

WISCONSIN MASTERS SWIM COMMITTEE NEWSLETTER JANUARY 1997

January - 1997 - another year is history. I had intended to keep a file going so that when newsletter time came along it would simply be a matter of organizing, printing, and preparing for mailing. But... As 1996 winds to a close I find myself at the computer once again - at square one. So I guess I will OPEN this newsletter with a plea to ALL Wisconsin Masters swimmers to please keep me on your mailing list. Send articles, book reviews, stroke tips, workouts, ANYTHING - help me write the newsletter. I do appreciate those who have sent things to me. Many items appearing in this newsletter have come from YOU! But I can always use MORE. This is YOUR newsletter. I am just the facilitator! Don't be bashful! Let me hear from you! Nancy Kranpitz, Editor

DON'T FORGET! NOW IS THE TIME TO RE-REGISTER FOR THE 1997 SEASON. IN DOING SO PLEASE BE SURE TO REGISTER YOUR NAME AS YOU PLAN TO USE IT ON THE MEET ENTRY FORMS. REGISTER AS "JIM" IF YOU ENTER AS "JIM" - OR "BETTY" AND NOT "ELIZABETH" IF THAT IS HOW YOU WANT TO BE KNOWN. IT IS IMPERATIVE THAT YOU BE CONSISTENT WITH YOUR NAME AND OUR REGISTRAR AND TOP TEN PERSONNEL GREATLY APPRECIATE YOUR COOPERATION CONCERNING THIS MATTER.

At the last meet I was able to attend (Lawrence University SCM) it was suggested that it might be interesting to hear about the swimming background of WI Masters swimmers - particularly those who are "older" and especially the women as competitive opportunities for girls and women were scarce even in the early 1970's. Since I fall into both categories listed above I'll be the first (and hopefully not the last) to give my background.

I grew up in Neenah, WI, just 3 blocks from the municipal pool. After conquering the recreation department's series of learn to swim lessons I moved on to the summer rec swim team. In 1958 Gene Davis (retired Lawrence U swim coach) and the late Ade Dillon formed the Lawrence Swim Club - an AAU team. This was a girl's team and it drew members from the Fox River Valley. Our only other winter competitor was the Green Bay YMCA. I swam with Lawrence year round until I graduated from HS in '63 and in summers until the team disbanded in 1965. College swim programs for females were in their infancy in the mid 1960's. But I was fortunate in that then North Central College (Naperville, IL) coach John Molitor allowed me to practice with the NCC men's team and saw to it that I got to the early versions of today's NCAA Championship meets in Ann Arbor, MI., and at Kent State University during his NCC tenure. I also participated in CCIW swim meets (men's) in 1963-64 until a new ruling (for the '64-65 season) barred females from doing so. I got into masters swimming in 1979. Even though I hadn't competed in 12 years I had continued to swim for fitness whenever time and pool availability allowed. One of the most enjoyable things about our meets is meeting up with people I swam with/against over 30 years ago. Irene David (Illinois) stayed at my house in the '60's when Lawrence and Elmhurst YMCA had a weekend dual meet/overnight visit arrangement. Alan Becker, Peter Lee, Carol "Queenie" Reinke, Candy Christensen, Tom Olson, all names from the past - and back at it once again. So - now you know my background. Send me yours! NK

The February Fitness Challenge '97 information and entry form is enclosed in this newsletter. Even if you don't want to formally enter the competition please use the daily recording form to motivate yourself to make swimming a priority in your life. This has been a very popular and very successful event for several years and you are encouraged to use it in your training.

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The following appeared in the Florida Newsletter and reprinted with their permission.

I Know It's True...I Asked
Mr. D. Q.
by Al Soltis - Ex-Officio Officials Chairman, Florida Swimming

Recall that we discussed that "You only take into a meet what you take out of the practices". We were referring to doing proper stroke mechanics in practice so that we do not take a bad practice into a meet and it results in our being D.Q.'d for a rule infraction.

Now take this Practice-Meet philosophy and apply it to the warm-up and meet time itself, as well as during a practice period.

