

MASTER'S SWIM NEWSLETTER

SJAC MASTERS SWIM NEWS LETTER

INSIDE THIS MONTH'S ISSUE:

IMPROVE
YOUR **STARTS**
& **TURNS**
WITH THIS
CLINIC!

BUILD YOUR
CONFIDENCE
IN TRIATHLON
SWIMMING!

**SAVE THE
DATE**
MASTER'S
DECEMBER
MIXER!



MEET COACH CHESSIE

Hi, I am Chessie McDonald. I have been coaching the SJAC Masters team since September 2017 and have been swimming on the team since July of 2017. I have coached several groups including, Barclay Farm Swim Team, Hawk Hill Swim Team, Merion Mercy Academy. I was also the president of my college club swim team at Saint Joseph's University.

I began swimming when I was seven years old for the Old Orchard Otters, but my sister taught me all four strokes long before I started to swim competitively. Freestyle has always come naturally to me, along with butterfly. That has always been my favorite stroke to train and perfect.

Although all the strokes are challenging in their way, I find butterfly especially rewarding when I see my swimmers succeed and improve with it.

Outside of the pool and swim team, I enjoy running, doing ballet, and playing with my dogs. I like being active and encouraging others to learn new things and achieve their goals. I have watched many of our team members push themselves all year round and continue to show up at 5:30 in the morning to work their hardest. It has been enjoyable to be a part of a team. Seeing swimmers of all ages and backgrounds come together is one of the main reasons swimming has become an important part of my life and why I enjoy being a part of the SJAC Masters Team.

**“THE QUALITY OF A SWIMMER IS IN DIRECT
PROPORTION TO THEIR COMMITMENT TO
EXCELLENCE.”** **RON BUDA**

Coming Up...

FALL 2021 PROGRAMS

Intro to Triathlon Swimming

November 20th | 1:00-2:15 pm

Learn the basics of swimming freestyle for a triathlon! Skills included will be breathing, body position and, rotation.

Registrations are limited

Starts & Turns Clinic

November 20th & 27 | 3:30 PM - 4:30 PM

Races can be won or lost by the quality of your starts and turns. Learn how to get more speed, power, and efficiency in these two crucial aspects of your race.

SAVE THE DATE

SUNDAY, DECEMBER 5TH, 2021

**JOIN US FOR ONE OF THE LAST
SOCIAL EVENTS OF THE YEAR!**

FOOD & BEVERAGES WILL BE SERVED

Time & Location Coming Soon!

THE PROSHOP HIGHLIGHT

Written by: Amaya Edwards

Give your muscles the TLC they deserve with Tiger Tail Classic Foam Roller! The 18" roller is PERFECT for both upper & lower massages. The firm design guarantees no bending or breaking. This after-workout accessory is also available in 11" travel size. Available on deck and online!



TRAINING TIPS

Written by Debbie Kassekert

USAT Level 1 Cert Triathlon Coach

Do you know the phases of freestyle stroke?

You probably don't think about this much when you are swimming freestyle but, there are four phases to the stroke. Incorrect execution of one can adversely affect the next. Specific drills can improve the mechanics in these phases. Of course, having a coach observe your form or video analysis can be extremely helpful in determining what needs to improve.



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THE FOLLOWING ARE THE PHASES OF FREESTYLE STROKE:

Entry & Extension After finishing the recovery phase, the fingertips enter the water first and extend forward below the surface. The elbow enters last. Several things can cause an issue in this phase. Overextension & elbow first entry. This phase is usually known as the pre-catch phase.

Catch After the fingers enter and the arm fully extends forward beneath the surface in front of the shoulder, the hand/forearm begins to angle down and, the elbow bends. The hand and forearm are in a position to become a paddle and press the water back. Errors that can take place in this phase are pressing down instead of back on the water, bending at the wrist and, straight arm pulls.

Underwater Pull With the hand and forearm in the correct position to press the water back, force is applied to the water as the body rotates upward. This is the 'power phase' of the stroke and provides the majority of propulsion for the swimmer. Issues that can occur in this phase include a straight arm pull, a too wide pull, and poor rotation timing.

