

ISSUE

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# BAC Times

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May 15, 2016

Weekly Updates and Reminders for BAC swimmers, parents and coaches

## Practice Calendars

Practice calendars are updated on the BAC website. Please check there for any changes in practice times or locations.

## Follow BAC on Social Media!

Follow BAC on Facebook (Badger Aquatics Swim Club), Instagram (badger\_aquatics) or on Twitter (@SwimBac). If you've got a swimmer practicing with us this spring you'll see some great pics – if you're not around for the spring it's a great chance to see what we're up to!



## LCM vs SCY

The BAC long-course meter season officially began with the IFLY Armbruster Open in Iowa City last weekend. And while the weather hasn't seen fit to cooperate yet, we're still hoping to get outside at the Shorewood Hills Pool (SW) to train LCM sometime soon.

While many of you have swimmers that are well-versed in the differences between LCM (long-course meters) and SCY (short-course yards), there are plenty of BAC families that might not know much about the difference. Consider this newsletter your brief tutorial on the differences between SCY and LCM!

### THE BASICS:

SCY is done in a 25 yard pool, so 50's are 2 lengths of the pool, 100's are 4 lengths, etc. LCM is done in a 50 meter pool. The number of lengths for each event is therefore cut in half, but the actual distance is a little bit longer (about 10%) because a meter is a little longer than a yard. (Some

pools are also short-course meters – SCM. These pools aren't generally all that common, but interestingly a number of area outdoor pools and smaller-town High Schools are SCM.)

### TIMES:

Given that LCM races are longer, and that even novice swimmers get a pretty big boost out of doing a turn, the time for a LCM event is going to be quite a bit slower than the equivalent SCY event. There are resources available to take a race done in SCY and 'convert' it to LCM (and vice versa), but coaches generally don't put much stock in their accuracy. First, the races themselves are different enough that they should be considered separately. Second, any attempt at converting a time forces a mathematical formula onto a biological event, and can't possibly take every factor into effect. At best, a converted time should be looked at as an approximation or as a range, never as strictly equivalent.



Badger Aquatics Club

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## LCM vs SCY continued

### EVENTS AND MEETS:

For the most part, the events offered at meets are the same. Obviously there are no LCM 25's, so LCM meets typically have less offerings for 8-unders. Similarly, because you can't change strokes in the middle of the pool, there is no 100 IM offered for LCM. The other main differences between LCM and SCY events are in the distance freestyle events. While SCY meets offer the 500, 1000, and 1650 yard races, the equivalent events in a LCM meet are the 400, 800, and 1500 meter free.

USA Swimming Clubs across the country host meets in both courses throughout the year, although the 'winter season' (October – March) is generally the SCY season, while the 'summer season' (April – August) is generally the LCM. Not all meets follow this distinction as many teams host SCY meets during the summer, and many of the 'bigger' national meets are held LCM all year long. BAC even had swimmers attend a meet this past March where prelims were held in SCY and finals in LCM.

In addition to the average USA winter meets, SCY pools are also used for nearly all High School competition (including WIAA State) and for NCAA competition. Besides general summer USA meets, many major International competitions – including the Olympics – are held in LCM pools. USA Olympic Trials are also held in LCM, and swimmers may ONLY qualify for 'Trials' with LCM times.

### TRAINING:

As many of our swimmers will realize first-hand in the coming weeks, training in a LCM pool differs in some significant ways from training SCY. When you're training in a SCY pool, turns – and therefore underwaters – occur more frequently and are therefore more emphasized. While turns and underwaters are still important to LCM training, having a longer pool means a longer distance to go between the mental and physical break that

a turn can provide. The longer distance in a LCM pool can also lead to stroke and technique issues when the walls aren't there to break things up into smaller pieces. However, the longer, unbroken distance also gives the swimmer more distance to get into a rhythm or to work on a technique or drill. SCY training can also lend itself to more creativity (75s, switching more often, etc.) and certainly makes it easier to train explosive sprinting over short distances. LCM training is often the type of training preferred by coaches (although not always the swimmers) who train distance freestyle sets.

In most of the Midwest, LCM training facilities are somewhat rarer than other parts of the country. This can create the feeling that training in a SCY pool is 'comfortable' and 'familiar', while training LCM is a little more intimidating. This isn't always the mentality in other places where the team – 8-unders through Seniors – starting practicing long course in early April or even March. In fact, there are a number of major clubs around the country with access to LCM pools that utilize them for training at different times throughout each season (especially in an Olympic year) and simply view them as different, not comfortable or intimidating.

At BAC, we're fortunate to have access to LCM training due in part to our long-standing relationship with SW that dates back to the 1970's. In fact, Jack Pettinger (UW and BAC Coach emeritus) was one of the driving forces that helped convince SW there was value in a 50-meter facility. For a time, Madison (and the SW pool specifically) became a 'center of excellence' that brought in some of the best swimmers from around the Midwest (including Coach Drew as a 17 year old!) We've worked hard to maintain and enhance that relationship throughout the years, and in turn SW has returned the favor by offering us opportunities like early and late-season training when the weather cooperates.



# BAC Times

## Summer Swim With BAC!

With the 8-week Spring Session wrapping up soon, we thought we'd give one more reminder that BAC also offers programming for nearly all of our swimmers (sorry LBs!) in the summer!

Obviously, all three of our Seasonal groups (Junior, PreSenior, and Senior) require commitment to both the spring and summer sessions. Swimmers in those groups have already signed up for the summer, and there are no spots in those groups currently available. However, we do have spots in some of our Foundational (Ribbon and Trophy) and Quarterly (Bronze, Silver, and Gold) groups that are still available to interested swimmers.

BAC in the summer can serve as a great option for swimmers that are either looking for a little more challenging practice, or especially a little bit more individualized stroke attention than they might get at a summer rec league practice. BAC always prides itself on having dedicated and professional coaches, and the practice environment that we offer is often a good balance to the fun and games atmosphere at other practices. For many of our summer swimmers, BAC is a supplementary practice that they do in addition to what might be offered for a summer team. Consequently, the length and the number of practices are often a little reduced from what is offered in the fall, winter, and spring. The summer schedule is currently listed on our web (as tentative, but with no anticipated changes), so please reach out to Jacob or to your swimmer's coach if you have any questions or are interested.

GO BAC!



**Badger Aquatics Club**