The rules are the same and they are Safety Procedures. There are no printed rules for the practices, but the same rules are to be followed, for no other reason than that we do not injure yourself or cause to be injured another swimmer. So from that point let us put down some procedures to follow.

1. Swimmers must enter the pool feet first in a cautious manner. Simply means that you step in, at all times, when the area is clear of swimmers; that will allow you to have no contact with another swimmer when you do step into the pool. The only exception is if a Sprint Lane has been designated and you swim in one direction for the length of the pool.

2. We must all keep in mind that although the mind is willing the body is not always up to following our desires in response. Which means, that some of us are taking a careless chance in getting up on a block for a better dive. Whether it is practice or in a meet, the shaky block or our own unsteady legs do not make for the the decision to take the chance to fall or slip and be injured. I have seen many Masters swimmers who should be using the deck or an in water start for no other reason than for their own personal safety. Give it some thought. It may cost a few 10ths of a second but could save a nasty break.

3. The Meet Referee may disqualify a competitor for any Safety Rules Violations that results in unsafe conduct (102.15.2).

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I have received two "corrections" for my faux pas concerning "All American" status. The title "All American" is reserved for a swimmer who places 1st in the TOP TEN only - not at a swim meet even if it is the Nationals. A valid verified time in ANY meet during the course of the season is what is used to compile the National Top Ten lists. So while we are happy for our people who win at Nationals we'll have to wait until the Top Ten compilations are out to see if we have any "All Americans". NK

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The 1996 Short Course Meter Meet held at Schroeder Aquatic Center was a big success thanks to the following people: Don Kilb - organizer and coordinator at the YMCA, John Bauman - meet director, Peter Tounmanoff - timing machine guru, and Henry Kleppeck - starter AND also a masters swimmer. Thanks, too, to all who helped with timing and counting laps.

There were 62 entries (10 from Illinois, 1 from Maryland, the rest from Wisconsin) and very few scratches thanks in part to perfect weather conditions in and around the Milwaukee area. We were able to form 6 400 meter relays (medley and free) and also one 800 M free relay in the 280+ age group. There were 2 heats of the 1500 M free with Nancy Fisher recording the fastest time (19:37.00). The meet ran smoothly and quickly finishing around 3:30 despite a full slate of events and a large turnout. Many thanks to all who made this meet such a success.

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Wisconsin Masters Swimming would like to thank the following people who made donations to the Wisconsin Master's program:

NANCY FISHER, MORGAN BYERS, DAVE FARRELL, ELYCE DILLWORTH, AND ROBERT KUENY.

We greatly appreciate your support of our program. We couldn't do everything we currently do without your help. Thank you one and all. John Bauman

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Shirley Hasselbacher from Neenah sent me an article, "The New Spin on Swimming", by Ken McAlpine, which appeared in the November, 1996, issue of "Men's Health". In it Mr. McAlpine relates how Bob Prichard, a biomechanics guru from Corte Madera, CA, teamed with Nort Thornton, coach at U of CA, Berkeley, in the mid '80s, to attempt to apply his biomechanics theories to swimming. The long and short of it is what is being preached today as the key to effective and fast swimming; i.e., the hips, not the arms, power the stroke and are the key to fast, efficient swimming.

Mr. McAlpine endures a pool session with Mr. Prichard - using a thinbelt with a small fin protruding at each of his hips and with a rope that ran from Prichard's head to McAlpine's hip. Prior to the "belted" swim McAlpine swam several laps in the 25 yard pool under Prichard's scrutiny with a fairly good stroke count of about 13 per lap. His hip rotation, however, rated "abysmal".

Using the belt Prichard yanked on the rope each time McAlpine's right hand entered the water and before he began his pull. In so doing McAlpine's right hip flies for the surface. While McAlpine relates the motion was awkward it was apparently just what Prichard wanted from him. The belt was then switched to the left hip and the scenerio was repeated. After 20 minutes McAlpine was freed from the ropes and belts and tried to attain the desired result on his own. The result? McAlpine was convinced he was moments away from drowning with hips that hurt and air being snatched in huge gasps. Prichard says this is "normal" as McAlpine is using muscles he's never used before and he is focusing on something completely foreign to him.

