



Northern Lights
Swim Club
Daily
March 19, 2020

NORTHERN LIGHTS

SWIM CLUB

WELCOME

This newsletter is designed to provide our membership with information and inspiration to maintain fitness, and to learn more about our sport.

The exercise routines in this newsletter are not required, and, if performed, done so with adult supervision.

We realize that most of our membership does not have access to a pool. The attached practices can be modified for dry land, or archived for future use.

FRITZ NEEDS A WALK

Fritz has a grooming appointment today, so we will not be meeting for a walk.

CANCELED TODAY



DRYLAND LIVE WITH COACH CLIFF

We will be attempting a dry land practice on Facebook Live at 3p. The routine should take about 20-30 minutes.

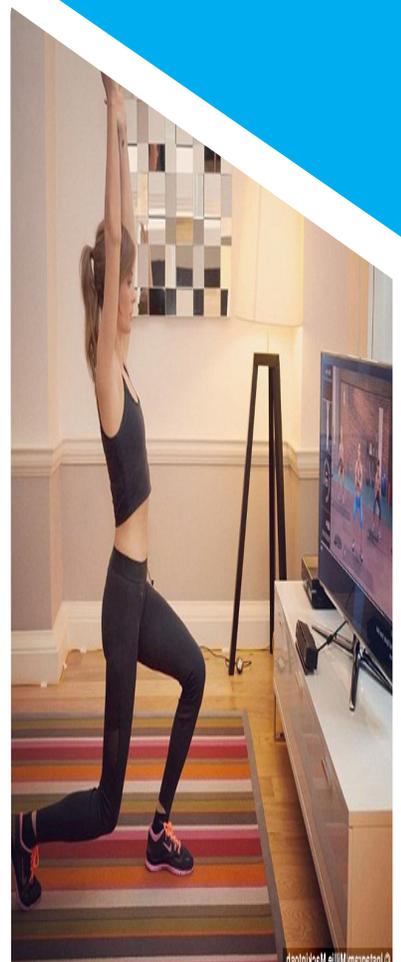
www.facebook.com/nlscak



VIRTUAL GRAND CANYON RACE

Ryan Bascom is currently the leading swimmer!

<https://northernlightsswimclub.racery.com/r/ak-swimmers-do-the-grand-canyon/>



WHAT YOU

Might have done today

From Coach Jerry

- percentages are a percentage of your maximum effort. Rest intervals are in parenthesis with suggested amounts of rest.

300 swim 80-85% (warmup)

4 x 50 Dolphin kick on side – 90% (:15)

6 x 50 transition turn focus– 80-85% (:20)

8 x 50 free - 87% (:10)

6x {100 IMO kick. 90% (:10)

{50 swim, 90%(:10) round 1=fly, 2=back, 3=brst, 4=free, 5 and 6 choice

{50 kick 100%(:10) round 1=fly, 2=back, 3=brst, 4=free, 5 and 6 choice

{100 IM swim, 90%(:15)

10 x 50 scull down,kick back 90%(:15)

10 x 25 reverse rocket, finish focus (:20)

10 x 25 rocket, breakout hand speed focus.

