



**SWIMMING**

# Fast Times

Issue No. 1

October 2010

## Ready, Set, GO!

**O**n behalf of the staff, welcome to our newsletter! We're hopeful that in side this monthly publication you will find some useful information about technique, training, nutrition, meet results, upcoming events and the like!

## Are Your Children Physically Literate?

**D**oes your young child do the following activities daily or at least weekly: 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?

If yes, they are well on their way to becoming physically literate. If not, well, there will be severe limits to their potential in any sport and physical activity in the future.

At Island Swimming we view our swimming program as a place where children and adolescents can thrive both physically and developmentally. The challenges of training and competition create an impetus for growth of many dimensions. Over the past decade we have achieved are great deal of success at all levels of performance.

However, we are now noticing some critical limiting factors in potential for higher levels of performance. These limiters appear to occur between the ages of 5 and 10. This age range is

We also want to hear from you. What would you like to see in this newsletter? What is of interest to you? Did you read something interesting on a website, in a magazine etc? Send it to us! We will try to include it in here if we can. Got some great pictures at our last meet, we'll try to use those too. The bottom line...we want this to be about swimmers, for swimmers and hey, if a swimmers got something to share, a story about swimming, a poem about swimming, a song about swimming (ok, maybe not a song, but you get the idea), by swimmers too. So read, learn and enjoy!

critical for the development of key physical qualities which, when fully developed, dramatically enhance the *potential* for future athletic performance.

Simply doing above list of activities regularly will make a huge difference is your child's confidence to move about the world they live in. The activity can be either structured or unstructured. Children typically engage in much higher repetition when the play is unstructured. Either way, these qualities are an absolute requirement for physical achievement from age 10 to 90.

More or this topic later ☺  
Ready? Go!! Coach Neil.



## Upcoming Events

**Friday, October 29<sup>th</sup>**  
NO PRACTICES AT SCP

**November 8<sup>th</sup> – 13<sup>th</sup>**  
Swimming Canada National Distance Camp at SCP.

**November 12<sup>th</sup> – 14<sup>th</sup>**  
Island Pacific Cup SCP

**November 14<sup>th</sup>**  
Island 12 and Under Jamboree

**November 19<sup>th</sup> and 20<sup>th</sup>**  
Swim a thon! Go get those pledges and check for your swimathon schedule at your pool for your group.

**November 27<sup>th</sup>**  
Island Distance Challenge

**November 26<sup>th</sup> – 28<sup>th</sup>**  
Bell Grand Prix / Canada Cup – Toronto, ON



## Backstroke Technique with Coach Cindy

- **Head** - In-line with spine
  - **Eyes** - Looking straight up in longer events and slightly back towards the feet in shorter events
  - **Shoulders and chest** - Rotate around central axis of spine in same plane as hips. High shoulder is on recovery arm side, low shoulder on pulling arm side
  - **Arms** - Arms are always 180-degrees from each other. Arm speed is controlled by kick speed. Recovery arm is straight from wrist to shoulder and points straight up
  - **Forearm and hand pull** - Propulsive surface, line from fingertips through wrist and elbow starts pointing towards the bottom and side of the pool, rotates more towards the side and surface of the pool, then finishes releasing the water towards the feet and under the hips; reach towards the bottom, then
- arm-wrestle, then throw something into your pocket.
- **Forearm and hand recovery** - Straight arm from shoulder through wrist
  - **Forearm and hand entry** - Pinky first, directly above and just outside the shoulder with arm fully extended, with body rotation allowing entry hand to reach deep into the catch
  - **Trunk** - Must maintain the connection between the shoulders and the hips
  - **Hips** - Rotate around central axis of spine in same plane as shoulders. Attempt to initiate body rotation from the hips
  - **Legs** - Kick is steady 6-beat, with faster tempo resulting in faster hands

- **Feet** - Faster feet = faster pull = faster swim. Boiling water at the toes is not only OK but encouraged to facilitate better follow-through on the kick
- **Breathing** - One breath per cycle; inhale on one pull, exhale on the next pull

**Swim On!**



**W**hat are you going to do at your next practice to learn these very important techniques for backstroke? What are your goals for improving this stroke this week, this month or before the end of short course season in March? Let's become a better backstroke team by everyone working hard to improve their backstroke, their IM's and our team medley relays!

## Swimathon Update – Less than one month to go!!!

**W**ell, by now you've probably heard of this fundraiser we have going on. If not, have you been living under a rock??? Swimathon is a huge fundraiser for Island Swimming and one that we use to minimize YOUR COSTS! It's a fundraiser for you! We would like every swimmer to set a goal of raising over \$100 in this worthwhile event. Like we did last year, we will be donating 15% of funds raised to Canadian Jumpstart to provide assistance to families in need so their children can afford organized sport. Your efforts and your support is greatly appreciated. Also, we will be giving away cool prizes like Canadian National Team Swim Gear, iPod Touches and mall gift certificates, not to mention many other goodies and incentives from the coaches in each group. Swimathon takes place November 19<sup>th</sup> and 20<sup>th</sup> at all ISA pools – you should have received a package to collect pledges and an email from your coach to let you know when and where your swimathon will take place. If not, please contact your coach. Please, help support your club by going out and getting as many pledges as you can.

## Nutrition with Coach Rick

**D**o you know what to do after exercise to speed your recovery from a workout? Your post exercise routine has a big impact on fitness gains and sports performance but many athletes don't have a post exercise recovery plan.

After depleting your energy stores with exercise, you need to refuel if you expect your body to recover, repair tissues, get stronger and be ready for the next challenge. This is even more important if you are performing endurance exercise day after day or trying to build muscle. Ideally, you should try to eat within the '30 Minute Window' after exercise in order to properly refuel your muscles. Make sure your post workout snack includes high-quality protein and carbohydrates. Proper nutrition after exercise will allow you to train more often and train harder so you get more out of your training,

### Do you have a good post exercise plan?

*Try the recipe below for a great post workout snack that's packed with high quality protein and carbohydrates.*

#### **PB & J Power Bars**

Ready in 30 minutes • Makes 8 servings

#### **Ingredients:**

1 cup dates or prunes  
1/4 cup water  
1/4 cup natural peanut butter, smooth or crunchy  
1/4 cup ground flaxseeds (2 tbsp whole)  
1 cup whey protein powder  
1/8 tsp sea salt  
1/2 cup apricots, diced  
1/2 cup Grape-Nuts cereal, divided



1. In a food processor, blend together dates and water.
2. Add peanut butter and process until smooth. Add more water as needed.
3. Add protein powder, flaxseeds and salt and process to combine thoroughly. Add apricot pieces and half of the Grape-Nuts. Pulse just enough to incorporate them into the mixture.
4. Place a two-foot-long piece of wax paper in an eight-by-eight-inch dish, with half of the wax paper hanging over the edge. Pour mixture into dish. Use the wax paper to press the mixture evenly in the pan. For best results, place in freezer for one hour to firm. Cut into eight pieces. Roll each piece in the remaining cereal to coat evenly. Wrap individually and refrigerate or freeze.

**Nutrients per serving:** Calories: 209, Total Fats: 5 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 79 mg, Total Carbohydrates: 25 g, Dietary Fiber: 4 g, Sugars: 16 g, Protein: 16 g, Iron: 2 mg

## SWIMNEWS MAGAZINE

**C**n Canada we are truly fortunate to have a magazine called Swimnews. It's been around since, well, I'm not sure when but way before my time! It is Canada's ultimate swimming source with great articles, pictures and stories on swimmers, including many, many of ISA's own rising stars. Even you 10 and unders will be excited to see your own names in the TOP program (Tiny Olympic Prospects) that we take part in. This is a great Christmas Present for your young swimmer. Order by clicking on the link below and get caught up on the latest Swimnews!

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