Prichard says it takes about 3 months of consistent practice before the hip powered motion feels natural. He also claims your stroke is 100 percent efficient for only one thirtieth of a second - which means there is much room for improvement. In addition to making you faster, using hip power takes the strain off your shoulders reducing the risk of tendinitis.

In summary - when you swim freestyle, think roll. Start to move the hips before you move the arm. The human body will accelerate the limb to catch up with the hips. You end up creating torque and using bigger muscles instead of the arms and shoulders. How do you know if hip rotation is working? Count your strokes. You should see a decrease in the number of strokes per length.

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On February 2, 1997, the London Silver Dolphins Masters Swim Club will be hosting the Second Annual Nesbitt Burns Can-US Long Course Invitational. Teams from across Ontario, eastern Quebec, and the Northern United States are expected to attend. Meet information can be obtained from Chris Cowan, London Silver Dolphins Masters Swim Club, 408-15 Jacksway Cres., London, Ontario, Canada, N5X 3T8; (519) 858-2324, email: 103034.2205@compuserve.com

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At the Wisconsin Senior Olympics competitions held September 3-9, 1996, Gordon Schalla placed 1st in the archery competition. A number of our "regulars" competed in the swimming portion of the Olympics and I apologize for not having those results for publication at this time.

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Despite many Wisconsin Masters Swimmers missing out on the opportunity to record 1996 short course yard Top Ten times because our times did not get sent in some did manage to attain a Top Ten ranking based on times accomplished in meets held outside of Wisconsin. At this time I do not have the names and rankings of those who made the Top Ten so I am asking ANY and ALL of you who did attain ranking(s) to send that information to me for inclosure in the April newsletter. If you attended YMCA or USS Nationals - or even a small meet in Illinois or Minnesota you could be listed. Check it out and let me know! NK

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This article appeared in "Taking Care" - a health newsletter. It is reprinted with their permission.

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8201 Greensboro Drive
McLean, VA 22102

The Benefits of Stretching

Want to prevent injuries, reduce muscle tension and soreness and maintain or increase flexibility? Start stretching before and after exercise. Many exercisers avoid stretching, but done properly, it can do all the above plus promote circulation and relaxation and make you feel good.

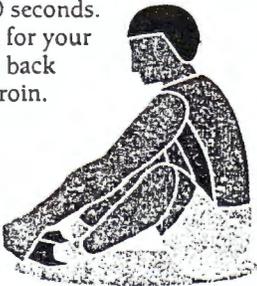
So says Bob Anderson, America's leading stretching expert whose book *Stretching* (Shelter Publications, 1980) has sold almost two million copies. Done incorrectly, stretching can do more harm than good. Anderson says proper stretching is easy to learn. His advice: Slowly get into a stretch, go to where you feel mild tension and relax and hold for 10 to 30 seconds. Think about relaxing your jaws, shoulders and upper body and breathe slowly and easily.

"Injuries happen when you push too hard or too fast," Anderson says. "You may never be able to touch your toes, and you shouldn't stretch to where it hurts to do that. If you stretch correctly you can do it anywhere at any time and you're not going to injure yourself."

Where to begin? Anderson suggests four simple stretches, which are illustrated below. Remember to relax, breathe easily and not overdo it.

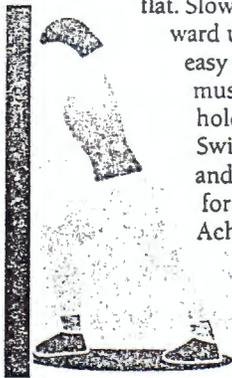
Groin Stretch

Sit upright on the floor with soles of feet together and hands around toes. Gently pull upper body forward until you feel mild tension. Relax and hold for 20 seconds. Good for your lower back and groin.



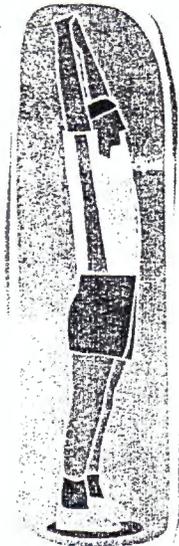
Calf Stretch

Stand near a wall and rest your forearms on it. Bend one knee and move it forward. The other leg should be straight behind you with your foot flat. Slowly move hips forward until you feel an easy stretch in calf muscle; relax and hold for 20 seconds. Switch foot position and repeat. Good for your calf and Achilles tendon.