200 choice EZ

From Coach Grant

Planks x3

Front, Left, Right, :15,:30,:45,1:00,r:15

Bridge :15,:30,:45,1:00,r:15

Push Up :15,:30,:45,1:00,r:15 or

8x,12x,16x,20x,r:15

Squats :15,:30,:45,1:00,r:15 or

8x,12x,16x,20x,r:15

Streamline Reverse Lunges

:15,:30,:45,1:00,r:15 or 8x,12x,16x,20x,r:15

Pull up Hold, Negative Pull up, or Pull up

15,:30,:45,1:00,r:15 or 8x,12x,16x,20x,r:15

Burpee to Streamline

:60 plank, 12x push up, 12x squat

:55 plank, 11x push up, 11x squat

:50 Plank, 10xPush up, 10xSquat

:45 Plank, 09xPush up, 09xSquat

:40 Plank, 08xPush up, 08xSquat

:35 Plank, 07xPush up, 07xSquat

:30 Plank, 06xPush up, 06xSquat

:25 Plank, 05xPush up, 05xSquat

:20 Plank, 04xPush up, 04xSquat

:15 Plank, 03xPush up, 03xSquat

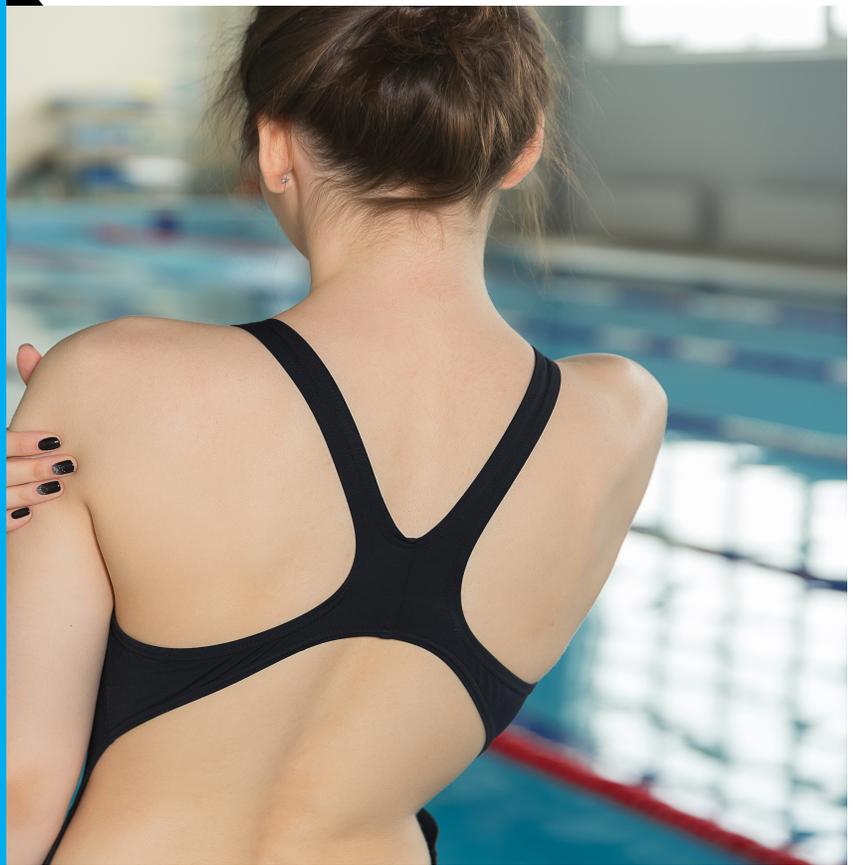
:10 Plank, 02xPush up, 02xSquat

:05 Plank, 01xPush up, 01xSquat

5 min

Stretch and slow breathing

....if you suspect you are developing shoulder issues, **find the first appropriate time to talk to your coach.**



SHOULDER SHENANIGANS PART 2

BY COACH MATT

In our last installment, we loosely defined Swimmer’s Shoulder, and walked down a brief path illustrating what it feels like to the swimmer from early stages all the way to the more serious and painful final stages. Today I’d like to shift focus to certain signs a coach, parent, or other swimmer might observe when watching a swimmer potentially suffering from this injury. I’d also like to briefly chat about how a swimmer and coach might best communicate if this problem appears to be developing. (If you missed that, please go back and read Part 1 first.)

Signs:

In the early **twinge** and **occasional dull ache** stage, a lot of the signs might appear to be almost unconscious adaptations to behavior or movement. A sudden, often asymmetrical, change in stroke path, power cycle, overall rhythm or balance might appear. The swimmer might not have noticed the change, as the body has taken it upon itself to try to make slight adjustments in movement, or recruit uncommonly used muscle groups, to compensate for increasing “tightness” or “pressure” on some of the smaller, weaker shoulder muscles. The changes are often easily corrected in a practice, yet seem to start popping up more and more often, until they become an unwelcome habit.

A sudden **avoidance of a previously proficient stroke, or energy system** could be a sign that something is wrong. Asking questions at this point would not be imprudent from a coach. More frequent bathroom breaks, or goggle issues might fit into this category. This group of signs is a hard one to pin down specifically to shoulders, but can be related.

In early-to-mid stages the swimmer might be seen **unconsciously rolling their shoulders** more between intervals, or just moving their arm around the joint as if experimenting with a new sensation they don't feel they yet need to identify. Almost with the tone of curiosity, but not yet concern. More **regular rubbing or massaging** of the shoulder muscles right before they start moving again is usually a sign that the shoulders are suffering more stress than the rest of the body, which should not be normal at any energy system.

