



THE

Blue York Times

QUOTE OF THE MONTH

"Is he still looking at himself in the mirror?"
-Anonymous

Short-course edition.

Winter 2010

THE GOLDEN GOGGLES

The Golden Goggle Awards, presented by the USA Swimming Foundation, is an awards ceremony that honors swimmers' achievements over the last year. There are eight categories of awards: Breakout Performer of the Year, Coach of the Year, Perseverance Award, Relay Performance of the Year, Male Performance of the Year, Female Performance of the Year, Male Athlete of the Year, Female Athlete of the Year.

World Champion swimmers Ryan Lochte and Rebecca Soni took home top honors at the sixth annual 2009 USA Swimming Foundation Golden Goggle Awards. Lochte and Soni were named Male and Female Athlete of the Year during the star-studded swimming gala held at the Beverly Hilton. Our own Chuck Batchelor and Elizabeth Beisel attended the gala event.

Lochte's Male Athlete of the Year title ended Michael Phelps' two-year reign as male swimmer of the year. The two-time Olympian set two world records in Rome (200m IM and 800m Free Relay) and took home a total of 5 medals (four gold and one bronze). He was



Elizabeth Pelton, Elizabeth Beisel, Christine Magnunson, Rebecca Soni.



Caroline Burckle and Elizabeth Beisel will go head-to-head competing for next year's inaugural "Happiest Face" award.

also the National Champion in the 200m and 400m IM.

Soni's title of Female Athlete of the Year highlighted her world record and gold medal performance in the 100m Breast in Rome. She also earned a silver medal in the 50m Breast. The event was hosted by Emmy-nominated sports broadcaster, Dan Hicks and celebrated the accomplishments of the 2009 FINA World Championship swim team that competed in Rome this past summer. While in Rome, Elizabeth Beisel competed in the 400m IM and the 200m Backstroke, taking home a bronze medal in the 200m Back. Chuck served as the USA Swimming World Championship Team Women's Assistant Coach. The United States team left Italy as the most decorated team of the championships, taking home 24 medals and setting 10 world records and 23 American records.

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The 2009 Golden Goggle Award Winners

BREAKOUT PERFORMER OF THE YEAR:

Tyler Clary (earned a silver medal in the 400m IM and finished 5th in the 200 m Fly at Worlds)

PERSEVERANCE AWARD:

Dana Vollmer (a 2004 Olympian who bounced back after missing the 2008 Olympic Team; earned the NCAA title with her college team at Cal along with a bronze and silver medal at Worlds)

COACH OF THE YEAR:

Eddie Reese, University of Texas and Longhorn Aquatics (placed 6 athletes on to the men's team at World Championships)

RELAY PERFORMANCE OF THE YEAR:

Men's 4x100 Free Relay, 2009 World Championships: Nathan Adrian, Matt Grevers, Ryan Lochte and Michael Phelps

FEMALE RACE OF THE YEAR:

Ariana Kukors, 200 IM at 2009 World Championships

MALE RACE OF THE YEAR:

Michael Phelps, 100 Butterfly at 2009 World Championships

FEMALE ATHLETE OF THE YEAR: Rebecca Soni

MALE ATHLETE OF THE YEAR: Ryan Lochte

WINNERS CHOSEN BY FANS BY ONLINE VOTING.

POP QUIZ:

Which of these is a picture of the actual Golden Goggles award?



(a)



(b)



