



*Developing Children to be
Champions in Life through Swimming*

"LANE 4" TIMES

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2013 MBR Winter Invite:

The 2013 Riptides' Winter Invite is just a couple weeks away! This is the first Riptides-hosted meet for the season. This year's event will be hosted at the North Myrtle Beach Aquatic and Fitness Center. The meet will be hosted Jan 18-20, with just one session each day. Each session should be approximately 4 hours or less once competition begins.

What does Riptides need to successfully host this event? We need all of our members to volunteer to work at some time during the meet!

- Timers – at a minimum of 9, up to 17 per session.
- Hospitality/concessions – 2-3 workers per session
- Awards/runners – 1-2 workers per session

Regarding concessions, since the meet will not be an all day event, we will not need a tremendous amount of items to sell. We will be asking for members to seek or bring donated items such as bottled water or sports drinks, bagged snacks or fruit.

In hospitality the following restaurants have agreed to cater meals –

- Fudruckers of NMB - at least one lunch
- 8th Ave Tiki Bar and Grill of MB – at least one lunch
- Secret Chef of NMB – breakfast (coffee, pastry) for Saturday, Sunday

We still need to cater the Friday dinner for hospitality.

Once the entries from all teams have been received, we will be able to give more specific meal needs to those restaurants which will cater hospitality. Additionally, we will know how much product will be needed in concessions. This information will be available by the end of next week.

This is the first event hosted by Riptides this season and will serve as precursor to the March Palmetto Championships. We look forward to having every Riptides' family participate at the meet in competition and volunteering.

Thank you in advance for your efforts.

New Year's Eve Marathon:

The 2012 New Year's Eve Marathon has come and gone. It was great to have so many swimmers participate in the event December 29. Now is the time for swimmers to start turning in the monies pledged to their efforts. All monies are due no later than January 14, 2013.

But between now and the deadline, swimmers are encouraged to continue to get new pledges. Remember, our team goal was to raise \$10,000. Swimmers can earn prizes for the monies they raise.

Great job swimmers.

In honor of the New Year's Eve Marathon, the following article is about some of the more challenging winter training sets done by eventual Olympic heroes, World Record setters and more. Winter Training is not a "punishment"; it is done to challenge the physical, mental and emotional stamina of a swimmer. And as you read, those who "survived" have gone on to achieve great things. – Coach Jim

Lessons from Legends by Chuck Warner

Winter break training can be used as a time to build confidence and courage, for those willing to tackle difficult challenges. If you're looking for ideas for long workouts, just do a goggle search of "toughest swim practice" and some amazing examples will pop up. But the results that every swimmer, coach and parent are looking for are at the end of the season, or even more appropriately, at the end of a swimmer's career. Here are a few a few examples of some tough stuff, and the performances they led to.

At the DeAnza (now DACA) Swim-A-Thon in the fall of 1975, **Mike Bruner** swam 10,000-yards instead of the normal 5,000 yard format. He held a time of under one minute on his average for each one hundred yards and swam the time of 9:40.3 on his last 1000. The next summer at the Montreal Olympic Games, Mike was the first gold medal winner in swimming when he won the 200-meter butterfly.

Bruner's feat is what inspired **Bobby Hackett** to tackle 100 x 100-yards on 1:00. After Bobby first succeeded at it in December of 1975, he completed it several more times. At the Montreal Olympics Hackett improved his 1500 nearly 30 seconds from the previous year. He won a silver medal and set a 15-16 year old NAG that still stands today.

Hackett's 100 x 100s encouraged Coach Sharon Power to assign **Ian Crocker** that task over the winter break in 1997. Ian is known for speed and holding the world record in the 100-meter butterfly. But he completed 100 x 100s short course meters on various intervals. Eight months later he swam 1:49 in the 200-meter freestyle, one of the fastest times in the world. Two and one half years later he won a gold medal on the United States 400 Medley Relay at the Sydney Olympics.

Over the winter break in 1979, **Dennis Pursley** was the head coach for the Cincinnati Pepsi Marlins. They worked very, very hard and for a long time. One evening he gave a portion of the team a 10,000-meter swim for time, and legend has it, told those swimmers that if they performed under a certain time they could miss the next morning practice.

Mary T. Meagher and the butterfly group piped up and asked, "What about us?" Coach Pursley offered the same challenge, along with the fact that everyone that swam butterfly had to swim full stroke/legal butterfly the entire 10,000 meters for their effort to count. Mary T and a few of her teammates earned the right to sleep in the next morning.

