

WATER WORKS



Sep-Oct 2003

Volume 1, Issue 4

Quote of the Month



“A great attitude does much more than turn on lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were some how absent before we changed.”

—Earl Nightingale
1921-1989, Philosopher & Syndicated Radio Personality

Inside this issue:

- Back To Basics **1**
- Upcoming Events **2**
- Letter from the President **2**
- Swimmer Profile **3**
- Shoulder Dysfunction **4**
- Stroke Progression/ Birthdays **6**

BACK TO BASICS - Fall Season Challenge

By Shannon Hamrick
Head Coach
YMCA Sawtooth Masters

I'm going to issue a challenge for all of you during the upcoming fall season. We are going to go Back to Basics and get down and dirty with stroke technique...and yes...the dreaded "D" word...drills! Now don't go running away screaming and yelling. We won't be doing drills "just to do drills." We will be doing drills with a focus that will even require a little brain power on your part.

Now that it's off-season for the majority of us, we're going to give everyone from our most novice masters swimmer to our most advanced national record holders a chance to slow down (heaven forbid) and really hone in on their technique. A little frolic and focus in this area hasn't killed anyone yet (as far as I know...if you've heard differently please let me know!) ;o)

Before I go on I'm going

to preface my challenge with an article by Coach Emmett Hines out of Houston, Texas.

Dividends, Guts and Grease (or Investments Your Banker Never Told You About)

by Coach Emmett Hines

Reprinted with permission. Revised from an article which first appeared in Schwimmvergnügen in 1997 and which later appeared in Swim Magazine.

Ever notice how some swimmers get more technique attention and input than do other swimmers during workouts? Why is that, do you suppose?



OK...So maybe not that far back!

Consider the Coach/Swimmer relationship as an Investor/Stock relationship. Think of the coach as the investor who has time and knowledge to invest in the swimmer (who, of course, represents the stock). Having

made an investment, the investor looks for ROI—Return On Investment—i.e. the stock goes up in value and/or pays dividends.

“Going up in value” means, quite simply, that the swimmer actually makes improvements—becomes faster and/or more efficient—as a result of putting the coach's investment to work. Attaining this long-term goal benefits the stock (swimmer), the investor (the coach) and the investor's portfolio (the team). Unfortunately, this often takes considerable time and continued effort, and cannot be counted on to show immediate profits.

Dividends

“Dividends,” on the other hand, are the regular, short-term payoffs that an investor counts on, first as an indicator of a stable stock foundation worthy of further investment, and second, as income to fuel further investment in the stock. In our analogy, the dividend may take many forms. In its simplest form the swimmer might merely express appreciation for the attention

- see BASICS pg 3

Upcoming Events - September, October, November

- **BACK TO BASICS**

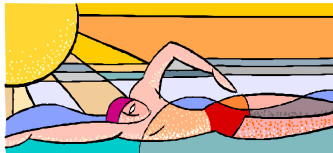
Mon, 29 Sep 03 - 21 Nov 03

Where: Both YMCAs

When: All Masters practices

Cost: Free to Y- Members
\$40 per month for Non-Y Mem

For more info see flyers on Masters Bulletin Boards



- **6000 Yard Postal Swim**

Saturday, 18 Oct 03

Where: West YMCA

When: 8:00 am

Cost: \$10 - Must be USMS

(United States Masters Swimming) Registered to participate

For more info see Entry forms on Masters Bulletin Boards

- **FLOW Freestyle Workshop**

(Fundamentals for Learning to be "One" with the Water)

Saturday or Sunday, 18-19 Oct

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@cableone.net

- **Thanksgiving Invitational**

21 -23 Nov 03

Where: West YMCA

When:

Friday: Warm Up: 5 - 5:45pm

Meet Start: 6:00pm

Sat/Sun: Warm Up: 7:30-8:25am

Meet Start: 8:30am

Cost: \$1.75 per entry
\$4.75 surcharge

Entries: Swimmers can enter 1 event on Fri, 3 events on Sat/Sun
Must be USMS Registered to participate

For more information see sheet on Masters board or write

SawtoothMasters@cableone.net

A Note from the President

The last nine months have seen some dramatic changes in the adult swim program at the Boise YMCA.

