

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER

SPRING 1995

It seems as though we hardly had winter - and now spring is upon us already. Time to start thinking short course championship meets and then on to long course. There are still a few short course meets in April and May. So if you haven't tested yourself against the stop watch yet you still have time. We need everyone's support for our organization to survive and thrive!

Ingrid Stine reports that the Madison meet on February 5th - one of the coldest days of the winter - had 51 entries minus several scratches. The meet was very well run by meet director Bob Aker who did everything himself except for starting! The sauna was available for heating up the cold bones and muscles and was greatly appreciated - and used!

This HAS to be a RECORD! Laurie Alioto, 9 months and 2 days pregnant, swam several events in the Madison meet, even diving from the very high starting blocks. Her times were very respectable considering the circumstances! She managed a 2:29 200 free - compared to last year's non-pregnant time of 2:19. Laurie is 36 years old. Way to go, Laurie!

FROM THE RECORDS CHAIRMAN

Anyone participating in meets out of state, please submit "Official Results" if you think you might have broken a state record. Without results we cannot update records. Fourteen records were broken by Wisconsin swimmers at the Illinois State Championship meet in April 1994 and the results were not received by the Records Chairman until February 1995. Our Records Chairman is John Bauman, 11917 W. Rainbow Ave, West Allis, WI 53241.

I am not sure where I came across this workout idea - probably in Swim Magazine. But I find I really enjoy this particular type of workout. It provides all kinds of opportunities for variations and creativity without getting too "long" or boring. This particular workout revolves around 6 sets of 300 yds although I have also done it in sets of 400 and 500 yards.

Warm up - 300
2 x 150
3 x 100
4 x 75
6 x 50
12 x 25
Total - 1800

I vary the workout by integrating kicking, pulling, stroke drills, alternate fast/slow swims, etc. etc. I can easily accomplish this in 45-50 minutes - which is about how much time I have to devote to working out. The RI varies depending on what I am doing but I usually allow only 1-2 minutes between sets.

Nancy Kranpitz

"What an I supposed to do with this?" grumbled the speeder as the police clerk handed him a receipt after he paid his traffic fine.

"Keep it," the clerk advised. "When you collect four of them, you get a bicycle."
-Blooms in Bloomer, Bloomer Advance

Some Interesting Facts About the Human Body (from Shark Snooze)

If you are an average person you have about 6 quarts of blood running through your body right now.

If you've got a normal head of hair you have about 100,000 hairs on it. But if you're a redhead you've probably got only about 90,000. For some reason red-heads have less hair. Blonds, on the other hand, have more hair on their heads.

Your brain weighs about 3 pounds. It contains 14 billion cells.

A human hair grows at an average of 8 inches a year.

At birth an infant has 350 bones. As the child grows many bones fuse with other bones so that by the time the child is grown his or her body contains 206 bones.

Your heart will probably beat 36 million times this year.

Your eye measures about an inch in diameter. It weighs about 1/4 of an ounce.

The norman adult has 656 muscles. 42% of an average male's body weight is muscle. An average female's body weight is 38% muscle.

The body part that grows least is the eye.

The average adult gets 7 1/2 hours of sleep every night. As we age, we need less sleep - until we hit our 60's, when the need starts to increase again.

1993 USMS CONVENTION WORKOUT

COACHES: Todd Samland/John Zell

Warm up: 200 swim + 200 kick + 200 stroke

Then...Swim 8/6 x 100 @ 1:30/1:40/1:50/2:00/2:10/2:20

Drill Set: 10/8/6 x 50 @ 1:00/1:15/1:30

25 scull drill + 25 swim (free) On stomach: hands press out and squeeze in past the waist; focus on stroke length - kicking permitted.

Main Set: 8/6/ x 200 on group rest of 5 seconds after last person

2 sets - #1 set 50 free + 100 stroke + 50 free

#2 set descend (choice)

Sprint Set: 8 x 25 @ coaches sendoff

#1-4 fly kick on back hands overhead

#5-8 fast (choice)

Warm Down: Swim 100-200 EZ

Total Distance: 3,900 - 3,200

The following appeared in Discover the Y, Fall 1994. This is a newsletter for members and friends of the Neenah-Menasha YMCA.

Volunteers are like Fords...they have better ideas.

Volunteers are like Coke...they are the real thing.

Volunteers are like Pan Am...they make the going great.

Volunteers are like Pepsi...they got a lot to give.

Volunteers are like Dial Soap...they care more.

Volunteers are like V05 Hair Spray...their goodness holds in all weather.