Upward Reach

Interlock your fingers above your head with palms facing upward. Push arms slightly back and up and hold for 20 seconds. Good for your arms, back and shoulders.



Single Leg Pull

Lie on the floor with both legs straight. Pull one knee to your chest until you feel mild tension. Relax and hold for 20 seconds. Repeat with other leg. Good for your lower back and hamstrings.



I'm not sure who gets "credit" for Swimmer's Ode - but I think it is "Grampa" (Tom Michelson). Grampa IS the one to get credit for the poem - for sure!

Swimmer's Ode

Refrain: Chlorine on my shoulders makes me happy
Chlorine in my eyes can make me cry
Chlorine in the water smells so lovely
Chlorine almost always makes me high

If I had a lane I could give you
I'd give to you a lane all of your own
If I had a body I could lend to you
I'd give to you some perfect muscle tone

Refrain:

If I had a top time I could give you
I'd give you one to let you win a race
If I had a song that I could sing for you
I'd sing to you a song about first place

Refrain:

Swimmer's Poem

A swimmer's life is really rough
The workouts required are usually tough.
Other responsibilities can take away
From our normal desire to swim and play.
But over our trials we'll prevail with grace
And really be great in the next big race.

The February Fitness Challenge Presents
**IMPROVING YOUR SWIMMING WITHOUT GETTING
WET**

by Scott Rabalais

Common sense dictates that in order to become a better swimmer, you must swim. However, completing laps in the pool is not the only method of improving your overall swimming ability. Various exercises, both physical and mental, along with "smart" lifestyle habits, can lead to faster, more efficient and more enjoyable swimming.

DRYLAND EXERCISES: Spending only a few minutes a day on exercises can improve your overall strength. A typical dryland workout that requires no special equipment or assistance includes sit-ups, push-ups, abdominal crunches, dips and leg raises. Start your dryland routine with one minute of each exercise, and gradually increase the time and number of repetitions for each activity. Rest briefly (roughly one minute) between exercises.

Weight lifting is a common form of dryland training for Masters swimmers. Beginning weight lifters should be very cautious when starting a new routine, and should use light weights. All weight lifting should be practiced with supervision or in the company of others. A common weight lifting routine for swimmers includes military and bench presses, lat pulls, bicep and tricep curls, leg presses, hamstring and leg lifts and squats. Start with a minimal number of repetitions of each exercise, increasing number of repetitions before increasing the weight load.

Other strengthening exercises that require equipment are medicine ball, stretch cords, swim benches, leapers and jump rope.

CROSS TRAINING: The heart is the "engine" of the physical body. The stronger the heart muscle, the greater the volume of blood and oxygen can be delivered to the muscles.

Aerobic exercises other than swimming can lead to greater cardiovascular fitness and physical strength. Popular activities to elevate the heart rate for an extended period are running, walking, cycling, land and water aerobics, rollerblading and tennis.

Adding cross-training to your routine will require adjustments, as alternate muscles and energy systems may be stressed. It may be necessary to temporarily reduce the swimming work load when initiating cross-training activities. **STRETCHING AND FLEXIBILITY:** An important factor in the success of any swimmer is degree of flexibility. While some swimmers are fortunate to have the "long and limber" physique, most swimmers need a healthy dose of regular stretching to reach desired flexibility levels.

Stretching should be implemented into every workout, either on land or in the water (or both). Allocate at least 10 minutes for flexibility exercises, either before, during or after training.

Stretching may also serve to reduce the chance of injury and may be used as therapy for some ailments. Always consult a medical professional before stretching injured areas of the body.

SLEEP AND REST: In our active culture, sleep is often sacrificed for a few extra hours of productivity. Unfortunately, a loss of sleep will often lead to a decrease in productivity and the quality of our lives.

Sleep is the body's quickest means of recovering from a strenuous workout. Swimmers who train daily should sleep from seven to eight hours per night, although some may require slightly less.

