

Chlorine Chronicles

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Online newsletter of the Metropolitan Local Masters Swimming Committee

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Upcoming Events

Sunday 27 April: ~~Trigger Aquatics Yard Meet~~
CANCELLED

Thurs-Sun 1-4 May: USMS National SC Champs
Sunday 18 May: NYC Parks Dept SCM Meet
Sunday 13 July: Huntington Bay 5K OW Swim
Sunday 17 August: Grimaldo's Mile OW Swim
Sat or Sun 6 or 7 Sept: Hudson River 5K OW Race

For additional upcoming events go to:

www.metroswim.org
www.usms.org
www.cibbows.org
www.gscevents.org
www.nycswim.org
www.njmasters.org
www.connmasters.org
www.swimmem.org
www.colonieszone.org
www.dixiezone.org
www.swimacrossamerica.org
www.greatsouthbayswim.com
www.bayswim.com/index.html

Message from the Chairman

Greetings fellow Masters swimmers!

With the winter indoor short course season coming to a close shortly, I'd like to call your attention to the last few swim meets coming up on both the local and national Masters scene. For starters, please be advised

.... *the Chairman's Message continued*

that we have just been notified that the Sunday 27 April Trigger Aquatics meet at the Nassau County Aquatic Center is CANCELLED due to bulkhead structural problems. Contact the meet director Steve Sthab at sshtab@aol.com for further details. USMS National SC Championships will be held at the University of Texas in Austin on Thursday-Sunday 1-4 May. Good luck to all of our metro area swimmers who will be competing there! Preliminary team rosters and psych sheets are posted on the USMS national website at www.usms.org. Our Metro indoor short course season will conclude with a Short Course Meter swim meet hosted by the New York City Parks & Recreation Department at the new Flushing Meadows Corona Park pool complex in Queens. This final event of the season is FREE – NO entry fee! Event information is posted on our LMSC website entry RECEIPT deadline is Friday 2 May. Best wishes for good health, fun & fast swimming to all!

Steve Newman, Metro LMSC Chairman
metrochair@usms.org

Message from the Registrar

HELP US HELP YOU! Please make sure to send any updated contact information (email address, mailing address, telephone number) to me via email. We can't communicate breaking news, important information, upcoming events, deadlines, etc. to you if you've moved or changed your email address without letting us know. In addition, if you have not yet renewed your USMS registration for the current year and may be considering participation in summer USMS-sanctioned events, please do so NOW to make sure you receive your new card in time. Reminder: There is a two-week turnaround time for processing registration applications. Thanks!

Maria Anderson, Metro LMSC Registrar
metroreg@gmail.com

Page Two – Lane Lines

[This article was slightly edited/reduced in size to fit this newsletter section. It is posted in its entirety in the Fitness Articles Archives section of the USMS national website at www.usms.org.]

Beat the Workout Blahs by Laura Smith

What do you do when you don't "feel" good about your workout? You do have options. Let's face it. No one feels great in every workout. Sure, there are those far too infrequent times when you dive into the pool and feel strong, fast and efficient. However, there are other times that the only thing slower and more painful than your turnover is the clock ticking down to the end of workout. When this situation unfortunately yet inevitably occurs, you have some options:

Option A: Get out. But, by the time you've made the effort to get to the pool, change and get in the water, this option is a huge waste of time and energy. Plus, it's difficult to find an excuse the coach will actually believe.

Option B: Mindlessly go through the motions of a workout. This would count as "junk yardage." You're no doubt being sloppy, repetitively engraining bad habits into your stroke and keeping your heart rate at the level of a Sunday stroll through the park with Grandma. [Refer to "huge waste of time" in paragraph above.]

Option C: Use this opportunity to change things up, break the monotony, and have some fun. (Bing! Bing!! Bing!!! Pick this one!!!!)

Masters swimmers in general fear change e.g. try getting someone to switch out of their normal lane in a morning workout! However, sometimes to stay motivated and improve your swimming, you're just going to have to suck it up and do it! All the hard sets, long yardage workouts and painful intervals can't compete with efficiency and good technique. Practice doesn't make perfect. Perfect practice makes perfect. As long as you're going to be there, you may as well get the most out of your workout. Here are some ideas to improve your swimming and your "I should have taken up Masters Badminton instead" attitude.

Work the turns. Yep. Just the turns. You may be feeling slow and lethargic during a set, but don't waste the whole set by just "getting through it." Stay long and relaxed in the main part of the pool, but when you hit the flags, pick up your kick and increase your turnover.

Snap your legs on the flip, make a concentrated effort to explode off the wall, and exaggerate the streamline. Take two or three strong strokes out of the turn, then back off and relax. Repeat this for every turn during the set. Not only is it great cardio training with short bursts of effort followed by an active recovery period but you will also be so focused on turns that you just might forget the monotony of the set.

DPS (Distance Per Stroke). Forget about speed or times and, instead, work on efficiency. Some days you just don't feel fast and that's okay. Try swimming a few hundred yards of the same stroke and keep track of the average number of strokes you take per length. Then spend your workout concentrating on taking fewer strokes per lap. Initially try reducing your stroke count by one per pool length. Then two. Challenge yourself to see how few strokes you can take.

