

Chlorine Chronicles

21 June 2008 Issue • www.metroswim.org

Online newsletter of the Metropolitan Local Masters Swimming Committee

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Editor's Notes & Reminders

It's here - the longest day of the year and the official start of Summer! With so many daylight hours to energize us and pack with fun-filled activities, let's get a move on preparing for upcoming events while taking a look at what our members have been up to lately.

On the "senior" front, we bring you pictures from the Long Island Senior Swim Games held Saturday 14 June at Suffolk Community College in Brentwood. I just love their motto "You don't stop playing because you grow old. You grow old because you stop playing." Special thanks to Bill Brennan for submitting event photos.

Numerous Metro LMSC swimmers from NYC Hydras, AquaFit Masters, Huntington Masters, Trigger Aquatics, Chelsea Piers and more participated in the "Madison Mile" held this morning in Connecticut, which was a USMS National One Mile Open Water Championship event. Thanks to Richard Infield for providing photos!

Metro-AquaFit's Burt Zweigenhaft traveled west to Minnesota with some of his Islip buddies to participate in the Lake Harriet Two-Mile Swim. Take a look at some of the beautiful photos he emailed in, along with the "rubber ducky" award he won for fastest first-turn-buoy split time ... not to mention his first place age group finish. Way to go Burt!

Check out the list of upcoming events on page two of this newsletter, making note of entry deadlines and links for additional information. Invite some friends and plan to attend several local events to experience more of what USMS has to offer us. We hope to see many of you in the pool and out in the bays, lakes and ocean throughout this summer. Have fun and be safe!

Lisa K. Baumann
aquafitinc@aol.com

May USMS "Go The Distance" Results

James Anderson	M45-49	150.59 miles
Maria Anderson	W45-49	66.46 miles
Karen Einsidler	W50-54	240.97 miles
Janet Harris	W40-44	173.45 miles
Steve Newman	M45-49	329.51 miles
Kathleen Romano	W60-64	207.96 miles
Jenny Seagraves	W40-44	78.73 miles
Dahlia Thompson	W25-29	93.52 miles
Bob Unger	M50-54	116.53 miles
Marie Vellucci	W55-59	159.00 miles
Morton Wolf	M60-64	118.47 miles

US Olympic Swim Team Trials Broadcast Schedule

Complete Trials info (psych sheet, athlete/team roster, daily webcasts, interviews, photos, highlights & more) available online at www.usaswimming.org. **GO USA!**

Sunday 29 June	8:00-9:00PM ET	NBC
Monday 30 June	8:00-9:00PM ET	USA
Tuesday 1 July	8:00-9:00PM ET	USA
Wednesday 2 July	8:00-9:00PM ET	USA
Thursday 3 July	8:00-9:00PM ET	USA
Friday 4 July	8:00-9:00PM ET	NBC
Saturday 5 July	8:00-9:00PM ET	NBC
Sunday 6 July	8:00-9:00PM ET	NBC

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Upcoming Events, Entry Deadlines & Info Links

**Denotes NON-USMS sanctioned event*

***Sunday 29 June:** Governor's Island 2 Mile Swim. Online registration ENDS 12:45PM Thursday 26 June.

www.nycswim.org/Event/Event.aspx?Event_ID=1803

***Saturday 5 July:** Manhattan Island Marathon Swim. CLOSED. www.nycswim.org/

***Saturday 12 July:** Greenwich Point One Mile Swim.

Online registration until Thursday 10 July at

www.active.com or through www.gscevents.org.

Saturday 12 July: Chris Greene Lake One Mile Cable Swim

USMS National Championship in Charlottesville, VA.

Entry must be postmarked by Monday 30 June. Event info/entry form PDF file posted on Metro website.

Sunday 13 July: Huntington Bay 5K Swim. Entry must be received by 12:00noon Saturday 5 July. Event info/entry PDF file posted on Metro website.

Sunday 13 July: Wilton CT LCM Masters swim meet.

Discounted mail-in entry receipt deadline is Mon 7 July. Race-day entry also accepted. PDF event info/entry form posted on Metro website.

***Thursday 24 July:** Great South Bay 5.25 Mile Cross Bay Swim. Entries CLOSE Thursday 3 July or when field reaches maximum of 100 swimmers, whichever comes first. Info at www.greatsouthbayswim.com.

