

SWAC Speaks

Southwest Allen Community Swim Team

The time of your life!!

June Events & May Results

CONGRATULATIONS to our SWAC swimmers who participated in our *Spring Splash* Long Course Invitational 5/15-17 at the HPB Natatorium. We had 110 swimmers out of 350 who participated. For several newer swimmers, this was their first long course/50 meter racing experience. There were several best times and overall the coaches were happy with how the swimmers performed. For a complete list of results see the team website. Thank you to all parents and family members who volunteered to work at our meet! We couldn't have done it without you and we appreciate your efforts very much-this also includes the massive job of the Meet Director, Deb Luardé. Well done all!

Coach Theresa held a new parent meeting on 5/12. Topics discussed were how to sign up for meets, who to contact when you have a question and other new swim parent Q & A. On 5/21, Coach Bobby held a meeting to discuss the new training group organization. If you were unable to attend on 5/12 and/or 5/21, contact :PurdueKT2@comcast.net and/or Bobby.Mattin@gmail.com.

The summer long course season goes by fast, with only a handful of meets in June and early July in which swimmers can qualify for the summer Senior State, 7/16-19 in Bloomington and Age Group State held at IUPUI, 7/24-26. The following meets are available: 6/5-7, TRAC Summer Splash at HPB for groups: Ex I & II, Green, Red, Yellow, Blue and Senior; 6/18-21, Florida Gulf Coast

Summer Invite for the National Focus & Senior groups; 6/26-28 Munster Summer Splash (Team Travel Meet) for groups: Ex I & II, Green, Red, Yellow and Blue; 7/16-19, Anderson Dolphin Club Invite for groups Ex I & II and Green. Sign ups, registration deadlines and meet info are all available on the SWAC website under the EVENTS tab.

Lastly, has your swimmer ever been to a swim camp? There are several options within IN, the midwest and all over the US. Swim camps are a fun way for your swimmer to see new places (often a college campus), experience new coaches and make new friends. Camps happen throughout the summer, but plan quickly, many sell out. For a list of swim camps and more information, see the "Camps" tab at the top of www.InSwimming.org website. Other swim camps, including out of state camps can be found by searching the state + swim camp (ie: MIswimcamp). Have fun and for those that participate in swim camps this summer, be sure to let me and your coach know how it was so we can share your experience.

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Tip of the Month

Keep your head still in Backstroke!

Still head position in backstroke allows for even rotation throughout the entire stroke cycle. That even rotation allows a swimmer's hand to enter the water in a deep catch position which provides maximum power

for each pull. A swimmer who moves her/his head in backstroke is trying to compensate for either a flat or uneven rotation. Simply rotating from the head or shoulders leads to a weak pull and a "wiggly" stroke. Keep your head still and rotate from your hips.

By Head Coach Bobby Mattin

Bobby's Blog

By Head Coach Bobby Mattin

I want to thank all of our families who came out to our informational meeting on May 21st. I thought we had a productive conversation and I want to share some of the most important things that we discussed.

First and foremost, the SWAC board of directors and coaches have committed themselves to communicate more effectively as we move forward and continue to grow.

Second, the National Focus Track contracts (for NFG, Blue & Yellow training groups) are available for viewing under the training group tab at www.SWACswim.org.

Third, this model is not new. Every successful club I have ever worked with, coached against or observed (both financially & in performance) have worked with this model. This is a plan that has been in place long before I was hired and the team leadership is excited to see it come to fruition.

The fourth item discussed and what I want to reemphasize, is athlete development within this type of system. Athletes develop at different rates. I have known many athletes who were amongst the top ten in their events nationally as 9-10 year olds, but dropped out of the sport as teenagers. Success at the younger level does not automatically equate to success as a senior swimmer.

"..all swimmers at all levels of commitment and ability have a place in the new training group structure that will provide instruction, challenge, growth and fun."

Coach Scott brought up the examples of Mackenzie Bagan and Jacob Cook, both Indiana High School State Champions, who would likely not have made the commitment to the National Focus Track as younger age group swimmers.

They were allowed to develop at their own pace, and, when they felt ready, made the commitment to the sport and found great success.

Their story is one of MANY paths to success in this sport. Some will want to commit as age groupers, and we have a place for them. Some swimmers are committed to the sport but need more time to develop, and we have a place for them. Some want to continue to swim, but are involved in other activities, and we have a place for them. Bottom line, all swimmers at all levels of commitment and ability will have a place in the new SWAC training group structure that will provide instruction, challenge, growth and fun.