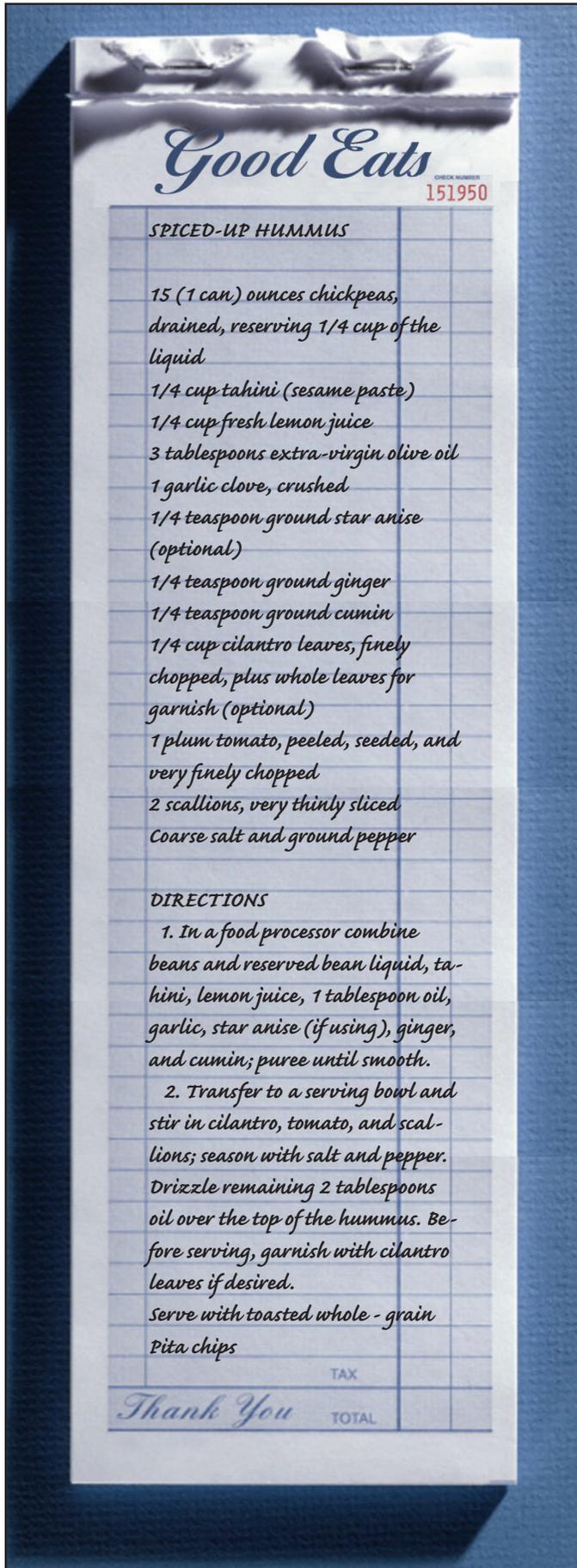
(c)

Answer: None of these. We couldn't find a picture of the award. But (c) would look fabulous with some hair extensions and a tan.

FOR SWIMMING NERDS ONLY:

A LITTLE SWIMMING HISTORY TO IMPRESS YOUR FRIENDS WITH.

1928 was the start of the scientific study of swimming by David Armbruster, coach at the University of Iowa, filming underwater swimmers. The Japanese also used underwater photography to research the stroke mechanics, and subsequently dominated the 1932 Summer Olympics. Armbruster also researched a problem of breaststroke where the swimmer was slowed down significantly while bringing the arms forward underwater. In 1934 Armbruster refined a method to bring the arms forward over water in breaststroke. While this "butterfly" technique was difficult, it brought a great improvement in speed. One year later, in 1935, Jack Sieg, a swimmer also from the University of Iowa developed a technique involving swimming on his side and beating his legs in unison similar to a fish tail, and modified the technique afterward to swim it face down. Armbruster and Sieg combined these techniques into a variant of the breaststroke called butterfly with the two kicks per cycle being called a dolphin fishtail kick. Using this technique Sieg swam 100 yards in 1:00.2. However, even though this technique was much faster than regular breaststroke, the dolphin fishtail kick violated the rules and was not allowed. Therefore, the butterfly arms with a breaststroke kick were used by a few swimmers in the 1936 Summer Olympics in Berlin for the breaststroke competitions. In 1938, almost every breaststroke swimmer was using this butterfly style, yet this stroke was considered a variant of the breaststroke until 1952, when it was accepted as a separate style with a set of rules.



