

APRIL 2019



**WH2O**  
WEST HOLLYWOOD AQUATICS

# NEWSLETTER

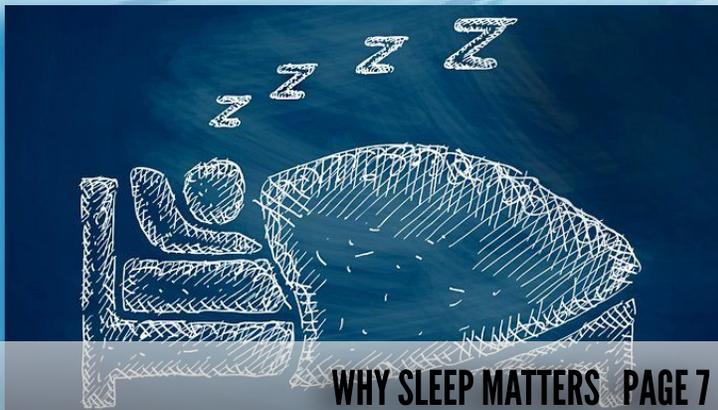
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# LADYBOWS MAKE WATER POLO TEAM HISTORY (ER, HERSTORY)

By LACEY RAINWATER, WH20 MEMBER SINCE 2016



The WH20 women's water polo team (affectionately referred to as the LadyBows—short for Lady Rainbows) made team history at the Surf City Spring Classic in Orange County on February 16-17, 2019. Surf City was the third tournament in which the LadyBows have competed in the last 10 years, and the first time the women's team notched a win. The LadyBows brought home silver after defeating Darkside (San Diego) 14-9 and beating Riptide Black (Huntington Beach) 8-6. The women fell to Riptide Blue 5-8 in the final game on Sunday.

Vicky Gyorrffy, Deb Jourdain, Audrey Kim, Lacey Rainwater, and Abby Woodruff from WH20 formed the core of the team, while women from Oakland Masters, Olympic Club, LMU Alumni, and Coastal Masters filled out the bench. "I'm so proud at how far the WH20 women's program has come in the last few years," said veteran Lacey Rainwater. Newcomer Deb Jourdain reflected on the weekend, "It was such an awesome opportunity to gather our LadyBows with another group of women who were able to adapt quickly and pull out some wins."

Big thanks to the men's team and swimmers who cheered the LadyBows on to make team history. We-Ho-You-Know-Herstory!

We are well into 2019 and there are a lot of exciting upcoming team events and gatherings to look forward to. From swim Nationals in Arizona and IGLA in New York, to the always crazy Bingo fundraiser and Tsunami de Mayo for water polo. As the team treasurer, I'm going to take a little time to touch on some points from last year and how the team is looking forward to exciting opportunities and growth moving into our next 30 years.

As most of you recall, our long time team member and close friend, Jonathan Skow, suffered a severe accident while body surfing in Hawaii last year which ultimately took his life. His absence has been difficult to comprehend over the past six months, but he also really loved this team and all the friends he made over the eleven years he was a teammate. In his passing he wanted to make sure future generations will enjoy the water as much as he did and, Jonathan with his wife Trina, donated \$250,000 to West Hollywood Aquatics.

Over the past few months the Board and a small volunteer subcommittee have been brainstorming, with impute from all of you, about ways we can continue with what makes West Hollywood Aquatics so great, and also expand our program into the future. With Jonathan and Trina's donation, plus funds that WH2O has grown over the years, we are beginning our efforts to expand West Hollywood Aquatics.

We are in the very early stages but some initial programs that the board and teammates have started include:

- A donation to the City of West Hollywood for new pool fixtures and equipment upgrades
- A soon-to-be-announced program to open up (free of charge) weekend practices to non-members as an outreach to groups currently not well represented in the WH2O membership
- A donation plus further outreach and events with the Trident Swim Foundation
- The establishment of a formal reserve fund in order to smooth out difficult patches in pool costs or membership numbers
- The creation of an ongoing Angel Fund for scholarships to key national and international competitions
- Having multiple coaches at our larger and more popular practices
- Adding additional workout times for water polo, swimming and open water to build off the incredible membership growth in 2018 (over 25 net new members!)

