

# “Lane 4” Times



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## **New Year's Marathon Swim!**

Yes Riptides, it is getting to be that time of the year - time to close out 2009 and prepare for 2010. And what is the best way to do this? Why, a Marathon swim of course!!!

As in years passed, this event ends the current year and kicks off the new year. The marathon swim will test the physical and mental limits of every participating swimmer. Historically, swimmers who have completed the duration of this event have achieved unprecedented success. For this reason, the marathon swim has become a vital part of any swimmers training.

However, this year, the event will be slightly different as the Riptides will use this as the primary fundraiser. Each swimmer may seek pledges per length or flat donations from anyone... family, friends, frequented businesses, etc. Use your imagination. Letters and tax forms are available on the Riptides' website if required (you must be logged on to download forms).

Swimmers in Senior/Gold will swim upwards of 22,000 yards, Silver 7500 yards, Bronze 5000 yards, Blue 4000 yards, Red 3000 yards, and White 2500 yards. The swim schedule for this event is located below. Also, swimmers in Senior, Gold and Silver should bring snacks as they will need to refuel.

Every swimmer who secures a minimum of \$200 in fundraising for this event is eligible to earn prizes from the brackets listed below. Please remember some items take longer to be ordered and returned than others, so be patient.

- \$200-299 – Commemorative t-shirt and silicon team cap
- \$300-499 – Commemorative t-shirt and 2 personalized silicon team caps
- \$500-799 – Above and embroidered team towel and chair and team hooded sweatshirt
- \$800-1199 – Above and \$50 gift card
- \$1200-1699 – Above and \$100 gift card
- \$1700 and up – Above and 19"-21" flat-panel television!

Upon completion of the marathon event, swimmers will have until **January 31, 2010** to return all funds to Coach Jimmy. Any funds returned after January 31, 2010 will not be counted towards marathon prizes, but will go towards fundraising obligation. Remember, each swimmer is required to raise at least \$200 towards their fundraising obligation. Swimmers are to turn in checks only, please, no cash. Parents, please convert cash to checks.

Good luck Riptides!

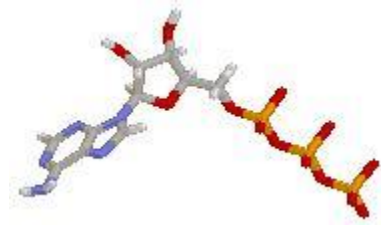
## **Swimming Nutrition**

For swimmers, great nutrition is vital to long-term success. Swimmers are very much like race cars... utilizing a form of an internal combustion engine, in its simplest terms. The body needs three things to go – fuel, oxygen and a spark (in the form of electrical impulse). Although nutrition has been mentioned before, swimmers will be entering the heaviest training loads over the next several weeks and great nutrition will ensure our swimmers will be able to perform beyond their expectations. Over the next few weeks, nutrition articles from USA-Swimming will be distributed to our members for review.

Just one more item about nutrition is weight. Swimmers, by nature, tend to be very good eaters. They will eat a lot, just check your weekly grocery bill. If a swimmer is eating small amounts during the entire day, that is fine. The body will burn those calories easily. However, if a swimmer binge eats, the body will store those calories, adding

weight. Remember the analogy about being a race car – race cars don't have air-conditioning, or radios, or power windows. Swimmers need everything to go fast and nothing which will slow them down.

## Lesson 1 - Fueling Your Stroke, Buying and Burning Gas from USA-S



Six 200's descending on five minutes. Twenty-five 50's on :58. Whatever your "favorite," every set during every workout and dryland session requires energy.

Nutrients are the "chemicals" that supply the body with energy. Carbohydrate, protein and fat supply energy in the form of calories. These are your "Energy-Yielding Nutrients." Vitamins, Minerals and Water don't supply energy in the form of calories, but their presence is required in order for the body to access the energy provided by carbohydrate, protein and fat.

During exercise, the body gets its energy primarily from carbohydrate and fat. It likes to save protein for other things (building and repairing muscle tissue, hormones and red blood cells, and supporting the immune system). The only time the body uses protein as an energy source during exercise is when carbohydrate and fat are not present in sufficient quantities. This happens when the total caloric intake is too low over a period of months, and/or the bout of exercise is so long that the body's accessible sources of carbohydrate and protein become exhausted. Neither of these scenarios is desirable for swimmers.