THE PLAYLIST

A RANDOM SELECTION FROM SWIMMERS' IPODS. *BOOOYAKASHA!*

MEET ME HALF WAY
Black-Eyed Peas

WHATCHA SAY
Jason Derulo

BACK IN THE SADDLE
Aerosmith

BAD ROMANCE
Lady Gaga

THICKFREAKNESS
The Black Keys

TIK TOK
Kesha

LOVE REMOVAL MACHINE
The Cult

RUSSIAN ROULETTE
Rihanna

BEBE LE STRANGE
Heart

USE SOMEBODY
Kings Of Leon

MY BABE
Elvis

DOREEN
Muck and the Mires

REPLAY
Iyaz

MACK THE KNIFE
Bobby Darin

NAIVE
The Kooks

OFFICIAL INFORMATION

Welcome new Officials class 2009-2010!

Welcome to our short course season! This is an exciting time of year to be a new or a returning official as it brings many opportunities for all of you to work at different level meets. There is so much to choose from if you want to polish your skills. I recommend working as many sessions as you find comfortable with the busy holiday schedules, but most important please support the meets that Bluefish are attending because not only are you helping the host team you are supporting ours! The one concept that is important to remember is that you are welcome anytime and anywhere on deck. It does not matter if you have twenty years of experience or if you are a new apprentice, please always feel that you are part of the officials team. The more experience you get the more confidence that you will gain. You will also meet lots of new officials by working different competitions which is a great resource to share ideas and knowledge, not to mention the great friendships that can develop from working all those sessions!

I am very excited that we have such a successful new officiating class of 2009 apprentices joining our team! We now have 26 active Bluefish working officials. With the new additions to our staff this year it is going to be a season filled with multiple opportunities for on the job training on the deck. You can learn about all the different jobs available by visiting the USA Swimming web site and follow the links to volunteers and then Officials training. This is

also an excellent resource to review all the news and developments of what is happening in the officiating world.

When you are reading you will learn about all the different type meets that an Official can attend. You may notice that some meets are formatted as trials and finals. These meets are set up for faster swimming as athletes return to swim in the evening. As an official it is always fun to work the finals sessions because it is a more formal affair. The uniform is always dress pants and skirts and in most Championship meets the colors of the uniform may change. A typical New England Swimming final requests their officials to wear Khaki pants and navy blue shirts. On the National level there are sometimes beautiful shirts given to officials that come to represent special memories of the great experience they had on their trip! Many of our Bluefish officials received their first experience working finals at our Winter Solstice meet held at Wheaton College. They were able to experience how the finals protocol worked in a relaxed and fun environment. As new officials you are very privileged to experience this experience at such an early stage in your training. I am grateful and excited to have you all on board. Be proud of being a Bluefish Official and represent our group well! Welcome to our Officials team!

Happy New year and see you on deck soon!

~Joanie

COACH'S CORNER

BY CHRISTIE BACHELOR

THE TRUTH ABOUT SODA AND OTHER LIQUIDS.

While having dinner with a couple of swimmers and parents at the Condors Competition in West Nyack, NY, the waitress came over to take our drink order. The swimmers at the table ordered Lemonade, Iced Tea, a Shirley Temple and Soda. I was shocked and disappointed. I felt the need to share with the table and now the entire team my personal experience and view on the topic of beverage consumption for children, which in my opinion, should be WATER, MILK & JUICE ONLY (preference to Orange Juice)!

We don't often focus on what we drink. Let's start with the worst culprit - Soda. Most soda's contains caffeine and carbonation. Both de-hydrate you, which is the ultimate enemy for an athlete. Your muscles will not work optimally when dehydrated. Being dehydrated can zap your energy and make you feel tired. Even mild dehydration (as little as 1 or 2 percent of your body weight) can have this effect. If you're thirsty, you're already dehydrated -- and this can lead to fatigue, muscle weakness, dizziness and other symptoms. Caffeine is a diuretic which causes an increase in urine volume (It makes you have to pee more frequently). Because of the increase in urine volume, more minerals are leaving the body before having a chance to be absorbed and put to

use. After a long hard swim practice or workout, your body, muscles and mind need to recover. Drinking soda can slow down your body's natural recovery time. When you don't recover completely from a workout or a meet (by not warming down enough or eating right away) it will negatively impact your performance the next day!