# SOME THOUGHTS FROM YOUR WH2O TREASURER

BY **BRYAN LIBIT**; WH2O MEMBER SINCE 2003

Of course a lot of this is in the very early stages and hopefully we can be doing some much larger programs and initiatives in the coming years.

On that note, some of the best ideas come from you, the membership. We would not have the *Light in the Water* (Emmy nominated!!!!) documentary, if not for a few teammates with a bold idea. One of the directives from Trina and Jonathan was to take risks and try new things as an organization. Be it a social event, competition, LGBT forum or other aquatic endeavors, the team would love to hear from you. Reach out to the board by email ([board@wh2o.org](mailto:board@wh2o.org)) or any board member directly. The hardest part is not the money...it's finding the people with the passion and drive to push an initiative forward.

In the coming months me, the rest of the board and your fellow teammates will be communicating some of the strategic initiatives we are looking to push forward in the coming years. I'm really excited for West Hollywood Aquatics in 2019, and 2020, and 2030! We have a great history, a great foundation and some exciting growth and opportunities in the future.

*Quiz question 1: Coach Kiley recently moved back to Los Angeles and rejoined the coaching roster at WH2O. What famous SoCal college team did Kylie swim for?*



# SYSTEMS OF IMPROVEMENT

BY SHEA MANNING; WH20 MEMBER SINCE 2017



What goes on in your head when you are swimming? Are the thoughts you have while you workout the same as those you have when you race in an open lane? Do you actively practice your race mentality and inner monologue? With Nationals and IGLA right around the corner, now is a perfect time to be placing a greater focus on our race preparation, strategy, and execution. The energy and mentality we bring to the starting blocks is the foundation of our performance. You cannot build the best possible race on any given day without a strong foundation. Even if you do not participate in meets, a greater awareness of your inner monologue will enhance your overall training.

In recent weeks I have been revisiting principles laid out in *Thinking, Fast and Slow* by Daniel Kahneman through the lens of athletic performance. Kahneman discusses the differences between the “two systems” of thought:

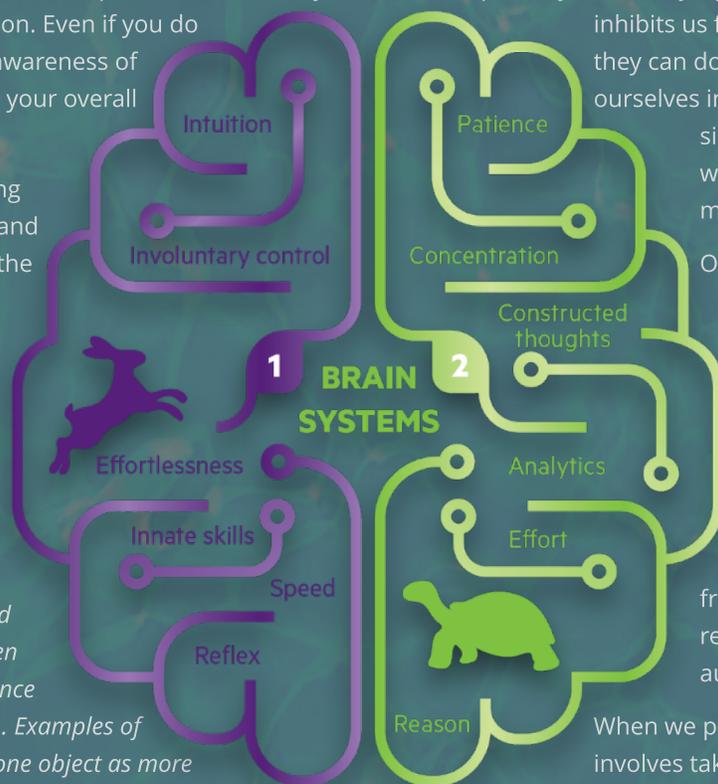
*“System 1 operates automatically and quickly, with little to no effort and no sense of voluntary control. System 2 allocates attention to the effortful mental activities that demand it...the operations of System 2 are often associated with the subjective experience of agency, choice, and concentration... Examples of System 1 activities include: detecting one object as more distant than another, understanding simple sentences, the answer to  $2 + 2 =$ , completing the phrase ‘bread and...’ etc... Examples of System 2 include bracing for the start in a race, maintaining a faster speed than is natural for you, monitoring the appropriateness of your behavior in a social situation, parking in a narrow space, comparing two washing machines for overall value, etc.”*

