



Great Lake Swimmers!

Ok, it's finally Spring! I know most of you thought it would never come but it's finally here! Good luck to all of you who are traveling to Indianapolis on May 9th for the Short Course Nationals! Anyone who swam there knows it's a great pool!

With the completion of the short course season, it's time to GO LONG! Long course, that is, and don't forget that OPEN WATER SEASON starts up TOO! Speaking of Open Water...

GLOWS

The 2013 Great Lakes Open Water Swimming Series is underway and under new management! I want to thank Scott Reeves, Mike McDonnell and Denise Brown for stepping up to the plate and replacing John Traynor and Tom Spence who did a spectacular job running Glows the last couple of years! Without our volunteers, we would be welldead in the water! THANKS!

Open water swimming enthusiasts who compete in two or more Great Lakes Zone events can win great awards and be recognized by USMS. With four events this summer in Illinois, Wisconsin and Ohio, GLOWS swimmers earn points just by participating, as well as for Top 10 finishes in their age groups. Top GLOWS point-earners are recognized at the annual meeting of the USMS House of Delegates in September 2013.

This year, we're pleased to introduce the very first **USMS Great Lakes Zone Open Water Championship** race: the Big Shoulders 5K race on Lake Michigan on Saturday, September 7. One of the fastest growing and most popular open water events in the country, Big Shoulders put almost 1,000 people in the water in 2012! It's a fantastic course and a very well-run event that is enjoyed by all. It fills up fast, so register now at www.BigShoulders.org.

See the dates, locations and links to online registration for all four GLOWS events at <http://www.greatlakeszone.com/glows/> register now!

Open water Swim dates:
Lake Erie -Cleveland OH July 27th

Illinois – Hudson, Il Aug 3
Wisconsin- Madison Aug 17
Illinois – Chicago Sept 7

We'll see you at the starting line.

Coaches Corner

With this issue I'm introducing a segment of tips for all us swimming in the Great Lake Region. I asked Coach Brad Burget to help provide these tips. Brad has 30 years experience in coaching, has developed a nationally recognized training program, and has trained swimmers at just about every level – so listen up and prosper!

From Coach Brad:

Masters, do you need a tip that doesn't take a lot of effort physically?

Please remember that one of the most important things you should focus on during practice is proper body position. Is your goal to be efficient in the water? Then, the easiest way to reduce drag is with proper body position. This just takes mental focus and understanding where your hands and feet are in relation to each other during all phases of the stroke.

Every chance you get, please work on keeping the 4 – H's in line during your swims. They are your Hands, Head, Hips and Heels. Take a few minutes during warm up to work on this skill. Start off by floating with a small push from the wall in a streamline (spike) position. Slowly add your kick while maintaining body position. Once you have mastered this, start adding your arms. I will elaborate on how to achieve the 4 – H's of all strokes and mechanics in future newsletters.

Stretching and dry land are essential to prevent injury. Please review the video labeled Warm up A – Mobility. It only takes 3:44 and should be added to your warm up routine.

*For more information on Brad and his workouts check out:

<http://www.fasterswimming.com/theanswervideos.shtm>
www.fasterswimming.com <<http://www.fasterswimming.com>

Special Events and Long Course meets

Special Events:

Pan American Games-Sarasota Florida June 5th -13th

Senior Games- Cleveland Ohio July 19th –Aug 1st

USMS Long Course National Championships Mission Viejo California Aug 7-11

Long Course Meet in our Zone (as of May 1st 2013)

2013 Strawberry Splash Crawfordsville, IN Jun 14-16

John Munley Swim meet East Lansing, MI Jun 22

Penguins River Trails 1500 Mt. Prospect, IL Jun 23

Munster's Masters Summer Splash Munster, IN Jun 23

2013 Wisconsin LCM State Championships Brown Deer, WI Jun 23rd

Links to all events can be found at www.usms.org

Well that should keep you busy!

I have just one word for you....START TRAINING AND MOST OF ALL HAVE FUN!

Daniel Cox, Chair Great Lake Zone Chair