During waking hours, our bodies will respond favorably if we are mentally and physically relaxed. High levels of stress are destructive to the mind, body and soul, and such practices as meditation, yoga or a few minutes of "quiet time" can enhance recovery.

MASSAGE: It is common for swimmers to develop sore and tight muscles due to strenuous training. A professional massage therapist can help bring those strained muscles back to their more natural and relaxed state.

While friends and fellow swimmers may be willing to offer a gentle back rub, it is recommended that a professional massage therapist be visited, particularly one who is experienced in working with athletes. Therapists will vary in degree of applied pressure, and the swimmers should provide constant feedback to the therapist to achieve the best results.

Interestingly, you may be able to determine a stroke fault that manifests as pain in a particular area of the body. For example, a strained and sore left shoulder may be the result of a lack of rotation to the right side in freestyle and/or backstroke.

NUTRITION: A virtually endless library of information and research is available on diet and nutrition. While this information may be helpful, in the end individuals must determine their own unique nutritional needs. No two people are alike; for example, while one may need a relatively high level of protein, another may require less protein and more carbohydrates.

Pay attention to what your body craves - it sends clear messages. Also, be aware of your physical reaction to all food and beverage. View food as fuel for the body more than as an emotional stimulus.

STUDY SWIMMING: To learn more about swimming, watch elite swimmers in action at a local college, high school or USS meet. Order videotapes that include footage of the world's best swimmers in action and emulate them. In your own workouts, study the strokes of the experienced swimmers in the "fast" lanes.

In addition, read the latest books, magazines and newsletters from the swimming experts. Ask your own coach to evaluate your stroke technique or to explain the training plan. If you do not have a personal coach, introduce yourself to one at your next meet or clinic and ask for stroke tips.

Perhaps most helpful is watching a video of your own swimming. Most ideal is underwater filming and evaluation from a knowledgeable coach or fellow swimmer.

KEEP A JOURNAL: After each workout, record important data and reactions. Track your distance and list times from main sets and time trials. List skills learned or improved upon.

Record short- and long-term goals and keep a list of achievements. Give yourself positive reinforcement for a job well done.

These tips came in brochure form from Scott Rabalais along with the February Fitness Challenge entry form.

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The following article appeared in the Florida (November 1996) Newsletter and is reprinted with their permission.

To Breathe or Not to Breathe

Swimming styles have evolved over the years toward improved performance and many changes have occurred to enhance the efficiency of the stroke. Swimmers have begun to spend a greater proportion of time underwater, in some events. In the past six years, backstrokers began taking longer and longer break-outs off the start and off of turns. The trend was stopped by the adoption of the 15-meter rule. Now, the trend seems to be for longer and longer break-outs from starts and turns in butterfly.

Swimmers have discovered the fact that by prolonging the break-out off starts and turns and using a dolphin motion, they can maintain a race speed while using less energy than they would on the surface. There is less resistance underwater than on the surface. This is why submarines can travel farther with less fuel when submerged than when cruising at the surface. The price swimmers pay for this conservation ploy is an accumulation of carbon dioxide in their lungs and in their blood which could impair the rest of the performance. Coaches and athletes have used breath-hold training for decades as a method for improving CO2 tolerance. Some types of breath-control training can be dangerous and in some instances have even been fatal.

THE BREAKING POINT: We have some capacity to override the involuntary control of breathing by simply choosing not to breathe. However, the CO2 accumulation in the arterial blood will rise high enough to force even the most motivated person to give in to the need to breathe. This "breaking point" varies from person to person and determines how long someone can hold their breath. There are at least two things one can do to increase breath-hold time: hyperventilation and training. Training can increase breath-hold time by desensitizing the respiratory control center to accumulated CO2 and this explains why breath-holding through turns and finishes becomes easier as one becomes better trained. Hyperventilation immediately before attempting the breath-holding can also prolong the time it takes to reach the breaking point. The reason for this is that hyperventilation lowers the CO2 content of arterial blood before the breath-hold is made. Then when the breath-holding is started, the arterial CO2 has farther to go before reaching the "breaking point". Unfortunately, as the CO2 rises toward this breaking point, the oxygen content of the blood can drop to levels that can, at first, impair one's ability to recognize the need to resume breathing, and then, cause unconsciousness. Normal breathing usually resumes at this point which can have disastrous results if the person is swimming underwater.

