



We Dream We Train  
We Achieve

Making Waves

SCSC QUARTERLY NEWSLETTER | WINTER 2012

# Winter at SCSC



## What's inside?

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## FROM THE POOL DECK

### Why a Swim-A-Thon?

The SCSC Swim-A-Thon is fast approaching. This year our club goal is to raise \$40,000 we need to have all of our swimmers participate in order for us to reach this goal. I challenge every swimmer on the competitive team to try to raise \$100 through friends, family, and neighbors. This is an excellent opportunity for swimmers to share with the people closest to them their commitment towards this sport and towards their team.



Head Coach  
John Bitter

Why is the Swim-A-Thon important?

- The funds raised during the Swim-A-Thon go toward the capital improvements required at each of our locations, provide scholarships to our swimmers in need, and helps to subsidize team events and travel.
- Swimmers get to actively participate in the sport they love while helping their team continue to provide quality locations and events.
- It makes our team stronger – Swimmer bond through having a shared goal with their teammates.
- It raises awareness and support for SCSC in our community.
- It builds swimmer confidence, especially for our younger swimmers. Getting out there and swimming so many laps helps foster a feeling of accomplishment.
- And for the parents and adults who donate this is a great tax deductible opportunity right at the end of the year!

*We look forward to seeing you on Saturday, January 12th for our Swim-A-Thon. Swimmers can set up their online donation accounts and start fund raising on November 30th.*

*The swimmer with the most donations at the end of the Swim-A-Thon will win a IPAD Mini.*

## Swim-A-Thon Timeline

January 12, 2013

6:00-8:00 a.m.	SR I/Sr II /National Swim- A- Thon
6:00—11:00am	Masters Postal Swim . Minimum donation is \$50. This is a pre-seated entries due to Steve by January 7.
7:30-8:30 a.m.	Check in for Swim-A-Thon Gold/Blue/Yellow 1&2
8:00-8:30am	<b>Free Dive and Turn Clinic Hosted by our National Coaches and National Team Swimmers. Must collect \$25 in fundraising dollars to participate. All groups welcome to participate.</b>
8:30-10:30am	Yellow 1&2/ Blue/ Gold Swim -A- Thon
8:30-9:30am	Parent Boot camp \$25 donation.
10:30-11:30am	White JR/White Sr Swim-A-Thon
8:30-11:30am	Pancake Breakfast / Hot Chocolate Bar (Breakfast is free for Swim-A-Thon swimmers and parent boot camp participants.) **parent /siblings \$5 donation requested**

## Yellow Bell Swimmers of the Quarter



### YB 1 –Dylan Hawk

**What is your favorite workout set?** (3x75yd backstroke medium, 1x75 butterfly sprint) x3

**What started you in swimming?** When I was nine, I signed up for a local cabana club team to stay cool during the summer. I discovered it was fun and I was somewhat good at it.

**What is your favorite food?** Sushi

**What do you like to do in your spare time?** I like to practice tricks on my scooter, shoot hoops, and create with Legos.

**What do you like best about swimming?** That my times can always improve and when they do it makes me feel good.

**What are your goals for the future?** To win some swimming gold medals in the Olympics and produce movies in Hollywood.