A nutritionist once said that in order to counter act caffeine and sugary drinks you need to drink a glass of water for every beverage you consume. It's hard enough getting enough water into your diet; why make it harder?

Why would you want to drink something that could negatively impact your swimming? I suggest thinking about it this way... You are waking up early on Saturday, giving up sleep and cartoons to get faster at swimming. Why would you want to drink something that takes from your body everything that you just tried to improve?

One of soda's long term affects is that the acid can cause tooth enamel erosion. (*See fig. 1*)

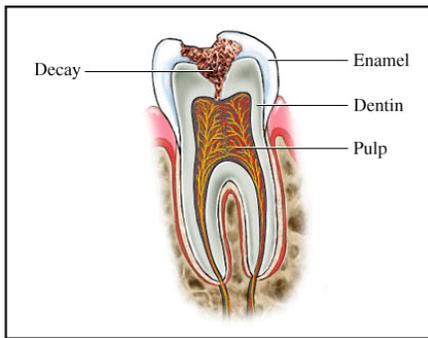
Weakened teeth are more sensitive and more susceptible to decay and cavities. Test done on the acidity levels in soda found a pH of 2.5.-2.8. To put that into perspective, consider that battery acid has a pH of 1 and pure water has a pH level of 7. Soda has been said to be able to eliminate rust from your



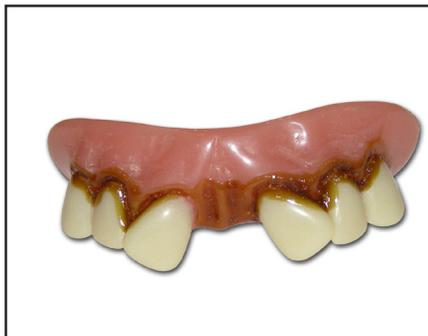
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fig. 1



The acids in soda can cause tooth enamel erosion. The illustration to the left does a nice job of showing the affected area.



To get a better idea of the effects of soda on your teeth, order a pair of these fake rotten choppers and wear them to practice for a week.

References:

- <http://yourtotalhealth.ivillage.com/the-truth-about-soda-soda-bad-you.html>
- <http://www.healingdaily.com/detoxification-diet/soda-pop.htm>
- <http://www.blisstree.com/healthbolt/what-happens-to-your-body-if-you-drink-a-coke-right-now/>
- http://www.associatedcontent.com/article/158674/ten_reasons_to_quit_drinking_soda_pop.html?cat=7
- <http://www.runnersworld.com/article/0,7120,s6-242-302--10086-0,00.html>

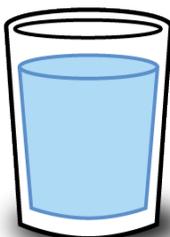
car bumper and remove grease from clothing. Another long term effect of soda consumption is mineral depletion. Phosphoric acid leaches calcium from bones and is a contributor to the rising increase in osteoporosis. Women who drink cola everyday have been found to have a lower bone density. Girls who drink more soda have been found to be more prone to broken bones. There is growing concern in the medical field that even a few cans of soda per day can be damaging when they are consumed during the critical bone-building years of childhood and adolescence.

The last negative effect of soda that resonated with me was calories. An 8 ounce can of regular soda contain 10 teaspoons of sugar, which is 100% of the daily recommended value for adults. A single can of soda has between 100-200 calories. Would you rather have that one soda now or desert after lunch and dinner? (For a reference a single Oreo has 50 calories.) On top of that, the calories are empty of any nutritional value and as stated above, can actually deplete your body of vital minerals.

LET'S REVIEW.

Also, see our helpful beverage reference guide on page 9

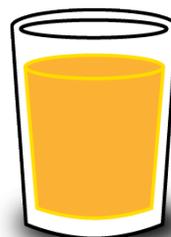
WATER



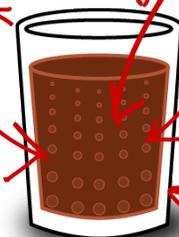
MILK



ORANGE JUICE



SODA



REEEEEEAL LOUSY!!!