Volunteers are like Hallmark Cards...they care enough to send the very best.

Volunteers are like Standard Oil...you expect more and you get it.

Volunteers are like Frosted Flakes...they're grrrrrrrrrrrrrrrrrrreat!!!!

If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and dry cleaners depressed?

-Palmer H. Sondreal, Amery Free Press

There's no need for a farmer to retire and move to the city. If he stays put, the city will come to him. -Farmer's Digest, Brookfield

CONGRATULATIONS to the 6 WMAC swimmers who participated in the 1995 USMS One Hour Postal Swim National Championships! Individually Tracy Thompson, 28, placed 38th with 3365 yards, Elizabeth John, 84, 5th with 1545 yards, James Rooney, 43, 31st with 4250 yards, Morgan Byers, 67, 5th with 3805 yards, Perry Rockwell, 70, 6th with 3320 yards, and Herb Howe, 82, 1st with 2885 yards. Elizabeth John distinguished herself by being the oldest female competitor in the Championships! Herb had some competition as he just outdistanced the 2nd place finisher in his age group by 10 yards. 935 swimmers covered a total of 3,485,460 yards! Out of 118 teams in the "small club division" our 6 representatives compiled a total of 19,170 miles (3,195 yd average) to place 26th. Congratulations, once again, for representing us so well!

In the January newsletter I reprinted, with Terry Laughlin's permission, some detailed "theory" on swimming more efficiently. The following is the second half of his correspondence. This deals with the drills you can use to make the theory a reality.

Skill drills are the best and easiest way to teach your body new swim skills. These stroke skills are so subtle and complex that they're nearly impossible to learn without coaching. The drills break down the whole stroke into bite-size pieces that nearly anyone can master on their own with practice. The drills I've selected here will improve all six skills outlined above (last newsletter).

CATCHUP STROKE

Flutter kick (a small kick, little splash) with both arms extended in front, one hand covering the other and elbows squeezed together. Squeeze your jaw between your shoulders and look toward your wrists, not the bottom of the pool. Lean on your sternum (press the T) as you kick with enough pressure that your hips just reach the surface.

When your body is balanced and stable, stroke and recover one arm, while keeping the other extended. At the completion of each armstroke, cover the extended hand with the stroking hand and pause (kicking steadily and pressing the T) in that position until you feel your body reach a stable, balanced position. Stroke this way: Pull straight under the midline of the body, so that your thumb passes directly under your navel. Press your hand straight through your hips. The hips should roll completely out of the way as your hand passes through. Breathe and roll with each armstroke (to both sides).

Master the following skills while practicing this drill: 1. Keep the body as long and stable as possible at all times. 2. Make sure you roll the hips completely out of the way with each armstroke. Roll fully to your left as you stroke the left hand and fully to your right as you stroke the right. 3. Make sure the head and shoulders do not move until the hand approaches the hip. The hips should initiate your roll; the whole trunk should roll all at once. Use your armstroke (as the hand approaches the hip) as your cue for when to roll. 4. Use a brisk hip turn and move the head and trunk as a unit to create the maximum "surge" on the last half of each armstroke.

SLIDE AND GLIDE

Flutter kick on your left side with the left arm leading, right arm trailing at your side, right hip and shoulder pointing straight up, face out and looking at side wall. Maintain a long clean line from fingertips to toes to avoid water resistance. Maintain balance by pressing your left shoulder and rib cage toward

Stroke drills continued...

the bottom and pressing your head onto your left shoulder. Keep your kick small. Kick until your body is balanced and stable in that position or for 2 to 3 counts, then recover your right hand and cover your left (extended) hand, pausing until the body is stable and balanced (as it was in the catchup drill above), then stroke with the left (also as in catchup). As you complete the stroke and roll your hips, leave the left hand by your side and balance in the side-lying position (continue kicking with that right kick) for 2-3 counts. On each rotation, pause in each position--left, center, right, center, etc.--for 2-3 counts. Emphasize crisp, smooth, strong hip movement to initiate each rotation. Rotating the body on its axis gives you a longer, more "fishlike" body position.

SWIM WHOLE STROKE WITH "TWITCHY" HIPS

This drill is pretty simple. Swim 25 yards while pressing the T. Don't breathe on the first 8 to 10 strokes. While swimming with your head still, concentrate all your attention on this: on every single armstroke, as your hand reaches your hips, twitch or snap your hip out of the way. After 8-10 strokes, return to normal breathing the rest of the length, but keep your hips snapping away from your hands the same way. Practice this for 5 to 10 minutes, resting to catch your breath after each lap. With each lap of practice develop a stronger sense of hip rhythm; your whole sense of rhythm should be in your hips, not your arms or legs. Keep this sensation when you go back to "normal" swimming.

