



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 - CANCELED

With the Mayor's "Hunker Down" directive, we will not be holding the daily walk with Fritz...he is bummed.



DRYLAND WITH COACH CLIFF

We have started a workout group on Zoom. We are meeting weekdays at 2:30p. It will be recorded and posted.

<https://zoom.us/j/478057315>

No password required



zoom

VIRTUAL GRAND CANYON RACE

Ryan Bascom is currently the leading swimmer!

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



ALASKA SWIMMING STEP CHALLENGE

Join this new step challenge for our swimmers. Track your steps/miles and stay active. Compete against others from around Alaska Swimming. <https://www.mypacer.com/organizations/ge69316/invite> to Join the Alaska Swimming Challenge

*note, the app requires kids to be 16+ years old. We've either had parents complete the sign up for younger swimmers, or swimmers can use a fake birthdate. Let me know if you have questions.

WHAT YOU

Might have done today

From Coach Grant

100 Kick/50 Swim; 6-10(:30sprint wall kick, :30 Pressout)

2,1 × (6x50 Choice Swim Build to 85% by 50 r:05-:15
(3x50 Strong Swim focus: balanced breathing r:10

3 min fast kick choice stationary or movement

2×25 fins opt. Sprint no breather under water no breather streamline dolphin. Focus: use entire body @1:00

4,2×25 fins opt. Sprint Swim, mid pool breakout focus: maintain your speed of the wall r:30 or more

6,4x25 fins opt. Odds: sprint 1st 1/2, technique 2nd 1/2. Evens: Sprint Focus: Race @ :45,1:00

1x200 Race Pace @ 6:00 Get Time and divide by 4

2,1×(8x25 Race Pace Tempo, r:15
3×150 Choice Swim, focus: Make every 25 the same stroke count. r:15

4×50 Race Pace Tempo r:30
3×150 Choice Swim, focus: Make every 25 the same stroke count. r:15

2×100 Race Pace Tempo \ r:60
3×150 Choice Swim, focus: Make every 25 the same stroke count. r:15

2×25 No Breather @1:00
1×100 Best Technique

From Coach Bryan

Circuit x3 Time is :30 work / :30 Rest

1. Step Ups * If you have Med Balls or DB at home use them (keep it light)
2. Flutter Kicks
3. Burpees
4. Leg Lifts
5. Plank Forward/Left/Right * each round do a different one
6. Burpees
7. Oblique Twists * use MB or DB if you have them (keep it light)
8. V-SitsRest