USS Sports Medicine Council Statement: "Prolonged underwater kicking is becoming more popular in competitive swimming. Training for this carries significant risks. Deaths have been reported from attempts to go as far as possible underwater, in both supervised and unsupervised situations. FINA changed breaststroke rules to make breaststroke a surface stroke in the 1950's in hopes of eliminating the dangerous training regimens going on at the time. This is not a new discovery or concept, but in the interest of safety, the warning bears repeating -- Hyperventilation prior to breath-holding attempts increases the risk of unconsciousness.

The emerging popularity of prolonged underwater kicking may bring with it a resurgence in the incidence of underwater breath-holding injury or death."

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NANCY FISHER (45-49) HAD AN ASTOUNDING MEET AT SCHROEDER NOVEMBER 30, 1996. SHE BROKE THREE (3) WORLD RECORDS AND ONE (1) NATIONAL RECORD IN THE SHORT COURSE METER MEET. THE WORLD RECORDS ARE:

1500 METER FREE 19:37.00

100 M BACK 1:14.65

200 M BACK 2:40.54

THE NEW NATIONAL RECORD CAME IN THE 100 M FREE - 1:06.25!

CONGRATULATIONS TO NANCY!

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Wisconsin Masters competing in the Illinois State Meet in April 1996 at Northwestern University came home with the 6th place trophy! Congratulations to those who were a part of it!
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letter and is reprinted with their permission.

COACH'S CORNER
by SPM Coach George E. Bole

DRILLS

(With apologies to Black & Decker)

Every work-out has some drills included. These drills are important and should be done with a purpose. They are not rest periods. Here are a few you might want to try.

Freestyle: 1. One arm drill: put one arm straight in front of your body several inches below the surface and pull with the other arm. This is a drill for isolating the arm action in order to correct or to build stroke mechanics. To develop even more mechanics—try keeping one arm by your side--thus inducing the hip rotation so necessary for smooth freestyle;

2. Water polo drill: keep face out of water with chin on the surface, looking straight ahead while stroking normally with both arms. It is a good exercise to develop good hand entry and for establishing a high body position. It requires strong kicking (maybe fins?)

3. Fist swimming: a good way to enhance your feel of the water is swim with clenched fists, feeling where the hand is moving and working on a proper pull pattern. Alternate swimming lengths with clenched fists and open hands. With open hands, feel the water pressure on your finger tips.

Backstroke: 1. Head-still: place a small flat stone or coin on your forehead and endeavor to keep it there while swimming and kicking. More difficult still is to balance a paper cup three quarters full of water on your forehead and swim backstroke without spilling water.

2. One arm drill with other arm extended into the air: helps to develop shoulder lift and back strength needed to keep the recovery arm out of the water.

3. Double arm pull: both arms enter the water and complete the pulling movement at the same time. This drill helps establish a tremendous hand acceleration at the end of the stroke. Alas, it also prevents the body from rotation as it should, so it should be used sparingly—only to develop that hand acceleration at the end of the pull.

Butterfly: 1. Left arm, right arm, both arms: swim with each arm taking one stroke, then add a full stroke as in regular fly. Stay with the rhythm of hands in-hips up. You may also go 2 left, 2 right, and 2 double.

2. Triple kick fly: use three kicks between arm strokes--allowing the arms extra rest and helping to establish a rhythm.

3. Recovery drill: while doing one arm 'fly, practice recovering in two ways: first, by pulling the arms forward using the shoulder muscles; and second, by allowing the arms to recover with the flow of the body motion.

Breaststroke: 1. Pull breaststroke arms using dolphin kick: emphasis is on arm pull, with kick keeping hips up.

2. One arm pull: done to isolate the movement of each arm. The nonworking arm is extended out straight. The working hand does a perfect pull concentrating on hand speed. Can be done with or without kick.

3. Two up-two down: swim two strokes on top, submerge and swim two underneath for set distances. Helps to develop timing and hypoxic work.