***Friday-Sunday 25-27 July:** Empire State Games in Oswego. This is a "recognized" event – not sanctioned. Online registration CLOSES 11:00PM EST on Monday 7 July. Info link posted on Metro website.

Saturday 26 July: Jason Nessel Memorial LC Meter Masters Invitational in Rahway, NJ. Event info/entry form posted on Metro website.

Sunday 3 August: Point Lookout One Mile Masters Ocean Swim. Entry must be RECEIVED by Tuesday 29 June. PDF event info/entry form on Metro website.

Saturday 9 August: Island Beach CT Two Mile Swim. Online event registration available until Friday 7 August through www.active.com or go to www.gscevents.org.

Thursday-Sunday 14-17 August: USMS National Long Course Championships in Gresham, Oregon. Online entry ENDS 12:00 midnight PDT on Friday 11 July. Complete

event information available on the USMS national website at www.usms.org/comp/lcnats08/.

Sunday 17 August: Grimaldo's Mile. Online and race-day registration available. PDF info/entry form posted on Metro website and at www.cibbows.org.

Saturday-Sunday 23-24 August: Colonies Zone LCM Champs at the University of Maryland. Entry must be POSTMARKED by Friday 8 August or RECEIVED by Monday 11 August. Info posted on Metro website.

***Sunday 31 August:** John Daly Sr. Ocean Mile Race in Long Beach on Long Island. Complete info available soon.

Saturday 6 September: Big Shoulders 2.5K & 5K Lake Michigan Swim. Online and race-day registration available. Go to www.bigshoulders.org for info.

Sunday 7 September: Hudson River 1 Mile & 5K Swims in Sleepy Hollow, NY. Mail-in entry RECEIVED by Saturday 30 August or online registration available (ends 12:00 midnight Saturday 30 August). PDF info/entry form posted on Metro website or go to event website at www.hudsonriverswim.org.

LOOKING AHEAD:

Sat 11 Oct: TNYA hosting SCM masters meet at Flushing Meadows Corona Park pool in Queens.

Sun 19 Oct: St. Croix Swim www.swimrace.com.

Sun 23 Nov: AQFT hosting SCM masters meet at the Nassau County Aquatic Center on Long Island.

Sun 25 Jan 2009: AQFT hosting YARD masters meet at the Nassau County Aquatic Center on Long Island.

Sun 15 Mar 2009: AQFT hosting YARD masters meet at the Nassau County Aquatic Center on Long Island.

WETSUIT PURCHASE & RENTALS:

<https://shop.runnersedgeny.com/display/2342/0/>

www.sbrshop.com/services/wetsuitrentals.php

www.wetsuitrental.com/jms/index.php

www.xterrawetsuits.com/rentalprogram-online.html

www.wetsuitsonsale.com/shop.html

Bilateral Breathing by Kevin Koskella

One of the most common wonders of the swimming world is, should you use alternate-side, or bilateral breathing? Throughout my swimming career, I had always breathed to my right side only until a year ago. Why? Because breathing on my left side felt awkward and uncomfortable! This is the reason why most swimmers will breathe only on one side. Last year I had an experience that made me change my ways. I was getting a massage and my therapist noted that my left lat muscles (back) were much more developed than my right. Putting two and two together, I realized that years of right side only breathing in the pool had caused me to use these muscles on my left side far more than my right as I was balancing with my left arm while sucking air into my lungs!

The answer to the question is yes, you should use bilateral breathing, if you're not already. The main reason is that it will balance out your stroke (as well as create symmetry in your back musculature!). The problem with breathing to one side only is that it can make your stroke lopsided. In a one-hour workout, you may roll to your breathing side 1,000 times. A lopsided stroke can become permanent in a hurry after practicing this for a while! The benefits to breathing nearly as often to one side as the other are that using your "weak" side more frequently will help your stroke overall, and you'll lose your "blind" side. If you are an open water swimmer, the latter benefit will help you check for landmarks, avoid chop, or keep another rough swimmer from splashing water in your face (or punching you in the nose!) as you breathe.

The way to obtain these benefits is to practice bilateral breathing as much as possible. Often in my evening group I will have swimmers breathe every 3 or 5 strokes as part of a drill or warmdown. But by no means should this practice be limited to drill sets or long warmdowns! It will feel awkward at first, sure. But the awkwardness is easier to deal with than you may think. Regular practice of rolling to both sides to breathe will remedy this before you know it.

