



MARYLAND SWIM TIMES

SPRING/ SUMMER 2018

WATER IS LIFE

IN THIS ISSUE: YMCA NATIONALS, YOGA

TEAM CHESAPEAKE SHINES AT YMCA MASTERS SWIMMING NATIONALS!



THIRTY- NINE SWIMMERS REPRESENTING THE MARYLAND AREA TRAVELED TO FT. LAUDERDALE FOR THE 2018 YMCA NATIONALS IN THE SWIMMING HALL OF FAME POOL.

FORTY-SEVEN TEAMS FROM ALL OVER THE COUNTRY COMPETED, WITH CHESAPEAKE FINISHING FIRST IN THE WOMEN'S DIVISION, 6TH IN THE MEN'S DIVISION, AND FOURTH OVERALL. CONSIDERING WE ONLY HAD 12 MEN COMPETING, WE ARE VERY PROUD OF OUR ACOMPLISHMENT. OUR SWIMMERS RANGED FROM AGE 18 TO AGE 90.

JOHN COLLINGS, 90, PLACED FIRST IN HIS AGE BRACKET WINING THE 3 BACKSTROKES, 3 BREASTSTROKES AND THE 50, 500, 1000 FREE. PLUS HE WAS ON THE WINNNG 75+ 200 MEDLEY AND FREERELAYS. HE IS A PERFECT EXAMPLE OF HOW GREATSWIMMING IS FOR YOU.

JOAN PFINGRAF, 64, OF ANNAPOLIS, SET Y NATIONAL RECORDS IN THE 60-64 AGE GROUP IN THE 100 BACK, 200 BACK, AND 200 IM AND ALSO PLACED FIRST IN THE 50 BACK AND 200 FREE.

OTHER FIRST PLACE FINISHERS INCLUDED TRACI McNEIL, 41, IN THE 1650 FREE. JILL SPRINGER, 59, IN THE 50 FLY. PAULA DOUGHER, 66, IN THE 1650 FREE. SALLY ILIFF, 72, IN THE 500 FREE, 100 FLY AND 200 IM. JANE HALL 75, IN THE 50,100,200 FLY, AND 3 WINNING RELAYS. JOAN LIBBY, 76, IN THE 50, 100, 200 BACK AND 4 WINNING RELAYS. FRAN WESTON 78, IN THE 400 IM AND 3 RELAYS. NANCY BROWN, 82, IN ALL BACKS, BREASTS, & IM'S, 50,100, AND 200 FREE AND 5 RELAYS. JACK ILIFF, 73, IN THE 50 BACK, 50 BREAST, AND 100 IM. GARY TRIMBLE 75, IN THE 50 BACK AND 4 RELAYS. KEN FLIGSTEN, 79, IN THE 200 BACK AND 3 RELAYS. BILL KIRWIN, 80, IN THE 200 BACK AND 4 RELAYS.

EVERYONE CONTRIBUTED POINTS FOR THE TEAM AND ALL CAME HOME WITH AWARDS! EVERYONE HAD PERSONAL BEST TIMES IN ALOT OFTHEIR EVENTS AND ALSO MANY BEAT THEIR SEED TIMES.

MOST IMPORTANT OF ALL WE ALL HAD GREAT TIMES IN AND OUT OF THE WATER! THE HALL OF FAME POOL IS AWESOME, OUR LODGING WAS AWESOME RIGHT ON THE BEACH AND NEXT TO THE POOL, AND OUR DAILY TEAM MEETINGS WERE AWESOME!

IF ANYONE MIGHT BE INTERESTED IN GOING NEXT YEAR, PLEASE CONTACT NANCY BROWN 410- 255- 0699 OR EMAIL NANCYGEOFF29@GMAIL.COM

Yoga for Fast Swimming

Swimming is an entirely unique sport. In most sports power is transmitted from the legs, trunk, shoulder blades and then arms. In swimming, the entire body is being pulled over the arms, as the arms are the propulsive mechanism. In a single 4,000 meter practice swimmers perform upwards of 1000 strokes *with each arm*. The rotator cuff muscles responsible for most of this work are relatively small, so it's not surprising the prevalence of "swimmers shoulder" ranges to 90%. Most dryland training exercises neglect the rotator cuff, but basic yoga poses: down-dog, variations of plank, and 'yoga push-up' (chaturanga dandasana) strengthen rotator cuff muscles directly.

Swimming is also highly technical, involving repetitive motions in all three planes (toward sides, up-down, and twist), pressuring every joint for flexibility and strength. Comparing long-term yoga practitioners to people doing other forms of exercise, body awareness and balance critical to fast, injury-free swimming is proven better in yogis. Finally and most importantly, the awareness of breath allows the yogi to flow seamlessly in movement. Research shows that incorporating yoga pranayama (breathing exercises) with training results in increased strokes per breath and reduced anxiety among competitive swimmers. Try yoga, Masters swimmers! You'll never look back!



Cindy Konits 500 hour Yoga Alliance RYT and Maryland Masters Swimmer
Owner *Little Studio Woodberry*

Froggie Sez:

News from Anne Arundel Amphibians
HAPPY NEW YEAR!!!!!!!

Remember those New Year Resolutions you made in January. I heard: I will attend practice regularly, I will work on that stroke, I will work on my times, or I will attend swim meets. But then I heard: Do you know that it's 15 degrees out there? The Weather Channel said it might sleet. (In Denver) Did you see that 1/8" inch of snow on the ground?