System 1 is a big reason we love swimming. We all have enough background in the sport to be able to move through the water without giving it much thought. The silence and serenity of the water makes it even easier for us to tune out and move on autopilot. Because of the manner in which we practice, with like-speed lanes running on scheduled intervals, we spend the majority of our workouts in System 1.

Our development and success, however, occurs in the constant pursuit of striking the perfect balance between System 1 and System 2—which is ever-changing due to fitness-level, aging, body awareness, and Swim IQ among other factors. Too much time in System 1 and we lose connection with our actions and decrease our adaptability. Contrarily, spending all of our time in System 2 inhibits us from allowing our bodies to do what they can do on their own. We wouldn’t force ourselves into strenuous thought to answer a simple arithmetic problem; so why would we put more thought into movements that come naturally to us?

Our goal should be to check-in with ourselves during various points in our race, employing System 2 at moments that call for it (when the starter goes off, going with a swimmer of a similar speed despite being slightly outside of our comfort zone, letting a faster or careless swimmer take-off in front of us, etc.), while spending the rest of the time operating automatically in System 1.

When we practice, much of our improvement involves taking our System 2 tasks/movements and perfecting them until they become System 1 movements. Because of the mental strain of System 2 caused by concentration, however, we often slip back into old habits because they are more automatic and less taxing. That is to say if a coach encourages a change in your stroke, despite its long-term benefits to your mobility and speed, if the change does not allow you to keep up the same pace, it is more likely for you to give into the temptation of doing what it takes to keep up rather than continuing the more demoralizing option of maintaining a more mentally and physically strenuous change. This happens to everyone, in practice and in races, so it is not the end of the world. If we simply begin recognizing our brains movement between System 1 and System 2, whether it happens in a race, or practice, or away from the pool completely, we will be more capable of making changes in the future. After all, it is impossible to make a change to something we are unaware of or cannot feel.





## WH20 TEAM MEMBER PROFILE

EDWARD WARDRIP, WATER POLO;

WH20 MEMBER SINCE 2018

### 1.) What's your favorite pool that you've ever trained or competed in?

Complexe Acquatique in Montreal. They built this whole complex on an island that's just a giant public park. It's beautiful and scenic, but more than anything I was living in New York at the time where all our pools are indoors and sad, so playing outdoors in the Montreal tournament every year was a treat.

### 2.) Prior to joining WH20, who was your favorite coach? Where and when did they coach you?

Jeff Winter. He coaches the TNYA polo team, and he's a close friend, so I'm biased.

### 3.) What's your favorite post-practice breakfast (or dinner) spot?

Guisados. I never knew that grilling a piece of cheese and then placing it in a corn tortilla would make for such a superior quesadilla. I also never expected to rant and rave over a quesadilla, but here we are.

### 4.) What is your favorite non-aquatic sport to participate in?

Skiing. I grew up skiing Mammoth with my family, and it's probably the one area I have even remotely any grace.

### 5.) If you could convince any celebrity to strap on their Speedo and join the team, who would it be?

Grace Jones, because duh.

### 6.) What's the last exciting place you've traveled?

Budapest. Aside from the lack of deodorant, Budapest is awesome, affordable and filled with some cool history. I highly recommend the kitschy (but informative) House of Terror Museum about Soviet control of Hungary.

### 7) If you could swap places with someone for a day, who would it be?

King of the Sea Turtles, Mitch McConnell. I'd fix this shit in seconds flat.



