

MARCH 2020 | ISSUE NO. 2

# SCSC MONTHLY

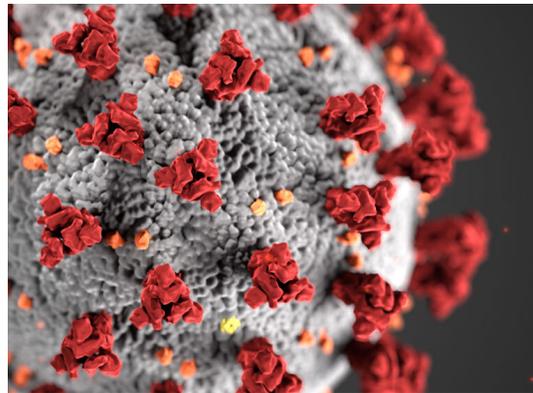


# What's Inside

THE CURRENT ISSUE

## COVID-19

Coverage of the virus, it's spread, and what it means for SCSC members and the sport of swimming



## Coach Travis

He shares his experience coaching developmental and age group swimmers and the difference in approach to tackling senior swimming

## Seen on Deck

We appreciate your continued commitment to swimming and our club. We can't wait to get back to business as usual.



# WHAT IS CORONAVIRUS (COVID-19)?

*From the Centers for Disease Control and Prevention website, Coronaviruses are a large family of viruses. Some cause illness in people, and others, such as canine and feline coronaviruses, only infect animals.*

Rarely, animal coronaviruses that infect animals have emerged to infect people and can spread between people. This is suspected to have occurred for the virus that causes COVID-19.

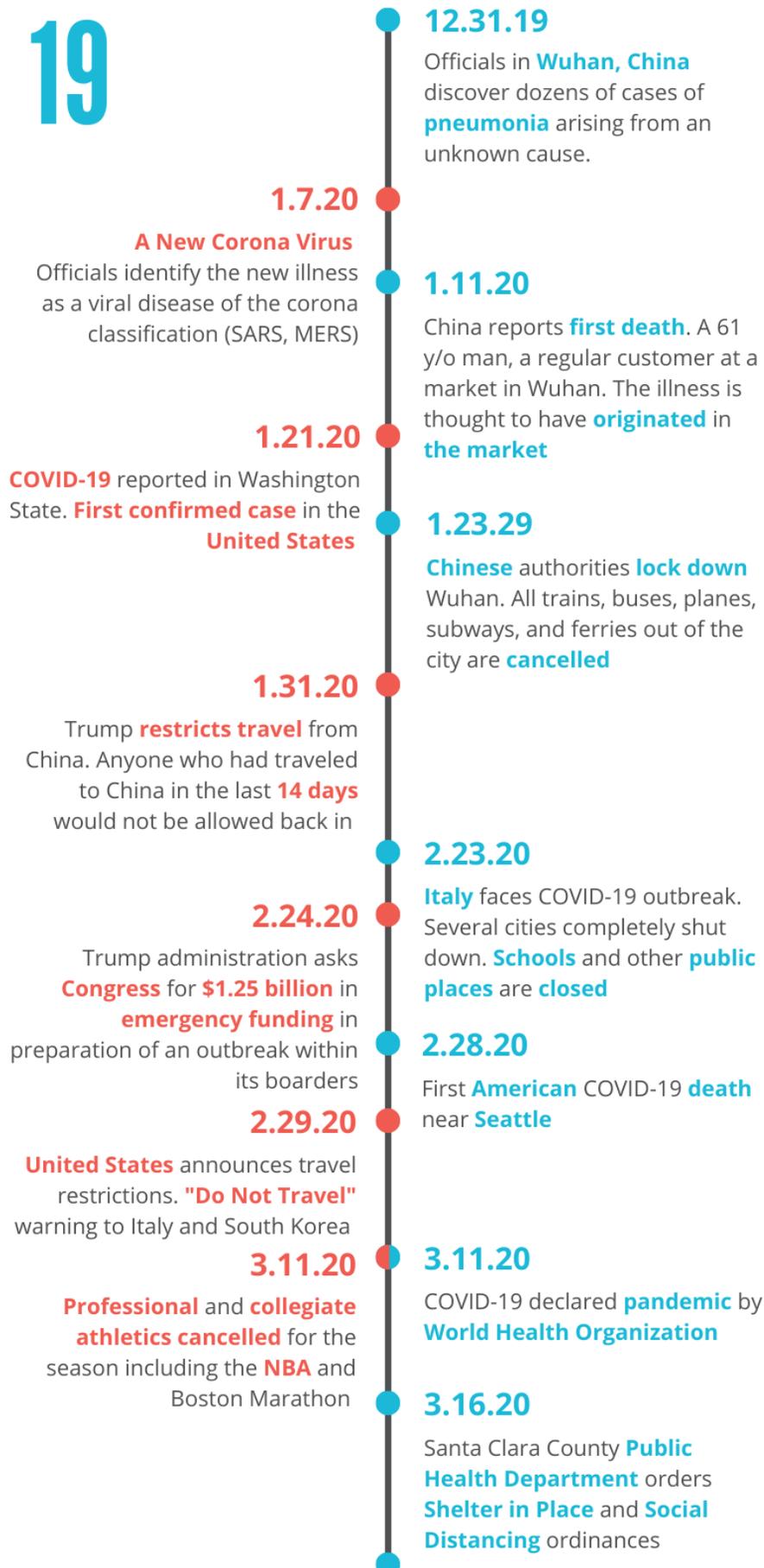
Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS) are two other examples of coronaviruses that originated from animals and then spread to people.