Recovery When the pull is completed, and the body has rotated, the hand/arm exits and recovers over the water with the elbow leading. The hand and arm are relaxed and preparing again for another fingertip entry and extension phase of the stroke. Mistakes that happen in this phase are, hand-led recovery or an elbow-led recovery, lack of adequate rotation and, arm recoverin below the water.

Reference:

OPEN WATER TIPS

Written by Debbie Kassekert USAT Level 1 Cert Triathlon Coach

Do you have trouble matching your pool swim times in the open water? Are your open water swim times much slower? I hear athletes discussing this all the time.

There can be many reasons that your open water swim times are slower than in the pool. Open water swims have many variables such as differing water temps, dark water, wind, chop, currents, swells, sun glare, crowded conditions, difficulty sighting. (Just to name a few) When you swim in the pool, it is a controlled environment, clear/calm water, lane lines for direction, a wall for predictable turning, a black line for sighting bottom, people you know in the lane with you or next to you.

Swim workouts and training are much easier in the pool. Typically you have a structured workout to follow with designated distances at specific training zones. Drills are exercises that help fine-tune your form during your swim. Your swim times are measured by 25 yards, meters, or longer.

Stroke rates are counted by length or lap. There are rest intervals for regrouping and seeing your friends.

Training in the open water is less predictable and not easy. Most athletes will get into the open water to swim a certain distance at an aerobic pace. This exercise works well for those new to open water or those who need the confidence to go the distance on race day. What can you do to take your open water swim to the next level and possibly improve your times? If you are confident and have developed a good baseline swim fitness you can use a structured swim workout in the open water. Some training platforms will allow you to build a workout and upload said workout to your fitness watch. You can seek the advice of a coach who can provide you with specific workouts to prepare you for race day.

An example of an open water swim workout is 5-10 min of easy aerobic swim while practicing sighting, transitioning into 2-4 sets of strong effort swimming for 1-3 minutes, followed by 1 minute of easy swimming for recovery. Repeat this several times and finish with a solid aerobic pace swim. Another option after a good warm-up is 15 strokes easy followed by 15 strokes stronger effort alternating for a specific time and then transition into a sustained finish at a strong aerobic pace. Weeks before race day, you can practice 'race take out' efforts from the swim start. Start your swim with several other swimmers and hold a strong pace for about 200 yards until you settle into your designated sustainable race pace to finish. There are unlimited variations to these workouts which, should be based on your fitness level, comfort level in open water, and race day goals.

Of course, year-round practicing of open water skills such as deepwater starts, sighting, buoy turns, drafting and breathing techniques are helpful. Swimming more often than usual in season in the open water and challenging yourself to different swim venues can improve your race day confidence



NEW TO THE DECK

José Mercado

is a graduate of the US Naval Academy and served as a Logistics Officer in the US Marine Corps. He is currently the president of logistics and a managing member of Thunderbolt Solutions, a company to has a positive impact on business in Southern NJ. Swimming never came easy for Jose and he struggled to complete the swim requirement in the Naval Academy, but he persisted until he passed! In 2016, not knowing the difference between a sprint or an iron-man, he signed up for the 2017 AC Half Iron Man with a friend... and then signed up for his first swimming lesson. After training for a year, he completed the job, survived AC, and developed a love for the water. José is married to Michele and they have four children, José, Elizabeth, William, and Cassandra.



José Mercado



Marta Lawler

has been a swimmer for most of her life and is glad to be back in the pool regularly swimming with others who love the sport. She started competitively swimming at a young age at Downs Farm Swim Club and never stopped, even swimming on the collegiate level at TCNJ for four years. During college, she began coaching and still enjoys coaching high school-age swimmers. She loves swimming Breaststroke and IM events but her favorite event is the 200 breaststroke. Marta still loves the sport just as much as she did when she first started swimming... We are happy to have her as a new member!