## WH20 TEAM MEMBER PROFILE

JULIA TICUS, SWIMMING; WH20 MEMBER SINCE 2018

### 1.) What's your favorite pool that you've ever trained or competed in?

Haldeman Pool at Pomona College was the pool I swam at in college and probably my favorite pool. It's a great pool, but on top of that, I had never really trained outside that much and that was a big game changer. Practice and meets are soooo much better in the sunshine!

### 2.) Prior to joining WH20, who was your favorite coach? Where and when did they coach you?

I've been really lucky to end up on teams with great coaches. I think my favorite, or at least most memorable coach, is my high school and club coach, Kevin Auger. I didn't start swimming competitively until high school and Kevin definitely indoctrinated me to the sport and I definitely still hear him in my head sometimes when I'm swimming.

### 3.) What's your favorite post-practice breakfast (or dinner) spot?

Honestly, I'll eat anything after practice, but one of my favorite post-practice spots is Bea Bea's. It's a bit out of the way, but an excellent post-Sunday at VNSO spot. They have the craziest, most delicious pancake flavors and they're ginormous. I went just the other week and had the seasonal black sesame pancakes with coconut and whipped cream and was pretty much in heaven afterwards.

### 4.) What is your favorite non-aquatic sport to participate in?

Like most swimmers, I wouldn't say land sports are where I really shine, but I grew up playing a lot of tennis and still love to when I get the chance. I also really love yoga and cycling (outdoor and indoor).

### 5.) If you could convince any celebrity to strap on their Speedo and join the team, who would it be?

Ooooh, what a good question; so many good options. I'm gonna have to go with Idris Elba. The man is a god-like.

### 6.) What's the last exciting place you've traveled?

The last big trip I took was to Israel and Turkey last year. One of my best friends lives in Tel Aviv and gave me the insider's tour. Both countries have such interesting histories and are really beautiful. The food was also amazing!

### 7.) If you could swap places with someone for a day, who would it be?

Hmm...I feel like it would be fascinating to change places with anyone for a day. Off the top of my head, I'm going to go with one of the Obama's dogs (Bo or Sunny). First of all, you'd get to have a chill dog life for a day and you'd get to hangout with the Obama's and whoever they happen to have over.



# SLEEP, PART 1

BY JESSICA SEATON, D.C.; WH20 MEMBER SINCE 1990

We spend about a third of our life asleep, yet most of us don't know much about it. We usually don't think about it unless we have trouble sleeping.

The sleep/wake cycle is controlled primarily by light, hormones, and neurotransmitters and other brain factors. These relationships are interrelated. As we get sleepy in the evening, the pineal gland secretes the hormone melatonin. Melatonin production peaks between 2-4 AM. If during this time you turn a light on, or look at your phone, the melatonin production stops, and you're going to have trouble getting back to sleep. As the day wears on and our brain cells get tired, they excrete adenosine, which in turn attaches to adenosine receptors in the brain, pushing us towards sleepiness. Caffeine attaches to the adenosine receptors, which prevents adenosine from attaching, thereby keeping us from getting sleepy.

Sleep is a time of neurological renewal. It is the time where the brain processes short-term memories and strengthens long-term memories. Since the brain does not have a lymphatic system, it is also the time where the brain gets rid of metabolic toxins, such as the proteins associated with Alzheimer's disease.

During the night we cycle through the various sleep stages. Stages 1-3 are non-REM sleep. If we are woken from Stage 3, slow-wave deep sleep, also known as delta sleep, we'll be groggy and disoriented. It is during this slow wave deep sleep that our body secretes 95% of our growth hormone, important for muscle growth and repair, especially in athletes. This is also a

critical time for memory consolidation. Stage 4 is REM (rapid eye movement) sleep. REM sleep is important for the rhythmic secretion of testosterone. This is

also the time we're most likely to remember our dreams and when we probably process emotional stress. As we go through sleep cycles during the night, the slow wave deep sleep stages get shorter and REM sleep gets longer, resulting in 20% of sleep being spent in REM sleep. With age, the slow-wave deep sleep sessions get shorter and shorter, and we are less able to clear out beta-amyloid, a protein associated with Alzheimer's disease, and we're less able to consolidate memories.

