

WATER WORKS



May - June 2003

Volume 1, Issue 2

Quote of the Month

Every achiever that I have ever met says, "My life turned around when I began to believe in me."



-Dr. Robert H. Schuller
Minister

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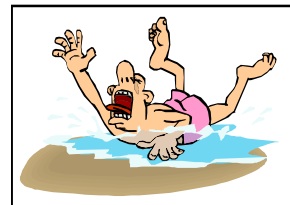
Breathing - Maybe It's Not So Natural

By Shannon Hamrick

Ever wonder why breathing when you're swimming is so hard? Or you just feel like your running out of air? For some it may just be a balance issue, which can be fixed with a little practice and some patience. For others, it's a timing issue, which can also be fixed pretty easily. Then there are those who are just not used to breathing in an underwater environment. In all honesty, who is?! No worries, we weren't born to breathe in the water, but there are a couple tricks to the trade that may help you out.

This breathing issue first came to my attention while watching some of our swimmers underwater. Every now and then, I'd see someone go by who looked like they were storing food (or should I say oxygen) for the winter! YIKES! The problem with storing it, is that you have to get rid of it before you can get more in. If you wait until you turn your head to breathe and try to get rid of it AND take it

in, it takes to much time before you have to put your head back in the water...meaning "NOT ENOUGH AIR!" And that's when your muscles start burning and you feel like you're going to pass out! Sound familiar?



Is this what you feel like when you breathe?

So how do you solve the problem. Here are a couple tips from Terry Laughlin, excerpted from the March edition of the Total Swim Newsletter.

"Breathing Basics

Let's start with the mechanics of getting air into your lungs, "while wet":

- Inhale through the mouth; exhale through the nose 30% and mouth 70%. Are these figures exact? No, it's just a general sense that you've got enough air pressure coming from your nose to keep the water out.

- Never hold your breath; it's a constant exchange. Begin exhaling as soon as you complete the inhale. One way to re-

mind yourself to do this is to keep your mouth open all the time as you swim.

- Exhale the final 20% of air more forcefully than the first

80%. Again the exact amount is unimportant. Just focus on expelling the last bit with some force. This can make the inhale almost effortless by creating a vacuum in your lungs; you know - nature abhors a vacuum. It also helps clear the water away from your mouth for the next inhale. Make this a focal point for practice; start thinking about it in warm-up."

A couple more things to think about as your breathing...as if that wasn't enough:

see BREATHING on pg 3

Upcoming Events - May & June

- **Open Water Clinic**
Monday, 12 May
Where: Clock Tower Pond
When: 6:00pm - 8:00pm
Cost: Free for registered Masters
Y- Members: \$15
Non Y Members: \$25
Registration: Sign up at front desk
Bring Wet Suits...it will be cold!



- **Saturday or Sunday, 17 - 18 May**
Where: Rocky Mtn. Fitness & Recreation Club - Eagle ID
When: 8am - 5pm (Sat)
9am - 6pm (Sun)
For more info call Michelle 367-0548 or write FLOWing@cablone.net

For more info, see Sign-up sheet on Masters Bulletin Board

- **Camel's Back Duathlon**
Saturday, 17 May
Where: Camel's Back Park
When: 9 am
For more info see/call YMCA

- **Underwater Filming Session**
Sunday, 8 June
Where: Downtown YMCA
When: 1:00pm - 3:00pm
Cost: Free for registered Masters
Y- Members: \$15
Non-Y Members: \$25
Registration: Sign up at front desk

- **Try a Tri #2 (Series of 3)**
Saturday, 24 May
Where: Raquetteers Health & Fitness Club - Burley, ID
When: 7am
Distance: 1/2m sw, 12m bk, 2m run
For more info call (208) 678-5011

- **Spudman Triathlon**
Saturday, 14 June
Where: Spring Shores Marina
When: 9:00am (Individual)
9:30am (Team)
For more info see/call YMCA

- **Dual "FUN" Meet**
Saturday, 31 May
Where: Twin Falls YMCA
When: 9am - 11am
Cost: Free

- **10K Postal Swim/50M Practice**
Sunday, 22 June
Where: West YMCA
When: 8 am - 11am
If you plan on swimming the Postal event or long course practice, we'll need your help setting up the lanes Saturday night.

Wanted:

Masters Swim Coach

If you know anyone interested in helping coach a practice, please have them contact:

Shannon at

846-5967

Or

Janet at

344-5502 x 272

- **Masters Short Course Nationals**
Thur-Sun, 15-18 May 03
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/>
- **FLOW Freestyle Workshop**
(Fundamentals for Learning to be "One" with the Water)

YMCA Sawtooth Master's Season Plan

For those of you who are new to our program, or just didn't know what the year has in store for you, here's another look.