What follows are some tips on how to practice bilateral breathing while keeping it interesting:

1. Breathe to your right side on one length and to your left on the next. That way you get the oxygen you need but still develop a symmetrical stroke.
2. Breathe to your weaker side on warm-ups, warmdowns, and slow swimming sets.
3. Experiment with 3 left, 3 right or 4 left, 4 right until you find a comfortable pattern

Keep the goal in mind each week of breathing about the same amount to one side as the other over the course of any week of swimming. Most of all, enjoy your swim and don't get too hung up on being exact!



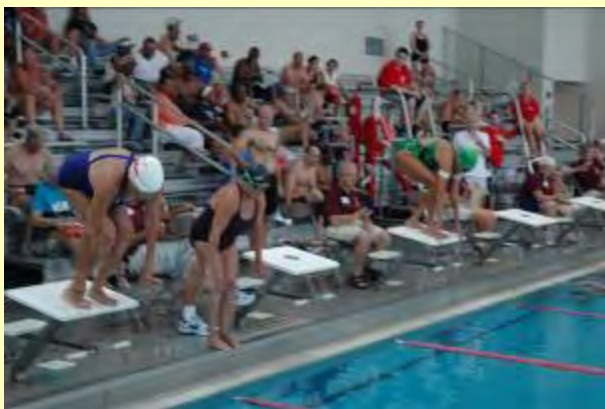
World's Largest Swimming Pool

How's this for those of you who despise flipturns, the constant interruption of walls, or who simply enjoy getting into a distance training groove? This month the Guinness Book of Records named the pool at San Alfonso del Mar resort on Chile's southern coast the largest swimming pool in the world. The man-made saltwater lagoon measures 1,013 meters in length, covers 20 acres, has a 115-foot deep end, and holds 66 million gallons of water. Its turquoise water is so clear that you can see the bottom even in the deep end. Aahhhh . . .



Pictures from Sat 14 Jun LI Senior Games

www.longislandseniorgames.org/results.html



Swimming With The Dolphins: A Different Animal Than The Pool

If you're planning to swim open water this summer, you already know the big blue sea requires some different – and additional – skills than does the pool. Michael Collins of USMS – also an accomplished open water swimmer and successful triathlete – offers these tips to shave time off your open water swims.

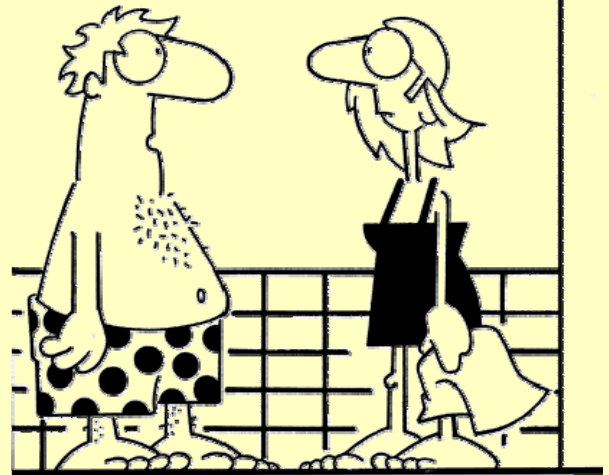
#1 Practice with a purpose: During open-water practice, try repeats of swimming out and back instead of relying solely on long, non-stop swims. Completing a 4x500 (swimming 250 meters out and 250 meters back, four times) can help with necessary open-water skills such as turning/swimming around buoys, navigation, and getting in and out of the water. You'll also be more likely to bump into people unintentionally, which helps prepare for the inevitable contact found in open-water events.

#2 Draft: Practice drafting with other swimmers just as you would practice drafting on your bike. You may gain some speed, you'll get used to swimming with others in close proximity, and you won't have to look up to sight quite as much. It's still best to be responsible for your own positioning and do your own sighting to confirm where you're going.

#3 Straight as an arrow: Learn to swim straight. Most swimmers have a stronger side and prefer breathing to one side – both of which can send you off on an angle, fast. Practice regular sight-breathing in the pool as well as in open-water practice. Start by looking up every 8-10 strokes, and gradually work up to 20.

#4 By the buoy: Turning directly next to buoys in open-water events may not be your ticket to a faster time. Avoid the inevitable slowing with all the crowds next to the buoy by swimming just a bit wider. You'll save overall time and avoid much of the kicking and thrashing that is common at the turns.