Read *Sleep, Part 2* in the July edition of the WH20 Newsletter



# SPRING 2019 PALM SPRINGS TRAINING CAMP

BY COLIN DUEWEKE; WH2O MEMBER SINCE 2016

What another fantastic time in beautiful Palm Springs for our spring training trip. The weather was gorgeous and the team trained hard. Thank you to Coach Shea and Coach Kiley for putting together some amazing workouts. I'm sure many of us will not soon forget the Saturday evening practice!

I want to give a special shout-out to Geoff Stier for graciously opening his wonderful home for our Saturday night social. It was great getting a chance to let our hair down and get to know WH2O and visiting team members alike outside of the pool in a fun and relaxed setting.

I also want to recognize our swimmers of the weekend, Jessica Seaton, Julia Ticus and Jae Park. Apparently, having the letter J to start your name is the key to success! They worked hard and displayed the spirit of WH2O throughout the weekend.

If you were unable to join us this time in Palm Springs, don't worry! Our next trip is tentatively scheduled for a TBD weekend in October, and I hope to see as many of you as possible.

Swimmingly,  
Colin



*Quiz Question 2: Recently WH2O made a donation to the City of West Hollywood for a new scoreboard, timing system and disability lift. What amount did WH2O contribute?*

# KEELY'S KORNER - CHAPTER 4

BY KEELY MACDONALD; WH20 MEMBER SINCE 2016



*Dear Keely,*

*I hit a busy spell in my life. I missed a few practices here and there, and then before I knew it, quite some time had gone by and my skin was that of someone not constantly soaking in chlorine. I say this not as a good thing, because now I'm a bit apprehensive about getting back in the water. Getting back into swim shape seems so daunting! Any advice?*

*Yours truly, Missing the Pool*

Dear Missing,

Totally get it. Whether it's traveling, a crazy time at work, a new boyfriend / girlfriend / best friend, or you're feeling the need for a little break, we all go through pool-less periods of our life. Like all the butterflies currently migrating and running into our windshields on freeways (has that happened to any of you?!), we all must follow our bliss. That being said, never be afraid to come back, and here's why:

1) **Once a swimmer, always a swimmer.** We all know that feeling, where you get in, and it feels like your hand is literally going through the water and not grabbing anything. It's the WORST. It's like you're not going anywhere, right? Good news. This doesn't last more than a week or so. Know why? *\*RuPaul's voice\* Because you're a swimmer, baby.* I promise, scary as it seems, your feel for the water will come back. We've all taken huge breaks. I went a decade without this sport. But your body knows what to do. And you'll find yourself falling back into that amazing familiar feeling soon enough.

2) **You can't beat a SoCal tan.** Yeah, shout-out to those of you who want a savage tan, because there's no better place to make that happen than in the pool. Sure, your tan lines might leave a little to be desired (how do I *not* get a cap tan, tho?), but hey – at least you *have* tan lines!

3) **It's mentally meditative.** No matter where I am in my life, there's something about swimming that can calm me. I know – you don't believe that anything can calm me. But it's true! Being in the water is actually grounding, so much so that when you come back, I bet you anything you'll be taken by the immensity of that feeling, and it'll help you come back again and again.

4) Here's the most important one: **Your team is here for you.** Sometimes I think about if I had come back to swimming on a different Masters team. Would I still be doing it? Maybe, but I'm not certain. Because our team is unique. It's kind of magical. It's one-of-a-kind. It's supportive and fun and infectious. So come back, and I know you'll remember right away the reason you started in the first place.

So, Missing, hope that helps. I know it can feel intimidating. I know it's easier to sit on your couch than get up and jump in a too-cold or too-hot pool. But I also know that you'll be happy when you return, because it'll feel a lot like coming home. And no matter where you are in your life, or how long you take off, your team and the pool will be right here waiting to welcome you back.