Think about money. When you have lots of it, you don't mind paying full price for things. But when money is scarce, or there is just too much you have to buy, you look for bargains. You're not being cheap, just thrifty. Simplified to some extent, your body knows how to shop.

Now instead of dollars, think of your currency as oxygen. When swimming is "easy," say during warm-up or your easiest sets, there is plenty of oxygen available to support the exercise. The body perceives itself as "rich" and doesn't mind splurging on fat (1 gram of fat costs 9 oxygens). In fact, it automatically does so because it knows it might need carbohydrate at a later time.

When exercise is hard (we're talking *tough* sets, definitely your *hardest* sets), oxygen is not plentiful. In fact, the body needs every bit it can get to support the exercise, but even *that* is often not enough, and the body is forced to derive energy in ways that do not require oxygen (i.e. *anaerobic* metabolism). In this situation, the body perceives itself as very "poor" and becomes very thrifty with its "purchase" of fuel. Since carbohydrate costs less than fat (1 gram of carbohydrate costs 4 oxygens), the body chooses to rely primarily on carbohydrate for its energy.

Keep in mind that this entire fuel burning process is never a case of "all or none." In other words, the body is always using some combination of carbohydrate and fat, but the **intensity** of the exercise dictates which fuel source will be the *dominant* one. When swimming is easiest, fat is the primary fuel source. When swimming is toughest, carbohydrate is the primary fuel source. When swimming is about 50% of maximum effort, carbohydrate and fat contribute about equally.

Let's face it – the majority of workouts are hard. Above 50% for certain. If you consider the typical swim workout, it's pretty safe to say that **the primary fuel source for swimmers IS carbohydrate.**

### Everybody into the Pool By Greg Echlin

Ever think about how many countless hours you spend at the pool because of your children's schedule and wonder if it's worth the trouble? After all, there are so few swimming families that make names for themselves nationally like the bygone days of the Furniss boys or the eight Rhodenbaugh kids who swam for the Cincinnati Marlins.

Nobody needs to remind you how you run yourself ragged, going from one destination to the next, and your child might not be making the cut as quickly as you thought.

You're not the first to be thinking that, especially if you have three or four children involved in swimming, and their schedules are staggered. Nor would you be the last. So the first thing to do is:

Count your blessings. It's great that your children have swimming as one common activity, even if their pool schedules don't coincide the way you would prefer. Consider the alternatives if your children had different interests, as many do, that require you to be at different venues, sometimes on the other side of town.

Case in point: When two-time Olympic swimming gold medalist Bruce Furniss was growing up with his three brothers, he thought his dad was nuts for the daily routine he endured to get them to the pool.

We'd have age group meets through the winter that were sometimes two to three times a month. And they might be 30 miles away from home, or 40-50 miles away from my home. We'd get up at 6:00 in the morning and be at the pool by 7:30 or 8:00 to warm up. The meet would start at 9:00. We'd be there until 7:00 and drive home at 8:00, get up again on Sunday and do the same thing. Then my poor dad (William Furniss) would get his butt out of bed on Monday morning and go to work," Furniss said incredulously, reflecting on those days. "I said, 'How did you ever do that?' And he said, 'You know, I loved it.'"

These days, as a successful commercial real estate salesman and a father of four, Furniss knows what his dad was talking about.

You learn some things about your children through swimming that you didn't know. Like how discipline from swimming carries into other aspects of your children's lives.

For instance, George and Pam Bruce, who have four kids at a Wichita, Kan., swim club, entrusted their two oldest with the task of driving alone three hours up the turnpike on a recruiting trip to the University of Kansas. Had it not been for what they learned about their children's discipline through swimming, they wouldn't have handed the car keys to a couple of high school seniors for a weekend visit to a college campus.

