

# SWAC Speaks

## Southwest Allen Community Swim Team

*The time of your life!!*

May, 2015

Volume 1, Issue 1

Editor

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## May Events & April Results

WELCOME to the first edition of *SWAC Speaks!* In this monthly newsletter, we hope to effectively communicate important, relevant, useful and interesting information. We also expect this publication to reduce the number of emails. This is *your* newsletter. If you or your swimmer would like to see something included, please email your questions & ideas to the editor, Julie Anderson.

Our first meet of the Spring/Summer Long Course (LC) Season is just around the corner! On May 15-17, we will host the SWAC Spring Splash Invitational at the Helen P. Brown (HPB) Natatorium. Swimmers in ALL groups, except Betta Fish, are expected to attend this meet. (This meet, like all LC meets, will have the pool set up the "long way"; 1 length = 50 meters, instead of 2 lengths = 50 yards as in

Short Course (SC)/fall-winter season meets.)

Please go to the team website:

[www.SWACSwim.org](http://www.SWACSwim.org), to sign up your swimmer up for events. (Not sure about which events?? Just ask your coach.) There are explanations for how to sign up, entry limits, warm-up & meet start times for each age group/session and the meet packet on our site. (Always arrive 20 minutes before the start of warm-ups.) Coach Scott Lazoff is this meet's head coach. More detailed info will be sent as the meet date gets closer.

Hosting meets is a crucial aspect of a swim club's financial success. We pride ourselves on running an efficient, well-organized and fun Spring Splash Invite. With that being said, we need your help! (Which is a nice way of saying

each family is required to work.) More detailed info will be emailed to all families regarding volunteer opportunities.

April 13-17 saw 53 swimmers participate in our SWAC swim camp! 20 are testing the waters with a 2-week trial period and 6 joined the team in the Betta Fish group. Welcome to all of our new SWAC families and thank you to the 12 Sr & NFG group members for teaching the camp.

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Above, Owen Lindsay helps Coach Bobby "take a little off the top" at the 1/8/15 Team Cora fundraiser. SWAC raised \$3,500 to help The Walrond family.

## Bobby's Blog

I would like to say a special thanks you to all our SWAC families who have made me and my wife, Emily, feel so welcomed here in Fort Wayne. We are excited for the future of SWAC along with the life we are building in the community.

Regarding the growth of the program, it has always been the plan for me to begin to spend more time with our younger swimmers in the age group and developmental programs. Over the next three months, you will see me working closely with our coaches and swimmers at every level.

## Group Spotlight: Senior & National Focus By Bobby Mattin

The Senior and National Focus Groups are coming off a wonderful March Championship Season! After a very successful Senior State and Sectional Meet performance, both senior level groups are re-focused on their long course season goals.

Coach Taylor and I have been working on building our athlete's AEROBIC BASE for the month of April (our aerobic base is the physiological foundation upon which all of our training is built) and will continue developing that base through most of May as well. We are also focusing on teaching and drilling our swimming fundamentals through the first four weeks of the long course season.



The coaches and athletes are looking forward to a great finish to the academic year as well. We modified our practice schedule to allow for our student-athletes to be successful through their Advanced Placement (AP) exams along with their final exams coming up at the end of May. We are proud to have so many high achieving swimmers and we are committed to their success both in AND out of the pool!

From right to left, SWAC swimmers Kaarin Herendeen, Sami Hinkleman and Michaela Godfrey at divisionals.

## The 5<sup>th</sup> Stroke: Underwater Kicking

The dolphin kick has become so important in all of the swimming strokes, that it is now considered *The Fifth Stroke*.

The maximum propulsion from the kick occurs at the beginning of the down kick with the flick of the foot toward plantar flexion of the ankle. The more plantar flexion of the ankle, the more foot surface area is available to push backward in the water, creating propulsion.

While it is only the down kick that the foot is actually moving backward in the water, I was surprised to find that there is some propulsion on the up kick, even though the foot is moving forward during this motion.

This can only be explained by the fact that the previous down kick and the swimmer's body creates a

stream of water moving forward and downward that is greater than the speed of the foot moving forward. Within this hydrodynamic system, the foot can still produce propulsion while it is moving in a forward direction. Acceleration of the body occurs in the up kick from

**“Both the up kick and the down kick are important, so the fastest kickers are working the legs in both directions.”**

the time the legs are horizontal with the body upward to nearly the end of the upstroke.

The velocity of the swimmer in the water reached after the down kick is about twice that of the velocity after the up kick. Regardless, both the up and down kick are important, so

Gary Hall Sr., 10-time world record holder, 3-time Olympian & The Race Club co-founder, wrote this article for SwimSwam.

the fastest kickers are working the legs in both directions.

In freestyle, I consider the speed of the kick to be the baseline speed of the swimmer before the arm pull is added in. It's almost as if the swimmer has the choice of being in a pool or stream. No kick propulsion = no current. With kick, the swimmer is swimming with the current in a stream. With a strong kick, and add the arm pull, a swimmer can rip down the stream.

The kick is even more important in fly, breast and back than it is in free; yet it is important in all four strokes. Work on ankle flexibility, leg strength and fitness to sustain those kicking motions and you will see great improvement in swim times.

## Watch This!

Want to see what the 5<sup>th</sup> Stroke article above means? Check out the video of Olympic Champion Roland Schoeman demonstrate a powerful dolphin kick with and without fins in the Swimisode: *The Fifth Stroke Part I* <https://www.youtube.com/watch?t=23&v=Wjcp9DPgCIA>

## Nutrition Notes: Top 5 Recovery Snacks

Chris Rosenbloom, PHD, RD, CSSD, wrote this article for USA Swimming

Recovery is a hot topic for swimmers and for good reason. A long pool and/or land workout burns muscle fuel and causes muscle protein breakdown. Eating a recovery snack within an hour of a workout speeds needed carbs and amino acids (the building blocks of protein that make up the protein-rich foods you eat) to replenish muscle glycogen and repair and build muscle tissue. Do you need to buy expensive protein shakes? No, because the same amino acids found in shakes can be found in foods for less money and more taste. Here are the recovery snacks that provide some carbohydrate and about 20 grams of high quality protein, the amount that most researchers agree is the optimal protein dose for recovery.