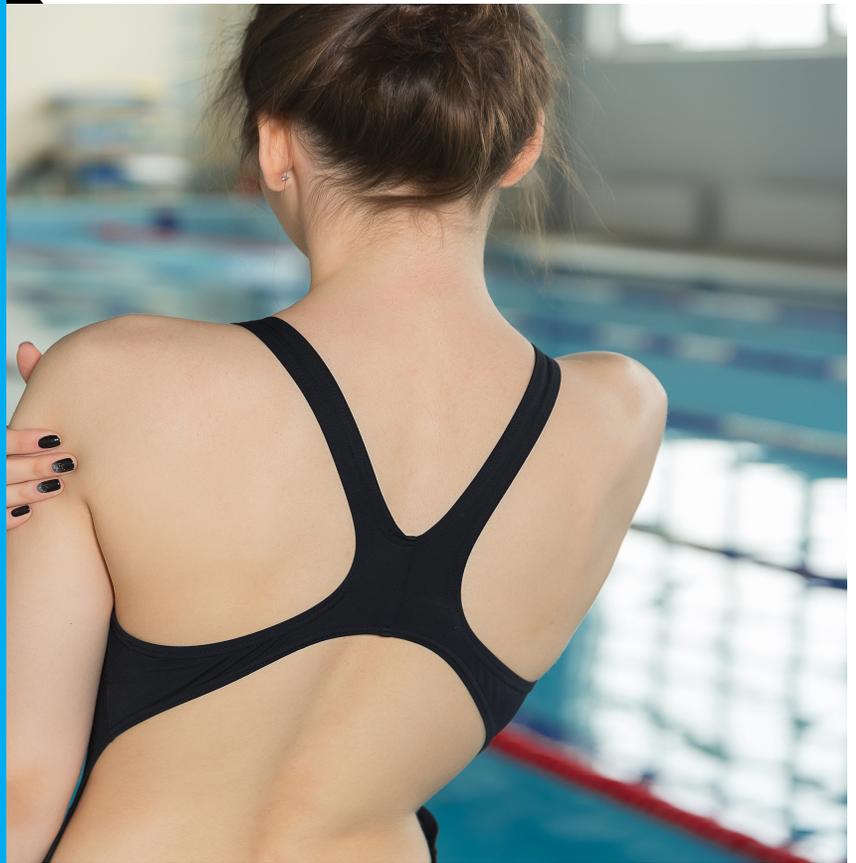
1-2 Min between rounds

The One Hundred Pushups 6 Week Challenge

<https://hundredpushups.com>

Today is a good day to do an initial pushups test. To perform the test, do as many pushups as possible WITH GOOD TECHNIQUE. Record this number. We will use it again as we move through the 6 week challenge.

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



SHOULDER SHENANIGANS PART 3

BY COACH MATT

Shoulder Shenanigans: Part 3

Welcome back to our third discussion on Swimmer’s Shoulder. A quick recap: In our first episode we talked about what a swimmer feels; the second installment discussed signs that others can see. If you missed either, you can always go back and check out the Wednesday and Thursday issues of the team newsletter.

Today’s topic will discuss specific pain locations, and possible contributing factors to pain in that area. Please keep in mind that neither the problem, nor the solution, is a “paint-by-number” equation. Every ‘possible cause’ in today’s article is there because a consistent and reliable pattern of correlation between specific movements in the stroke, and specific types and locations of pain, has proven useful to myself and other coaches in fighting this battle on a daily basis. Every swimmer, shoulder, and pain is different. There are, however, patterns of movement and pain that should not be ignored.

Let’s first identify the separate regions of pain we’ll be discussing today. We are going to split the front of the shoulder into an Inside Front and an Outside Front. Next we have the Back shoulder as a unit. The Top of the shoulder is our next contestant. And we clean up with the more general Side shoulder. You might notice that one or more particular movement culprits pop up in different locations. It is important to, again, remember that every swimmer is built differently, and have different natural tendencies for movement with power. While one particular movement might hit one swimmer in their Inside Front as the initial indicator, that movement might attack another swimmer’s Top and Back to spark recognition of the problem.

Seeing overlap in this discussion might merely highlight a particular movement, or combination of movements, for more intense scrutiny for all swimmers.

Here is a quick rundown of possible causes for chronic shoulder pain in these specific areas:

Inside Front

- **High elbow recovery** perpendicular to body alignment
- **Not finishing** the hand all the way through the power cycle, generally accompanied by an early exit led by the elbow
- **Thumb turned down** during any part of the stroke, especially recovery
- **Extreme cross-over** of the arm in power, or sometimes recovery (backstroke)
- Excessive body rotation

Outside Front

- **Using the shoulder to throw the arm instead of using the arm to throw the hand**
- **Center of Stroke** (where the alternating hands pass each other on a vertical line during recovery and power) **is behind center of balance** (lungs). Often causes the front pulling arm to essentially drag the entire body. Small shoulder muscles are often recruited, putting too much strain on the joint.
- Excessive body rotation

Back Shoulder

- **Early exit**, elbow first, without finishing the power cycle
- **High elbow recovery** perpendicular to body alignment
- Repeatedly executing a **lift-and-carry** of the arm with the shoulder from back to front during the recovery
- **Low head position**, causing every recovery cycle to be above the body instead of along the body line
- **Hand outpaces elbow** during beginning of power phase
- Excessive body rotation

Top Shoulder

- Extended **straight-arm plant** out front to support body during rotation time
- **Straight arm pressure down**, out, or around
- **Dropping the armpit** below hand level during extension
- **High elbow recovery** perpendicular to body alignment
- **Leading power or recovery cycles with the elbow**
- Excessive body rotation

Side Shoulder

- **Changing wrist or hand angle/position** during catch or power cycles
- **Hand outpaces elbow** during beginning of power phase
- Side shoulder pain usually **connects two or more pain centers**, or acts as the path when pain **starts in one location and moves to another**. It is often caused by a complex **combination of two or more contributors** listed above.

I hope this short break down helps at least a little. I always use this general list as a starting point for any shoulder project. This is not a complete list, nor does it create an easy-fix solution. I have, nevertheless, found it a reliable first step in eventually unpacking the root cause of each unique case.

See you in Part 4!