4. Right arm-left leg and vice versa: again helps to improve stroke timing—which is most important in breaststroke.

There are many other drills to be used to help technique and timing. These will appear in other editions.

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Add Bob Swain to the list of people to thank for organizing successful swim meets this fall. Bob was in charge of the Lawrence Short Course Meter Meet held in late October. This meet was set up so that you could swim any of the official Pentathlon distances. Those of us who swam there really enjoyed the opportunity to compete in this very nice facility - complete with automatic timing and display board. Bob also went the "extra mile" by seeing to it that all who successfully completed the official Pentathlon distances were provided with an official, verified entry form. Thanks, Bob! The fun continued with close to 40 (yes - 40) people gathering for a post-meet dinner at Good Times in Appleton. Edie Jacobsen laid the ground work for this meet several years ago and we appreciate the work Bob has done to see that it continues now that Edie has moved from the area.

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The December 14 meet at Wauwatosa was a big success thanks in large measure to organizer John Bauman and his crew of assistants. There were 54 entrants and the meet ran smoothly. Our long distance people showed up in force necessitating 2 heats of the 1000 free and 1 heat of the 1650 free. In addition enough people were interested in relays to form 4 400 free relays and 1 400 medley relay. Despite the number of longer races the meet still finished before 5 PM and 16 people capped off the day by going out to dinner together at the Ground Round. Thanks to all - swimmers and organizers alike - who helped to make this meet so successful.

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February Fitness Challenge '97



Purpose: To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

Host: Crawfish Masters Swim Team (a branch of Bengal Tiger Aquatic Club), Baton Rouge, La.

Sponsor: Maxwell Medals & Awards

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1997, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (in five-year increments)

Age: Determined by your age on February 28, 1997

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$8.00, all fees (check or money order) payable to **Crawfish Masters Swim Team**

T-shirts: \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "Winter in the Water"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 18, 1997. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE
c/o Scott Rabalais
3537 Christina Ave.
Baton Rouge, LA 70820 USA
Phone: (504)766-5937

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "Improving Your Swimming (Without Getting Wet)," send a self-addressed stamped envelope to the above address.

February Fitness Challenge '97

(please print)

NAME: _____ AGE (as of 2/28/97): _____ SEX: _____
ADDRESS: _____ CITY: _____ STATE: _____
ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

SAT FEB 1 _____ yds	SAT FEB 8 _____	SAT FEB 15 _____	SAT FEB 22 _____
SUN FEB 2 _____	SUN FEB 9 _____	SUN FEB 16 _____	SUN FEB 23 _____
MON FEB 3 _____	MON FEB 10 _____	MON FEB 17 _____	MON FEB 24 _____
TUE FEB 4 _____	TUE FEB 11 _____	TUE FEB 18 _____	TUE FEB 25 _____
WED FEB 5 _____	WED FEB 12 _____	WED FEB 19 _____	WED FEB 26 _____
THU FEB 6 _____	THU FEB 13 _____	THU FEB 20 _____	THU FEB 27 _____
FRI FEB 7 _____	FRI FEB 14 _____	FRI FEB 21 _____	FRI FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
TOTAL MONTHLY MILEAGE = _____ MILES
(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES	
Entry Fee	\$ 8.00 _____ (required)
T-Shirt	_____ x 12.00 _____ (optional)
	Circle T-shirt size(s): S M L XL XXL
Swim Cap	_____ x 3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fee payable to Crawfish Masters Swim Team)	

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I Know It's True...I Asked
Mr. D. Q.
by Al Soltis - Ex-Officio Officials Chairman, Florida Swimming

Recall that we discussed that "You only take into a meet what you take out of the practices". We were referring to doing proper stroke mechanics in practice so that we do not take a bad practice into a meet and it results in our being D.Q.'d for a rule infraction.

Now take this Practice-Meet philosophy and apply it to the warm-up and meet time itself, as well as during a practice period.

The rules are the same and they are Safety Procedures. There are no printed rules for the practices, but the same rules are to be followed, for no other reason than that we do not injure yourself or cause to be injured another swimmer. So from that point let us put down some procedures to follow.