Your teammate, Keely

# WHEN COMPETING IN ONE SPORT JUST ISN'T ENOUGH

BY IRENE WONG; WH2O MEMBER SINCE 2017

I decided to pick the brains of fellow WH2O triathletes, and find out more behind the insanity which drove them to dedicate their time, sweat, and blood to this multisport. The 4 triathletes featured in this article have a combined experience of over half a century. While each has had a varied introduction into the sport; unique training regimens; and preferred race distance, the consensus is undeniable: there's a captivating quality about triathlons that has inspired so many to just "tri".

## Q: What was your first ever tri race?

*Igor Porciuncula (triathlete for 7 years; WH2O member since 2017):* "My first ever triathlon was a neighborhood race in Pacific Palisades. It was a reverse tri. We started with two loops at the track, a couple of miles around the neighborhood, and finished with a few laps at the Palisades High School pool. It was so much fun and challenging that I got hooked."

*Brittaney Talbot (triathlete for 13 years; WH2O member since 2015):* "My first triathlon was the Adirondack Sprint Triathlon. Despite the name, it was a very urban course! The swim was in a pool, the bike was through Boston neighborhoods, and the run was a dash around the Rec Center park. I think I borrowed a mountain bike and practiced my transitions once (maybe). But I still remember how accomplished I felt and half hoped the permanent marker used for body marking wouldn't come off."

*Victor Garibay (triathlete for 17 years; WH2O member since 2017):* "My first race was in a relay since I had no wetsuit and the waves were 7ft high. My open water swimming abilities were not up to par for that cold and crazy ocean."

*Elina Siafaris (triathlete for 17 years; WH2O member since 2017):* "My first race was in 2002. I had an old all metal bike from the 80's, really heavy, but I didn't give up."

Here are some suggestions on local and regional races that are great for first-timers:

- ▶ LA Tri Series  
<https://trievents.com/ra/schedule>
- ▶ Breath of Life Ventura Triathlon  
<http://dinatriforlife.com>
- ▶ Hermosa Beach Tri  
<https://hermosabeachtri.com>
- ▶ Hansen Dam Triathlon  
<http://www.hansendamtriathlon.com>
- ▶ Trick or Tri  
<https://trickortri.com>
- ▶ Turkey Tri  
<https://renegaderaceseries.com/turkey-tri>
- ▶ San Diego International Triathlon  
<https://www.sdtriseries.com/sdit>
- ▶ Rock the Bay Triathlon in San Diego  
<https://www.rockthebaytri.com>
- ▶ Quiz Question 3: This year, WH2O will be sending a large team of swimmers and water polo players (and a diver!) to IGLA 2019. What city is hosting IGLA 2019?



Here is a list of our favorite bike routes to train on:

- ▶ **Rose Bowl loop in Pasadena**
- ▶ **Mandeville Canyon + Tiger Tail Road**
- ▶ **Ballona Creek from Culver City to Hermosa Beach**
- ▶ **Culver City to Palos Verdes + Hawthorne**
- ▶ **PCH: Latigo, Mulholland, Topanga**
- ▶ **San Gabriel River bike path from Encanto Park in Duarte**
- ▶ **Loop: LA River bike path + San Gabriel River bike path**
- ▶ **Crystal Lake up to the San Gabriel Mountains**

**Q: What is your first race this season? OR What is your goal race this year?**

*Igor:* "I am still recovering from my wrist injury, sustained at the Paris Gay Games triathlon, but I have my eyes set on the Rio Ironman 70.3 in September, which is in my hometown, with the race course literally in my backyard. Between now and then, I'm sure I would be racing in some shorter triathlons. If anyone wants to take on the Rio 70.3 challenge, you'd have a free stay with me!"

*Brittaney:* "My season kicked off with the LA Tri Series #1 on March 3. Right now I have 8 races planned for the year, finishing up with ITU World Championships representing Team USA in Switzerland. That is certainly my "A" race of the year, but I'm also very excited to be doing Connecticut 70.3 (half Ironman distance) in June and USAT Nationals in August. There were years where I could only manage one or two races in a season, but since 2015 I have made triathlon a much more focused part of my life and am accruing points to race as an elite (or professional) triathlete."



*Victor:* "My first race for this season will be Oceanside Half-Ironman, first weekend of April. In prep for my IMAZ in November 2019."