HOW TO MAXIMIZE THE BENEFITS OF SKILL DRILLS:

1. If your kick is weak, don't struggle with body position. Instead, use fins (Slim Fins are my favorites; I find they work much better than Zoomers for people with weak kicks and limited ankle flexibility) to increase your sense of control on all drills. Your skills will improve much faster.
2. The objective with all stroke drills is, through practice, to gradually increase the precision and economy of your movements, so your strokes become relaxed and smooth.
3. Practice drills in sets of 25-50 yard repeats, resting 10 to 30 seconds between. Do the drills alone until you can do them well. Then alternate drill lengths with swim lengths, trying to reduce your stroke count.
4. Novice swimmers should spend more time practicing drills (50% or more of all your swim time) than in whole stroke swimming. As your skills improve, gradually increase the amount of swimming you do. Even advanced swimmers should do at least 10% to 20% of their yardage in drills.

TIPS TO AVOID DRY SKIN

From Shark Snooze

Slipping into a nice, hot tub may seem like a great idea on a very cold day. But don't do it if you tend to have dry, itchy skin at this time of year. According to dermatologist Charles Zugerman, these directives will help to protect your skin:

Bathe just once a day using warm (not hot) water and a superfatted soap.

Apply lather with hands rather than a washcloth.

Clear water will rinse away the soap and slough off dead cells.

Limit your bath or shower to 5 minutes.

Apply a moisturizer after patting (not rubbing) skin dry with a towel. The best time to use a moisturizing cream is right after your bath or shower, when skin is slightly damp.

When laundering clothes, double rinse to remove any soap chemicals. Use a fabric softener in dryer only, not in washer. Do not wear clothing that is too tight and might cause perspiration. Avoid saunas, steam and bubble baths and caffeinated beverages and wines. They will cause itching. Avoid astringents. They are minor irritants.

What is a Century Swim?

"Do I have to be 100 years old?"

Finally, a program that provides the fitness swimmer with non-competitive recognition for their commitment to a swimming fitness program! The Century Swim™ is for swimmers of all abilities and interests. It celebrates completion of 100 swims by awarding successful swimmers a distinctive Century Swim pin and certificate of completion. United States Masters Swimming has designated the Century Swim as an official fitness event for 1995.

Ah, but what's a "swim"?

Let's face it—just making the time to get to the pool is often a feat! A "swim" is defined as one trip to the pool, and it is up to YOU to decide how far or how strenuous a workout is necessary to qualify. The Century Swim is completely noncompetitive—there is no need to see who can cover the most distance or swim

"A swim meet?! I'm lucky if I can get to the pool for 20 laps once a week!"

the fastest, and there is no race to the finish line. All participants receive the same awards, and can display them with the same pride.

Century Swimmers will have a specially-designed log sheet to record each trip to the pool (maximum one swim per day). The verification can be done by a lifeguard, coach, or friend at the pool, and provides a permanent record of your progress.

Swimmers will have two years from the date they register to complete 100 swims. Once the log sheet is filled, return it to receive your Century Swim pin and other goodies! The pin indicates the year of completion, so those who so choose can receive a pin every year they fulfill the requirements.

OK, I can do that! How do I join?

The Century Swim is sponsored by the Dunwoody Aquatics Masters Program (DAMP). DAMP is a member of Georgia Masters Swimming and United States Masters Swimming. We are devoted to encouraging swimmers to have fun with their sport and we want to help swimmers learn how to get more benefit from their swimming. DAMP sponsors clinics and seminars for fitness swimmers, coordinates Masters events at the Georgia Games and is involved in organizing swimming events at the Paralympics.

To join in the Century Swim, complete the application form on the right and send to:

DAMP
PO Box 88863
Atlanta, GA 30356-8863

with a \$10.00 check or money order payable to DAMP. (\$15.00 for non-US addresses).

➔ **QUESTIONS?** Call (404) 698-8020.

The Century Swim™ is a trademark of Dunwoody Aquatic Masters Program. We appreciate the support of the Coral Springs Masters, United States Masters Swimming and The Victor™

YES!

Sign me up for the Century Swim!

Name: _____

Address: _____

City: _____

State _____ Zip: _____

Country: _____

Telephone: (_____) _____

How did you hear about the Century Swim?

- Pool where I swim
 Friend
 SWIM Magazine
 Club Newsletter
 Other: _____

Comments:

GO SWIM!