As the problem persists, and increases in intensity, all of those subconscious **movements become much more deliberate**, and are often paired with a clearly identifiable **look of pain** and discomfort. You also might notice that the swimmer **rarely lets the injured arm, or arms, hang naturally**. Gravity becomes a new enemy. Swimmers with problem shoulders will often hold the arm(s) **very close to body mass, right around their belly**. Not low enough to hang, yet not high enough to have to lift. It's not comfortable, but it is sometimes a comparatively pleasant "not-the-worst."

Communicating the Problem:

The most important thing that I can stress to every swimmer, is that if you suspect you are developing shoulder issues, **find the first appropriate time to talk to your coach**. An early catch usually means smaller changes to structure, stroke, or power, and will usually have a much smaller impact on your day-to-day training. Because the coach cannot feel what a swimmer is actually feeling moment to moment, the greater responsibility lies with the swimmer to begin the dialogue.

The more detailed you can be in your description, or inquiry, of the situation, the easier it will be for coach and swimmer to start focusing in on a tighter and tighter group of possible culprits contributing to the problem, then find solutions.

When an issue is suspected, and the dialogue begins, there are a number of very important details that need to be identified. Here are a few:

- **Site of pain:** Where does the pain live in the shoulder? Does it start at **X** then shift to **Y** during stroke movement?
- **Type of pain:** Is it a tweak, twinge, pop, poke, stab, rip, stab, slice, burn, or ache? (I'm not getting creative. These are all common descriptions. In later stages, you can expect more complex combinations of these.)
- **How often:** Is the pain unpredictable, sporadic, predictable, regular, rhythmic, or constant?
- **When it started:** When did you first make the distinction between regular practice pain and this new, bad pain?
- **What you were doing:** Was it at practice? If so, was it during a turn, streamline, breakout, start, stroke cycle, etc? If it is stroke related, the problem can often be corrected in practice while swimming, if caught and addressed early enough. Was it out of practice? What was your activity? External causes often lead the coach and swimmer to develop ways to manage and mitigate stress to the injured area to allow the swimmer to heal. If not too serious, this plan can often be executed in regular practice, with creative modifications when necessary.

Scenario: (In a world...)

Rutherford Q. Swimmer felt a **strong twinge** in his left shoulder while executing a breakout in the middle of a tough set. It **happened again twice in the same spot**, toward the end of the set. This has **not happened before**, and this is clearly a **different type of pain** that he is used to. Rutherford is going to make the right decision and **talk to his coach** when the set ends. When the group has begun the next transition set and Coach Mabel Danger Coach (yes, Danger is her middle name... and her swimmers call her **Notorious MDC**) has **time to focus all of her mind-brain power** on this issue, Rutherford **starts the dialogue**:

RQS- "MDC, I had a strange pain in my left shoulder during the last set. It felt bad the first time, but it went away. When it happened twice more in the same spot during breakouts, I knew I should do the responsible thing and ask you to please take a look at my strokes in and out of my walls to see if I'm doing something new and funky."

MDC- "Good call, Rutherford Q. Swimmer! My supernatural wisdom must be contagious. Jump in this next 75, start at medium pace, then build to fast into each turn so I can track down this fiendish shoulder ne'erdowell."

Young Rutherford did what his supernaturally-wise coach asked and she was able to find the culprit within the first turn.

MDC- "So, here's the deal: You are accelerating well into your turns, and taking a lot of that energy through the turn and underwater into your breakout. That's a good thing. During your breakout process, however, you seem to be stopping your kick altogether, taking your power stroke to the outside with a straight left arm while breathing to the right, taking your head off-center. This puts a lot of strain on your breakout shoulder. Let's jump in this next 75; drop the breakout kick bigger than you think you need, keep your power stroke under you, and lead with the head forward on the way out. Also, wait to breathe after you have completed one of the most dynamic combinations of movements in our sport, not during."

Young Rutherford did exactly what his supernaturally-wise coach asked and he was able to get through both turns without pain. Both Swimmer and Coach felt pretty good about themselves, and, of course, supernaturally-wise. Both Swimmer and Coach also knew that because this popped up once, it could (and probably would) pop up again. They now have a Breakout Project that they will craft and monitor together over time.