Our program runs 3 consecutive seasonal plans a year.



Triathlete/Open Water (May - Sept.)

We will primarily train open water and triathlon type swimming. We will train all systems with focus on aerobic, vo2, pacing, and free-style technique.

Fitness/ Aerobic Base (Sept. - Jan.)

We will primarily train fitness swimming with the climax of the season completing the USMS Postal One-Hour Swim. We will train all systems with focus on aerobic endurance, pacing, vo2, flip turns, and stroke technique.

Competitive (Jan. - May)

We will primarily train the competitive masters swimmer with the climax of the season being USMS Short Course Nationals and/or YMCA Short Course Nationals. During the competitive swim season, we will train all systems with focus on vo2, sprints, race strategy, all stroke techniques, flip turns and starts.

Summary

All the seasons work in con-

junction with each other. As a team we support many swim meets, triathlons and open water swims, but our main focus is supporting the individual whether it be completing a triathlon, qualifying for an iron man, losing ten pounds, entering first swim meet, or achieving a certain time in a certain event. We think all individuals are important regardless of the reason WHY they swim. And we hope the way we structure our program is a reflection of this. We hope these workouts will help you reach your target fitness level, improve your performance, and above all have fun swimming.

If you have any questions, concerns or suggestions, please e-mail: SawtoothMasters@cablone.net

BREATHING *from pg 1*

For Balance:

- Roll to breathe (think about breathing from your belly button)
- Stay tall (keep your non-stroking arm in front and press on your arm-pit/lat area as you breathe - this will keep your body more balanced)

Most people have a tendency to drop their non-stroking arm when they

breathe, which makes it hard to keep your balance and you SINK!

For Timing:

- Start turning your head to inhale as your stroking hand is recovering/exiting (by thigh area)
- Finish your breath and turn head back into water as your stroking hand re-enters the water

- Exhale the entire time your face is in the water

There you have it...the skinny, or not so skinny on breathing. With a little patience and a lot of practice...or maybe the other way around, you'll be breathing like a fish in no time (well, almost!) GOOD LUCK! And HAPPY SWIMMING!

“Most people have a tendency to drop their non-stroking arm when they breathe, which makes it hard to keep your balance and you SINK!”

Meet/Race Results

Northwest Zone Short Course Championships

Sat & Sun, 26 - 27 Mar

We had three swimmers travel to Hood River, Oregon to test their prowess in the waters up North. All came back with best times and new Sawtooth Masters Records! Congrats to Ed Kosydar, Oliver Cleaver, and Bob Ackerman.

Men 40 - 44

50 Free

Oliver Cleaver 2nd 24.22
Bob Ackerman 5th 25.22
Ed Kosydar 6th 27.13

100 Free

Oliver Cleaver 2nd 53.21
Bob Ackerman 5th 57.76
Ed Kosydar 6th 59.18

200 Free

Ed Kosydar 4th 2:16.28

500 Free

Ed Kosydar 4th 6:20.50

50 Back

Oliver Cleaver 2nd 28.90
Bob Ackerman 4th 32.10

50 Breast

Oliver Cleaver 3rd 32.52
Bob Ackerman 4th 36.95

50 Fly

Oliver Cleaver 2nd 27.16

100 Fly

Oliver Cleaver 2nd 59.08

Wildflower Triathlon

May 2 - 4

14 of our triathletes/Boise Aeros went and braved the wet conditions at Lake San Antonio, CA for the first big triathlon of the season. As a team, the Boise Aeros placed 26th out of 157 teams! Congrats to all those who competed!

Long Course Results

(1.2 mile swim, 56 mile bike, 13.1 mile run)

Women Pro

Jenny Tobin 15th 5:05.35
30.46 (s) 3:02.16 (b) 1:28.53 (r)

Men 35-39

Jeff Miller 110th 5:51.30
33.36 (s) 3:14.32 (b) 1:58.03 (r)
Jarred Blankenship 204th 6:27.16
44.07 (s) 3:32.08 (b) 1:57.54 (r)
Jim Younk 223rd 6:35.09
35.27 (s) 3:43.47 (b) 2:08.37 (r)

Men 40-44

Doug LaMott 25th 5:25.11
34.35 (s) 3:04.22 (b) 1:40.55 (r)
Kelly Wilde 28th 5:27.37
36.12 (s) 3:01.01 (b) 1:44.16 (r)

Men 45-49

Rob Adams 3rd 5:17.26
32.52 (s) 2:58.12 (b) 1:40.42 (r)

Men 50 - 54

John Bleymaier 44th 7:17.24
37.56 (s) 3:56.44 (b) 2:27.51 (r)