BAD!!!

UNGOOD!!

THE MAYOR OF TERRIBLE TOWN

DER BADHAUSER

* NO GOOD

HYDRATED OR DEHYDRATED? THAT IS THE QUESTION!

Most of the fluids that an average athlete consumes during the course of a day are with their meals. So as Coach Christie expressed, the CHOICES that you make at mealtime are quite important! The type and amount of fluids and the adequate amount of time needed to eat/drink are critical to hydration and re-hydration.

Bottom line – dehydration affects performance. To perform at our competitive level, Bluefish athletes should strive to begin and end training session(s) well hydrated.

So...how does one know if they are dehydrated?

The simplest method or my “quick rule of thumb”... is the color and volume (amount) of your urine.

Through sweating/evaporation and physical activity, your body uses the water in your system for muscle function, cardiovascular function, exercise performance, maintaining fluid volume and constant temperature. Through these activities, the fluids in the body become more concentrated as time continues. The more concentrated the urine, the darker the liquid becomes and the smaller the amount (volume) that is excreted. Hydrated urine should be colorless and about a cup or more.

*Signs and symptoms of dehydration (heat exhaustion):

Thirst (if you are, you are already dehydrated), irritable, headache, dizziness, weakness, cramps, chills (still able to sweat), nausea, and decreased performance.

*More serious symptoms of dehydration (heat stroke-

can be fatal):

Vomiting, stopped sweating and red/dry skin, total body muscle cramping, increased core temperature and unconsciousness/unresponsive. Activate EMS!

*Fluids to limit – high fructose (causes gastrointestinal distress), caffeine (increases urine output), carbonated (may increase stomach fullness-which limits added hydration) and alcohol (must be 21 years old +).

*Best re-hydrating fluids to consume – chocolate milk (low fat), milk (low fat), ½ Gatorade/PowerAde (electrolyte) with ½ water.

So.....with that said.....you need to:

Be conscious of your urine at least 3 times a day - first thing in the morning (recovery phase), before and after physical activities. If your urine is dark before you begin your sport, YOU ARE ALREADY DEHYDRATED.

Make sure you have water or even better – an electrolyte mixture at practice every day!

Make good CHOICES for your beverages throughout your day...it effects your swimming!

CHEERS!

by Jen Semle MS, ATC:

National Athletic Trainers' Association

Position Statement:

Fluid Replacement for Athletes 2000;35(2):212-224

Journal of Athletic Training

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www.journalofathletictraining.org

WHAT'S WITH ALL THE TRAVEL?

The Purpose of Travel Meets for Swim Teams. An article published by the American Swimming Coaches Association.

★ **Many parents do not understand** why coaches want athletes to travel to “away” meets, sometimes including overnight meets. There are several reasons, but one very large performance reason.

The key is to watch what your child does when they attend a local swim meet. The first thing they do, is go and get a... heat sheet... right? And then they scour the heat sheet for their own names and their position relative to their competitors. Because... they know who their competitors are... they see them meet after meet, after meet. And what goes on in our swimmer's head (let's call her Betsy) when she does the heat sheet scour...???

“Well, let's see. Suzie's here, Mary is here, oh my gosh, Sarah is here, I can't stand that girl... and she always beats me... and here's Kelly, seeded below me, why would she put in that slow time? She usually beats me, so let's see, I'll be... fifth.”

Now, an hour or two later, and our heroine dives in the pool in the 100 free. With brilliant coaching and an even more impressive gene selection from Mom and Dad, she executes a perfect racing dive and streaks to the 25 turn wall, where she turns first, then sneaks a quick peek... “wow! I'm ahead.” Then pushes on towards the fifty wall... amazingly, our Betsy is still on the lead. Now, off the 50 wall, she is so amazed by her own performance she takes a slightly longer look at her no-longer-so-commanding lead, so she can reassure herself that she is still “out there.” By the 75 wall, her lead has shrunk to inches, as the other swimmers realize that the established pecking order is being disrupted and swim harder. Betsy, now wondering exactly what she will say to all these acquaintances of hers once she has beaten them, and “will they still like me anyway?,” begins to lose focus and slide back into her accustomed place in the pack. By the end of the race, she has creatively found a way

to slide all the way back to 5th. She gets out happy to have led for awhile; she has that to talk about, but is happier that the natural order of finish in the kingdom of pre-adolescent girls has not been disrupted. In other words, she is comfortable once again.