In addition, think how your involvement with swimming contributes to your social life. Other than being related to 1960 Olympic swimming gold medalist Dick Farrell by marriage, the Bruces had no connection to swimming, but they've become close to other parents through their volunteer efforts. George is an attorney and CEO of a Wichita oil company, yet he sets aside time to help at swim meets as a certified referee. Pam can be found working in the concession stand at meets. It's amazing to find how friendships develop from working side by side with others through volunteer efforts.

So pinch yourself as a reminder that it's all about your children.

Meet the challenge. It's not uncommon for families to have children totally immersed in other activities other than from swimming. How many times have you asked yourself, 'I can't be everywhere at the same time, can I?'

The easy answer is no, but the difficult solution is also saying no. According to several multiple-child families involved in swimming, the best answer is to set a limit on the number of activities outside school a child can be involved in. It's okay to be involved with one or two more activities in addition to swimming, but beyond that it's not humanly possible to be everywhere, even if only one parent is working. Though not always to your child's liking, parameters must be set.

Case in point: Greg Rhodenbaugh, the assistant swimming coach at the University of Arizona, and a member of the aforementioned Rhodenbaugh swimming family. Rodenbaugh now has eight kids of his own. His oldest, 10, is one of five Rhodenbaugh kids involved in swimming with interests in playing the piano and ice skating. Reluctantly, Rhodenbaugh had to say no to her desire to play organized basketball and to her wish to be part of a junior quiz team.

We'll see what they want to do right now. Of course, we can't do everything they want to do, but that's a learning curve for them," Rhodenbaugh said.

Instead of allowing your children to dwell on what they're not able to do, here are some tips on what steps to take t

Fulfill your children's needs. As much as your children are prone to a regimented lifestyle to effectively balance their schoolwork and activities, their successful undertaking will be reflected by your ability to be organized.

It starts with parental teamwork. As Greg Rhodenbaugh says, "I don't know how people would do it if they didn't communicate real well." In today's world, where both spouses often work, that's even more important. The last thing your child wants is to be the center of a gaffe because mom and dad didn't work out their schedules. It's also important you communicate well with other families since car pools are a tremendous help when arranged.

Whether an activity calendar is designed on your home computer or it's marked on the pantry door as it is in the Rhodenbaugh household, it's better if it's in writing rather than trying to remember everything in your head.

Then you need to make sure your vehicle is mechanically sound with routine maintenance checks. A cell phone is handy, but the last thing you want to do is dial from a roadside location because a preventable breakdown occurred in your vehicle.

Perhaps the most important facet for fulfilling your children's needs is knowing your role. The children need your support. Make them feel like they're as important as you know they are to you, like they're accomplishing something they might be slow to recognize. That also means allowing the coaches to coach, and it wouldn't hurt to compliment the coach on his work with your children.

Case in point: Jim Halliburton, the Rockwood swim club coach in the St. Louis area, coaches five members of the Stupp family. He can't remember another instance when he was asked the question that mom Julie Stupp, a former swimmer with Parkway Swimming Club in the same area, posed in the last year, "How do we do as parents?" she asked. Halliburton was caught so off guard he had to think a moment before telling her he would give her an A.

Wouldn't you like to be told you deserve an A? Not a bad stroke for the ol' ego.

### **Practice Changes: *Please note the Holiday Training schedule***

**December 5** – No Practices

**December 12** – No Practices

**December 18** – All practices @ Canal St.

**December 19** – Regular practices, Holiday party TBA

**Dec 21-23** – SENIORS will practice 8-10am @ PG. All groups will have regular afternoon practice times and locations.

**Dec 24-25** – No Practices

**Dec 26** – Regular practices, times, locations

**Dec 28-30** – SENIORS will practice 8-10am @ PG. All groups will have regular afternoon practice times and locations.

**Dec 31** – New Year's Marathon Swim!!! This event will take place at Canal St. Seniors/Gold – 8am-3pm, Silver – 8am-11am, Bronze/Blue/Red – 11am-1pm, and White – 11am-12:30pm.

**Jan 1** – No Practices

### **Birthdays:**

Sage Short – 2<sup>nd</sup>, Jack Cardinal – 4<sup>th</sup>, Chloe Ladd – 16<sup>th</sup>, Breah Harris – 24<sup>th</sup>, Lauren Campbell – 29<sup>th</sup>