

# March 2010

## The Manatee Monthly

### Speedo Tip of the Month: Distance per Stroke

Here are three steps to improving distance per stroke, from Coach Kile Zeller of Smoky Mountain Aquatic Club:

1. Keep your elbows high. You take fewer strokes per lap if you maintain high quality in each one. To catch the most water with each pull, Zeller instructs his swimmers to focus on the four Hs: hips, hands, high elbows and head position. He reminds those struggling to keep their elbows from collapsing (losing the leverage to pull through the water) to point their fingers directly at the bottom of the pool with each entry—forcing their elbows up.
2. Kick, kick and more kick. According to Zeller, “You’re not in shape until your legs are in shape.” While arm entry gets more attention, it’s your bottom half that can drastically improve stroke count. Building up leg endurance by doing lots of kick yardage makes for a great aerobic base to get through those long events – and a stroke count that doesn’t start increasing as legs get tired.
3. Track those strokes. When it comes to freestyle efficiency, there’s really no better test than counting strokes per lap. During long pace sets, Kile has his swimmers work their minds as well as their bodies by counting arm entry at least a few times throughout each set. After getting an average, try to decrease that number by one. Catch-up drill and Zeller’s progression drill (left) can help. Even during races, counting is worthwhile. An increasing stroke count can give a coach clues to where the racer might be losing efficiency.

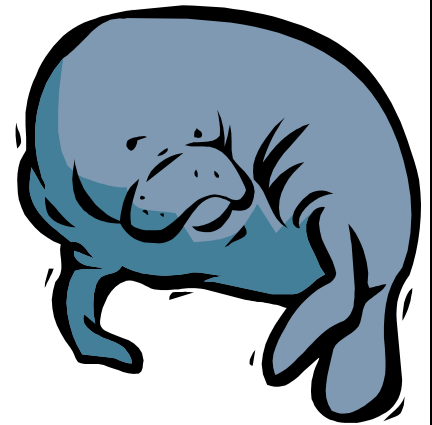
### MPSCPA Meeting:

When: March 8th,

7:30pm

Where: PW Program  
Bldg

Who: All MPSC  
Members



### Scholastic All-American Team Applications for 2010

On February 26, 2010, the Scholastic All-American Team Application was posted on the USA Swimming website. It is open to USA swimmers in 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades who meet the basic requirements. The form can be downloaded at the following site:

<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=83&Alias=Rainbow&Lang=en>



# March 2010

## The Manatee Monthly Pg 2...

### March Birthdays

Erin Brannigan - 12	William Horsfield - 13
Jane Bunting - 12	Daniel Kassis - 9
Elizabeth Carroll - 17	Gabrielle Reed - 8
Evan Conway - 8	Madeline Richmond - 10
Hayden Dibona - 12	Matthew Stapleton - 14
Adesuwa Emovon - 10	Haley Woods - 14

### Important Dates...

3/3/10 - Chick-Fil-a Spirit Night

3/4/10 - 3/7/10 – Senior Sectionals

3/11/10 - 3/15/10 – Age Group Sectionals

3/28/10 – MPSC Team Championships

### Manatee of the Month:

A manatee of the month is someone

- ❖ who is a leader
- ❖ has good work ethic
- ❖ is committed to personal goals
- ❖ is a responsible teammate

The Manatee's for March are:

Blue - James Schlegel

Orange - CJ Raybon

PreSenior - Kate Hughes

Senior - Cara Brotherton

Senior Elite - Hanna Humphreys

### National Club Excellence - Bronze Medal Club

USA Swimming has created a voluntary program that identifies and rewards "up to 200 USA Swimming clubs that have attained a high level of athlete performance as well as organizational success." Clubs can be recognized as Gold, Silver or Bronze. For the 2010 season, MPSC has attained the status of a Bronze Medal Team. Of the 200 teams, the top 16 point scoring clubs receive gold status. The next 84 high scoring clubs receive silver status, and the final 100 high scoring clubs receive bronze status. Of the 100 clubs awarded bronze status for 2010, MPSC came in 29<sup>th</sup>.

### MPSC Facilities and Contact Information

R.L. Jones Center  
391 Egypt Road  
Mount Pleasant, SC 29464  
Phone: 843-884-2528

Park West Pool  
1251 Park West Blvd  
Mount Pleasant, SC 29466  
Phone: 843-856-2536