Well, my little tadpoles, it is now 75+ degrees, no snow or sleet on the radar.

So where are you?

My hope for the upcoming Swim Series is to see many AAA's beside names on the heat sheets and to see those same tadpoles coming to the meets and swimming their best.

I want to congratulate the swimmers that participated in the Carol Chidester Memorial Swim Challenge. Emily Loffredo – 13 events and 5 meets — Becky St. Andrie - 13 events and 5 meets —Rand Vaillancourt -15 events and 5 meets and John Zarkowski – 12 events and 5 meets Great Job!!!!

And with just a small handful of dedicated people, we won Second Place in the Team Challenge.

So come to practice, work on those strokes, and participate in the fun of meets. (Ask Coach Rand and Coach Shane for help, they will be happy to assist.)

The Rewards Are Great – Lifelong Physical Fitness (there's no age limit on good health) - Stress Relief - Competition (with yourself and others) – Fellowship, Camaraderie, and Fun

Happy Swimming,

Froggie



Talbot Masters won 1st place in the 2017-2018 Carol Chidester Swim Series. Congratulations to all who participated this year.



Chairman Sez -

Yes, it's that time of the year ... Welcome to summer. For competitive swimmers, the end of the year short course yard meets have come to a close and the short and long course meter, as well as the open water season, has arrived. For those who just enjoy spending time in the water, outdoor pools are open and you may even get the chance to swim in the Bay or one of the many rivers and creeks that are available. Just in case you've been in isolation and do not know, our Maryland LMSC sponsored meets are free to our members. This is just one of the many services we're focused on providing. Also, grants for coaching certifications and adult learn to swim certification are available. All this information, and more, may be found on our LMSC web site at www.mdusms.org.

Congratulations to Talbot Masters, First Place for the 2017-18 Carol Chidester Memorial Swim Series. There were a total of 19 swimmers that met one or both of last season's swim series challenge. They, and their accomplishments, are listed on the web site.

I'd be remiss if I didn't mention those that volunteer their services so that all of our membership may benefit from their dedication to our LMSC. Our Registrar, Shane Knipschild is doing a bang up job in what has evolved to be a time consuming position. Somehow he manages to get things done on schedule. Others I'd like to thank this time around include Kristina Henry, who's been wearing two hats as Secretary and interim Vice Chair. Christopher Freigang who maintains the website; Jill Springer who ensures our meets are properly sanctioned and results reported to USMS; Mark Oliphant who has stepped up to fill the vacant Treasures position. There are more who provide service work on our Board and for our teams, including Jeffrey Smith and John Zarkowsky who, along with Shane, again this year served as our audit committee; and, of course, Jennifer Robinson as our newsletter editor. Thank you to one and all for all your hours of service!

Rand Vaillancourt, Chairman

WORKOUTS

Finding motivation when swimming on your own.

By: Jen Robinson

FINDING MOTIVATION WHEN YOU SWIM ON YOUR OWN CAN BE DIFFICULT. HERE ARE SOME IDEAS FOR KEEPING YOUR SWIM WORKOUTS ON TRACK. ALWAYS BRING A WORKOUT TO THE POOL WITH YOU. IF YOU DON'T KNOW HOW TO WRITE A WORKOUT, THERE ARE MANY AVAILABLE. FOR WORKOUT HELP GO TO USMS.ORG, KIEFER SWIMMING, ACTIVE.COM, YOURSWIMLOG.COM, OR JUST SEARCH SWIM WORKOUTS.

IF YOU NEED TO WORK ON SPEED AND THERE IS NO ONE IN THE POOL YOUR SPEED, TRY GOING FISHING. LET THE SWIMMER IN THE LANE OVER, GET ALL THE WAY DOWN TO THE BACK STROKE FLAGS AND THEN TRY TO CATCH THEM. OR IN A DISTANCE SET, SEE HOW MANY TIMES YOU CAN LAP THE PERSON NEXT TO YOU. RACE THE CLOCK!

PICK SOME MUSIC THAT MAKES YOU WANT TO MOVE. GET ONE OF THOSE LITTLE WATER PROOF PLAYERS AND ROCK IT OUT IN THE POOL. AN EPIC PLAY LIST WILL KEEP YOU ON TRACK. MATCH YOUR STROKE RHYTHM WITH THE BEAT AND GO FOR IT!



Looking for inspiration? Try one of these workouts:

WORKOUT #1

Warm up: 300 free, 200 kick, 200 pull, 4x 75 IM (no free) RI-10

Main Set:

2x 300 pull

3x200 swim with paddles

4x100 pull with paddles

5x50 swim with fins

6x25 swim with fins and paddles

1x100 easy

6x25 pull

5x50 swim with paddles

4x100 pull with paddles

3x200 swim with fins

2x300 swim with fins and paddles

Speed gets faster as you climb down and then back up the ladder.

WORKOUT #2

Warm up: 600 free every 4th 25 drill, 200 stroke as 50 drill/50 kick/ 50 drill/50 swim, 3x100 kick as free /stroke/free

Main Set:

2x400 free #1- neg split #2 -pull

4x100 stroke - pick the same stroke for 2 and make the 2nd one faster

1x300 150 pull free/ 150 kick free

1x200 stroke negative split

1x100 easy

8x50 sprint kick – 4 free/ 4 stroke on 1:00, 1:10

4x25 sprint for time 2 free/2 stroke Rest 1:00

Warm down: 200 easy