### YB 2 –Alexa Kwan–Wilson

**What is your favorite workout set?** The main set

**What started you in swimming?** I don't know. I started swimming when I was 4 years old, and it was fun.

**What is your favorite food?** Fruits and pasta.

**What do you like to do in your spare time?** I like playing other sports.

**What do you like best about swimming?** It is fun!

**What are your goals for the future?** I would like to be an Olympian and win gold medals.



### YB 2 –Steven Tran–Mary Gomez

**What is your favorite workout set?** 9x100Free

**What started you in swimming?** My sister and brother were both swimmers.

**What is your favorite food?** Chicken nuggets yogurt and peanuts

**What do you like to do in your spare time?** I love to read, watch TV and play games.

**What do you like best about swimming?** Practicing with my friends and racing with other swimmers.

**What are your goals for the future?** I would like to get Junior National Times.

## MEET AND SPECIAL EVENT SCHEDULE

### Holiday Schedule

### December 24th—January 4th

#### December 24th: Candy Cane Relays

Santa Clara High School

National: 6:00—8:00AM

Senior 1: 6:00—8:00AM

Senior 2: 8:00—10:00AM

Gold Girls/Gold Boys: 8:00—10:00AM

Blue Bells: 10:00—11:30AM

Yellow 1&2: 10:00—11:30AM

#### December 26—December 29: PM Practice

Santa Clara High School

Senior 1&2: Wednesday/Friday 2:00—4:00

Gold Boys/Gold Girls: Thursday 2:00—4:00

#### January 1st: No practice

#### December 26—December 29: AM Practice

Santa Clara High School

National: 6:15—8:15AM

Senior 1: 6:15—8:15AM

Senior 2: 6:15—8:15AM

Gold Girls/Gold Boys: 8:15—10:15AM

Blue Bells: 10:15—12:00AM

#### December 26th—December 29th cont...

Yellow Bells will be at Wilson

Yellow 1: 7:00—8:30AM

Yellow 2W: 8:30—9:45PM

Yellow 2MG: 9:45—11:00AM

#### December 31—New Year's Challenge Set

Santa Clara High School

Senior 1&2: 6:15—8:15AM

Gold Girls:/Gold Boys: 8:15—10:15AM

Blue Bells: 8:15—10:15AM

Yellow 1&2: 10:15—11:45AM

#### January 2nd—January 4th

ISC

National: 6:00—8:00AM: 2:00—4:00PM

Senior 1&2: 6-8AM: Jan 2&4: 2-4PM

Gold Girls: 7:30—9:30AM: Jan 3: 2-4PM

Gold Boys: 7:30—9:30AM: Jan 3: 2-4PM

Blue Bells: 7:30—9:30AM

Yellow 1&2: 9:30—11:00AM

Age Group Make-Up: Jan 2,3&4:

4:00—5:30PM

#### January 5th Regular Practice

## How Your Training Changes as you Progress

Caleb Fenner

As coaches we tread a very fine line with swimmers development and understanding of their needs, but when we look at the window of opportunity of optimal trainability it is often hard for swimmers to gauge their progression when progression is viewed by the swimmers times dropping and not on the swimmers ability. Scientific research has concluded, for the majority of all athletes that it takes eight to twelve years of training for a talented swimmer to reach elite levels of competition.

This is commonly known as the ten-year or 10,000 hour rule, which roughly translates to roughly three hours of practice daily for ten years.

In the documentary “Unfiltered”, which documents the rivalry between Michael Phelps

and Ian Crocker, both swimmers went five years without ever taking a holiday or a day’s rest building up to the 2004 Summer Olympic Games. Unfortunately many coaches, parents and athletes approach training is with the attitude best characterized as “Peak by Friday”, where short term approach is taken to training and performance with an over-emphasis, on immediate results. We know that a long-term commitment to training and practice is required to produce elite athletes in all sports.

The model of Long Term Athlete Development can be enhanced through training, competition and recovery programs, through windows of accelerated adaptation to Stamina (Endurance), Strength, Speed, Skill, and suppleness training – these are commonly known as the five S’s of training and performance. The six stage model to an athlete’s development is divided into critical areas of the athlete’s chronological age. This is however different for all athletes and is merely used as a yard stick, this does not mean that you will not succeed throughout your schooling career, but long term commitment throughout will ensure that by your grade 12 year you will be well on your way to achieving bigger successes.



### THE SIX STAGES TO LONG TERM ATHLETE DEVELOPMENT:

**Phase One** – FUNdamental Phase (Boys 6 to 9/Females 5 to 8), the main objective here is to learn the fundamental movement skills using well-structured, positive and fun approach.

**Phase Two** – Learning to Train Phase (Boys 9 to 12/ Females 9 to 11 years), the main objective in this phase is to learn the specific skills in conjunction with skills learnt in the FUNdamental phase. Stroke work and count becomes essential.

**Phase Three** – Training to Train Phase (Boys 12 to 16/ Females 11 to 15 years), the core objective in this phase is to consolidate the basic skills and introduce the basic elements of tactics and to address the two critical periods of physical development, aerobic base

and strength of athletes.

**Phase Four** – Training to Compete Phase (Boys 16 to 18/ Females 15 to 17 years), the main objective in this phase is to optimize fitness preparation, performance and skills development. More advanced tactical elements are introduced.

**Phase Five** – Training to Win Phase (Boys 18 and Older/ Females 17 to Older), this is the final phase of the athletes preparation, the his/her physical, technical, tactical, mental and ancillary capacities are now fully established and the focus of training is shifted to the optimization of performance. The athletes are trained to peak for major competitions.

**Phase Six** – Retirement and Retention Phase, this refers to the activities after the athletes have retired from competition, the aim is retain players for coaching, sports administration, officiating or recreational participation in the sport.

## DEVELOPMENTAL NEWS



Developmental Coach  
Ana Eppel

### Love our program tell a friend!

SCSC families, spread the word we are developing a youth fitness program called BELLFIT. As we all know swimming is a great way to stay active and get stronger with BELLFIT an athlete can get the benefits of the sport without the time commitment required in competitive swimming. BELLFIT is geared towards swimmers who are looking for a fitness activities, preparing for a middle or High school swim team, preparing for a summer league swim team, or cross training for other sports.

Announcing our newest BELLFIT program: BELLFIT Teen/preteen is designed for swimmers who may want to join a high school water polo or swimming team, become lifeguards, or just want to improve technique and conditioning.

Days & Times:

Monday-Thursday, choose any 2 days:

Mon/Wed 5-6pm and Tues/Thur 5:15-6:15pm.

Cost \$85 per month

## Masters News



Director of Adult Swim  
Steve Hurko

Our first event of the year will be a 1 Hour Postal Swim January 12th.. A USMS Postal Swim is a meet that is contested locally and tabulated at a central location. This is a great way to test your endurance and fitness against Masters swimmers from across the country. The entry fee to the event is \$50.00 and will provide participants with a breakfast, t-shirt and will cover the cost of submitting entries to USMS.