**Q: Any advice for someone considering their first tri race?**

*Igor:* "Just sign up and do it! You can accomplish anything you put your mind to. And for all the swimmers out there - don't skip training for the RUN... it will make your race much more enjoyable"

*Brittaney:* "Run your own race. Triathletes can be a bit like peacocks - it feels like

everyone is rolling in bikes tricked out with race wheels and aero bars, power meters and aero helmets. They are talking about how many miles they logged on Strava, and how they are so still undertrained for this race. Don't look and don't listen. Once you fall in love with the sport, you'll have plenty of time to get all the gear. Until then, trust your own training and just enjoy the day!"

*Victor:* "Start off with a local sprint race and enjoy the first one. Even though you will likely get hooked, find out if you like the sport before spending crazy money. However, you might continue to race in each of the discipline individually, just something to keep in mind when considering less expensive gear."

*Elina:* "My weekly routine includes 3x swims, 3x rides, 3x runs, and 3x 30 min weight lifting at the gym. When I have more time in the week, I would add an extra swim. When I am short on time, I cheat on the bike... but always kept up with my swims and runs. I eat everything. My advice to someone who wants to do triathlon is to start with 2 swims, 2 bikes, and 2 runs each week for a few months. Then race! It's fun and it's addictive!!"

**Each triathlete has their own system when it comes to nutrition, it all depends on what your stomach can take under stressful race conditions, and how much your body needs to replenish and sustain. Here are some to consider and try during training:**

- ▶ **Skratch drink mix**
- ▶ **H2Pro Hydrate**
- ▶ **Nuun Tabs**
- ▶ **Tailwind Nutrition**
- ▶ **Coconut water**
- ▶ **Clif: shot bloks, bar, gel**
- ▶ **Honey Stinger: waffle, gel, chews**
- ▶ **Epic meat bar**
- ▶ **Salt tabs**
- ▶ **Bananas**

# WH2OCEAN – GETTING READY FOR SUMMER

By AMY DANTZLER; WH2O MEMBER SINCE 1989

Spring has sprung and summer is just around the corner. So it's time to start thinking about beach bodies and open water swimming!

OWS has become more and more popular around the world and even among the WH2O pool racers. Lots of you have been asking me about doing open water races this summer. I am not sure whether it's the ocean that's calling your name or just FOMO, but the WH2Ocean crew would love to have you.

If you are among those starting to think about OWS, a great goal to consider is joining your teammates at a local race this year. The most popular race in the L.A. area is the Dwight Crum Pier to Pier (P2P) – a 2.2 mile point to point race from the Hermosa Beach Pier to the Manhattan Beach Pier. The race is not until Sunday, August 4, so you have plenty of time to prepare and it does not interfere with IGLA or LCM Nationals. WH2O usually has strong contingent competing. So P2P is always a fun day at the beach and, of course, involves brunch afterwards. All the race information (including entry forms, results and unflattering photos of some of us from previous years' races) can be found here: <https://www.surffestival.org/swim>. There are quite a few other local races throughout the summer of various lengths that you might also try out: <https://marathonswimmers.org/swim-calendars/southern-california/> and <https://www.spmasterswim.org/open-water-schedule>

If you're up for something more exotic, several of us are already planning to compete this summer in the Maui Channel Swim (MCS), a six-person relay across the beautiful 10-mile channel between the islands of Lanai and Maui on Labor Day Weekend. The MCS is a great fun event that, despite what it sounds like, does not require that much swimming. Because it is a relay each swimmer completes a leg of 30 minutes, then legs of 10 minutes to cross the channel with a boat escort. We would love to have more WH2O relay teams join us this year as relays are a great way to do a channel crossing and have fun with friends. This year's race is on Saturday August 31. If this is something you are interested in but you're not sure where to start on planning, talk to Bryan Libit or me. To learn more about the MCS you can visit their website: <http://www.mauichannelswim.com/>