More information about the source and spread of COVID-19 is available on the Situation Summary: Source and Spread of the Virus.

## SEQUENCE OF EVENTS

# COVID 19

Allan , Kathleen. "A Timeline Of Major Events Surrounding The Covid-19 Outbreak." WorldAtlas, Mar. 13, 2020, worldatlas.com/articles/a-timeline-of-major-events-surrounding-the-covid-19-outbreak.html.



# DEFINITION OF A PANDEMIC

**Worldwide** spread of a new disease, (*World Health Organization*).

# HOW COVID-19 SPREADS

## Person to Person

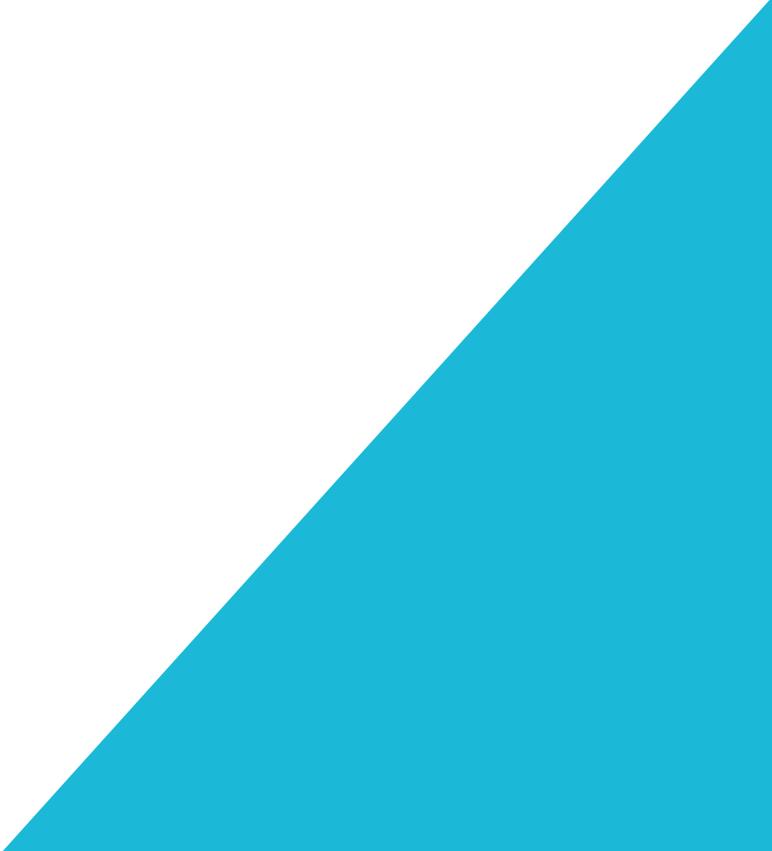
The virus is thought to spread mainly from person-to-person.

- + Between people who are in close contact with one another (within about 6 feet).
- + Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## Contact with Contaminated Surfaces or Objects

AVOID touching a surface or object that has the virus on it and then touching your own mouth, nose, or possibly eyes.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>



# SOCIAL DISTANCING VERSUS SHELTER IN PLACE

## Social Distancing

- + Washing hands
- + Using hand sanitizer
- + Disinfecting surfaces
- + Staying indoors if sick
- + Maintaining at least six feet of space from others

## Shelter in Place

- + Stay home
- + Essential *Activities, Business, Travel* ONLY
- + No gatherings

Source:

<https://www.sccgov.org/sites/phd/DiseaseInformation/novel-coronavirus/Pages/frequently-asked-questions.aspx>



“THROUGHOUT THE ENTIRE COUNTRY THERE IS A VERY REAL AND **INTENSE EFFORT TO STEM THE SPREAD** OF THE CORONAVIRUS (COVID-19). AS RESPONSIBLE LEADERS, WE NEED TO CONTINUE TO TAKE APPROPRIATE STEPS AND ENSURE THAT EVERY DECISION WE MAKE IS ONE WITH A **FOCUS ON THE HEALTH AND SAFETY OF OUR ATHLETES, MEMBERS, STAFF AND VOLUNTEERS.**”