**2 cups of chocolate milk.** (It has two important sources of protein—whey and casein; the natural sugar lactose that stimulates insulin; and it has as much calcium as 10 cups of spinach!)

**1 cup low-fat cottage cheese with fruit- peaches, pears, pineapple, etc.** (CC is rich in the

amino acid leucine, a trigger for muscle protein synthesis.)

**3 oz of turkey breast on a wheat bagel.** (Meat & fish provide about 7 grams of protein per ounce, so a 3 oz portion—roughly the size of a deck of playing cards—gets the needed 20 grams of protein.)

**PBJ on wheat.** (This classic with 4 tablespoons of PB and some J is especially great for athletes who are trying to put on weight since PB is higher in fat than other proteins, but the “good” heart-healthy kind.)

**7 oz of Greek yogurt with granola or fruit.** (This is higher in protein than the regular kind. Greek yogurt is also great for topping baked potatoes or nachos as a substitute for higher-fat, lower-protein sour cream.)

## Swim Tip of the Month

By Bobby Mattin

### FREESTYLE ENTRY:

Many swimmers get into a bad habit, wherein they enter the water with their thumbs turned down toward the bottom. Correct entry is fingertips first, palms facing toward the bottom, wrists above fingers, elbow above wrist.



## “Official” Words

USA Swimming Officials are volunteers who have undergone hours of studying, training, testing and shadowing (other experienced officials) in order to achieve their certification. They are an invaluable aspect of all competitions.

In this newsletter section, rules, common disqualifications (DQ's), and rule changes/amendments will be discussed.

On 11/29/14, the breaststroke underwater pull-out rule was changed regarding the timing of the

single dolphin kick. USA Swimming Rule “101.2.3” states:

**“Kick-After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.”**

By Julie & Greg Anderson

Translation: prior to this rule change, a swimmer had to “initiate” the underwater pull before doing a dolphin kick (ie—separating hands, then the dolphin kick, then pull, then breast kick, OR actually performing the pull 1<sup>st</sup>, dolphin kick 2<sup>nd</sup>, and breast kick 3<sup>rd</sup>). Now, a swimmer can stay totally streamline, then dolphin kick, then breaststroke pull and kick. I (Julie) think it's a great rule change, faster, and easier to teach to beginning swimmers.



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### Our Mission:

To provide a program of long-term personal development and competitive swimming excellence.



Above, SWAC Senior group member, Riley Anderson

**Q: I see other people at meets looking at swim apps on their smart phones. What is this about?**

**A:** There are lots of swimming apps you could download: On Deck, On Deck Parent, Deck Pass, Deck Pass Plus, USA Swimming, GoSwim, Swim Pace Calculator, Meet Mobile, etc. (and I haven't even scratched the surface of what's out there). I have many of these, but the two I use most often are Meet Mobile (to see results of my swimmers) and Deck Pass Plus (also a good one to search times and swimmers). Yes, you have to pay for some of these, but I equate it to the price of a heat sheet or a concessions snack. I would ask around to see what other parents are using and why/how they use it.

**Q: What can I expect at a swim meet?**

Swim meets are a fun and important part of the sport. These are where progress can be measured, goals can be achieved and friends can be made. It's important for the swimmer to get plenty of sleep the eve of the meet (even if he/she swims in the afternoon session), eat well and pack the swim bag the night before (be sure to include suits, caps, goggles-extras of all of these are always good, 2-3 towels, extra clothes, healthy snacks, and activities-books, games, music, to keep busy in between events). After each event, swimmers must speak with their coaches so they can review the race and prepare for the next one. Remember, parents shouldn't coach their children on the way to or during the meet. Let his/her coach be the one to talk about the swimmer's strengths and areas in which to improve; just be the parent with lots of hugs and encouragement! Bottom line for both the swimmer and the parent, have fun!

Have a question? Email/call/text Julie: 615.2362 [JulieAnderson95@frontier.com](mailto:JulieAnderson95@frontier.com)

## Business Briefs

**BILLING:** A reminder that the families are billed on the 1<sup>st</sup> of every month (unless the 1<sup>st</sup> falls on a Sunday, then it moves to the 2<sup>nd</sup>). Members have 30 days to pay. Check your account on the SWAC website, under "My Account" then "My Invoice/Payment" to see what is owed.

**SCRIP:** Have you tried the SWAC Scrip program yet? It is a great way to earn money towards swim dues. Check out the Scrip tab on our website. We offer a wide variety of stores that you shop at every week! You can earn up to 75% of the reward percentage (varies by store). The May order will be placed on May 15<sup>th</sup>. Contact Susan Weaver for more details or questions (c.260.433.8262, [suzweaver13@hotmail.com](mailto:suzweaver13@hotmail.com))

**Fundraising:** Mark your dinner calendars for JUNE 17<sup>th</sup>! From 6-8 p.m. 10% of all food purchases at SW Buffalo Wild Wings will be donated to SWAC!

### SWAC Sponsor Spotlight:

**Luarde Dental Care** is located at 3030 Lake Ave., Ft. Wayne 46805. "Our Office provides high quality family and general dentistry including cosmetic reconstruction, braces, root canals, oral surgery, implants and cleanings. We welcome new patients."

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