



SWIMMING

Fast Times

Issue No. 2

December 2010

Take Your Marks...

Well, thanks for all the positive feedback we've received regarding the newsletter. The coaches are quite excited about the prospect of being able to write to you monthly and include articles and photos about technique, nutrition,

physical training and other sport specific topics that will help you learn about or learn more about this great sport we are all involved in. In this issue, our first meet results of the season from the IP Cup and IP Jamboree meets held back in November. Also, some information regarding technique, nutrition, physical literacy and more. Read on, enjoy and, as always, your feedback is welcomed. Remember, you can add to the content – send anything you'd like to see to aaron@islandswimming.com and we'll make sure it makes it in here.

Are Your Children Physically Literate?

D last article I noted the limiters to full physical development in preparation for sport performance and life fitness. As you can see from the list, the daily physical activity requirements for children between the age of 5 and 10 are very broad. If we accept that these limiters do exist, (i.e. generally children do NOT do enough of these activities) we must create the opportunities for them.

As a competitive swim club we can only program up to a certain point. Our staff, facilities and funding present limits on the amount and frequency of different activities we can program. We do run a comprehensive dry-land program for children aged 10 and older, at least on a weekly basis. We provide 15-30 minutes pre-water session and in some cases 15-30 minutes post-water session.

When a 10 year old comes to us with a high degree of physical literacy, a progressive level of dry-land activities (plus their swimming sessions) are fine. However, when we program for children who are behind the PL curve,

and often they are far behind, we can barely address the deficiencies. We can only do remedial work. Years are added to the development curve in this scenario.

Island Swimming is piloting a weekly dry-land program which will introduce children age 4-9 to a variety of games and activities containing many of the items on the list. Unfortunately, once per week is about 4-5 sessions short of what is really required to produce true physical literacy.

Where will we find those missing sessions?

We must actively promote the concepts and activities which lead to PL. To start, we need to send the message (along with sample activities) to the parents of children in our Wavemakers, TSS and Olympic Way groups. Beyond that, schools, parent associations, community centers need to be encouraged to promote this theme.

A part of the message is that children in this age range need to do a wide variety of activities and sports. Structured sports such as soccer, gymnastics, handball, swimming, skiing, skating are a good place to go. Beyond that we need to find ways to allow for unstructured play with a very physical component. Local school yards and parks have much of the space and equipment needed. Add a few balls, frisbees, skip ropes etc.. and we are off to a great new start.

In case you forgot, here is that (incomplete) list again:

Tumble, skip, run, spin, bounce, balance, hop, stop, swim, climb, skate, slide, throw, kick, catch, chase, race, hike, bike, scramble, flip, kip, trip, slip, roll, fall, jump!!!

Comments and suggestions welcome.

Neil Harvey
December 2010

A Skill Obsession

Slowly read the following list of words and consider what they bring to mind.

Attention
Connect
Build
Whole
Alert
Focus
Mistake
Repeat
Tiring
Edge
Awake

What do you sense it is about?

This list relates to the concept of *skill development* in individuals who are unconsciously (and consciously) obsessed with maximum skill development in any discipline. Music, math, sport, acting, chess are all included. These individuals, in the early stages at least, are rarely aware of their obsession!! All are relatively unaware of the extreme repetitions they achieve inside the tasks they are interested in. They just love what they are doing. High skill is an outcome from this behavior!

Babies, when learning to walk spend a great deal of time 'struggling' to crawl and then to walk. The very struggle, *and* the willingness to continue the struggle is what eventually gets them to the skill of walking. Why babies struggle to walk is likely innate but it manifests in obsessively repetitious behaviors which end up at the skill of walking. This obsession often leads to skills way beyond walking (see extreme skateboarding and Circ de Soleil performers).

Practice Deeply

Babies learning to walk are practicing 'deeply' in their very wobbly way. They are totally ok with wobbling, falling, getting up again, wobbling, falling, getting up again, and again... *Failing to walk actually leads to walking.* Relating this story to the rest of us; in order to become good at *anything*, we must practice *deeply*.

Deep practice is an accurate focus on key components required for our success. A single failure to achieve is the very incentive to proceed!! We must use our *failures* as incentives to repeat with serious intent to get (as soon as possible) to the next accurate repetition. This error prone, repetitious obsession leads to a very high skill in whatever you are doing. In young children it is not a conscious process! They just love whatever they are doing. They acknowledge mistakes and delve deeply into the solution. The truly curious will practice very deeply without knowing.

