestions or feedback on the newsletter or swimming program, e-mail: SawtoothMasters@ cableone.net

<b>50 Fly</b>	Kirk Miller	32.03
<b>50 Breast</b>	Jeff Stevens	49.30
<b>50 Back</b>	Kirk Miller	37.91
	Jeff Stevens	45.59

#### Men 45-49

<b>50 Fly</b>	Bill vonTagen	32.33
<b>50 Breast</b>	Bill vonTagen	35.13
<b>50 Free</b>	Bill vonTagen	27.84
<b>200 IM</b>	Bill vonTagen	2:40.92

#### Men 50-54

<b>100 Back</b>	Mike Bennett	1:14.72
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If you see any of these swimmers, make sure to pass along a CONGRATS!

### 26th One Hour Postal National Championships

Back in January, 18 of our fellow swimmers banded together for a one hour swim and together set a new **Sawtooth Masters Record of 58,915 yards.** This placed our team **9th** out of 125 "small" teams!

#### Overall Individual Results

##### Women 19-24 (71 Total)

Brigitta Ruggiero	27th	4225y
Melinda Antonnuci	45th	3800y

##### Women 25-29 (113 Total)

Shannon Hamrick	42nd	4160y
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##### Women 35-39 (142 Total)

Ellen Reynolds	30th	4300y
Susan Stauffer	68th	3800y

#### Women 45-49 (156 Total)

Paula Moores	60th	3750y
Matalee Smith	136th	2835y

#### Women 50-54 (110 Total)

Jill Wright	38th	3605y
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#### Women 60-64 (46 Total)

Patricia McDaniel	27th	2830y
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#### Men 30-34 (105 Total)

Matt Purdy	45th	4280y
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#### Men 35-39 (133 Total)

Jeff Erwin	2nd	5775y
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#### Men 40-44 (187 Total)

Kevin Colleran	81st	4135y
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Ed Kosydar	106th	3910y
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Kevin Sligar	124th	3700y
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#### Men 50-55 (123 Total)

Michael Bennett	71st	3819y
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## IMPROVING from page 3


two things about his style, both of which contribute greatly to his stroke efficiency and economy:

bottom, not forward, as you swim. When you get it right, you'll feel as if the water could easily flow over the back of your head. Ask a friend to watch as you swim. Ask them to let you know when only a sliver of the back of your head is showing. Then remember how that head

position feels. **Popov extends his hand MUCH longer than you do before he begins stroking.** As you swim, feel as if the most important thing you do with your hand is lengthen your body line, not using it as a paddle to push you forward.

Winning the game.....

**Popov carries his head MUCH lower than you do.** To swim as he does, look at the



**HAPPY BIRTHDAY to the following SAWS swimmers!**

03 09	Niall McGinnis
03 22	Nezih Durusu
03 23	Gar Hackney
03 25	Kathy Olson
03 30	Ellie Rodgers
04 03	Kira Pfisterer

Apologies for those who's b-days we left off! We may not have your info. Please take a second to fill out the registration form on this page and turn into front desk or coach at practice.

## Sawtooth Masters Registration

### Fee Schedule

<b>Annually</b>	YMCA Mem:	\$120
	Non-Y Mem:	\$480
<b>Quarterly</b>	YMCA Mem:	\$30
	Non-Y Mem:	\$120
<b>Monthly</b>	YMCA Mem:	\$10
	Non-Y Mem:	\$40

Please pay Masters Fees at Front Desk

### Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

YMCA Member: YES NO

Swimming Interest: Fitness Competitive Triathlete

Swimming Level: Beginner Intermediate Advanced

Other goals/concerns you'd like the coach to know about:

\_\_\_\_\_