

## SSAN NEWSLETTER

Hello SSAN Families,

What a season it has been thus far!! It's an exciting time to be a part of SSAN, for all the meets we have already swam, and to see such progress from meet to meet. I can tell you, that the SSAN Coaching Staff are extremely excited for everyone going into the Mid-Season Champs meets.

This Newsletter consists of some information in the future when picking events for your athlete, and which events are best for athlete recognition. Some Freestyle technique, with an emphasis on core strength. An Article of consistent nutrition for proper fueling of athletes. Also, reviews of the past meets, and looking forward to Holiday training

### PAST MEET REVIEWS:

The month of October has seemed a little busy. SSAN has been everywhere with all the High School meets, Open Meets, Travel Meets, and Open Water Meets.

High School meets has been exciting leading up to TISCA. High school brings challenges to our athletes. Dealing with new schools, new teammates, new goals, and on top of that dealing with the workload of school. From Freshman to Seniors, every year has challenges, but it's the grit of the SSAN Athletes who will prevail.

The October Open meet showed us the progress the swimmers coming off of the Black and Gold meet (GOLD TEAM WON). We had a lot of new personal bests and new events swam for the very first time. There are not a lot times where our whole team is competing with each other. It's great to see our Senior swimmers helping out with the future of SSAN, and making sure their experience is a great one.

The Travel trip to Austin Swim Club was a great meet to get second opportunities. It didn't come without its own challenges though. Being an Outdoor pool, our athletes had to adjust to the change in weather temps. At the start of prelims both Saturday and Sunday, the temp was about mid 40s. This taught those athletes to adapt and find different ways to succeed, even in colder weather. We had a lot of athletes swimming in finals, and they all swam great. The results from prelims to finals were outstanding!! Great Job SSAN, couldn't have adapted any better.

The Open Water meet was a success as well. Each athlete finished top 10 in their races. Hopefully, once we get the results, we may have some athletes qualify for the Open Water Champs Team. We only had 7 athletes compete at this meet, and 5 athletes competed for the first time. I think this meet could be a great experience for a lot of our athletes on SSAN.

### HOLIDAY TRAINING:

Preparing for our Mid-Season meets, practices are going to amp up. Which will lead us into Holiday training. In which some groups will be offered double practices. The Thanksgiving schedule will be posted soon.

Please note Parents, Us Coaches want the team's culture to be more like a family. So we understand the importance of Family during the holidays. Just be aware of the dates of your swimmer's champs meet. We want the swimmers performing at their best in December, so if your

family is travelling during the holidays, please contact your lead group coach. If your swimmer needs sets to do while away, our coaches would love to help out and send out sets to you. You can also search for club teams to train with when traveling outside of Houston. Go <https://www.usaswimming.org/Home/join>, talk with your coach about the right program for you, and then you or your coach can contact that team to gain permission to practice with their groups. It's always fun to see how others are training all over the USA.

## WHAT IS IMX?

The IMX Challenge, with its two components, IM Ready and IM Xtreme, is a motivational program where swimmers are scored on their performances in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. By encouraging swimmers to swim a variety of events, we hope to avoid any tendency to specialize in narrow selection of events at a young age.

### Program Description

Swimmers participate in a designated combination of five or six events and, based on the power points scored for each of those swims, earn a combined score that is called the IM Ready or IMX score.

### IM Ready (IMR)

The first phase in the IMX Challenge is called IM Ready (or IMR) and is comprised of a series of five events at shorter distances. The following single age groups and event combinations are tabulated and scored for both male and female:

9 & Under; 10-year olds:

100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds:

200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

### IM Xtreme (IMX)

The second phase in the IMX Challenge is called IM Xtreme (or IMX) and is comprised of a series of five or six events at longer distances. The following single age groups and event combinations are tabulated and scored for both male and female:

9 & Under; 10-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds:

400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds:

400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

### Hy-Tek Single-Year Age Group Power Points

Rankings in the program are based on power points. Working in collaboration with USA Swimming, Hy-Tek developed a power point system for each age that allows for comparison of performances across strokes, distances and events, as well as between age groups. See the [Power Points](#) page on the USA-S website for more information and to use the [Power Point Calculator](#)

## **Scores**

Using Hy-Tek's Single-Year Age Group Power Points, every USA Swimming registered athlete can earn a score based on the cumulative point total of the combination of events for the swimmer's age level. The overall score, as well as the swimmer's current best score for each event, appears on the athlete's *My USA Swimming* page for each season. As times in these events improve, the swimmer's score is automatically updated. Swimmers can see their IMX national rank, zone rank, LSC rank and club rank. IMR scores are ranked by club only.