That summer Mary T broke the world records in both butterfly events and the next year dropped them down again to the sport's long-standing milestones of 57.9 and 2:05.9.

In the 1970s Coach **Mark Schubert's** Mission Viejo teams were noted for performing very long difficult training, especially in the "Animal Lane" or distance group. A sparkling example was Casey Converse's punishment for missing practice too frequently: a 20,000-yard swim for time in the spring of 1976.

His time? 4 hours, 8 minutes and 33 seconds.

That summer Casey improved his 400-meter freestyle seven seconds from the previous year and was a surprise in making the USA Olympic team.

On Christmas Eve, 1974 Coach Schubert walked out on the pool deck and told his team they were going to swim 10 x 1500s. Here is the scene from the book *Four Champions, One Gold Medal*.

The moment Coach Schubert announced the set, several swimmers began to weigh their options. Some thought of leaving and making up the practice another day, or quitting the team altogether.

Anticipating some backlash from some of the athletes, Mark Schubert's temper began to boil.

“When you stand up on the blocks at the end of the season I want you to know that you have done things that none of your competitors have done!” he said tersely, “and this is one of those things.”

By responding in kind, they [The Animal Lane] were not only leading the work ethic of the Mission Viejo Nadadores, they were one of the leading ambassadors of hard work in U.S. swimming, not to mention the rest of the world.

Brian Goodell stood by lane one, the animal lane. He smiled and thought, “I’m going home tired tonight no matter what. So who cares if the set is 10 x 1500s. Am I going to die from this?”

Brian laughed and quietly said to his animal lane teammates, Taylor Howe and Bill Babashoff, “Let’s go.”

Nineteen months later **Brian Goodell** set world records in the 400 and 1500-meter freestyles and won both gold medals at the Montreal Olympics.

Twenty-one months later Brian Goodell began his senior year of high school.

SIX-BEAT KICKING A DISTANCE RACE

BY RUSSELL MARK // HIGH PERFORMANCE CONSULTANT

It’s pretty clear that the trend in distance races is to six-beat kick the whole race. The evidence is strong:

- All six medalists in the distance races at the 2012 Olympics – 800 free (Ledecky, Belmonte, Adlington) and 1500 free (Sun, Cochrane, Mellouli)
- Five of eight finalists in both the 800 and 1500 at the 2012 Olympic Trials
- Grant Hackett’s 10-year World Record 14:34 at 2001 World Championships

The old two-beat kicking trend might have been related to high tempo freestyles and enduring the large training volume of the 70’s and 80’s. The current trend of six-beat kicking can translate down to a good 400 and 200. In other words, SPEED, which is absolutely essential to a competitive 800 and 1500 now.

Use Your Legs

A six-beat kick means you use your legs from start to finish. There are six kicks for every two arm strokes (1 cycle). The legs do not drag behind.

Note: The intensity of a six-beat kick depends on tempo. For example, for the first 1400m of Sun Yang’s 1500 (2012 Olympic Gold medalist), his tempo is a slow 1.9 seconds per cycle, and six kicks in that time is pretty chill. On the last 50, his tempo is 1.4 seconds per cycle, so the six kicks are quicker and stronger.

Don’t “Save The Legs”

Kicking a distance race can definitely be trained, and shouldn’t be feared to conserve energy. A ferocious kick for an 800 or 1500 isn’t necessary. The kick just needs to be steady. There are certainly differences, but so many people train to run four-hour marathons, so training to kick for 10-15 minutes of swimming is very reasonable.

It’s Not Always Black & White

There have been – and still are – successful distance swimmers that use a two-beat or four-beat kick. Kieren Perkins, the great Australian distance swimmer, switched between a two-beat and a six-beat kick within each 50. Also, many swimmers do not maintain a consistent kick when they breathe and this technique flaw should be worked on.

If It’s Not in The Toolbox, It’s Not a Tool You Can Use

A swimmer needs to have this ability, whether they use it for the duration or just at the end. Learn proper kick technique and how to six-beat kick while swimming. At older ages, it’s a difficult skill to acquire and also harder to correct flaws like a cross-over kick.

Upcoming Events:

January 12 – “Bring-A-Friend to Practice” Day at Canal St Rec, 12:00-1:00pm

January 18-20 – Riptides’ Winter Invite Swim Meet at North Myrtle Beach Rec Center

Practice Changes:

January 5 – No Practices

January 18-19 – No Practices

Birthdays:

Yianni Paraschos – 14th, Sophia McKanna – 30th