Marta Lawler

Allison O'Donnell

graduated from Elon College in NC with a Bachelor's degree in Exercise Sport Science and followed that with a Master's degree in Elementary Education. This busy mother of two daughters, ages 2 and 4 months, is employed as a 4th-grade teacher in the Haddon Twp school district. Fun Fact: When she was younger, Allison swam competitively for Hurricane Swimming and was instructed, by Coach Carol ... right here at the Coliseum!! Despite taking a break from swimming, Allison has picked right back up from where she left off many years ago. We are thrilled to have Allison back in the building where it all began!



Allison O'Donnell



Mariel Halpern

is a 2014 graduate of Dickinson College in Carlisle, Pa and received her Master's degree in Educational Psychology in 2016 from Temple University. On October 8th, Mariel successfully defended her doctoral research in Cognitive Science and is the proud recipient of a PHD from Columbia University. For someone with limited instruction, this enthusiastic young lady has made quite a lot of progress in the few sessions she has been able to attend while finishing up her degree. Congrats Mariel and welcome to the team!!

Mariel Halpern

Denise Melton

is a busy mom to two sons ages 4 and 7. She is a graduate of Michigan State University, and Rutgers Law School, who specializes in Corporate Tax Planning and Controversy. Denise is an ex-triathlete who never had any formal swim instruction or training as an adult, aside from a few swim clinics. After she had children, she decided to replace running with swimming and set her sites on being a competitive swimmer on the Master's Swim Team where she shows exemplary technique and works ethic! Welcome, Denise!



Denise Melton

ATHLETE OF THE MONTH!

Written by Chessie McDonald



Our swimmer of the month for November is **Kim McDonald**. Kim has been a part of the SJAC Masters Team since July of 2017. Swimming has always been a passion of hers. She began swimming at the age of 9 and immediately fell in love with the sport and just being in the water. Growing up, she swam for the Old Orchard Otters, Jersey Wahoos Swim Team, and the Bishop Eustace Preparatory School Swim Team. Since being part of the Masters' Team, she has swum in the Cedar Island 5k in Avalon, NJ, and done ocean swimming with the Ocean City Swim Team. Kim has coached for the Woodcrest Swim Team, Gibbstown Swim Team, and Voorhees Swim Team, and outside of swimming is an Elementary School Teacher. She enjoys motivating and teaching others, including her team members at SJAC.

Her favorite stroke is a breaststroke and, she loves racing and pushing herself at every single practice. She's always working to improve both her technique and her time. She was in the pool throughout her entire pregnancy! This July, Kim and her husband welcomed their first child, their daughter, Willow! Willow will begin her swim lessons at SJAC soon! Be sure to keep an eye out for the future gator!

GATOR GAINS

A Shoutout & Congratulations to all of our Iron Gators!



HEARTIEST CONGRATULATIONS TO SJAC MASTERS SWIMMERS PHILLIP TRAN AND JACKIE GUZMAN. FROM THE FINISH LINE (IRONMAN 70.3 AC ON 9/14/21) WITH A TRIP TO THE ALTAR TO EXCHANGE VOWS JUST 10 DAYS PRIOR)(9/3/21). THE COACHING STAFF EXTENDS OUR VERY BEST WISHES FOR ENDURING HAPPINESS, LASTING FRIENDSHIP, INFINITE JOY, AND FOREVER LOVE.

Andrew Leinbach

Steelman Racing Endless Summer One Mile Swim | September 19, 2021

Bill Mann

Ironman Maryland | Sept 18, 2021

Brian Haynes

AC Half Ironman | Sept 12, 2021

Gene Martinez

AC Half Ironman | Sept 12, 2021

Phillip Tran & Jackie Guzman

AC Half Ironman | Sept 12, 2021

Dawn Post Trombetta

AC Half Ironman | Sept 12, 2021

Matt Mickle

AC Half Ironman | Sept 12, 2021
Ironman Chattanooga | Sept 26, 2021

Amy Sadowiczak Fisher

Ironman Maryland | Sept 18, 2021

Laura Wieland

AC Half Ironman | Sept 12, 2021

Marianna Simon Fox

Ironman Maryland | Sept 18, 2021

Josh Heller

AC Half Ironman | Sept 12, 2021

Dawn Post Trombetta

AC Half Ironman | Sept 12, 2021