Imitate It

We are pre-wired to imitate. Babies imitate everything they see. Obsessed skill developers unconsciously imitate the very skill they wish to develop. They repetitively watch live and videos of the skills they are attracted to. Why? No reason. They just know the watching is essential. Watch what obsessed performers are imitating. When we can channel what the obsessives watch, skill levels are more likely to rise faster, much faster.

Chunk It

Imagine you are in a totally dark room with the task of getting to know your way around. At some point, you need to 'see' the room in order to know your way around. The first few hours/days are very tentative, reaching, bumping into things, stopping, thinking, bumping, starting again. After many hours/days/weeks of try-error-try-again-error-etc.... you establish a 'picture' of the room you are in. When you get to this point, you can navigate the dark room quickly and with intuition. You

might even be able to run around in the room!!

What learning/attention level would you need in order to **see** your way around the room? It is likely very high!

Chunking is to break down each movement into smaller and smaller parts. The first day in your dark room is centered on the big picture (where is the furniture? What are the boundaries?). The 10th day might be about putting the dishes back in order. You will know eventually what the chunks are.

Chunking means breaking down this intuitive process into small manageable parts.

Slow It Down

An initial part of the process of 'seeing' a black dark room is to slow all your movements. Slowing down gives you time to absorb your sensory inputs and feel each element of the room. As you become aware of all aspects of this dark environment, your movement and 'visual' memory speeds up to the point that you can function as if in the real world. Skills develop in the same way: slow accurate high skill movements (complete with errors and constant error correction) lead to faster accurate higher skill movements, which leads to race pace accurate high skill movements.

Repeat It

The easiest way to reduce the skills of a high performer is to stop them from practicing for a few weeks. This makes sense to us, as we know repetition helps us learn, refine and maintain our skills. Simple repetition however, is not enough. More is not better. Your attention must be 100% in order to advance skill development steeply. This level

of attention can be exhausting. Practicing *too* much is not as effective as practicing *enough* at 100% attention.

Feel It

Practice is the act of learning to concentrate. When you are really concentrating, you pick up on skill errors immediately! Errors begin to bother you a lot! What you learn to 'feel' may not be pleasant but it will accelerate your learning many times over.

Here is another way of looking at this:

1. pick a **target** (e.g. some aspect of skill you desire to achieve)
2. **reach** for the target
3. evaluate the **gap** between the target and the reach
4. **return** to step one.

Greatness isn't born, it is grown.

Grown from countless hours of concentrated practice. The basis for this essay has been the first section of a wonderful book by Daniel Coyle called The Talent Code. I have borrowed heavily from his headings and content. I recommend this book to anyone looking to understand why some people get *there* while the rest can only stand and watch in amazement.

Winning Starts With Today – By Wayne Goldsmith

Everyone wants to win on race day. Everyone stands behind the blocks wanting to win.

Some hope. Some pray. Some cross their fingers. Some rub their lucky swim cap; "I hope this don't stuff up."

Some, not many, enjoy the quiet confidence of knowing that winning is possible because of the time and effort spent preparing for race day.

Everyone wants to WIN THE RACE.

How many want to WIN EVERY WORKOUT just as badly?

Australian Swimming's Former National Youth Coach Bill

Sweetenham often says to swimmers, "Winning tomorrow starts by winning today. To win tomorrow's race, first win today's training session. Will you be a better swimmer tomorrow because of what you did in training today?"

Here are a few tips on how to "win" workouts:

Arrive earlier than everyone else. Stretch for 15 minutes before anyone else arrives. If travelling or school commitments mean you can't get to the pool early, stretch in the bus, train or car on the way to training. At the 2000 Olympics in Sydney, Australia, an American wrestler named Rulon Gardener won the gold medal by beating Undefeated Russian wrestler Aleksander Karelin 1-0 in the final of the men's 120 kg wrestling competition. Gardener used to get up at 4 am to train every day because he knew that at that very moment, Karelin would be starting his afternoon workout in Russia and Gardener "couldn't stand the fact that he was training when I was sleeping. How was I supposed to beat him if I wasn't training as much or more than he was?"

Make sure you have a drink bottle containing clean water or sports drink at every session. Drink regularly throughout the workout.

