



PNS Athlete Newsletter™



EDITOR-IN-CHIEF: STEVE SHOLDRA

Volume I, Issue II

Video(s) of the Issue

This video is about butterfly breakouts, relating to this issue's "Rule Highlight"

http://www.youtube.com/watch?v=bSZbXIEg4ik&feature=player_embedded#1m

Quote of the Issue

"The will to win is important, but the will to prepare is vital."

–Joe Paterno

Rule Highlight of the Issue

Butterfly:

"Both arms must be brought forward over the water and pulled back simultaneously."

(USA Swimming 2011 Rulebook, Article 101.3.2)

Interpretation of Article 101.3.2:

Article 101.3.2 requires that, in the butterfly stroke, "both arms" must be brought forward "over the water" and pulled back simultaneously. For purposes of Article 101.3.2, as it relates to the recovery of the arms in the butterfly stroke, it is the interpretation of the USA Swimming Rules & Regulations Committee that **the "arm" is that portion of the body which extends from the shoulder to the wrist.** It is also the interpretation of the Committee that **"over the water" means that the arm, as defined above, must break the surface of the water during the recovery phase of each stroke.**

<http://www.usaswimming.org/Rainbow/Documents/ce082aa7-dab8-44c1-a845-5952b5282b65/Interpretations%20Made%20by%20Rules%20Reg's%20Cmte%20Rev%20June%202010.pdf>

PNS

By The Numbers

Athletes: 4796

	<u>Girls</u>	<u>Boys</u>
8&U:	441	271
9-10:	656	432
11-12:	699	504
13-14:	523	385
15&O:	460	425

Teams:	49
Coaches:	149
Officials:	234

Top 10 Biggest Teams (by size, 12/31/10)

KING, CSC, BC, IST, PRO,
XCEL, OCA, CAAT, BBST, NWAC

PNS Senior Swimming

PNS Swimmer sets 2 American Paralympic SCY Records!

Congratulations to **Haley Beranbaum**, from StingRay Swim Club, who set **two** American SCY records for swimmers with a disability. In January, Haley shattered records for her class in the 200 Yard Free (4:06.79; old record 4:29.63) and the 50 Yard Breaststroke (1:01.28; old record 1:07.30).

We wish Haley the best of luck in her next Paralympic competition, the CAN-AM Paralympics Swimming Championships.

College Swimming By The Numbers

Colleges with swim teams:

	Women	Men
Division I:	201	143
Division II:	66	50
Division III:	239	197
Intercollegiate:	574	451
Intramural:	397	392

Total Swimming Scholarships per school:

	Women	Men
Division I:	14	9.9
Division II:	8.1	8.1

College Swimming Links

[NCAA](#) Official Website

[College-Bound Student-Athlete Guide to the NCAA](#)

[The College Board](#) ("College Search: Find Your Match" is one of the best college/college sports search engines)

[College Swimming Coaches Association of America](#)

Harvard Swimming (This website has links to every college with NCAA Swimming)

<http://www.hcs.harvard.edu/~swim/links/college.html>

So You Want to Be a...College Swimmer

There are many resources for prospective college student-athletes. Below is a short explanation of how college swimming scholarships and recruitment work. Be sure to see the "*College Swimming Links*" article for additional sources of information.

Athletic Scholarship:

An athletic scholarship is a one-year contract between you and a Division I or Division II institution. Division III schools do not offer athletic scholarships. A school can reduce or cancel a scholarship if you become ineligible for competition, quit, or engage in misconduct. During the contract year, a coach cannot reduce or cancel your scholarship on the basis of your athletic ability, performance, or injury. An institution may choose to not renew a scholarship at the end of the academic term. Remember a coach cannot offer you a "four year full-ride scholarship." They do not exist. Each student athlete award is reviewed annually. Some college programs offer and renew an athletic scholarship for the first 2-3 years of college, and then ask the student to pay full tuition for the remainder of their college career.

Recruitment:

High school-age swimmers must register with the NCAA by the end of their Junior year, or they will not be eligible for Div. I or II recruiting. Most collegiate swimming programs do not have resources to search for athletes. Therefore, most colleges do not find out a student-athlete is interested in their program until the student has made "First Contact."

Coaches rely on meet results from large meets (i.e. Sectionals; Junior Nationals; Nationals) and prospective student questionnaires (found on the college's website). With the scholarship limits that are imposed by the NCAA, (see chart on left) most college coaches are going to be looking at a student's academic record. The vast majority of swimming student-athletes receive financial aid through academic related scholarships, grants and student loans, not through athletic scholarships.