1. Swimmers must enter the pool feet first in a cautious manner. Simply means that you step in, at all times, when the area is clear of swimmers; that will allow you to have no contact with another swimmer when you do step into the pool. The only exception is if a Sprint Lane has been designated and you swim in one direction for the length of the pool.

2. We must all keep in mind that although the mind is willing the body is not always up to following our desires in response. Which means, that some of us are taking a careless chance in getting up on a block for a better dive. Whether it is practice or in a meet, the shaky block or our own unsteady legs do not make for the the decision to take the chance to fall or slip and be injured. I have seen many Masters swimmers who should be using the deck or an in water start for no other reason than for their own personal safety. Give it some thought. It may cost a few 10ths of a second but could save a nasty break.

3. The Meet Referee may disqualify a competitor for any Safety Rules Violations that results in unsafe conduct (102.15.2).

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I have received two "corrections" for my faux pas concerning "All American" status. The title "All American" is reserved for a swimmer who places 1st in the TOP TEN only - not at a swim meet even if it is the Nationals. A valid verified time in ANY meet during the course of the season is what is used to compile the National Top Ten lists. So while we are happy for our people who win at Nationals we'll have to wait until the Top Ten compilations are out to see if we have any "All Americans". NK

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The 1996 Short Course Meter Meet held at Schroeder Aquatic Center was a big success thanks to the following people: Don Kilb - organizer and coordinator at the YMCA, John Bauman - meet director, Peter Tounmanoff - timing machine guru, and Henry Kleppeck - starter AND also a masters swimmer. Thanks, too, to all who helped with timing and counting laps.

There were 62 entries (10 from Illinois, 1 from Maryland, the rest from Wisconsin) and very few scratches thanks in part to perfect weather conditions in and around the Milwaukee area. We were able to form 6 400 meter relays (medley and free) and also one 800 M free relay in the 280+ age group. There were 2 heats of the 1500 M free with Nancy Fisher recording the fastest time (19:37.00). The meet ran smoothly and quickly finishing around 3:30 despite a full slate of events and a large turnout. Many thanks to all who made this meet such a success.

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Wisconsin Masters Swimming would like to thank the following people who made donations to the Wisconsin Master's program:

NANCY FISHER, MORGAN BYERS, DAVE FARRELL, ELYCE DILLWORTH, AND ROBERT KUENY.

We greatly appreciate your support of our program. We couldn't do everything we currently do without your help. Thank you one and all. John Bauman

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Dr. Paul Hutinger, Professor Emeritus, Western Illinois University, has sent me a booklet entitled "Preventing Shoulder Injuries" which he authored. Because it is lengthy I will be using it in parts beginning in this issue with his introduction which is entitled:

PREVENTING SHOULDER INJURIES
SERIES #1 - ROTATOR CUFF

The most important muscles for the swimmer and the most overused, involve the rotator cuff. These are a group of muscles and tendons that help hold the head of the humerus (upper arm bone) in the shallow socket in the scapula (shoulder blade). There are no strong ligaments to do the job. The tendons of the rotator cuff pass under the bony arch of the acromion (outer tip of the shoulder). The muscles and tendons can get pinched under the acromion arch, especially with poor stroke mechanics. Other swimming injuries can occur from overwork and old injuries to the shoulder and arm.

The rotator cuff is primarily four muscles (subscapularis, infraspinatus, supraspinatus, and teres minor) and their tendons. It stabilizes the upper arm in the shoulder socket and allows a great range of motion. Rotator cuff pain is caused by an "impingement syndrome". This is because exertion or overuse causes a compression of tendons by the shoulder bone, resulting in tears and/or inflammation. Bursa are fluid-filled sacs that protect muscles and tendons from irritation by the bone. A shoulder problem of tendinitis or bursitis may be a result.

The next series of articles about the shoulder will include exercises that can be used to prevent rotator cuff problems and some rehabilitatory programs that physical therapists use to restore use of the shoulder. For chronic rotator cuff pain, you will need professional advice to design an exercise program, such as with Karen Beaulieu (SPM member), who is a RPT, at Jernigan's Clinic. Extreme problems may need surgery to bring about significant improvement.

(Paul has several good diagrams and more general information which will appear in future issues of this newsletter. NK)

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