By now you all should have received information concerning the State Meet which is being hosted by the Janesville YMCA at their facility on April 14-15. Jeff Moore and Sean Wendt will be meet directors and need your entries by April 6. This will be the first time in several years that we have had an indoor short course yards State Meet. Hope to see you all there!

The Illinois State Championship Meet is being held April 21-23. If you want to participate you will have to move quickly as entries are due in by April 3, 1995. You may get meet information from Greg Hamilton, 15W611 Filmore, Elmhurst, IL., 60126, (708) 279-8959. It is my understanding that in previous years there have been free massages provided for the swimmers! That alone would make entering the meet worthwhile!

Some of our newer swimmers - and some of our experienced swimmers who have only a very short time to devote to working out - may find the following workouts beneficial. Each one totals 1800 yards - just a long warmup for some folks - but enough of a workout for others.

- | | |
|----------------------------|------------------------------------|
| 200 free | 200 swim |
| 100 IM reverse order | 2 x 100 RI :30 |
| 100 IM K | 8 x 50 drill/swim 2 of each stroke |
| 4 x 50 swim (:10-15 RI) | 3 x 100 IM drills (mix up order |
| 4 x 25 build | 4-3-2-1- K |
| 2 x 100 easy/drill | 4-3-2-1- P |
| 5 x 75 sprint PLUS 50 easy | 3 x 50 sprint |
| 200 K/P | 100 easy |
| 100 easy | |

- | | |
|-------------------------------|-------------------------------------|
| 200 free | 100 free |
| 3 x 100 swim to kick | 100 IM reverse order |
| 100 sw, 50 sw/50 K, 100 K | 100 drill |
| 6 x 50 free drill | 4 x 50 drill/swim |
| catch up, fist, hypoxic | 6 x (2 x 25 good form, 1 x 50 hard) |
| 6 x 100 swim | 4-3-2-1 K |
| odd 100's drill/swim | 5 x 50 P |
| 300 K/P alternate | 2 x 100 drill |
| 4 x 25 (K, build, easy, hard) | cool down |
| cool down | |

Promises are like snowballs - easy to make but hard to keep.
-Cousin Cynthia, Oconto County times-Herald, Oconto Falls

You can fool some of the people all of the time and all of the people some of the time, but you can make a fool of yourself anytime.
-Bill Smith, Elroy Keystone Tribune

Weighing the Options
Shark Snooze

Some ways to lose pounds in 1995.

It happens every January - you start cutting calories and fat, only to drift back into old habits within a few weeks. Not this time. Incorporate a few strategies into your routine each week.

Body Basics: Get real with your goals by aiming for a loss of one pound per week. Don't shortchange your sleep. Fatigue can lead to overeating. Keep your metabolism revved by eating every three to four hours. Don't skip meals. Research suggests that people who do have higher body-fat levels. Dine at about the same time every day. Eat enough to satisfy. Make a beeline for breakfast - those who eat it tend to consume less fat and snack less than breakfast skippers. Eat slowly. Fill your plate with extra bread or other carbohydrates - and keep fat the smallest component of all meals. When you have over done it, don't compensate by starving the next day - you may binge later on. Have a healthy breakfast and lunch, and go light on dinner. Tempted by a high-fat treat? Take a bite and rate it on a scale of one to ten. Anything less than 10 isn't worth it. At parties, survey the buffet and decide on 2 or 3 items, maximum.

Always eat before you do your marketing. Shop the outside aisles of the supermarket, where you'll find produce, breads and low-fat dairy, first. The middle aisles are packed with fattening snacks. Always read the ingredients list. "Low fat" labels can be misleading. Buy fresh. The more food is processed, the less nutritious it is. Don't overdo fat and sugar substitutes. Find the time to fit Fitness into your busy life.

REQUEST FORM
RELAY ALL-AMERICAN PATCH AND CERTIFICATE

Relay Event: Circle one MNE WOMEN MIXED FREE MEDLEY

Relay Distance: 200 400 800

Course: Circle one scy scm lcm Year of swim _____

Relay member(s) requesting All-American patch and certificate: (\$5.00 each member)

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Mail Payment to:
U.S.M.S.
2 Peter Ave
Rutland, MA 02543

Send patch and certificate to:

Name _____
Address _____

Make Checks payable to:
United States Masters Swimming

Lots of teams have had to change their names, but I hope we can keep Indian summer
-Chan Harris, Door County Advocate, Sturgeon Bay

The Wall Street Journal recently featured an article on Masters Swimming entitled "Aging, Aching Joints Get Into the Swim - Goodbye to Tennis, Hello to Swimming!". It was written by Lisa Miller, Staff Reporter of The Wall Street Journal.