Find the chink in your armor! Ask your coach to watch your stroke and to give you one, just ONE, thing to work on to improve your efficiency. [Note: If you try to keep your head down, lift your elbows, work on hip rotation, and increase your kick tempo all at once, you'll probably end up more confused and less efficient than you were before.] Change takes time. Changing anything about your stroke is like a sore in your mouth - it feels huge even when barely visible to the naked eye. Take this ONE aspect of your stroke and concentrate on it for the entire practice. Slow down if you must, but really work on correcting it. Check back with the coach intermittently to be sure you haven't slipped back into old habits.

Change it up. Try moving to a lane with slower intervals and swimming one of your "off" strokes. We all have a stroke that we ignore like a redheaded stepchild. And usually it's the stroke we could improve upon the most. If you've been powering through months and months of distance freestyle, try swimming the main set backstroke or individual medley. Working different strokes not only makes all of your strokes stronger, but changing movement patterns can also help alleviate overuse injuries that are all too common in swimming.

We can't have the best workout of our life every time we jump into the pool. However, with a little creativity you can get something positive out of each and every workout regardless of how you feel. Take advantage of practice days when you do feel awesome! But also take advantage of the days when you don't feel so great and use them to work on things you may normally overlook during workout. Most of all, keep it fun and you will always be successful!

Page Three – Message from the Editor

Message from the Newsletter Editor (and from the Vice Chair & Event Sanction Chairperson)

Okay, by now most of you know I'm one and the same person which is probably a blessing in disguise because it saves both newsletter space and your time if you only have to read one - rather than three - messages from me. So here goes!

To all of you who have hosted (or want to host) pool, open water, fitness or other USMS-sanctioned events, we would love to be able to offer more events, services and opportunities to our membership. Do not hesitate to contact me to discuss details, rules and requirements, how-to's or anything else. It takes some time and advance planning, and the earlier we start, the better prepared we can all be for fun, well-attended and properly organized events. Check out the "Event Director's Toolbox" section of our Metro LMSC website for reference material and forms, and try to organize and plan your potential event AT LEAST three to six months in advance. The entire Metro LMSC Board is here to help you, so let's work together to offer more to our membership!

Another informative reference item posted on the LMSC website is "2008 Metro FAQ's" yup, right there on the home page under "New Document Postings" just scroll down a bit and click on your choice of either MS Word or PDF file format to read and perhaps learn something new about Masters swimming.

We would love to have your input for future issues of Chlorine Chronicles! If you have a favorite swim set or challenging workout, technique tip, cross-training or nutrition advice, human interest story or highlights from an out-of-town swim meet you just attended please share with us! Submit written material to me in MS WORD format via email file attachment. Got swim-related photos? Please send to me in JPEG format via email file attachment, and we'll do our best to include them in an upcoming newsletter issue.

Our intent is to publish Chlorine Chronicles twice a month, with an email notice issued by our Registrar each time a new issue has been posted online. Spread the word, share the love, and let's get more people involved in our wonderful world of masters swimming!

Lisa K. Baumann
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Just for Giggles

Universal laws affecting swimmers (*much like Sir Isaac Newton's laws of motion*)

Law of Competitive Gravity: When left unattended, a swimmer will gravitate to the worst technique possible.

Law of Inertia: A swimmer at rest will tend to remain at rest unless acted upon by an outside force. A swimmer in motion will tend to rest as soon as possible unless acted upon by an outside force.

Conservation of Matter: Matter or Mass can neither be created nor destroyed, except by middle-aged masters swimmers, when it can magically appear in the most inopportune places and quantities imaginable.

Opposition Principle: When asked to kick rapidly, swimmers tend not to; when told not to kick, swimmers tend to kick rapidly.

Laws of Acceleration & Momentum: The Law of Acceleration may only apply for three minutes after the coach reminds swimmers it is important; then the Law of Momentum becomes dominant, soon to be replaced by the Law of Inertia.

Law of Static Levels: Swimmers will automatically seek their own comfort level and tend to attract others to do the same.

Mind over Matter: The mind can overcome many obstacles during competition, but the same does not apply during training sessions.

Law of Finite Attraction: Even after carefully explaining the efficiency and effectiveness of an ideal stroke rate, within three minutes swimmers will invariably lose the ability to count strokes and will think about any other related or unrelated concept. See similar anomaly under Law of Acceleration.

Relativity: The position of the swimmer's body in relation to the position it is supposed to be in may vary up to plus or minus 100%.

Vertical and Horizontal Telemetry: When rotated 90 degrees from the vertical to supine or sublime position, the brain loses most of its ability to function.

Historical Principle of Babylon: Within three minutes of the start of coach speaking, the swimmers begin hearing unrecognizable tongues. See similar anomaly under Law of Finite Attraction.

Fluid Mechanics: The amount of fluid the bladder can retain is directly proportionate to the difficulty of the current workout set. The same principle seems to apply to ripping caps and broken goggle straps, but no scientific evidence connecting the three has been documented.

