



*Fall
2014*

Western Zone

Athlete Newsletter

Editor:

Steve Sholdra,

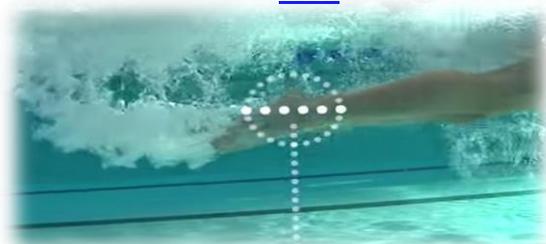
Western Zone Athlete Representative

VIDEO OF THE ISSUE

Butterfly Technique



Check out this technique video that critiques and visually explains (in slow-motion) details of all portions of the dolphin kick during the butterfly. From the ankle flick to the hip rotation, this video analyzes the dolphin kick in unique ways. The video can be found [here](#).



Images courtesy of Speedo™

QUOTE OF THE ISSUE

“Denounce mediocrity. All things sub-standard, below average, or even moderately average should be set aside, and that starts internally.

You must first have confidence and security within yourself, it goes from the heart, to the mind and then it is conveyed through your actions and your presentation of yourself.

-Anonymous

Our Western Zone



Western Zone Swimming

Why Do We Do This Drill?

By Special Correspondent & Olympian

Mark Gangloff

“Alligator Eyes” Drill

My favorite drill for young swimmers to do is Goggle Drill. The drill is very simple. You are swimming full stroke breaststroke or butterfly and it is a series of three strokes that repeat. The first stroke you take is with your head completely submerged in the water. Try and make this stroke as flat as you can make it. On the second stroke you bring only the tips of your goggles out of the water. During this stroke your eyes are still facing the bottom of the pool and the stroke is generally flat with a slight raise to bring your goggles out. You will not breathe on the first two strokes. But on the third stroke you do raise up enough to get a quick and low breath while maintaining a great head position and your eyes are facing the bottom of the pool.

Many times when swimming butterfly or breaststroke, age group swimmers feel the need to try to lift their head 4-8 inches out of the water to get a breath. You can lift your head out of the water 1 or 2 inches and get the same amount of air as you would if you are 8 inches out. It takes some practice, and there will be times when you get a stomach full of water on a breath, but the more you practice, the easier it will become, and it will carry over into your races.

Open Water Swimming



Sighting Buoys in Open Water

Every open water swimmer has a different routine for raising their heads to look forward and find the race course buoys during races. However, sighting buoys shouldn't be a random occurrence during your race; it is most efficient to plan out a set number of strokes before each sighting. One of the most common patterns during an open water race is to raise your head to look forward every 6th stroke (for unilateral breathers) or 9th stroke (for bilateral). This is because the third breath in a row (without sighting) changes your swimming direction to a degree that can negatively affect your race time. Sighting buoys every other breath is too often, and will use too much momentum raising your head. Enjoy your race!

Injury Prevention

Crossing Center

The most common injuries in swimming are to shoulders and knees. Because swimming requires so much shoulder pivoting and power on freestyle, it is easy to extend your arm out in front of you while letting your hand angle in front of your face. However, when your hand crosses past the center of your face (essentially an invisible line in front of you, extending from your nose), your shoulder can be placed under unbalanced pressure during the pull. Shoulders are not meant to be torqued while extended under force from the pull, so crossing center during the entry on freestyle is one of the fastest ways to injure shoulders. When your arm reaches in front after the rotation, keep it straightened to the proper side of your body. This simple focus on hand entry will help keep your shoulders injury-free!