Ms Miller begins by stating that there are two things in existence that nobody thinks are bad for you - swimming and yogurt. Indeed, after years of pounding their joints playing tennis, jogging or doing aerobics, many people have discovered, or rediscovered, swimming - the only exercise guaranteed not to hurt! (So why did we see Morgan Byers with his arm in a sling at the March 11 meet???) . Anyway, in the past decade, the number of people who jog has stayed flat, tennis is falling off the face of the world, and the number of people aged 45-59 who swim regularly has nearly doubled to 8%.

It is noted that one of the biggest obstacles to taking up swimming is not knowing how to swim. If you can't swim properly you can't sustain a pace long enough to have a real effect on your body. In addition, many adults swim inefficiently simply because their technique is outdated. In the "old" days people swam with their arms moving like windmill blades through the water and their legs kicking furiously. Now swim coaches agree that the best arm stroke is done with a bent elbow, the best kick is a light flutter, and the real power comes from body rotation.

The main obstacles to taking up swimming center around finding a facility and enough time. Women who try to squeeze in a noon hour workout find it takes too long to dry their hair and reapply their makeup. In large cities just getting to the pool can be a major inconvenience and once there crowded conditions and contending with other swimmers who violate pool etiquette can add to your stress level instead of allowing the swim to relieve your stress level. And relief of stress and a feeling or sense of well-being are the top two reasons Masters give for swimming.

One way to ensure proper stroke technique and a positive pool experience is to get intensive coaching by joining a masters swim team. Indeed, membership in Masters swimming - a national organization of amateur swim teams for adults, with early morning workouts and competitive meets - had been flat for six or seven years, but now is rising according to Dorothy Donnelly, our organization's executive secretary.

Many swimmers get a psychological lift from swimming - some even report a relaxed, Zen-like "high" without aches or twinges. It can be called renewal, rejuvenation, quiet time or even meditation. Some people who take to the pool initially for cardiovascular health now find themselves addicted to the mental boost.

But there are those who just can't seem to make the switch from land to water. They find chasing a line on the bottom of the pool boring. Unlike jogging the route never changes - nor does the weather. Others find the space too confining. But even these people could benefit from water workouts by simply going to the shallow end of the pool and running. Membership in water aerobics, water step, water jogging and deep water running classes is on the rise.

A second thought for the day: Friendship should not be thought of as something we get; it is something we give.

-Earl A. Mathes, Keil Tri-County Record

1993 USMS Convention Workout

Coaches: Leslie Cooper, Don Hehl, Jim Miller, Krista Phillips

Warm Up: 200 free (25 drill/25 swim)

4 x 50 free @ 1:00 (25 fist/25 long stroke)

200 IM (25 drill/25 swim)

Main Set: 3 x 100 @ 1:30 - free

4 x 75 @ 1:15 - fly/back/breast (25 each) - Drill 1 arm fly breathing forward, Swim back and breast.

3 x 100 @ 1:25 - free

4 x 75 @ 1:15 - fly/back/breast (25 each) - Drill back with 4-6 kicks on one side, head still, looking straight up. Bring shoulder up toward chin for shoulder lift as you roll onto back to opposite side. 4 to 6 kicks on one side, then roll to opposite side. Swim fly and breast.

3 x 100 @ 1:20 - free

4 x 74 @ 1:30 - fly/back/breast (25 each) - Drill breast as "Smiley" face; no kick, sweep arms up and apart leading with little finger - sweep arms down, crossing hands underneath with fairly straight arms. Feel for the "lift effect" that enables you to breathe at that time. Swim fly and back.

3 x 100 @ 1:15 - free

4 x 75 @ 1:15 - fly/back/breast (25 each). Swim keeping in mind the object of the drills just completed.

2 x 100 IM kick with arms at your side throughout the set.

Dolphin: whole body movement with smooth, small kicks.

Back: Small kicks on side with periodic roll.

Breast: Attention to knee position as felt through arms.

Free: Small kicks from thigh and hips. Roll to breathe with whole body, not just head.

8 x 25 - Choice of stroke - one each at 60, 55, 50, 45, 40, 35, 30, 25, 20.

Warm Down: 300 revisiting drills learned above and stretch out.

WISCONSIN MASTERS SWIM COMMITTEE
N1950 SHORE DRIVE
MARINETTE, WI 54143