The YMCA has graciously offered to supply a head coach - Shannon Hamrick. Shannon has been coordinating and covering workouts, created outreach programs to introduce swimmers to a Masters workout, and provided a means of communication for swimmers through a newsletter and pool side bulletin board. She even found time to have a baby - congratulations.

As a result of her efforts the program has grown dramatically. Many thanks to Shannon Hamrick and the Boise YMCA for facilitating the growth of an

adult swim program.

It is the success of this program, that will provide opportunities for a community of swimmers in and around southwest Idaho to communicate and support one another's personal growth and achievements. Swimming is an awesome lifestyle sport, and with programs such as these we can all share the experience.

Beyond the growth of an adult swim program that promotes a healthy lifestyle, we also want to create an opportunity for those adults still interested in pushing themselves in the realm of competition. It is our belief that the joy of competing should not be left to the very young. Therefore, I would encourage all

of you to participate in our upcoming meets, such as the Thanksgiving meet on November 21-23. Also, we would like to take a group of swimmers to either the USMS Nationals or the YMCA Nationals in the spring. Remember, it is not about the speed but rather the experience.

Please feel free to provide myself or Shannon or any of the other coaches with feedback. This is an organization that is trying to create an environment to fulfill your individual needs. Remember - the off season is upon us so, "Good luck with your stroke and may your count go down"!

Kirk A. Miller MD

President of the Snake River Masters Swimming & YMCA Sawtooth Masters

given. Another, more powerful, dividend would be realized when the coach sees the swimmer practicing or working on a particular skill that she and the coach have talked about. Flagger down the coach to ask him to watch, and comment on, some specific aspect of the stroke is great a payoff as well. Asking well-thought-out questions that demonstrate that one has been contemplating previous input also accrues to the bottom line. Knowing one's stroke counts when the coach asks, even in the absence of a specific counting instruction, gains dividend points. The e-mailed comment or query that has its roots in the swimmer's uncommon awareness returns investment value quite handily. Helping a fellow teammate who is struggling with a new concept reaps double dividends... These are but a handful of the

multifarious ways in which value can be returned, in the short term, on the coach's investment. It is with such dividends, paid regularly on the part of the swimmer, that the continued investments on the part of the coach can be assured.

Another way to say all this is that the coach wants the swimmer to make and demonstrate his cerebral and emotional, as well as physical, investment in the learning process. The swimmer who really gets involved as part of the investment team reaps technique and knowledge benefits immediately and motivates the coach to continue the relationship. The other kind of swimmer just lets things go in one ear and out the other, or does only a length or two of something new before blowing it off, or is unwilling to trust the coach and try something

new, or only follows directions when it is convenient. That swimmer isn't making much of his/her own investment in the learning process and isn't going to get much benefit...or get much of the coach's attention.

Guts

And, despite the common misconception, doing lots of yardage is *not* such an investment. Neither is just "working hard." While a certain amount of yardage and high levels of intensity are both commendable under the right circumstances, neither is closely related to becoming a better swimmer. In training, yardage and intensity are the easy way—the coward's way—out. Yes, they can and do improve your ability to do That Thing You Do, whatever it may be, longer and faster. But that just means

- see BASICS pg 4

"While a certain amount of yardage and high levels of intensity are both commendable, under the right circumstances, neither is closely related to becoming a better swimmer"

Swimmer Profile - Meet Your Team Mates



Name: Cameron Rose

Age: 43

Occupation: Computer Dork and Manager

Years Swimming Masters: Off and on for 5 years

Workout Time: 5:30am West Y

Favorite Swim Event: 100 Free

Why: It's an extended sprint, longer than a 50 but shorter

than a 200. If you work it right, you burn the candle at both ends.