Western Zone Champions

2014 Western Zone Age Group & Senior Championships Event Winners

GIRLS TEN & UNDER		BOYS TEN & UNDER	
50 free	Claire Tuggle	50 free	Zachary Washburn
100 free	Claire Tuggle	100 free	Zachary Washburn
200 free	Claire Tuggle	200 free	Humbert Najera
50 back	Daciana Colon	50 back	Ronald Dalmacio
100 back	Claire Tuggle	100 back	Ronald Dalmacio
50 breast	Cecilia Hagedwood	50 breast	Kalen Alejandro
100 breast	Cecilia Hagedwood	100 breast	Kalen Alejandro
50 fly	Grace Monahan	50 fly	Zachary Washburn
100 fly	Grace Monahan	100 fly	Evan VanBrocklin
200 i.m.	Emily Lundgren	200 i.m.	Kalen Alejandro
GIRLS 11-12		BOYS 11-12	
50 free	Jada Surrell-Norwood	50 free	Ethan Dang
100 free	Leanna Gharbaoui	100 free	Winn Aung
200 free	Jasmin O'Brien	200 free	Winn Aung
400 free	Jasmin O'Brien	400 free	Winn Aung
50 back	Amy Tang	50 back	Kai Crews
100 back	Amy Tang	100 back	Connor Elwyn
200 back	Reese Hazan	200 back	Harrison Lierz
50 breast	Caraline Baker	50 breast	Ethan Dang
100 breast	Lena Wang	100 breast	Ethan Dang
200 breast	Lena Wang	200 breast	Ethan Dang
50 fly	Crystal Murphy	50 fly	Connor Elwyn
100 fly	Crystal Murphy	100 fly	Winn Aung
200 fly	Mikayla Seigal	200 fly	Winn Aung
200 i.m.	Caraline Baker	200 i.m.	Ethan Dang
400 i.m.	Reese Hazan	400 i.m.	Ethan Dang
GIRLS 13-14		BOYS 13-14	
50 free	Gabby Dang	50 free	Nathaniel Cunnan
100 free	Gabby Dang	100 free	Thomas Roark
200 free	Halladay Kinsey	200 free	Nicholas Tan
400 free	Rose Saya	400 free	Alex Wright
800 free	Erica Sullivan	800 free	Alex Wright
1500 free	Erica Sullivan	1500 free	Alex Wright
100 back	Natalie Arky	100 back	Danny Kovac
200 back	Milava Shumilova	200 back	Ethan Harder
100 breast	Sarah Nicholls	100 breast	Daniel Roy
200 breast	Lauren Burckel	200 breast	Daniel Roy
100 fly	Lizzie Menzmer	100 fly	Seth Hendrix
200 fly	Lizzie Menzmer	200 fly	Seth Hendrix
200 i.m.	Halladay Kinsey	200 i.m.	Brian Copley
400 i.m.	Amelie Lessing	400 i.m.	Brian Copley

Western Zone Champions

2014 Western Zone Age Group & Senior Championships Event Winners

SENIOR ZONES FEMALE		SENIOR ZONES MALE	
50 free	Abigail Kochevar	50 free	Hunter Doerr
100 free	Mia Facey	100 free	Bradley Cline
200 free	Mckenna Meyer	200 free	Bradley Cline
400 free	Rosalee Mira Santa Ana	400 free	Christopher Miller
800 free	Kathleen Sulkevich	800 free	Shane Forker
1500 free	Sakaiya McCoy	1500 free	Shane Forker
50 back		50 back	
100 back	Rhyan White	100 back	Justin McArthur
200 back	Rhyan White	200 back	Collin Baldacci
50 breast		50 breast	
100 breast	Brigitte Winkler	100 breast	John Corley
200 breast	Emily Mathis	200 breast	John Corley
50 fly		50 fly	
100 fly	Shelby Koontz	100 fly	Yoessef Tibazi
200 fly	Marie-pierre Delisle	200 fly	Angel Alcala
200 im	Madeline Myers	200 im	Dylan Kubick
400 im	Madeline Hurst	400 im	Keegan Foulke
200 free relay		200 free relay	
400 free relay	Jeffco Hurricanes	400 free relay	North Bay Auatics
800 free relay	Jeffco Hurricanes	800 free relay	Mission Viejo Nadadores
200 medley relay		200 medley relay	
400 medley relay	Loveland Swim Club	400 medley relay	Los Angeles Swim Club

Age Group Zones Team Scores

WESTERN MEN	
Pacific Northwest	1703
Colorado	1473
Pacific	1363
Southern California	798
Sierra Nevada	572
Oregon	520
Inland Empire	398
Utah	393
San Diego Imperial	367
New Mexico	362
Central Cal	229
Hawaii	208
Snake River	204
Montana	137
Wyoming	101
Arizona	29
Alaska	14