Mom and Dad say, “dang, if only she was getting a little better coaching, she'd be beating all those girls.”

Coach says, “doggone, with all those sprint genes from mom and dad, it's hard to get her to finish a race big.”

And Betsy says “that wasn't so bad, sort of fun, really. Now, where is Suzie, I really ought to go congratulate her.”

Now, after some of this, the smart coach will say to the parent group, “parent group, it is time to go to an out-of-town meet.”

“A what?”

“A meet out-of-town. You know, we get a bus, the kids all travel together, and we go as a team to another area and swim in a meet.”

“Isn't that expensive?”

“Well, it will be about \$20 a child for the bus, another \$25 a child for Saturday night in a hotel, and maybe \$50 for food, so all in all, just about a hundred dollars.”

“A hundred dollars! Heck, Betsy can't beat the other girls here in our local area, what does she need to go to a meet like that for?”

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Now the coach needs to know the answer... and here it is... When Betsy swims against people she knows, she has pre-ordained expectations. And she finds ways to make those expectations come true. What she needs,



is a chance for a breakthrough performance, to let her believe some new things about herself. So how does a travel meet do that?

Betsy reads the heat sheet... "yup, here I am, Betsy Worangle, 100 free, at 57.89, just a little slower than my best time... yep, I'm in here." And then what?

She doesn't know another name in the program. She has no idea where she fits in. So she does what? She just goes out and swims as fast as she can... no pre-conceived notions to live up to... just swim fast. Lo and behold, 56.44, 2nd place.

56.44 would have won at home. But Betsy could not get that out of herself when she had social and athletic expectations to live down to in the meet at home. On the road, she can just "go for it." And she does. The tremendous advantages of swimming where you don't know anyone.

OUR HELPFUL BEVERAGE REFERENCE GUIDE.

DRINK ORANGE JUICE

- it counts as a serving of fruit
- it's full of vitamin C
- it helps support the immune system
- Other juices are good as well, but beware as many juices are made with artificial sweeteners and are full of calories

DRINK MILK

- it counts as a serving of dairy
- has protein
- is full of calcium which is needed for bone growth
- Chocolate Milk has been proven to be the best post work out recovery food/drink.
- Milk is handled by your body more as a food than as a drink
- we evolved to consume milk as our only food during the first years of life
- milk and milk based drinks are satiating. According to Dr. Barbara Rolls, "They help people feel full and eat less at the next meal..."
- For good health, we encourage three servings of milk or dairy a day, but keep the fat as low as possible.

DRINK WATER

- it is the easiest and cheapest way to stay hydrated
- Water usually makes up 55% to 78% of the human body
- Drinking plenty of water can support weight loss by filling you up before a meal
- It helps keep your digestive tract regular
- It is necessary for healthy skin.

SODA

- Should be eliminated
- Sugary soft drinks are associated with obesity and have nothing to offer

DIET SODA

- If you must have soda, then diet soda is the right choice. Diet soda is a misnomer because it does not cause weight loss. Remember to check the nutrition label to see if your favorite brand contains caffeine - which is dehydrating. If it does, then drink a cup of water for each cup of diet soda you drink.

SPORTS DRINKS

- Water with ZERO calories is the safest choice to make. Drink 6-8 glasses a day. .
- When you exercise, you lose water through perspiration as your body perspires to cool itself. So be sure to drink water before and after you exercise.
- If you are involved in an endurance event, you will need to drink water during the exercise event as well. The use of water combined with salt and sugar (such as Gatorade) is usually only necessary in endurance events.

From Shape up and Drop 10 article: <http://www.shapeup.org/atmstd/sud10v3/sud10s2.php>