Men 55-59

Ken Runyan 9th 6:25.47
39.03 (s) 3:38.04 (b) 2:00.37 (r)
John Conners 17th 6:53.25
49.07 (s) 3:36.44 (b) 2:14.27 (r)

Short Course Results

(1.5K swim, 40K bike, 10K run)

Women 50-54

Cathy Olson 4th 3:23.22
35.26 (s) 1:38.50 (b) 1:03.27 (r)

Men 45-49

John Simonson 47th 3:18.15
32.01 (s) 1:39.37 (b) 1:01.15 (r)

Spring Fling Long Course Invitational

Fri - Sun, 3-5 May 03

One of our swimmers, Dr. Ellen Reynolds, decided to test her swimming abilities against some of the young whipper-snappers at the Boise Y Spring Fling Long Course Meet this past weekend. She proved she still has it in her, by making 9 qualifying times for Long Course Masters Nationals as well as setting new YMCA Sawtooth Masters Records in all 9 events. CONGRATS Ellen!

400 Free 12th 5:29.39
200 Free 8th 2:30.70
200 Back 8th 2:53.78
100 Free 13th 1:08.23
50 Free 11th 31.60
200 IM 8th 2:56.59
100 Back 7th 1:19.86
50 Back 4th 36.81
50 Fly 7th 34.25

The Mind-Body Connection – All Performance is Self-Fulfilling

Sawtooth Masters

Head Coach:

Shannon Hamrick
Phone: 208-846-5967

Coaches:

Melinda Antonnuci
Linda Conger
Jeff Erwin
Liza Rachetto
Steve Porter
Helga Schultz

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

Winning the game.....

Excerpt from Alan Goldberg's "Smoke On the Water."

One of the first things that you must understand if you're going to develop the mind of a champion is the idea that **ALL PERFORMANCE IS SELF-FULLFILLING**. What I mean by this is that **YOU ALWAYS GET WHAT YOU EXPECT AS A SWIMMER**. Go into a meet expecting to false start, blow a turn or get toasted by the opposition and you will. Go in expecting to have fun and swim **YOUR** best and chances are great that you will. This is because of the Mind-Body connection.

As a swimmer it is critical that you do not underestimate the power of your "inner coach", i.e. your self-talk in effecting how well you perform. I'd like to demonstrate that to you in a "hand's on" way with the following exercise:

EXERCISE #4

THE POWER OF THE MIND-BODY CONNECTION

Find yourself a space that's free from distractions. Stand up with your feet shoulder width apart and arms resting comfortably at your sides. Understand that this is an exercise to test how good you are using your imagination. Raise your arms so that they are perpendicular to your body at shoulder height and so that your palms are facing each other. Take your left palm and turn it up towards the ceiling. Take your right thumb and stick it up in the air. **CLOSE YOUR EYES AND USING YOUR IMAGINATION ONLY**, imagine that in your left hand, the palm-up one you have a very heavy book, i.e. a dictionary. Imagine tht attached to your right thumb is a string that is connected to a balloon filled with helium.

Using **ONLY** your imagina-

tion, imagine that your left hand is getting heavier, and heavier and falling...and that your right hand is getting lighter and lighter and rising. Allow yourself enough time with each of these suggestions so that you begin to imagine them happening. Repeat these suggestions of heaviness and lightness to yourself for 1-2 minutes. Now open your eyes, look at both arms and see if you can notice a difference in the physical feelings of each. If you really let your imagination run free, chances are that you both saw and felt a difference. The left arm probably felt heavier and more fatigued than the right one.

This exercise highlights very clearly how the thoughts and the self-talk that you entertain in your head go directly into your body, make physical changes, and **DIRECTLY** effect your performance.



HAPPY BIRTHDAY to the following SAWS swimmers!

05 15	Dennis Allen
05 18	RT Duke
05 25	Steve Porter
05 31	Christine Walsh
06 04	Dan Stochel
06 07	Bill vonTagen
06 13	Dave Beck
06 16	Heather Hafen
06 25	Michael Bennet
06 30	Matt Purdy

Hales and Farewells

Welcome to new (or returning) swimmers:

Kathy Barrett
Marion Benzing
Suzy Cavanagh
John Connors
Keith Folske
Paul Jozwick
Stephen Kurka
Rachel Lawrence
Wain Mailhot
Kelly Merritt
Alan Peterson
Dan Rost
Paula Sullivan
Brad Turpen

We'll miss you:

John Gahley - is leaving us to go join the Navy as a Med Tech and explore the world

Shan Han- is packing up and heading to the big city of Washington D.C. Have fun with the humidity!

Susan Vickery - is leaving us in June to join her husband in Oregon