WESTERN WOMEN	
Colorado	1809
Pacific Northwest	1353
Pacific	1128
Southern California	799
San Diego Imperial	793
Oregon	675
Sierra Nevada	536
New Mexico	311
Central Cal	294
Hawaii	292
Inland Empire	249
Utah	159
Arizona	132
Montana	119
Snake River	89
Alaska	76
Wyoming	49

Feature Story

Mark Spitz:

A Look Back at Western Zone's Greatest Swimmer

By Steve Sholdra

Excerpted Bio of Mark Spitz with permission of Evan Morgenstein, PMG Sports.

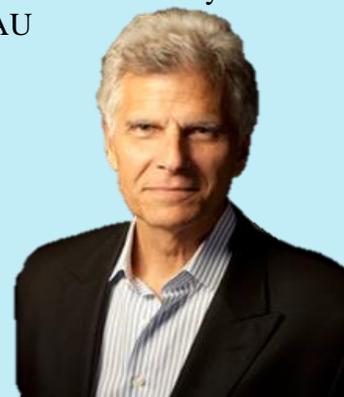
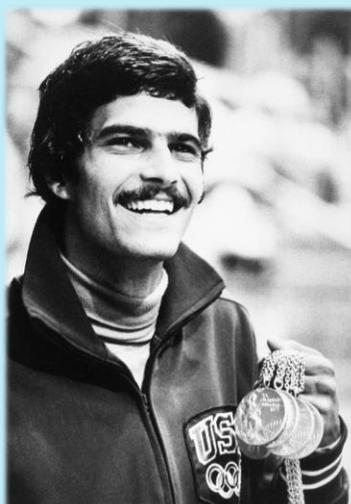
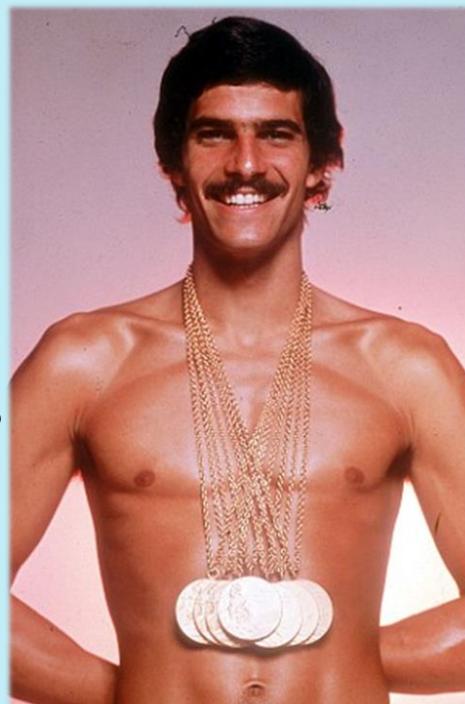
The Western Zone of USA Swimming was born in 1978 at the San Antonio Amateur Athletic Union (AAU) convention, when USA Swimming officially separated from the AAU. In light of that “birthday” of our zone, we Western Zone athletes would like to recognize the outstanding accomplishments of one of the greatest swimmers in history, who grew up swimming in California before the Western Zone existed. The following is a brief history of the man, the myth, the legend himself...

Before he was 10 years old, Mark Spitz held 17 national age-group records, and one world record. When he was 14 years old, he switched swim teams, leaving Arden Hills Swim Club in Sacramento to train under George F. Haines of the Santa Clara Swim Club. During his four years there, **Mark held national high school**

records in every stroke and in every distance. It was an unprecedented achievement.

The 1965 Maccabiah Games was Mark's first international competition.

At the age of 15, Spitz won four gold medals and was named most outstanding athlete. In 1966, at 16, he won the 100-meter butterfly at the National AAU Championships, the first of 24 AAU titles. Mark emerged on the world swimming stage when, in 1967, he set his first world record at a small California meet in the 400-meter freestyle. Also in 1967, Mark won five gold medals at the Pan American Games in Winnipeg (setting a record number of gold medals for the meet, a record that was not surpassed for over 40 years).