Thanks to PNS Coach Representative Andy Pym.

PNS Age Group Swimming

All-Stars 2011



2011 Pacific Coast All-Stars was held January 8-9 in Gresham, Oregon. PNS placed 3rd out of 5 teams, with 386.5 points. Our PNS team swam great, under the leadership of Head Coach **Audra Messegee**, and Assistant Coaches **Cejih Yung, Jane Rixe, Keith Ure, and Rod Rombauer**.

The 2011 PNS All-Star Team

Helen Teegan, Christina Domanowski, Maddie Pressler, Hannah Shabb, Reva Zacharias, Cameron Smith, Sabrina Kwan, Marley Cross, Britt Blomso, Sophie Luehmann
Thomas Anderson, Ben Whitty, Kevin Dang, Dillon Knutson, Ryan Kinnear, Landon Ton, Daniel Ryaboshapka, Andrew Wright, Albert Jin, Jared Graham
Addie Chambers, Katie Mackie, Kim Williams, Megan Kawaguchi, Mackenna Briggs, Kyndal Phillips, Vanessa Moffatt, Hannah Benson, Geneva Levy, Kayla Roberson
Ed Kim, Tommy Thach, Sam Petrini, Todd McCarthy, Michael Stanchi, Michael Shum, Mathias Oh, Cole Avery, Nicholas Klatt, Ben Scott

Complete meet results can be found [here](#)

Meet Summary (by Audra Messegee) can be found [here](#)

WHY DO WE DO THIS DRILL?

Freestyle Catch-Up Drill

“Catch-Up” drill encourages you to distribute more of your weight towards the front of your stroke, by taking long strokes with good body position. It also encourages front quadrant swimming.

While swimming freestyle, leave one arm extended in front of you. Swim one complete stroke with the other arm, until it has "caught up" with the arm you're holding out front. Continue to repeat the cycle, alternating the arm held stationary in front of you. To imitate proper technique in actual freestyle, rotate continuously with each arm pull, never starting the catch from a flat position. Try to reach recovering hand farther past the hand that is in front.

Bonus Tip: Keep hands shoulder width apart at all times. If you touch each hand in front, it's extremely easy to cross center, and damage your shoulders.

Videos on correct technique of this drill: [Video 1](#), [Video 2](#), [Video 3](#)

Levels of PNS Swimming Competition

1. Developmental Meets (e.g. Oct. Challenge)
2. Divisional Championships
3. Q Meet
4. Age Group Invitationals
5. PNS 14&U Champs
6. WA State Senior Champs/Long Course PNS Champs
7. Age Group Sectional Championships
8. Senior Sectional Championships
9. NCSA Junior Nationals
10. Short Course (Winter) Junior Nationals
11. Long Course (Summer) Junior Nationals
12. Short Course (Winter) Nationals
13. Long Course (Summer) Nationals

INJURY PREVENTION

If you are experiencing pain in your shoulder(s) on freestyle: First, make sure you are not crossing center with either arm (if your hand is past your nose to the opposite side, you are crossing center). Second, when your hand first enters the water out front, enter pinkie-finger down, instead of thumb. It may feel strange at first, but this small change will help immensely in emphasizing reaching forward, and not across. Try it yourself, and see how unnatural it now feels to cross center while swimming freestyle.

This drill is not intended to improve speed, but it tends to help reduce shoulder pain in practice.

Feature Story

KEYS TO SUCCESS

By MARK GANGLOFF

Mark Gangloff is a two-time Olympian and a member of the 2010 U.S. Pan Pacific Championships Team. Here are the keys to his success.

Reprinted with Permission of Mr. Gangloff.

1. Hard work. This one is always first and foremost. It's plain and simple. You have to come to practice every day ready to get at it. Whether you feel good or not – it's easy to work hard when you feel good – you have to push through it, especially on the hard days, and think, "Even though I don't feel good today, I have to work as hard as I did yesterday." It makes for a miserable practice, but you feel great after that.

2. Know the reward is there, even if it is beyond the horizon. For me, throughout my career in all that I have accomplished, the majority of my best successes have come after a couple of bad years. I remember in high school I came close to breaking the state record in the prelims as a sophomore – really close. I came close again and again, but didn't even get it as a junior. Finally, my senior year at state, I missed it again in the morning. It was a big record, because Glenn Mills set it in the 1980s in the 100 breaststroke, and had even sent me a few letters asking me to break it. In the finals of my senior year at state, I did it. I broke that elusive record, because I never gave up.



