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Upcoming Swim Meets:

July 9-11 Senior Champs
Northside San Antonio

July 9-11: STAGS Palo Alto
San Antonio

July 21-25: TAGS UT Swim
Center Austin

August 6-8: Junior Olympics
South Corpus Christi

2010 LCM STAGS & Seniors Champs Qualifiers

.Congratulations to Brownsville Aquatics swimmers who achieved qualifying time standards for South Texas STAGS and Seniors Championship Meets.

Swimmers who achieved STAGS time standards:

Imperial Maya Athena Age 10: 50 Breast

Castillo Stephanie Age 11: 100 Free, 200 Free, 400 Free, 100 Back, 200 Back, 50 Breast, 100 Breast, 200 Breast, 50 Fly, 100 Fly, 200 Fly, 200 IM

Salais Desiree Age 11: 200 Free, 400 Free

Besteiro Ivana Age 12: 50 Fly, 100 Fly, 50 Back, 100 Back, 50 Breast, 100 Breast, 200 Breast, 200 IM, 400 IM

Moreno Andrea Age 12: 50 Back

Shea Ryan Age 11: 50 Free, 50 Fly

Ashford Jonathan Age 12: 50 Free, 100 Free, 400 Free, 50 Breast, 100 Breast, 200 Breast, 200 IM

Swimmers who achieved Seniors time standards:

Gozdalski Christine Age 13: 50 Free, 100 Free, 200 Free, 400 Free 100 Back, 200 Back, 100 Breast

Morales Brianna Age 15: 50 Free, 100 Free, 400 Free, 100 Breast, 200 Breast, 200 IM

Castillo Natalie Age 16: 400 Free, 1500 Free, 100 Back, 200 Back, 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM, 400 IM,

Salinas Victoria Age 17: 50 Free, 100 Free, 200 Free, 400 Free, 1500 Free, 200 Back, 100 Breast, 100 Fly, 200 Fly, 200 IM, 400 IM

Euresti Daniel Age 13: 50 Free, 100 Free, 200 Free, 400 Free, 100 Breast, 100 Back, 200 Back, 100 Fly, 200 Fly, 200 IM, 400 IM

Lopez Ricardo Age 14: 50 FREE, 100 BACK

Flores Alberto Age 16: 100 FREE, 100 FLY

Delgado Alejandro Age 17: 100 FLY

Sundt Chayse Age 17: 400 FREE

Banda Diego Age 18: 50 Free, 100 Free, 100 Back, 200 Back

Castillo Jonathon Age 18: 50 Free, 100 Free, 200 Free, 400 Free, 100 Back, 200 Back 100 Breast, 200 Breast, 100 Fly, 200 Fly, 200 IM, 400 IM

Inside this issue:

STAGS & Seniors Qualifiers **1**

10 Commandments for Swimming Parents **2**

USA Swimming Structure **3**

Transition to LCM **3**

Transition to LCM—continue **4**

10 Commandments for Swimming Parents

by Rose Snyder, Managing Director Coaching Division, USOC
Former Director of Club Services, USA Swimming
(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

I. Thou shalt not impose thy ambitions on thy child.

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

II. Thou shalt be supportive no matter what.

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

III. Thou shalt not coach thy child.

You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

IV. Thou shalt only have positive things to say at a swimming meet.

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

V. Thou shalt acknowledge thy child's fears.

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

VI. Thou shalt not criticize the officials.

Please don't criticize those who are doing the best they can in purely voluntary positions.

VII. Honor thy child's coach.

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

VIII. Thou shalt be loyal and supportive of thy team

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its

own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

IX. Thy child shalt have goals besides winning.

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

X. Thou shalt not expect thy child to become an Olympian.

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.



After relay race in Corpus Christi meet April 18, 2010: from left Ivana, Isabella, Andrea, and Christine.

USA Swimming Organizational Structure

Volume 1, Issue 1

There are several parts and levels that make up USA Swimming. There is the National Governing Body (national) level, the Zone (regional) level, and the Local Swimming Committee (local/state) level. The National Governing Body (NGB) of United States Swimming is an extension of the United States Olympic Committee. While all of the separate swim teams, LSC's, and Zones do not officially make up the NGB, they are all members and are subject to the laws of the NGB. The zone does not make very many policy or pro-

cedural decisions that affect the members of USA Swimming. Its primary task is to operate Zone and Sectional meets and facilitate conversation between Local Swimming Committees (LSCs) in the same national region. Within USA Swimming, there are 4 Zones: Eastern, Southern, Central and Western. The Local Swimming Committee (LSC) is the local level of USA Swimming. Each LSC is a separate entity, with each being an individual member of USA Swimming, although all act on behalf of USA Swimming on the local level. The LSC gives

USA Swimming sanctions to swimming meets in their area. There are currently 59 LSCs in the country, 5 in Texas (ST-South Texas, GU-Gulf, NT-North Texas, BD-Border Swimming, WT-West Texas)



USA Swimming logo

"You can't put a limit on anything.