*It's not the will to win that matters—everyone has that.
It's the will to **prepare** to win that matters.*

-Paul "Bear" Bryant

Feature Story *(continued)*

In the 1968 Olympic Games, Mark won two team gold medals in the 4 x 100-meter freestyle and the 4 x 200-meter freestyle relay. After the Olympic Games, Spitz enrolled in Indiana University and trained with legendary coach Doc Counsilman (who was also his coach previously in Mexico City). While attending IU, Spitz won 8 individual NCAA titles. Then, in 1971, he won the James E. Sullivan Award as the top amateur athlete in the United States. Following his various successes, Spitz was nicknamed “Mark the Shark” by his teammates.



One of the greatest living sports legends, Mark Spitz might be remembered best by his astonishing win of seven gold medals at the 1972 Olympic Games in Munich. In one of the most dramatic performances in Olympic history, Mark won his final competition only hours before Palestinian terrorists captured and eventually murdered 11 Israeli athletes in the Munich Olympic Village. Spitz held the record for most Olympic gold medals won in a single Olympics for over 36 years (until Michael Phelps won his famous “eight-for-eight” in 2008).

Mark Spitz (and his signature mustache, worn during most of his world competitions) remains one of the most recognized athletes in history. He has been inducted into the United States Olympic Hall of Fame, San Jose Sports Hall of Fame, International Jewish Sports Hall of Fame, Long Beach City College Hall of Fame, and Indiana University Athletics Hall of Fame. The Western Zone is proud to have trained such an exemplary athlete.

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

-John Wooden

The Last Page

Western Zone Swimmers on the 2014 Junior Pan Pacific USA Team

Our Western Zone would like to congratulate all of these swimmers on their performances at Junior Pan Pacs!

Jorie Caneta	Roadrunner Aquatic
Ella Eastin	SoCal Aquatics
Stanzi Moseley	Roadrunner Aquatic
Hannah Weiss	King Aquatic Club
Kim Williams	Bellevue Club Swim Team
Aiden Burns	Santa Clara Swim Club
Brendan Casey	Team Santa Monica
Connor Hoppe	Clovis Swim Club
Logan Houck	Sandpipers of Nevada
Nick Norman	Mission Viejo Nadadores
Curtis Ogren	Palo Alto Stanford Aquatics
Corey Okubo	Aquaxot Swim Club
Grant Shoults	Mission Viejo Nadadores
Alex Valente	Buenaventura Swim Club

Coaches!

Please contact the Editor with your injury prevention tips for the **"Injury Prevention"** section.

Have a unique drill you want to share? Please send it to the Editor, for the **"Why Do We Do This Drill"** column.

Swimmers!

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

Please send your submissions to the Editor. We look forward to reading your articles!

Swimming Adventures

Recently, my son was at an age group meet, competing for the first time in the 50 Butterfly. Although he was nervous, having worried about this event for the past week, he was beginning to gain confidence. I assured him that he had trained hard for this moment.

The time had come for his big swim. Confidently, he strolled up to the blocks, glancing at his competitors. Casually throwing off his classy rocket-ship design bathrobe, he stood up behind the blocks with an ice-cold determined stare.

As the starter blew the three short whistles, he calmly got ready to swim. The starter announced "Heat three, boys' 8 & Under 50 yard Butterfly," which shouldn't have been concerning for my son. However, the speaker reception was incredibly muffled, as it often is during outdoor meets. He misinterpreted that announcement as "Boys' *eight hundred and fifty* yard Butterfly," promptly lost his cool, stood up and shouted "I CAN'T SWIM THAT MUCH FLY NO WAY," hopped off the blocks, and ran back to the stands to sit with me. Needless to say, we're going to let him stick with the 25 Fly for the next few meets.

-A Western Zone Swimmer's Parent

Have a funny story to share about swimming? Email the editor at the address below!

"Always make a total effort, even when the odds are against you."

-Arnold Palmer

Contact Editor Steve Sholdra at ssholdra@yahoo.com

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