3. Focus on the right things at the right moments. You always have to "reset" from time to time. When you are focused, stay focused. When I walk on the pool deck, I am focused and put everything else in the world on the back burner. But when I leave the pool I have to put the practice, workout or whatever it was, on the back burner and focus on a different aspect of my life.

4. Keep trying to find ways to move forward. Don't be afraid to change. Throughout my career, I have had to change. I had to change my technique and my training style. I remember doing a swim clinic with Adam Ritter talking about how Frank Busch says in practice, "The same equals the same." That means if you want different results, you might have to change something. This year, I had to change my kick, and I was committed to it not even knowing if it would work out. And it did, at the Paris Open.

5. Don't be afraid to fail. It is okay to fail sometimes – everyone does. You, in time, are able to overcome that. But you have to realize that falling on your face is not a bad thing if you can learn from it, grow, and develop.

That is making it a positive. I know my Olympic dream of 2012 is something I might not get. However, I also know I am going to lay it all out there and go for it, so if it doesn't happen, I will never regret a moment of the journey taking me to that point. You have to be able to dream before you can go about making it into reality.

Nutrition

HYDRATION DURING PRACTICE

By TERRY LAUGHLIN



Terry Laughlin is the Head Coach of [Total Immersion Swimming](#), and a National Masters champion and record-holder in Open Water swimming. He is also the author of the all-time best-selling book on swimming - also titled "Total Immersion" - and [blogs frequently](#) on improvement-minded (Kaizen) swimming.

Excerpted with Permission of Mr. Laughlin.

Think the pool is one place you can skip hydration? Think again!

Water, water everywhere, but are you drinking enough? When I look around at the pool, I think not. It's easy to assume that because you don't see sweat when you're swimming, you're not losing water. Not so. You not only sweat, but also sweat copiously, because your body generates lots of internal friction heat from the contractions of all those swimming muscle fibers. In fact, a majority of the calories you burn in the pool are body heat. Prove it by weighing yourself before and after workout, whatever weight you've lost is all water.

Sweat losses of as little as 2 percent of body weight, (or 3 pounds for a 150-pound swimmer) can dramatically hurt your practice performance. In fact, dehydration is far more likely to slow you down than energy loss, making water-loading far more important than carbo-loading, not to mention being easier. Yet, when swimming my daily TI practice (with a jumbo 32-oz. bottle of filtered water within each reach), I seldom see anyone in adjacent lanes quaffing rejuvenating water.

A study by Dr. Jack Wilmore, an exercise physiologist at the University of Texas, concluded that for workouts of less than an hour, nothing beats water. But if you're swimming for more than an hour, fluid replacement drinks with electrolytes (i.e. Gatorade or PowerAde) are absorbed into the bloodstream more quickly than water, thus hastening recovery.

Dehydration - *Did you know that:*

- * 75 percent of Americans are chronically dehydrated – mainly because your body is low on water long before your thirst response alerts you.
- * In half of the chronically dehydrated, the thirst mechanism is often mistaken for hunger.
- * MILD dehydration will slow down your metabolism by as much as 3 percent -- that's right you'll burn calories and fat 3 percent more slowly if you don't drink enough water.
- * One glass of water satisfied late night hunger pangs for almost 100 percent of dieters in a University of Washington study.
- * Research suggests that drinking 8 to 10 glasses of water a day could significantly relieve back and joint pain for up to 80 percent of sufferers.
- * A mere 2 percent drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or printed page.

Down a quart? Here are four ways to make sure you're getting enough:

- You can sweat off 6 to 8 ounces of fluid every 15 minutes. At minimum you should take a healthy swig from your water bottle every quarter hour.
- Want to be more precise? Weigh yourself before and after a workout. Each pound lost is a pint (16 oz.) of water loss. Next time, bring that much in your water bottle.
- Pre-hydrate. Drink a liter or more of water during the two hours before swimming and 16 oz. immediately before.
- Drink before you're thirsty. The thirst response comes only after your body already needs water.

Who's Who

PNS Edition™

DEB KEANE *General Chair*

As General Chair, Deb Keane has oversight and general charge of the management, business, operations, affairs and property of PNS, plus general supervision over its officers and agents. The General Chair reports to the Board of Directors (BOD) all matters within the General Chair's knowledge that the Board of Directors should consider in the best interests of PNS.



