

GATOR BYTES

November 2019



"The race starts long before you step up onto the block"

Muscle Soreness After Exercise

By David Petersen

Many individuals judge the quality of their exercise session from the amount of pain they experience afterwards. These individuals are convinced by the old adage "No Pain No Gain". Research on Delayed Onset Muscle Soreness (DOMS) has demonstrated that there may in fact be some truth to this phrase.

Recall in a previous article presented on this website dealing with Delayed Onset Muscle Soreness, we discussed the high probability that muscular pain after exercise results from actual muscle damage. This damage is viewed by the immune system as would any other injury and as a result, an inflammatory response is initiated to start the healing process. Several substances and chemicals are released during an inflammatory response and are thought to enhance the sensation of pain by excessively stimulating the nerve endings in the damaged tissue. So since pain is associated with muscle damage, in some cases it may be a fair indicator of a "good workout" or running session. The repair and healing of damaged muscle allows for hypertrophy or enlargement of the muscle fiber by the addition of myofibrils, thus increasing the cross sectional area.

Excessive muscle pain that continues for more than several days or continuously however is not desirable, as this is often an indicator of athlete overtraining or over-reaching. It must be stressed that if pain is experienced, it should be a "good" pain that is, not originating in the joints and should resolve within a couple of days. As exercise becomes more regular and the exerciser more accustomed to it, it will be noticed however that it becomes increasingly harder to elicit the same painful muscle response. The reason for this is unclear at this time but it is suggested that an exercise session that causes

Important Upcoming Dates:

11/1-3/19	GTAC Turkey Meet @ BGSU Rec Center
11/18/19	Deadline to register for the BGSC Holiday Invitational @ BGSU Rec Center
11/22-24/19	Tim Myers Senior Meet @ Miami University
11/22-24/19	SCA Fall in the Pool @ HPB Natatorium, Fort Wayne, IN
11/28/19	Thanksgiving! No Practice!
12/6-8/19	US Paralympic Nationals @ Dallas, TX
12/7-8/19	BGSC Holiday Invitational @ BGSU Rec Center

es DOMS has a protective effect on subsequent exercise - lasting several weeks. Again it is unclear the exact mechanisms behind this protective effect.

In conclusion then, a regular exerciser should not place a high value on the "No Pain No Gain" evaluation of their workout, as their muscles will be less susceptible to the effects of DOMS. Rather it is suggested to concentrate on other factors such as strict technique and exercise variety so as to avoid undue stress on the joints and overtraining of single muscle groups.

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Coach's Corner

Tech Suit Restriction for 12-and-Under Swimmers

The following rule, proposed by the Age Group Development Committee, will take effect September 1, 2020.

102.8 SWIMWEAR

.1 Design

F. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

- 1) *Exceptions to the foregoing restriction are only for Junior Nationals, US Open, National Championships, and Olympic Trials.*
- 2) *A Technical Suit is one that has the following components:*
 - a. *Any suit with any bonded or taped seams regardless of its fabric or silhouette;*
 - b. *Any suit with woven fabric extending past the hips.*

(Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted.)

This rule is in effect for all USA Swimming competitions in the United States, so any manufacturer or vendor selling a suit in the United States is subject to the above rule. No Technical Suits may be worn by any 12-Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed meet.

A Technical Suit is one that has the following components:

—Any male or female suit with any bonded or taped seams is defined as a technical suit regardless of its fabric or silhouette.

—Any male or female suit with woven fabric and to the knee or mid-thigh is defined as a technical suit regardless of the type seams: bonded, taped or sewn. (Note: A woven suit with sewn seams and in a male brief or female regular cut not to the knees is not defined as a technical suit and is not restricted).

Compliant Suits:

Any suit that does not have the FINA logo on it is approved for 12-Under use. There are a handful of suits in the market that have the FINA logo that would be consid-

November Birthdays!

Brayden B-11/25

Henry B-11/21

Chloye B-11/10

Sam B-11/30

Zach C- 11/7

Karter D- 11/3

Kolten D-11/3

Declan D-11/23

Izzy E-11/9

Luke E-11/26

Libby G-11/10

Joel H-11/28



Ela O-11/9

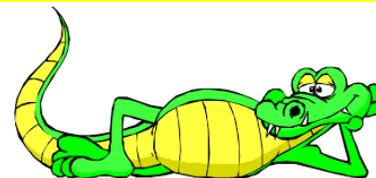
Selena P- 11/8

ered legal for age group competition because they do not meet the definition of what is deemed a technical suit. These suits and only these suits will bear an additional check mark logo developed by USA Swimming to indicate that the suit is compliant with the rule. This check mark will be placed to the left or right of the FINA logo on the suit.

Suit Manufacturer Feedback

Suit manufacturers have a vested interest in both this legislation and future growth of the sport. Virtually all the manufacturers agree that the high end/highest cost tech suits are not appropriate for use by younger swimmers. Manufacturers have provided significant input during the process of defining tech suits and have been given a reasonable lead-up time to adjust product lines and have agreed to adapt to the proposed restrictions. All major brands in the USA market were actively involved in this process and 14 manufacturers overall were consulted.

<https://www.usaswimming.org/video-landing-page/tech-suit-rules-overview>



Gator Fact: Turtles sometimes hitch a ride in an alligator's mouth.

Do alligators like meat? Yes. Are turtles meat? Yes. So do alligators eat turtles? Despite being friends, they sometimes do.

If you spend even a little time looking at photos of gators, you'll see pictures of alligators and turtles sunning together on a log. It's not uncommon for a photographer to snap a picture of a turtle hitching a ride in the gator's mouth across a creek or river. Why does this happen?

The explanation involves the curious configuration of a turtle's shell and the limits of an alligator's jaw power. If the upper part of the shell (the carapace) is too large, the alligator is unable to snap its powerful jaws shut.

November 2019

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
					1	2 Turkey Meet @ BGSU Rec Center
3 Turkey Meet @ BGSU Rec Center	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Deadline to sign up for BGSC Holiday Invite	19	20	21	22 -Senior Meet @ Miami U -SCA Fall inn the Pool @ Fort Wayne	23 -Senior Meet @ Miami U -SCA Fall inn the Pool @ Fort Wayne
24 -Senior Meet @ Miami U -SCA Fall inn the Pool @ Fort Wayne	25	26	27 Practice times change for today See schedule below	28 Thanksgiving! No Practice!	29 No Practice!	30

November Practice Schedule:

Sooner-or-Later Gators:

Mon/Tues/Thurs– 5:30 to 6:00pm
No Practice Nov 27th or 28th!

Age Group Gold (8-unders):

Mon/Tues/Thurs/Fri– 6:00 to 7:00pm
Nov 27th— 12:15 to 1:15pm
No Practice Nov 28th or 29th!

Age Group Blue (9-12 year olds):

Mon thru Fri– 5:30 to 7:00pm
Nov 27th— 12:15 to 1:45pm
No Practice Nov 28th or 29th!

Senior (JH/HS):

Mon-Fri— 3:15 to 5:45pm
Tues/Thurs— 6 to 7am (HS)
Nov. 27th— 6:00 to 8:30am
No Practice on Nov 28th or 29th!

We are looking for team social ideas!

If you think of something that might be fun to do as a team, let one of the coaches know.