If you decide to go to Hawaii for the MCS, also on Labor Day Weekend on the island of Oahu is the 2.4 mile Waikiki Rough Water Swim (WRWS). The WRWS is a very competitive race and draws a lot of top professional swimmers from the US and Australia. Besides the competitive field, the WRWS is a tough course. It is point to point like P2P but it requires you to swim almost 700 meters out to the first turn buoy, over 2300 meters parallel to shore and then over 800 meters into shore after the final turn buoy over some tricky currents and through some big surf. It's not an easy race but it is a beautiful course. Last year, eleven WH2O sharks competed in the WRWS among the sea turtles and beautiful tropical fish. To find out more about the WRWS you can visit their website: <http://www.waikikiroughwaterswim.com/>. They also have an active FaceBook page. The race is on Labor Day, Monday September 2.

If any of this sounds interesting or fun, you need to get in shape as OWS is not the same as pool swimming. The ocean is still a bit cold for most people to do OWS training, but you can start preparing for open water races without braving the Pacific temperatures. Most open water races are long – at least one mile and typically longer. So, if you are planning on entering some open water races this summer, get your distance on now. Choose to swim on our distance workout days and try the distance workouts on Saturday and Sunday. These are typically geared for distance pool races (the 800/1000 or 1500/1650) but they will help you with your base for longer open water swims too.

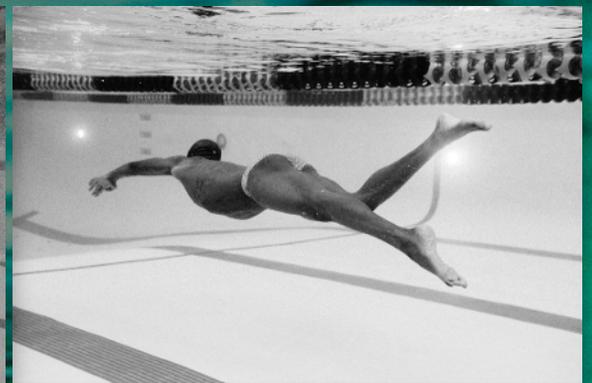
Though most swimmers are not made for dry land sports (just ask me!), doing some dry land exercise also can be extremely beneficial for the start and finish of a beach race. Local SoCal races, the MCS and the WRWS all have beach starts requiring you to run into the water through the sand and surf and beach finishes requiring you to pop up out of swimming position to run up a sandy berm through a finish line. That run at the end of a long swim can be brutal. And all of us have lost and won a long swim race in that last little run. Pushups, squats, running and even hiking can help prepare you for all of this.

If you are serious about open water swimming, however, nothing can really take the place of getting out there and practicing to prepare you for a race. It's important to get comfortable with the distance you will be racing. Again, most OWS races are much longer than pool races – you might be swimming at your threshold for over an hour in the P2P or the WRWS – so you will benefit from increasing your base by doing some longer training swims in the ocean. This will also help you get comfortable with sighting/ lifting your head while you swim and to gain experience with the ever-changing ocean conditions and, of course, the surf. No two days are alike in the ocean so, the more you do it, the more prepared you will be and the better you will do in a race. If you are going to make any of these races your summer goal, join your teammates or find a training buddy to do some training swims this summer. The Pacific Ocean is in our backyards so take advantage of it!

One piece of safety advice from a veteran: OWS is not something to do alone. As much fun as I have out there, it's important to have respect for the ocean. No matter how good a swimmer you are or how much OWS experience you might have, always train with at least one buddy.

Hope to see you at the pool and at the beach this summer!





**BELOW THE SURFACE**  
PHOTOS BY WADLEY, WH20 MEMBER SINCE 2005

## APRIL NEWSLETTER QUIZ CONTEST

**The contest:** Hidden amongst the articles and photos on the preceding pages are three quiz questions. Find the questions and research the answers.

**The prize:** A new Speedo Record Breaker backpack. Blue/Black, 25L. Retail price \$89.

**How to play:** Send your answers to all three quiz questions by email to [secretary@wh2o.org](mailto:secretary@wh2o.org) before Monday, April 8, 2019.

One winner will be randomly selected from all those who enter the contest with three correct answers.