Favorite Past Time not in the Pool: Travel for sure. In the past 17 years we've been to Australia, New Zealand, Tahiti, Beijing, Bangkok, Phuket, Japan, Israel, Egypt, Italy, Paris, London, Hawaii

Favorite Book: For sheer prose it would be *The Great Gatsby* by F. Scott Fitzgerald. Otherwise any mystery by John Sandford, Carl Hiassen, T. Jefferson Parker or Jonathan Kellerman.

Favorite Movie: *The Jerk* with Steve Martin (Lord loves a workin' man), followed a close second by *Ace Ventura*.

Favorite Music: Boney James' sax is like honey.

Before a Meet: Psych up and eat Dextrose. Do NOT rototill your yard the day before a meet!

After a Meet: Figure out where to place all of the awards.....not!

Little Known Fact: Diagnosed with Prostate Cancer at age 38. It's not just for older men, so if it runs in your family you should be getting a PSA test by age 40. I've been cancer free for 4 years. Lance Armstrong is

just lucky I don't ride a bike!

OLÁ!

HALLO

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Shoulder Dysfunction

By Paula Moores P.T., COMT
YMCA Sawtooth Masters
Swimmer 5:30 am, West Y

How many times while swimming 1000 yards do we position and reposition our shoulder? For some of us that number is larger than others, but the number adds up over time. The shoulder is one of the most highly utilized joints in the human body. Its main function is to position the hand in space so we can use our arms functionally. In swimming this holds true, but we also do the task repetitively with resistance.

Shoulder dysfunction and pain can arise from a variety of sources. One source is the cervical spine having motion restrictions, disc pathology, or faulty posture being a few of the possible causes. The thoracic spine can be at fault due to restriction of extension in the spine, often caused by people today spending prolonged time sitting or working with head looking down and arms in front of them such as working at a computer. Or the shoulder itself can be problematic due to

tightness of musculature, and impingement of the glenohumeral joint, or an imbalance of strength of shoulder girdle musculature.

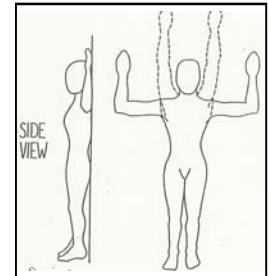
This article will give suggestions of exercises that can be done to improve posture, a gentle stretch for shoulder to reduce risk of impingement of the glenohumeral joint, and finally strengthening exercises to improve balance of internal rotation and external rotation in the shoulder.

Postural exercises can be done throughout the day to help restore axial extension throughout the spinal column:

1. Several times daily stop what you are doing, sit with chest lifted, chin tucked down slightly, and shoulders relaxed (hold 30 sec.-1 min.) then resume your activity. (Fig 1)
2. Wall angels can be done either sitting or standing with your back against a wall, feet a few inches away. The buttocks, shoulder blades, and back of head (with eyes straightforward, chin tucked

down) are touching the wall. From this position place hands out to the side with palms facing forward, bend your elbows bringing hands to shoulders (keeping all of

your arm against the wall), then bring arms up like you



are getting held up at a bank. For more stretch at this point turn thumbs toward wall and take arms as high as possible. Return opposite of how your arms went up.

One stretch that will stretch the inferior capsule of the shoulder to allow the head of the humerus to descend in the joint

- see *SHOULDER* pg5

“The shoulder is one of the most highly utilized joints in the human body. Its main function is to position the hand in space so we can use our arms functionally.”

BASICS from pg 3

you are better *conditioned*—not a better swimmer. Changing your stroke technique is the only path to becoming a fundamentally better swimmer. And, let’s face it, the single most courageous thing your coach asks of you is change. To humans, change is perceived as far riskier than courting pain or enduring boredom, the payoff seemingly not as certain. Only swimmers with guts really embrace change and make it their own, riding out the uneven path of stroke improvement, seeking the unexplored territory of faster, more efficient swimming.

