

# **Masters Friday News Update**

## **Friday, July 21, 2017**

1. Zone Championship TEAM Results
2. Upcoming Events
3. Words from Coach Mark

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### **Zone Championships TEAM Results**

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8 Team Records broken at the USA Games/SW Zone Championships in Carlsbad over last weekend.

Way to Go NADADORES! FAST swims by all our swimmers!

#### **Doug Barker – 54**

50 free – 4<sup>th</sup> place

100 breast – 5<sup>th</sup> place

100 free – 3<sup>rd</sup> place

**John Campbell – 70**

100 breast – 2<sup>nd</sup> place (Team Record)

50 breast – 2<sup>nd</sup> place (Team Record)

**Mindy Doughty – 65**

50 free – 3<sup>rd</sup> place (Team Record)

100 back – 1<sup>st</sup> place (Team Record)

200 free – 2<sup>nd</sup> place (Team Record)

**Ken Kondo – 53**

50 back – 5<sup>th</sup> place

50 breast – 6<sup>th</sup> place

200 back – 4<sup>th</sup> place

**Bev Montrella – 71**

1500 free – 1<sup>st</sup> place

400 free – 1<sup>st</sup> place (Team Record)

50 free – 1<sup>st</sup> place

100 back – 1<sup>st</sup> place

50 fly – 1<sup>st</sup> place

100 breast – 1<sup>st</sup> place

**Daniel Peralty – 21**

100 free – 1<sup>st</sup> place

100 fly – 1<sup>st</sup> palce

**Carol Wilson – 60**

1500 free – 2<sup>nd</sup> place (Team Record)

800 free – 4<sup>th</sup> place (Team Record)

**Lisa Zawistoski - 48**

1500 Free - 1st Place

400 IM - 3rd place

**Complete Meet Results**

[https://usamastersgames2017.com/wp-content/uploads/2016/12/usa-masters-game-swim-results\\_complete.pdf](https://usamastersgames2017.com/wp-content/uploads/2016/12/usa-masters-game-swim-results_complete.pdf)

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**Upcoming Events**

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09/15-11/15

Speedo USMS 3000/6000-Yard ePostal

National Championship

08/19

Don Burns CDM 1 Mile Ocean Swim  
Corona del Mar

09/24

Nadadore Mile Swim - Lake Mission Viejo

10/22

Pierce College Turkey Shoot Short Course Meters

12/01-12/03

2017 SPMS Short Course Meters Championships  
Commerce, CA

## **Breathing, Reaching and Pausing**

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### **Coach Mark's Swim Tips**

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Breathing, Reaching and Pausing

Remember to exhale almost immediately, without a

lot of force and not fully. Hum your air out and leave a little in your tank. Try not to "suck and tuck" your air- this will cause you to need more air!

Don't wait until you are turning your head to get your next breath to exhale, as you will not have enough time to get your next breath.

"Extend" your forearm forward and reach out, keeping your hand/arm at a slight downward angle to avoid "dropped elbows".

(But slightly wider than your shoulders.)

Think about pressing your armpit down and attempt to place your hands slightly wider than your shoulders. Reach wide, but toward the end of the pool.

The hard part is NOT to let your hand cross over in front of your head (your centerline). Reaching across feels like reaching forward in the water, however this will cause you to zigzag down the pool.

Be aware that when you breathe, your arm/hand will tend to want to drift toward the centerline as you turn your head back toward the bottom. With this arm, you may need to over-emphasize a even wider entry, and may even feel like you are swimming lopsided.

After your hand enters the water there should be a slight pause, (while you reach) before you initiating the pull.

You may think that you are slowing down since you are gliding and pulling right away, you are actually still moving forward at this point.

This will allow you to lower your stroke rate, increase efficiency, lengthen out your body, and allow the bubbles from the surface to escape your hand and arm before you begin your pull.

The pause will eventually shorten when your tempo and speed increases.

**GOOD LUCK!**