Be the first swimmer to get in the pool and start training. Start the first lap with a race quality dive or race start. Ask the coach to grade your dive out of ten for technical excellence.

Finish every repeat (including drills) with a legal, race quality touch. In free and fly

this means no breathing inside the flags. In fly and breast this means an explosive, two-handed touch. In backstroke this means a powerful touch on a full stroke without looking at the wall. If swimming in a lane next to other swimmers doing the same stroke, make a conscious effort to race them from the flags to the wall on every repeat to practice your ability to win close race finishes.

Swim your warm up (and swim down) with the same attention to detail as you demand in the main set. Quality, explosive starts, aggressive turns, no breathing inside the flags, never breathing first or last stroke in fly and free, full underwater pull with every lap of breaststroke etc. Warm up and swim down means "GREAT SKILLS AND EXCELLENT TECHNIQUE DONE SLOWLY".

Challenge someone faster than you to a race every workout. It could be a kicking race. It could be a challenge based on skills and speed (ie who can swim the fastest lap with the fewest breaths-time added to number of breaths=total score and the lowest score wins). It could be a technique challenge (ie ask the coach to rate your drill efforts out of ten, then try to do it better and achieve a higher score). If you are a strong backstroker who is a weak butterflyer, challenge a strong butterflyer to a swimming (or kicking) race. Work on your weaknesses.

When swimming an effort in training, ask yourself four questions:

Could I do this with fewer strokes?

Could I do this with fewer breaths?

Could I do this with better technique?

Could I do this with better starts, turns and finishes?

Challenge yourself to do it better every time.

If you want to be the best swimmer in your club, your state, Australia or the World, you must be the best swimmer in your LANE first. You must set yourself a higher standard than anyone else in your lane is prepared to. You must set a higher standard and more challenging goals than even your coach thinks possible.

Aim to do it to faster, with better skills and excellent technique ESPECIALLY when you are tired. Race day success will require you to swim fast when you are tired, under pressure and hurting. Make training more demanding than race day. Deliberately make training tougher than the toughest race. Ask your coach if you can do a time trial at the end of training.

Believe that anything is possible. You can do PB's in training. You can swim 25 metres at maximum speed without taking a breath. You can kick 40 metres in your 50 metre PB swim time. You can do it. The words "I can't" usually mean "I am not prepared to try in case I fail".

There are no guarantees to success. You can however increase the likelihood of success by making training more demanding than you ever thought possible, attempting to do the impossible everyday and aiming to win every workout.



Upcoming Events

December 10th – 12th, 2010

Christmas Cracker Invitational
Check website for more details

December 10th – 11th, 2010

No swim practices for swimmers not in Christmas Cracker Swim Meet

December 18th, 2010

6:00 – 9:00 am – Skulbul tournament at SCP for National, TAG, Crush, Crush Entry and Dynamo. Pancake breakfast to follow.

December 17th, 2010

Last day of swimming for Olympic Way, Dynamo Entry and Youth group before Christmas (SCP only)

December 27th, 2010

Christmas Camp starts at SCP – National, TAG, Crush, Crush Entry and Dynamo. See your coach for schedule.

January 3rd

Regular schedule resumes

January 8th, 2010

Island Team Champs – Competitive groups - see your coach for more details.

January 21st – 23rd, 2010

VIR Championships – hosted by TYEE. Confirm participation with your coach if you have a AA time.

Chocolate Milk

Nancy R. Rodriguez, Ph.D., R.D., FACSM is Professor of Nutritional Sciences with appointments in the Departments of Kinesiology and Allied Health at the University of Connecticut,

Storrs. She directs the sports nutrition programs for the Department of Sports Medicine, Division of Athletics. Her research focuses on relationships between exercise, protein intake and protein utilization in athletes, physically active adults and healthy obese and non-obese children. Dr. Rodriguez currently serves on the editorial boards for several research journals, including ACSM's Medicine & Science in Sports & Exercise®. Throughout her research career, Dr. Rodriguez has received funding for her research from various commodity groups, including the National Dairy Council.

As I sat at a research roundtable in the fall of 2001, shortly after completing one of my first investigations evaluating the potential benefits of milk to protein utilization by endurance athletes, a colleague commented, "It is not likely that milk will ever be a sports beverage." At the time, the critical recovery beverage following an endurance exercise bout was carbohydrate-based with some electrolytes tossed in for good measure. More important, the palatability of milk as a thirst-quenching drink seemed unlikely.