Under my direction SWAC has adopted a philosophy of INCLUSION and ACCESSIBILITY and this group alignment allows us to fulfill that directive.

GO SWAC!

Group Spotlight: Exploration

By Coach Theresa Thrasher

SWAC's Exploration Group consists of three groups: Beta Fish, Exploration I (formerly Piranha) and Exploration II (formerly Barracuda). Beta Fish is a beginning swim group that works on introducing the four competitive strokes (freestyle, backstroke, breaststroke and butterfly). This group is overseen by Coach Theresa with several instructors who are often in the water with the swimmer. All instructors teach the same drills and stroke progression. The goals for this group are for each swimmer to swim freestyle the length of the pool (unassisted) with side breathing; swim one length backstroke staying on their back; and swim breaststroke and butterfly with a basic understanding of the stroke for 25 yards.

Exploration I is a beginning competitive group. Coach Sally Martin is the lead coach and



emphasizes stroke technique and having fun. The group's goal is to compete at team swim meets and demonstrate good stroke technique.

Exploration II is also a beginning competitive group, but with more experience than Exploration I. Coach Theresa is the lead coach and goals for the group include stroke

technique, building strength and endurance. Exp II swimmers will compete in meets and demonstrate correct stroke technique. They will be able to swim longer distances and in practice will train and have fun.

Happy summer swimming from the Exploration groups!

Use All Your Senses When Swimming to Reduce Drag

Why is the water a wall?

Water is nearly 1,000 times denser than air. If you put your arm out of a car window at just 30 mph or ride a bike at 20 mph you immediately understand the relationship of speed and drag.

In a medium as dense as water, it takes very little speed to create a lot of drag. When anything tries to move through water, water pushes back. The faster you move or the harder you try to move, the harder it resists.

How does this affect swimming? In running, even if you're average, about 90% of the energy you expend is converted into forward motion. In cycling, your efficiency is increased by gearing. World-class swimmers, if they are as efficient as possible, convert only about 9% of their energy into forward motion.

Much of the other 91% is spent moving water out of the way. And these are swimmers who can easily do a 25y free in 10 strokes!

Recreational swimmers may be

converting as little as 2 to 3 percent of their energy into forward motion.

Aleksandr Popov, the world's fastest human, is one of those fortunate swimmers who reach that nearly unattainable standard of 9% mechanical efficiency. Still, he spends hours each week swimming slowly and easily, simply tuning into where he feels resistance on his body's surface and trying to feel less.



The simplest and best strategy is to regularly do just what Popov does: heighten your sensitivity to drag, using all available senses. First, use sense of touch. Push off the wall is an intentionally poor position—arms wide, head high. You'll really feel the drag. Then push off the wall in the most streamlined position you can manage.

Terry Laughlin is the head coach of Total Immersion. This article is excerpted from his book: [Extraordinary Swimming for Every Body](#).

Compare the feeling of drag on your various body surfaces. Pay close attention to the resistance you feel, and do everything you can to feel less of it.

Second, use your sense of hearing. How noisy is your stroke? Do you splash, plop and plunk? The less of your mechanical energy that is converted into sound energy, the more you convert into forward motion. Silent swimming is one of the best ways to tune in to how you're flowing through the water.

Finally, use your eyes. Goggles make it easy to spot bubbles in your stroke and work to eliminate them. Slip through the water rather than battle it, there will be fewer bubbles and less turbulence in your wake.

Swimmers have a choice to make each time they arrive at the pool. They can spend their time training hard and long to increase their propulsive force and aerobic capacity, or they can train with perhaps less physical effort but with great focus on minimizing drag.

Watch This!

Want to see the above drag article explained step by step? Watch this 8 min. video by Jamie Shaules on how to swim faster freestyle by decreasing drag.

"A 33% increase of power results only in a 10% increase in speed.

A 10% reduction of drag increases speed by 11%.

Three focus areas: narrow frontal profile, tight streamline and body balance. This entertaining video has been viewed 1M+ times! https://youtu.be/F2n_AceCr-c

"Official" Words

entire meet); Starter (starts each race and ensures a fair start); Chief Judge (oversees the stroke & turn officials); Stroke & Turn (responsible for judging the actual swim) & Admin (responsible for official times, clock & the computer).

Swim Parent 101

By Coach Julie Anderson

Q Why do I see coaches on their smart phones during practices?