#5 Peel rubber: If you plan to wear a wetsuit for triathlons or other open-water swim races, practice, practice, practice getting your wetsuit off. Experiment with what works best for you to facilitate quick and easy removal. Many swimmers like to "pre-treat" their legs with a petroleum-free roll-on protectant used to prevent chafing, or with a fat-free cooking spray.



"If swimming is the best exercise, how come you never see a fish with great abs?"

Top Masters Coaches Tell It www.slowtwitch.com

For people who have taken up swimming late in life e.g. as adults, we offer four important tips to help you fully achieve your personal potential . . .

#1 PERSEVERANCE

PROBLEM: Late-in-life swimmers skip a myriad of steps when beginning their swimming careers—steps that youth swimmers do not skip if they develop through a swim school or a swim team. These steps are the fundamentals of swimming, including the ability to kick for propulsion; the ability to establish proper body positioning in the water; and the need to relax and flow in the water. A late in life swimmer is usually strong and fit enough to get back and forth in the pool many times while practicing a flawed technique—one which will never allow the person to reach full potential. He who is willing to start over and learn the basics of propulsion and drag exhibits the perseverance and strength of mind required to become an accomplished swimmer. This means spending hours in the pool perfecting body positioning, breathing, and timing, and laying down solid fundamentals on which to build a freestyle stroke.

REMEDY: Water does not give up its secrets without coaxing. It takes a lot of time to figure out the mystery of water flow and how we use our limbs to leverage ourselves through that medium. Accept the fact that significant improvement comes from consistent work over months and years, and not days or weeks. Then commit to making it happen.

continued on next page . . .



Top Masters Coaches Tell It continued . . .

RESULTS at

www.minnesotamasters.com/results/2008/2008LAKEHARRIETSWIMSResults.htm

#2 CONFIDENCE

PROBLEM: Late-in-life swimmers often lack the confidence in the water to challenge their limits. They feel "true" swimmers are judging them, which makes them self-conscious of their lack of ability or experience.

REMEDY: Build power and endurance. Push the envelope by taking risks and stepping out of your comfort zone. Go out too hard and blow up. Do too much and get tired. A swimmer really has to become strong enough in the water to maintain good technique. Many swimmers are just too weak in the water to hold the basics together. So develop the confidence to get in the pool and begin the long learning-curve process. Be secure enough to be the slowest kicker or the slowest backstroker in the pool, since both kicking and alternative stroke work aid in increasing one's overall swimming ability.



#3 PASSION

PROBLEM: Wanting to improve speed in the absence of a developed passion for swimming.

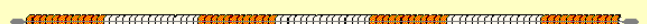
REMEDY: Yes, one has to really want to get better. But he has to be more than simply willing to spend the time working on improving. It can't just be for one race, and it can't be just as a means to an end. It has to come from a passion to improve one's skills, and, *as the skills improve so does the passion*. Set up a support system in your aquatic community, or create an aquatic community. Swim with friends or get involved with a team. Set goals and achieve them. Ask for help, take a swim lesson, or view an elite level swim meet.



#4 PLAY

PROBLEM: We spend most of our life in the vertical plane, and with the resistance of air surrounding us. We don't spend enough waking time in the horizontal, in the water, having fun.

REMEDY: Get in the water to play and relax. Splash, dive, surf, kayak, move around for fun and learn the dynamics of the water. The more frequent "touch" someone has with water, the more "feel" one has—and the more a person senses or develops the skills enabling one to "grab onto" and "slip through" the water.



Sat 21 Jun Madison Mile Swim Champs

<http://roadtracksports.com/MadisonSwim2008.html>



JUST FOR GIGGLES . . .

Signs You Might Be Swimming With A Jedi

- Wears a body suit made out of burlap instead of lycra.
- Takes forever to hobble up to the blocks with a cane, but then climbs up unassisted and proceeds to clear the backstroke flags on his racing dive.
- Can swim an entire 200 Fly without breathing.
- Paceclock hands mysteriously stand still or move backwards during timed swims.
- Has more hair growing out of his ears than he has on the top of his head.
- Is all green and wrinkled BEFORE he spends hours and hours in the pool.
- Calls his coach “Master.”
- Wears blacked-out goggles during swim practice and uses the THE FORCE to tell when to flip-turn.
- Goggles somehow move from their position tucked into his swim suit onto his head with just a wave of his hand and a scowl.
- Has a “Midichlorian Maxi Munch” energy bar.
- Is the only athlete in the “900 & Over” age group.