In order to receive scores, a swimmer must legally swim each event for his/her age level in a sanctioned meet at least once during the current season.

A swimmer's times will count for the entire season-so if a swimmer ages up during a season his/her score on the *My USA Swimming* page will show a score for the lower age group and the new age group.

## ***My USA Swimming***

We strongly encourage every swimmer to create a web account in order to access a personal *My USA Swimming* page! If a swimmer has already swum the event combo for his/her age level, the score and ranking appear on the swimmer's *My USA Swimming* page. The only place to access an overall score, as well as the swimmer's current best score for each event, is on the swimmer's personal *My USA Swimming* page. Other features of this page include a display of personal best times and corresponding power points, a list of meets participated in, a graphic display of times information, season and lifetime best comparisons, and other "member only" features. Click on [Create a Web Account](#) on the front page of the website.

## **How to Participate**

Participation in the IMR and IMX is easy. USA Swimming automatically computes scores and results for all athlete members. Swimmers only need to compete in the combination of required events for their age groups to be included in the program.

## **Time Period**

The IM Xtreme Challenge is tabulated annually for both short course yard and long course meter performances.

## **IMX Recognition**

Swimmers can see their IMX national rank, zone rank, LSC rank, and club rank as well as their IMR club rank on the *My USA Swimming* page. By clicking on the button next to the season, swimmers can also see additional details about their scores.

The [Find Your IMX Ranking](#) page on the USA Swimming website maintains an up-to-date ranking of IMX scores, providing rankings for the top 7000 swimmers by both age and gender.

## **Certificates for IMR and IMX**

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings.

## **Coaches' IMX Listing**

A coach can see a listing of his/her team's IMR and IMX Scores through the coach's *My USA Swimming* page. Access is through the coach's personal website account.

By choosing the *Detail* report, coaches have the option of printing out the detail score for each swimmer; by choosing the *Summary* report coaches can print only total points. Coaches can also print out individual athlete certificates. Select an athlete and then print the certificate.

## **Website**

The USA Swimming website features several pages related to the IM Xtreme Challenge. Look in

the *Times/Time Standards* section of the “usa swimming tools” box located on the left-hand side of each page.

## Technique - Freestyle – Building Core Balance

By Glenn Mills, Go Swim Video of the week

Making sure you're body-line is as balanced as possible can help build a faster and more [efficient freestyle](#).

Why do it:

Energy used to hold the hips and legs in line in freestyle, is wasted energy. Understanding the core stability needed for great freestyle is a must!

How to do it:

- 1 - The goal will be to do all of this without a pull-buoy, but starting out with younger swimmers, the buoy will be a big help.
- 2 - Have them hold the buoy between their ankles (or hips to start) and hold an absolutely straight line in the water from fingertips to toes. Make sure the hips are held at the surface.
- 3 - After they've learned the solid line, have them rotate slightly from side to side using nothing but their core for rotation.
- 4 - After a few slight turns of the body, start a very slow pull, maintaining the bodyline.
- 5 - Eventually, drop the pull-buoy and initiate a small kick, holding the body in the same position as in the initial step.

How to do it really well (the fine points):

Again, the goal will be to do this without the buoy, but give the athlete the feeling of the stable line first. You can also use a snorkel to allow the swimmer to spend more time learning the line. Be careful to hold the line and don't allow the bend or drop of the hips. Again, our swimmers are just learning, so they will get much better very soon. There will be many more of these great stability exercises coming in our upcoming Kristian Gkolomeev video series on [GoSwim.tv](#).

Watch more Freestyle [Balance Videos here](#):

## Tips for Consistent Nutrition

By Chris Rosenbloom, PhD, RDN, CSSD

In the Winter 2017 issue of Splash, I was intrigued by Olivier Poirier-Leroy's article titled, “Staying Consistent.” It made me think of ways that swimmers should heed Poirier-Leroy's advice and apply it to eating behaviors. So, with a thank you to Olivier, let's review how the advice applies to fueling and hydration.

Consistent Process: When it comes to food, consistent process means eating to fuel training and competition every day.

[Learn more here](#):

Thank you everyone,

Coach Andrew Sipp

GO SSAN!!!