“THEREFORE, WE HAVE MADE THE **DECISION TO CANCEL THE UPCOMING TYR PRO SWIM SERIES MEET** IN MISSION VIEJO, CALIFORNIA, AND **POSTPONE THE COMBINED OPEN WATER NATIONAL AND JUNIOR NATIONAL CHAMPIONSHIPS,** WHICH WAS SCHEDULED FOR FORT MYERS **AT THE END OF APRIL.**”

“OUR PRIOR **SUSPENSION OF ALL EVENTS,** CAMPS, CONFERENCES, OR ANY OCCASION THAT REQUIRES INDIVIDUALS TO TRAVEL AND GATHER NOW ALSO **EXTENDS THROUGH APRIL 30, 2020.** ADDITIONAL MEET UPDATES WILL BE SHARED WITHIN THE NEXT COUPLE OF DAYS. THIS WILL CONTINUE TO BE REEVALUATED AS FURTHER INFORMATION BECOMES AVAILABLE.”

Fina is responsible for analyzing the spread of the virus and forecasting its impact on FINA events. The task force will recommend protective measures, inform FINA Member Federations on common public health strategies that will minimize spread, and coordinate with the IOC Medical Commission.



"Since the start of the COVID-19 outbreak, FINA has been working hard to make sure our athletes, officials and fans are protected as much as possible," said FINA President Dr. Julio C. Maglione. "All those who love Aquatics are looking forward to the competitions of Tokyo 2020."

While FINA does not anticipate changes to the overall Olympic qualifying systems that are currently in place...certain meets with Olympic implications (have been) impacted. Italy's Olympic Trials have been cancelled, and the entire nation is now on lockdown.

FINA is being proactive to secure the Olympic Qualifying System for our disciplines and to ensure our athletes benefit from both sporting opportunity and health protection. FINA's long-standing focus on health means we can call on many widely-recognised experts in the medical field. We are very grateful for their time and their insights.



*Coach Travis has coached the whole spectrum at Santa Clara Swim Club. He's coached Baby Starfish in their first lessons to high school athletes in his current group Senior 1.*

From my experience, Developmental and Senior swimming are very different but still share many similarities.

The developmental years are all about acquiring new skills and learning to swim the strokes legally. Drill and skill sets are all about head and body position. Swim sets are for implementing the skills learned during the day and reinforcing other skills learned previously. Practice is much more about teaching, conditioning came from kicking.

Learning to kick well early is very important in competitive swimming, especially here at Santa Clara. Senior swimming is still about learning and refining skills (with more kicking).

In the Senior 1 group athletes may join and be very new to the sport. Those athletes are coached similar to a developmental swimmer with the focus on head/body position, general stroke technique, and building leg endurance.

Senior 1 also has athletes that are much more advanced, these athletes are coached more on details of stroke technique if their fundamentals are sound. Conditioning is the biggest difference between developmental and senior practices.

Developmental conditioning for the most part is kicking, as swimmers get more advanced conditioning can expand. At the senior level, in addition to kicking, athletes are building more upper body strength through pull sets, swim sets and dryland.

Senior groups also go through different cycles of conditioning that correspond to endurance, power, and speed.

Developmental and senior swim meets have been very different experiences for me as a coach because the athletes are working on doing much different things. Developmental swimmers are always working on accomplishing a skill at the swim meet, this ranges from having a tight streamline from every wall, no breathing on breakouts, and trying to put together a legal race. Success at the meet was based on accomplishing a skill, and less on the finals time.

At this stage, time drops come from many sources. Newly acquired skills can come fast, the athlete is growing, and of course only if the event is swam legally.

By contrast, Senior swimmers are working on more advanced skills. These will change from meet to meet depending on where we are in the season. At the first few meets I ask athletes to set a race strategy. This can be how many underwater dolphins they will do from every wall, a breathing pattern etc. It's about experimenting and learning to control the aspects of the race that you can.

Rested trials and finals meets the goal moves to implementing the strategy that has been refined at practice and hopefully getting a second swim in finals because of it.

For me I can see where the athletes are and what I need to do in practice to get them to their goals for the end of the season tapered meet.

Tapered meets are when all the hard work from the season is really seen. Meets when the athlete is well rested is where time drops come, this is a tough part of senior swimming.

Those time drops that seemed to happen at every swim meet when you were a developmental swimmer have slowed down. The amount of work it takes for ever smaller time drops keeps rising.

Despite all this, the sense of accomplishment in the athletes when they do hit a goal is the best part of coaching.

There are so many differences between each age group but skill development, good technique, and of course kicking are always a part of swimming here at Santa Clara Swim Club.

A group of swimmers in blue and yellow caps are lined up in a pool, waiting at the edge. A person in a plaid shirt stands on the pool deck. The water is clear blue, and lane lines are visible. The scene is outdoors, likely at a school or community pool.

THANK YOU  
FOR YOUR  
CONTINUED  
SUPPORT  
GO SCSC!





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