

# VOLTAGE AQUATICS

## From the Coaches

Thank you to all the parents and families that supported the IMX swim meet!!! It was a great meet! I was excited to see so many swimmers challenge themselves and get times in new events! These home meets can not happen without your support! Thank you! I am looking forward to another great home meet at the Mashed Potato Dash on June 2<sup>nd</sup>!

~ Coach Phoebe

## How to Prevent Shoulder Pain

~Olivier Poirier-Leroy

Given that swimmers annually perform hundreds of thousands of arm rotations it should be of little shock to learn that this type of work and frequency places a lot stress on the shoulder musculature and joint. As a result, the shoulders are the most commonly injured body part as a result of competitive swimming.

### **Preventing Swimmer's Shoulder – It Starts with Posture**

At the end of the day, when you take off your swim goggles and call it a day at the pool, shoulder related injuries are generally a result of poor posture and sloppy mechanics in the water. Yes, overuse and the seemingly endless repetition of arm rotations seems like an unstoppable prescription for shoulder agony, but when you have proper alignment and posture you minimize the chances of injury.

**It starts with building better posture, both in the pool and out of it.**

From being slumped over our desks, on the couch, in bed, or during our countless staring matches with our mobile device, the posture we carry for the 22 hours of the day we aren't in the pool inevitably bleeds into our swimming. And when we have bad posture in the water we are creating the ideal circumstances for the inevitable shoulder injury. Besides avoiding the time missed and misery that comes with being chronically injured, think about this...

**When we have poor posture, we not only limit the mobility of our limbs but we also dramatically short-change the amount of power we can exert.**

Steps to take in order to protect your shoulders:

1. Sleep on your back
2. Improve your T – spine mobility
3. Improve Scapula stability
4. Strengthen your rotator cuffs
5. Swim with perfect technique
6. Make it part of your routine – Take care of your body

## Important Dates

May 18-20: *Spring Fling*, Boise.

June 2: *Mashed Potato Dash*, Idaho Falls.

June 9: *Summer Heat*, Twin Falls.

June 11: Summer schedule begins.

# VOLTAGE AQUATICS

## Mashed Potato Dash



We hope everyone will plan on participating in the Mashed Potato Dash meet on June 2. This meet is great for new swimmers. There are events for everyone.

## Volt Values

### **Sportsmanship:**

Voltage Aquatics is striving to teach all swimmers the value of good sportsmanship! We are helping them to show sportsmanship whether they win or lose!

### Definition:

1. Sportsmanship is often referred to as the "golden rule of sports" in other words treating your teammates and opponents as you would like to be treated!
2. Behaviors such as fairness, respect for one's opponent, and graciousness in winning or losing.

How do you demonstrate good Sportsmanship at practice, or swim meets?

How do you demonstrate good Sportsmanship at school or home?

Have you ever seen someone show bad sportsmanship?

What was your response?