Grease

Your coach cannot force

you to change, and will not try to do so. Only you can make changes in your own stroke technique. Your coach’s job is to provide an environment in which those who desire change may seek it successfully. And seek it you must. It won’t come searching for you. So, for the swimmer desirous of change, it pays to view the coach as a potential investor and then to actively solicit the desired investments. The old saw about the squeaky wheel and a gob of grease comes to mind here. The swimmer who just waits quietly for the coach to come and lavish scads of unsolicited attention waits in vain. There is too much competition for that attention to just wait for it to fall into

one’s lap. The swimmer who seeks the coach’s attention by first asking for attention, then, more importantly, acting upon the input given (i.e. giving good ROI), is the swimmer most likely to reap the greatest rewards.

Executive Summary:
Squeak, show some guts, pay dividends, get more grease.

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Emmett Hines is Director and Head Coach of H₂Ouston Swims. He has coached competitive Masters swimming since 1982, is a Senior Coach for Total Immersion Swim Camps, holds an ASCA Level 5 Certification, was selected as United States Masters Swimming’s Coach of the
- see *BASICS* pg 5

SHOULDER *from pg 4*

with motion and help eliminate impingement is to lay on your back, lift your arm overhead leading with the little finger (just like backstroke), go to the end of the motion and let it stretch there for 15-20 sec. (do 4-5 repetitions with each arm). To keep back from arching bring the knee of the side you are stretching up toward your chest and hold with the opposite hand.

While swimming the resisted motion is always internal rotation of the shoulder. Therefore, often times an imbalance of strength may occur between internal and external rotation. Strengthening your shoulder external rotators can be done by:

1. Lying on your side with a

small towel roll under the elbow, keep elbow bent to 90 degrees as you rotate your hand up toward the ceiling. Hold a weight in your hand (3-6 lbs.) and do 2-3 sets of 15 repetitions.

2. Standing with resistive band or piece of surgical tubing attached to immovable object, place a small towel roll under upper arm, keep elbow bent. Start with arm across your stomach and the band with



slight tension. Keeping elbow bent, rotate hand as far as possible out to the side and return slowly to starting position. Do 2-3 sets of 15 repetitions.



Editors Note: Many shoulder injuries for swimmers are caused by improper technique. If you are having shoulder problems, have your coach look at your stroke. If you slow down and do your stroke properly you can elevate much of the strain on shoulders.

BASICS *from pg 4*

Year in 1993 and received the MACA Lifetime Achievement Award in 2002. His book, *Fitness Swimming (Human Kinetics, publishers)*, is in its third English language printing and is also available in French (entitled *Natation*, published by Vigot), Spanish (entitled *Natacion*, published by Hispano Europea) and Chinese (entitled *Jianshenyouyong*). Currently he coaches the H₂O Masters group in Houston, works privately with many clients and offers video stroke analysis by mail (Project VDO). He can be reached for questions or comments at 713-748-SWIM or ehines@bigfoot.com. You can find more of his articles at www.H2OustonSwims.org.

The Challenge

With that being said (Thanks Emmett!) I'm going to issue the challenge. I challenge all of you to dedicate the fall/winter season from Oct - Jan to concentrating on stroke technique. And no that doesn't mean that you need to do drills the entire time...just focus...be constantly thinking

about how your feeling in the water. Try to find the best way "for you" to get through the water with the least amount of resistance possible. We'll give you some tools to work on and then some workouts to start implementing them...so we can start programming muscle memory.

For those of you who are more veteran swimmers, and know all there is to know about swimming...just test it out. See what happens when you focus on technique for a while. Who knows it may actually help and even worse, you may actually begin to enjoy it!

For all our freestyle loving triathletes out there, think of it as a little cross training. You're training some different muscles that will ultimately make you a better freestyler and give you a better feel for the water.