Fast forward to 2010. Chocolate milk, the most popular flavored milk, has found a niche in the recovery routines of many different athletes and teams. Indeed, milk - chocolate milk in particular - can be found alongside other sports beverages in coolers in training facilities and at training tables across the country, if not the world. Most recently, "supercharged" versions of milk have entered the marketplace by distilling recent scientific findings into advertising campaigns that tout the benefits of adding more milk

protein to the natural product.

While the positive effects of milk, as well as its isolated proteins, are well documented in combination with strength training, the role of milk in the diet of or as a supplement for individuals involved in endurance and aerobic-based sports has received more attention in the scientific community over recent years. The importance of consuming carbohydrates following endurance exercise remains paramount for glycogen replenishment. However, the potential for protein to contribute to the recovery process following endurance exercise has emerged as a viable component of recovery nutrition protocols. Chocolate milk's high-quality protein is an excellent source of essential amino acids to support muscle protein synthesis, and its carbohydrate contributes to glycogen replenishment.

For most of my career, I have pursued a holistic approach to optimizing human performance and health with specific regard for protein utilization by the body and by the muscle. These efforts have focused on the role of whole foods and sources of high quality protein and in optimizing protein utilization in healthy active men and women. As the supplement industry pursues a parallel goal, the cost of products providing the same benefits of chocolate milk to various aspects of recovery nutrition are significant. For the calories, as well as the investment, chocolate milk is an exceptional package of essential nutrients that has great return for active individuals.



IP Cup and Jamboree

November 12th – 14th, some of the best swimmers in Canada and the USA converged on SCP for Island Swimming's annual Island Pacific Cup, followed on Sunday by the Island Jamboree, featuring some great up and coming 12 and under swimmers from Vancouver Island and the lower mainland. There were some outstanding results, some of which are listed here.

First place finishes

Madison Powell, 6, Keegan Zanatta and Alec Page, 2, Heidi Bradley, Peter Inches Jesse Ogden and Naomi Ellis – 1

Second place finishes

Peter Brothers - 4, Breanna Nelson – 3, Isaac Ross and Kyle McMahon - 2, Craig Dagnall, Nicky Lapointe and Guilherme Furtado – 1

Third place finishes

Finn Page – 2, Sam Ogden, George Ramsey, Nerissa Zelych, Noah Charlton, Erin Lawrance Sarah Mabee Hall and Taylor Paddington – 1

Other swimmers in the top 8 included Brooke Devine, Aimeson King, Mikayla Kendal, Hayley Dennett, Vanessa Loewen, Ian Schoeddert, Peter Havers, Aiden Longcroft-Harris, Luke Polson, Zoe Hunt-St. Louis. Erik Harper, August Horeth, Morgan Dew-Jones, Malcolm Harper, Sheldon Crisp, Egor Peshkov, Caroline Macdonald, Hamish Babin, Cody Flegel, Cassandra Purdon, Tiantian He, Nicolas Sunderland Baker, Brooke

Devine, Sam Wohlgermuth, Raquel Solmer, Rebecca Langlois, Stefan Nasedkin, Roberto Fedrigo and Lisa Su.

In the Island Jamboree, there were many great results and a ton of best times to boot!

First place finishes

Isabelle Rutherford, Kimberly Cordon and Kyle Bennett – 5, Holly Henry, Jordan Hopkins and Sophie Rutherford – 3, Matthew Demerchant, Conner Hood, Holly Celuszak and Allison Perry – 2, and Mitchell Hughes, Caleigh Hunt St. Louis, Evangeline Wagner, Justin Wale, Jennifer Tan, Katie Houlihan and Carolyn Dahl – 1

Second place finishers

Ian Fisher – 3, Seth Baker and Jack Wild – 2 and Sam Beyak, Kyla Ross, Julia Kerr, Brett Bennett, Andreas Sintas, Hannah Henry, Kaia Baker, Chole Celuszak, Sonya Legge, Sophie Peters, Chiara Davis and Kaitlyn Mak – 1.

Third place finishers

Katelin Hughes – 1

Other swimmers in the top 8 were Mackenzie Wensauer, Brittany Baird, Nicola Schaafsma, Anna Lawrance, Annika Dawson and Lucia Tan.