The more you dream, the farther you get."

Michael Phelps

Transition to Long Course Meters by Dick Bower

It has probably happened to you.

You train for months in a 25 yard pool and then enter the summer long course championships. Upon arriving at the meet, you take a glance at the pool. It looks sooooo loooooong! You stand at the end of the pool ready to warmup and it looks even longer. Swimming your first length, you reach about halfway and you're ready to flip. No wall! You keep swimming. Still no wall! You keep looking, you keep stroking. Eventually, the wall comes into sight. A few more strokes and you've finally completed your first long course length of the season.

Is there hope for the long course competitor who trains in a short course pool? Yes! I would like to

emphasize that the lack of a 50 meter pool does not preclude the possibility of top performances in long course competition. Having coached 36 of my 42 years with no access to a 50 meter pool, my swimmers have done equally well in long and short course competitions. Two of my swimmers have won Senior National championships training only in a 25 yard pool. Some of my swimmers have achieved their best long course times in the Olympic Trials, a long course meet held in the spring, after having trained exclusively in a short course pool for seven months! Often, their times did not improve the following summer after long course training.

I think that most national and international level coaches would prefer to do

at least half of their training in 50 meter pools. However, some coaches have been very successful in preparing swimmers for long course competition while training in shorter pools. George Campbell, who coached in Jacksonville, Florida in the late 1960s, had three world-ranked swimmers on a small team training in a 20 yard pool. One of these swimmers was Katie Ball, national champion breaststroker.

Personally, I would like my swimmers to do half of their year-round training in a 50 meter pool. I feel that only a couple of months of long course training is not effective and sometimes counterproductive, especially for sprinters. For effective training in a 50 meter pool, swimmers need to start long course training no later than

May 1 to provide enough time for the build-up and taper. But don't forget that some short, very fast sprints are needed for anaerobic conditioning. Sprinters need this type of conditioning the most, and these sprints are best done in 12 to 25 yard distances. In a long course pool, I would suggest eight-second sprints, returning to the same wall.

There is a difference in the training and in the skills which are required for the long course events. Studies show that long course events are more taxing on the body than their corresponding short course events. It is easy to see that most long course events are ten percent longer than their short course counterparts, but there is more to

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it than the extra ten percent. Although the 400 and 800 meter freestyle events are comparable to the 500 yard and 1000 yard events, many distance swimmers, whose strength lies in the turns, have less success in 50 meter pools.

There are a number of training considerations that can be made to better prepare you for long course competition while training in a short course pool:

1. Charge the walls. By far the most important single factor is the manner in which the turns are executed. Turns can (and usually do) afford an opportunity to loaf or at least get a little rest. If turns are done with full effort, short course training will be equally or more taxing than long course training.

I tell my swimmers to "charge the walls." This means to pick up speed going into each turn, flip as hard and as fast as possible, and kick hard off the walls. Streamline well on the push-off, but don't over-extend the glide. This is good advice for swimmers who train in pools of any length for any type of competition.

Masters swimmers who do not do flip turns must still



swim faster in and out of the turns and make the turning action as forceful as possible.

2. Extend repeat distance. Since most long course events are ten percent longer, repeats can be adjusted to 125 yards in place of 100's and 225 yards in place of 200's. This is not one of the techniques that I have used extensively because all of our workout pace charts are based on 100 yard increments. However, it is used by many coaches.

3. Adjust backstroke flags. Placement of backstroke flags is very important to backstroke and individual medley swimmers. If possible, the coach should move the flags to 5 meters (instead of 5 yards) from the wall during the long course season. When participating in away meets, it is the responsibility of the coach to measure the flag distance prior to warmups and to tell the swimmers where the flags are actually set.

4. Increase kicking. Many top short course swimmers who don't do well in long course often complain that their legs give out. Therefore, plan on doing more and harder kicking. Vertical kicking sets are beneficial and can be done in a minimum of space. Workout time can be extended by crowding everyone into one lane or into the diving pool when the next training group takes over the pool. Vertical kicking can also be done individually during crowded recreational periods.

5. Train harder. Recognize that long course competition can be more taxing and com-



mit yourself to a more strenuous all-around program. Add some time and yardage to your workout sessions. On occasion, decrease your amount of rest between repeats. Do extra kicking and more eight-second sprints.

Triathletes and other open water swimmers should also consider that they will be competing in a course without turns. Many of the above considerations will apply as well to the swimmer who is training for open water events.

If you are still daunted by the thought of that loooooong pool, there is one more bit of advice you might follow: **SNEAK INTO A 50 METER POOL WHENEVER YOU CAN!**