Additionally, the money raised through the entry fee will help our Masters program sponsor relays at our upcoming meets and socials throughout the year. Entries are due Monday, January 7 so that we can seed our event. Heats will run every hour between 6:00AM and 10:00AM.

### Calendar of Events

January 12

1 Hour Postal Swim , Santa Clara, CA

Event Information: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1308&smid=4109](https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=4109)

March 16

Rinconada Spring Meet, Palo Alto, CA

April 2013

5-7 Pacific Masters Short Course Yards  
Championships,  
Moraga, CA

July 2013

12-14 Pacific Masters Championships, San Mateo,  
CA

August 2013

7-11 US Masters Swimming Summer  
Championships, Mission Viejo, CA

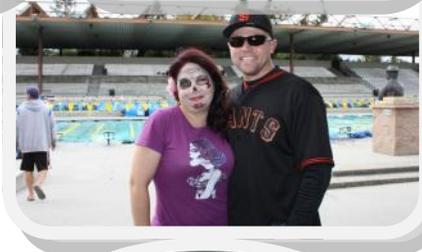


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# 6 Making Waves

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## Halloween Parade 2012



## Health News

Coach John Mullen

Ever leave a meal feeling full to the point of discomfort, wondering why you ate so much? Well, what would happen if your plate never emptied? Would you be able to distinguish when you're full and then stop eating? [Cornell University Professor Brian Wansink](#), IG Nobel Prize winning author of *Mindless Eating*, decided to research this by testing whether people realize how much they eat in a sitting.

For the study, a hole was drilled in the bottom of a large cauldron filled with tomato soup, to which feeding tubes were attached that kept each participant's bowl endlessly refilled. As the subjects ate the soup, it would reduce in volume, but as soon as they stopped, even for a few seconds, their bowls would fill back to the top. According to Wansink, the participants could eat for the seven straight days and never see the bottom of their bowls.

You would think that if you were eating out of a self-filling bowl, you'd soon suspect that something was going on. But of the 160 people in the study, only two actually stopped eating. Wansink's subjects on average ate 73% more with the refillable device. After eating for awhile, they were asked if they were full. Most replied, "No, how could I be? I still have half a bowl of soup left." (Read about [Plating Proper Portions](#).) This answer alone proved Wansink's point that the stomach has poor hunger regulation when determining fullness, so relying on it to make us stop eating may not be a valid method.

What's this have to do with athletes who never participate in refillable soup bowl studies? Well, we have all experienced the near equivalent by watching people mindlessly eating at a local buffet or school cafeteria—or eating out of boredom at home—where a constant flow of food is at their disposal.

Sound familiar? Develop a healthy approach to eating, and end overeating, with these tips:

**Use Smaller Plates.** At home, our plate sizes have increased 36% on average since 1960 (Schwartz 2006). Consider using a nine to 10-inch plate for your largest meal each day. (For more information on the small plate movement, read [here](#).)

**Cook Less Food.** Most people are cooking more food at home, but this may not be a conscious choice. The 2006 Edition of *The Joy of Cooking* included increases of up to 63% on some entrées compared to the original 1920 edition (Wansink 2009). Such massive increases in volume contribute to mindless eating. Instead, cook only the amount of food you need to eat.

**Buy Less Food.** Everyone knows grocery stores have grown over the past 50 years, but the growth in store portions between 1970 and 2000 is astonishing (Young 2005)! Keep this in mind on your next trip. (Learn how to play [The Healthy Grocery Shopping Game](#).)

**Order Less at Restaurants.** Supersize this, Jumbo size that, huge portions in restaurants. NYC has banned "Big Gulp" sugary drinks. Keep the facts in mind. Jumbo-sized portions are on average 250% larger than regular portions. And massive portions contribute to the obesity problem; just remember this at your next eatery. (Check out [Portion Control at Restaurants](#).)

Ordering, buying, cooking and eating smaller portions is easier said than done. But if you make an effort, they will become easier over time and result in a healthier lifestyle, which is vital for a successful athletic career.

**Join COR on January 12th as we will be hosting a 1 hour butt kicking boot camp to fundraise for SCSC while your kids participate in the Swim-A-Thon. No experience necessary join us for a touch workout for a great Cause!**



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### Reference

1. Wansink, Brian, James E. Painter, and Jill North (2005), "Bottomless Bowls: Why Visual Cues of Portion Size May Influence Intake," *Obesity Research*, 13:1 (January), 93-100.
2. Wansink, Brian and Collin R. Payne (2009), "The Joy of Cooking Too Much: 70 Years of Calorie Increases in Classic Recipes," *Annals of Internal Medicine*, 150, 291-291.
3. Young, Lisa R. *The Portion Teller: Smartsize Your Way to Permanent Weight Loss*. New York: Morgan Road Books, 2005.
4. Schwartz J, Byrd-Bredbenner C. "Portion distortion: Typical portion sizes selected by young adults". *J Am Diet Assoc*. 2006;106:1412-1418.