A special thanks to all our volunteers who came out and worked at the meet. Without you, every name listed here wouldn't be here because there won't be a meet. We understand that you are all very busy and that sometimes volunteering at a meet doesn't always fit conveniently into our plans. However, it's important to remember that this club is for your kids and without you it's just not going to be as good as it is with you. Thanks!

Swimathon Recap

We survived the first big snow dump of the season and, ofcourse, it happen on swimathon day. Thanks to all the swimmers and parents who took part in this fundraiser for the clubs. It's a very important one; one that helps keep your costs low while helping young people access sport through Canadian Tire Jumpstart. If you didn't get a chance to participate in swimathon but raised money for the cause, please hand in this money to your coach ASAP so we can tally the final numbers and hand out our prizes, including ipod touches and Mayfair Mall certificates! If you didn't get a chance to get many pledges, keep an eye out for upcoming fundraisers, including a wine tasting / silent auction May 6th – more information to follow. A special thanks to Sheila Percy, Jon Charlton and Robynne Devine for coordinating this years swimathon. We couldn't have done it without you – great job!!!

A Message from Sherrie Wickware - Equipment

Ordering equipment is easy, and I'm happy to order anything you see on the Team Aquatics web site. Please email me equipment@islandswimming.com and please include your swimmers name and group

I'm happy to deliver the equipment directly to your swimmer in his or her group, this is the quickest way to get equipment. I place orders once each week and carry a large assortment of equipment in stock as well. Orders can take upwards of 4 weeks (sometimes longer.....if the item is backordered), but I will get it to you as soon as I can.

Please kindly remember I am a volunteer and work full time, I promise to get back to you as soon as possible. Please make sure of the size to avoid return shipping costs! If you are unsure of sizing I am happy to help.

***** Now you will be able to order your own equipment @ 20% discount off of retail and have it delivered to your own home!!!! I have set up our own "family and friends account " with Team Aquatic Supplies to make ordering equipment easier for you.

The user name is : equipment
password is : islandswimming

Simply log on, order your equipment, pay with a credit card, and have everything arrive at your door step!! This sounds fantastic !!!

SWIMNEWS MAGAZINE

We are lucky that SWIMNEWS magazine has sent us a whole box of free issues for you to check out. Like we said in the last issue, this is a fantastic opportunity for your family to read about swimming, learn about swimming and enjoy swimming the way the coaches do. Please ask your coach for a free copy of SWIMNEWS magazine today and begin enjoying right away. It's also a great Christmas present for your young swimmer and not too late to get before Christmas. See the link below to order today!

<https://www.swim-shop.com/orderentry/orders/enter>



Five common questions & Responses about Shoes & the pool deck

1. “What am I supposed to do? My socks will get soaked?”

It's true, if you are wearing socks they will get wet just like in the rain. Instead, we suggest you remove your socks and shoes when picking up your child. When it's time to dry your feet you could use paper towel or bring a towel of your own.

2. “The floor is disgusting, I'm not going barefoot & that person isn't taking their shoes off.”

Although the floor may become dirty at times, we mustn't add to the problem. If someone is wearing their shoes a staff member will speak with them. We suggest you pack a pair of sandals/ flip flops that are only to be worn on the pool deck. This way you can change into the appropriate footwear at every lesson and change back into your street shoes before you leave. Problem solved. We sell sandals upstairs; Old Navy sells sandals which are not only functional, but quite fun and stylish for \$2.50 each.

3. “My shoes are clean and I'll only be a second”

After a great deal of research from leading Universities worldwide and debate on TV shows such as Oprah, it is now officially known that shoes are filthy. We cannot mix the muck from shoes and the bare feet of adult and adolescent swimmers. Shoes on the pool deck can cause foot infections to appear and that's just gross.

4. “Why don’t you mop more? Other pools don’t have this problem.”

We consistently clean the floors but due to the large volume of people it presents a challenge. Other pools do not have as many people entering and leaving as we do on a regular basis. No sooner than a floor is mopped does a shoe unintentionally press through and spread mud on the clean floor. We do not have the capacity to mop after every person who enters; therefore, we must work together and remove our shoes.

5. “I’m not removing my shoes.”

Removing shoes on the pool deck is a requirement of the Public Health Act. It explains that bare feet and street shoes should not be in the same area. We are required to follow the Public Health Act and so are you.

Thank you for your assistance