For those of you who just can't part with the mindless, grinding lap after lap...I suppose we'll come up with something for you too! ;o)

I'll leave you with this tid-

bit taken from *Triathlon Swimming Made Easy*, by Terry Laughlin, the Founder and Head Coach of Total Immersion Swimming, "Eugen Herrigel, in his book *Zen in the Art of Archery*, wrote that Zen archers do not train primarily to shoot bulls eyes, but to increase their self-understanding. Similarly, mastery is not the pursuit of perfection, but of self-knowledge—including your flaws and limitations. You'll never reach perfection anyway, and that's fortunate, because, you'll always have some higher goal inspiring you. And particularly in swimming, so long as you have Human DNA, you will never exhaust your opportunities for learning or improvement. Further, it's essential to feel clumsy or incompetent at times—and to smile at yourself when you do. The understanding of a master learner is measured by their willingness to surrender what they "know" in order to learn something new."

For info on Total Immersion see: www.totalimmersion.net

"The understanding of a master learner is measured by their willingness to surrender what they "know" in order to learn something new"

Stroke Progression Phases & Aerobic Base Training

Sawtooth Masters

Head Coach:

Shannon Hamrick
Phone: 208-846-5967

Coaches:

Linda Conger
Shannon Durham
Jeff Erwin
Danielle McClenahan
Dave Murray
Liza Rachetto
Jackie Trout

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

As part of Back to Basics, we are using the following checklist to help you understand the different phases you must go through in the total development of each stroke. Before moving onto the next phase, however, you must master the previous phase. This way you will develop the foundation of the stroke (body position), and build upon that foundation. Weak foundations usually crumble when put under stress. How well built do you want your foundation? We will take time now to learn (or re-learn) the skills you need to become efficient and fast.

Back to Basics has been designed for progression, rotating through each stroke twice over two months. It culminates with the Thanksgiving Invitational, 21-23 November where you can test the waters with your new and improved stroke.

Winning the game.....

Long Axis Stroke

Freestyle and Backstroke

Free: 9/29-10/4 & 10/27-11/1

Back: 10/6-11 & 11/3-8

Phase I

- Body Position level
- Neutral head focus

Phase II

- Body Length finger tip to toe
- Bow of ship

Phase III

- Body Power/Momentum
- Hip/Core roll

Phase IV

- Speed n' Power
- Overall Timing
- Precise repetition

Phase V

- Personalizing
- Puttin' it together
- The end product!

Short Axis

Butterfly and Breaststroke

Fly: 10/13-18 & 11/10-15

Breast: 10/20-25 & 11/17-22

Phase I

- Body Balance
- Caterpillar feel

Phase 2

- Landing zone
- Chest press/Head position

Phase III

- Throw weight
- Chest & hips

Phase IV

- Synergy n' Speed
- Overall Timing
- Precise Repetition

Phase V

- Personalizing it
- Puttin' it together
- The end product

It is true that not every swimmer is in the same place (ability and experience), but during our Back to Basics season, every swimmer needs to focus on putting the best mechanics into their strokes. This will be our emphasis. Please work with the coaching staff to enable US to help YOU get the most out of your swimming. YEAH!!





HAPPY BIRTHDAY to the following SAWS swimmers!

09 03	Kelly Wilde	10 02	Mark Brilz
09 07	Don Suggs	10 02	Jeff Miller
09 09	Keith Folske	10 04	Susan Vickery
09 11	Melinda Antonucci	10 05	Travis Everett
09 14	Dee Turner	10 07	Jarred Blankenship
09 15	Danielle McClenahan	10 09	Brad Turpen
09 17	John Sanders	10 14	Kelly Merritt
09 18	Brigitta Ruggiero	10 17	Kristi Lee
09 20	Jeff Stevens	10 19	Robin Mitchell
		10 23	John Simonson
		10 24	Kirk Miller
		10 31	Jenny Tobin



Sawtooth Masters Registration Form

Fee Schedule

Free for YMCA Members

Annually Non-Y Mem: \$480

Quarterly Non-Y Mem: \$120

Monthly Non-Y Mem: \$40

Please pay all fees to 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:
