

# Masters Minute

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## T2 Hosts Naples Spring Splash in May

T2 Aquatics will host the 2nd Annual Spring Splash Long Course Meters meet on May 11. This will be a one day LC meet.

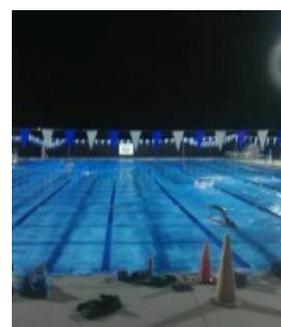
The meet is open to all US Masters swimmers. Registration is currently open and you can register till May 9th.

The meet is 5 weeks before the Pan American Games. This should be a great warm-up and motivation for the Pan-AM games.

BBQ will follow the meet.

Please start registering with the link below:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1904&smid=4612](https://www.clubassistant.com/club/meet_information.cfm?c=1904&smid=4612)



**Norris Aquatic Center at 6am!!!!**

## Upcoming Dates

5k Open Water Champs	4/27
US SCY Nats	5/9-12
T2 Spring Splash	5/11
Pan Am's	6/5-12
St. Pete Masters Champs	7/13-14
US LCM Nationals	8/7-11

## Pan-Am Masters Championships

U.S. Masters Swimming is pleased to announce that it will partner with the [Sarasota Family YMCA](#) to host the **2013 Pan American Masters Championship**. The Championship will be held at the Selby Aquatic Center, part of the [Sarasota Y's Evalyn Sadlier Jones branch](#) in Sarasota, FL.

This is the first time USA has hosted the event.

REGISTRATION CLOSES AT MIDNIGHT ON APRIL 30th.

Lets get a large group to head up to this meet. We can put together some great relays that should score very well.

## Lance Armstrong banned from USMS Meet.

Lance Armstrong is not eligible to race in U.S. Masters Swimming competitions. The former competitive cyclist has been a member of U.S. Masters Swimming for several years.

When we became aware that Mr. Armstrong entered the 2013 South Central Zone Championship in Austin, Tex-

as, April 5–7, a local event sanctioned by USMS, we contacted United States Aquatic Sports and FINA to clarify our responsibilities in this case. The event in question is conducted in a 25-yard pool, a non-Olympic course not contested on the international stage.

After discussion with United

States Aquatic Sports and FINA, it was agreed that although Mr. Armstrong is eligible for membership in U.S. Masters Swimming, he is not currently eligible to compete in sanctioned swimming competitions, regardless of the type of course.



**Ft Lauderdale Hall of Fame Pool**

## How Do I Learn the 4 Strokes???

Some swimmers and many triathletes only care about swimming freestyle, the fastest stroke. But for anyone inspired by Michael Phelps and other true masters of the pool, there are four techniques to conquer on the road to becoming an all-around swimmer. And it really is all about tech-

nique. There are huge advantages to everyone—in triathletes included—in learning all four swimming strokes. Butterfly, backstroke, breaststroke, freestyle. Or for short: fly, back, breast, free. This order comes from the individual medley, also known as the IM. This order also repre-

sents the typical order, in reverse, of how people acquire new strokes. If you have to choose a second stroke to learn, start with breaststroke. Then add backstroke, and finally, conquer the “fear factor” of the butterfly.

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Our performance depends on so many factors only some of which we can control. What I can control is my mind and what I mentally bring to the starting line.

*Bonnie Blair  
Six-Time Olympic Medal Winner  
Speed Skating*



**T2 hosted the 2013 Southwest Florida Winter Open for Masters swimmers on March 2nd and 3rd. Here are some T2 pictures.**



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*Excellence is a habit of Champions;  
therefore to become Champions we  
rehearse excellence every day.*

Check us out at  
[www.t2aquatics.com](http://www.t2aquatics.com)

St. Petersburg Masters Swim  
Champs

July 13-14

T2 July Travel Meet—HOTEL  
INFO COMING SOON!!!!



## **PAN AMERICAN MASTERS SWIMMING CHAMPIONSHIPS**

**COMING TO SARASOTA FLORIDA,**

**June 5-12, 2013      SIGN UP NOW!!!!!!**

### **Learning the 4 Strokes Continued.....**

Learning a new stroke is like learning a new language. Swimmers who learned other strokes as kids have a huge advantage over adults learning them for the first time (note: send your children to a swimming program!). But just like learning a new language, the acquisition of new strokes will challenge your brain and your body and bring benefits well beyond the techniques themselves.

Instead of expecting an overnight miracle, set your expectations on the long-term framework of months and years to acquire a new stroke. Do not become discouraged after a few weeks if you still struggle with the basics of a new stroke. Even very experienced swimmers continually practice basic drills, and the very best swimmers always, always think about technique.

Books and videos will only help so much; you need to get in the water and move in new ways. Most learners will benefit hugely from one-on-one or small group instruction. Club coaches with large programs can only provide limited help during a practice, because the club experience takes priority over any one individual's needs. However most USMS coaches are happy to set aside some time for you—they want you to improve and most get a huge

## Why is Strength Training Important?

*Swimmers can prevent injury and swim faster by getting stronger*

First let's clarify the best *reason* to get stronger. My number one goal when working with athletes is to keep them healthy and injury-free, as much as practically possible, and getting stronger makes you more durable.

The leading cause of injury is weakness. This weakness can be expressed either through an improperly conditioned muscle or because of a joint's lack of integrity, which could be because it's not properly aligned to absorb and produce force. Either one of these conditions can become much worse if the muscle or joint is put through a high number of repetitions or movements.

When you swim, you're putting your joints through the same movements thousands upon thousands of times. When a muscle is not properly conditioned or a joint is misaligned and you perform a lot of movement with it, micro-trauma will inevitably develop. Think of this process as getting a paper cut. One paper cut isn't that bad at all, but 1,000 of them would be a much bigger problem.

But what does getting stronger really mean? For your joints, it's making sure that your muscles are properly balanced so that all of your joints are aligned as much as possible. If you swam as an age group-er, through high school and/or college, you may have a rounded upper back and forward protruding shoulders. If so, your muscles aren't balanced between your front and back. This can happen in the lower body as well—many people's hips are too tight in the front, causing another imbalance.

A well-planned strength program will start out by getting you stronger in the areas where you are weak or imbalanced based on your posture and movement. Some would view this as corrective rehab or prehab exercising. But I like to call it what it is—*good training* that's making you stronger and more durable.

When you think about getting stronger you may think strength is purely structural—getting bigger. But that's only half of the equation. The neurological component is just as important. When you strength train, your brain gets more efficient at alerting parts of your muscles to work hard. This is why you can get much stronger without any difference in the actual size of the muscle. The strength gains are through greater neurological efficiency, when the brain is essentially able to send "louder" messages to your muscles.

To increase strength, from either a structural or neurological standpoint, you simply need to have a resistance that is more than you are used to. For some that's doing just five standing push-ups against a wall. For others a regular push-up position on the ground and doing 20 regular push-ups would be a good starting point. And some may be strong enough that they need to do one-arm push-ups for an appropriate challenge.

Don't think about gaining strength as doing this or that particular exercise or routine—it's much broader than that. To fully reap the benefits of getting stronger, have a professional help you assess your current ability and determine how to progress over time so that you don't do exactly what you wanted to avoid in the first place—get hurt. Anyone can go to the gym and lift weights, but it takes an experienced professional to help someone get stronger quickly and safely without injury.