A SWAC coaches do a lot with their phones. We track attendance through the "On Deck Coach" app (parents can access their swimmer's attendance history through the "On Deck Parent" app); we look at our posted workouts on a shared coaches drive account (also one of the ways Coach Bobby provides oversight to all groups and coaches); we can film swimmers and review it with them (swim videos are always deleted by coaches after review); we can check meet information, results, time standards and much more!

Q What if my swimmer wants to change training group tracks after the summer/LC season?

A That will likely happen for some swimmers. With the new SWAC training groups, a swimmer who wants to change from the National Focus track to the Challenge track and vice versa, is able to. We understand that kids progress differently, have different commitment levels, have other activities and that these are always changing. Talk with your swimmer's coach when questions like these arise. There is a place for every swimmer at SWAC.

Q How many different kinds of swimming officials are there?

A While there are several, the main officials include: Referee (in charge of the



Nutrition Notes: Race Day

Jill Castle, MS, RD,
LDN wrote this article
for USA Swimming

What do you pack to eat on race day? What is your nutrition prescription?

Everyone has a different approach when it comes to eating on meet days. Having a strategy and an execution plan can remove doubt and worry about hunger, energy levels, digestive problems, and keep you focused on the race at hand.

Here are a few guidelines for smart eating and packing up the cooler:

Don't DQ your day. **Breakfast** is the metabolism boost every swimmer needs. (Oatmeal, toast & nut butter, dry cereal, yogurt & fruit are all light options that rev up the body. For morning races, keep it light; opt for a heavier breakfast for p.m. competition.

Pack a **variety**. A few options of fruit, veggies, grain and high quality protein sources should cover the variable appetite and tummy tolerance you may experience on race day. Pack enough, pack several options, pack purposefully.

Pack in the **protein**. Protein will be an ally in keeping your blood sugar stable and keep hunger, energy and mood in check. Nibble on cheese sticks/slices, nuts/nut butters, deli meat, yogurt, low fat chocolate/white milk, hummus, hard-boiled eggs or edamame.

Remember **carbohydrates**. Muscles rely on carbs for fuel. Pack easily digestible sources such as 100% juice, fruit leather, applesauce, fresh/dried fruit, or veggie sticks. Eat complex carbs too-crackers, pretzels, unsweetened dry cereal, pita or other breads. Stay away from refined sugars such as soda, candy and desserts on race day.

Nosh or Nibble? Save "meals" or large quantities of food for big breaks between events. Nibble small amounts of food before and after events close together. At a minimum, you should be nibbling to stay energized and keep muscles fueled on race day. *Know how fiber affects you and don't experiment on race days.

Think your drink. Stay hydrated with water, 100% juice and/or sports drinks. Plain/flavored milk are great post meet recovery drink choices; providing protein to re-fuel & repair muscles.

Know your eating style on race days. Follow these guidelines as a strategy for optimal eating. *You've invested time and effort in the pool, don't forget about your nutrition.*

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Our Mission:

To provide a program of long-term personal development and competitive swimming excellence.

Business Briefs

SWAC Board Meetings: Open to members, these are typically held at 6:30 p.m. on the 3rd Tuesday of each month at the Aboite branch of the ACPL. Check the SWAC website to confirm time/date/venue.

Billing: A reminder that families are billed on the 1st of every month (if the 1st falls on a Sunday, then you will be billed on the 2nd). Members have 30 days to pay. To see what your personal account balance is, check the SWAC website under "My Account" then "My Invoice/Payment" to see what is owed. Contact Business Manager Diane Wilson with any questions.

FUNdraising: Mark your calendars for JUNE 17th!! From 6-8 p.m., 10% of all food purchases at the SW Buffalo Wild Wings will be donated to SWAC!

Website Updates: The SWAC LC & SC records have been updated! Check out the new top 10s!

SRS Hotel Info: IN Swimming has info on Bloomington hotels for 7/16-19. Click on this website:

<https://www.teamunify.com/inbscl/UserFiles/File/2015%20Sr%20State%20Hotel%20Flyer%281%29.pdf>

AGS Hotel Info: Downtown Indy hotel blocks for Indiana Swimming Age Group LC Summer Championships, 7/24-26 are now open for reservations. Click on this link:

<https://resweb.passkey.com/go/LongCourseAgeGrp>

SWAC Sponsor Spotlight: **Carpet One Floor & Home** is the source for all of your flooring needs residential, new construction and commercial. We're your family-owned, neighborhood flooring experts; we have served Ft. Wayne for more than 82 years.