Deb became involved in PNS at the club level and as an official 15 years ago. Six years ago, she joined the PNS BOD as an At Large Member, served as Safety Chair, and then served a year as Program Operations Vice-Chair. Deb has really enjoyed officiating and is a USA Swimming Starter. Deb was a competitive swimmer herself "way back when". She and her husband Peter, also a PNS Official, started their oldest son in swimming when he was 10. Their three other children soon began swimming, too. They have a 15-year-old daughter swimming in PNS, and a son swimming in college in Illinois.

What she enjoys most is meet management. Deb has run several National events including: 2006 Spring Nationals; 2008 Men's NCAA Championship; 2009 US Open; 2009 Junior Nationals; and 2009 Short Course Nationals (that was a busy year!) She will be Meet Director for the 2012 Men's NCAA Championships and co-Meet Director for the USA Olympic Trials in Omaha in 2012. In her spare time, she works as a "red shirt" in the control room at KCAC during meets.

The thing Deb loves most about the sport of swimming is that it is very family-oriented. "You meet the greatest and most interesting people. I really enjoy being with the athletes, parents, coaches, and officials; they are some of the most dedicated and hard-working individuals you'll even encounter", says Deb.

DAVE CODDINGTON *Finance Vice-Chair*

David Coddington is the Finance Vice-Chair on the PNS Board. The Finance Vice-Chair is responsible for the financial affairs of the association, including managing the financial and investment accounts, ensuring the financial records accurately reflect the true financial condition of the association, and preparing the budget. David's been on the Board since 1998 in various positions, including five years as the General Chair. Dave received the PNS Outstanding Service Award in 2002.



He has been an Official since 1991, when his two daughters joined the Kent Area Dolphins (later to become King). Officiating has provided some great experiences, including the 2008 Olympic Trials in Omaha, several Junior National and National Meets, and last summer, the Pan Pacific Championships in Irvine, CA. Dave is one of the ten FINA Officials in the United States, and officiated at the 2009 Duel in the Pool in Manchester, England. Dave was the Meet Referee for the 2009 USA Swimming Junior National Championships. Dave was presented the 2008 PNS Official of the Year Award, and the USA Swimming Maxwell Award for Excellence in Officiating in August of 2002.

The job of every official within USA Swimming is to provide a fair and equitable competitive experience for all athletes, regardless of the level of competition. "The opportunity to volunteer for the benefit of this great sport has been very satisfying. The PNS family has been supportive and welcoming," says Dave.

The Last Page

Who's Who (Part 2)

PNS Edition

PNS Board, continued

Coach Representative - Andy Pym

Secretary - Gayle Crawford

Treasurer - Jody Woodruff

Safety Committee Chair - Kevin Fraley

At-Large Representatives

- Klaas Schenk
- Kelli Denney
- Audra Messegee
- Teri White
- Kevin O'Shea

Officials Committee Chair - Ken Breiding

Immediate Past General Chair - Lyle Campbell

USA Swimming Board of Directors Member –

Ron Van Pool

STARTING NEXT ISSUE: PNS Committees

MORE

UNIVERSAL LAWS AFFECTING COMPETITIVE SWIMMERS

(Much like Sir Isaac Newton's Laws of Motion)

Law of Static Levels Swimmers will automatically seek their own comfort level and tend to attract others to do the same.

Opposition Principle

When asked to kick rapidly, swimmers tend not to; when told not to kick, swimmers tend to kick rapidly.

Fluid Mechanics

The amount of fluids the bladder can retain is directly proportional to the difficulty of the middle of the current practice set. The same principle seems to apply to ripping caps and broken goggle straps, but no scientific evidence connecting the 3 has been documented.

Space, Time Continuum

When swimming Breaststroke or Butterfly, swimmers hands are attracted to the turning wall, each hand at a different speed, at different times, at different points not in the same plane.

Coaches!

Please contact the Editor with your tips for the "INJURY PREVENTION" section. All advice is welcome! Also, please send one of your unique drills, and what the drill focuses on, for the "WHY DO WE DO THIS DRILL" column.



Attention all swimmer-writers!

Interested in having your article involving swimming published in this newsletter?

Please send your submissions to athleterep1@pns.org. We look forward to reading your articles!

Correction from Issue 1: Thanks to Colleen Buchanan for pointing out: Our LSC code is "PN", not "PNS", as quoted in the last issue.

Contact Editor Steve Sholdra at athleterep1@pns.org

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