

Winter  
2014



# Western Zone

*Athlete Newsletter*

**Editor:**  
**Steve Sholdra,**  
Western Zone  
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Representative

## **QUOTE** **OF THE ISSUE**

*“Don't practice until you get it right.  
Practice until you can't ever  
get it wrong.”*

*-Anonymous*

## **IN THIS ISSUE...**

- Feature Story by  
**Mary Jo Swalley**
- Two-Page Special on USA  
Swimming Governance  
Committees
- 2014 Open Water Nationals  
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- Nutrition for Recovery

## **VIDEO** **OF THE ISSUE**

### Breaststroke Technique

Hosted by Bob Bowman and Michael Phelps, learn professional racing advice for breaststroke in this month's video. Some of the advice given is pulling your shoulders to your ears, pulling your lower back up during breathing, and sweeping your hands in front of your elbows. Enjoy! The video can be found [here](#).

## **USA SWIMMING** **BY THE NUMBERS**

Total Members:	<b>331,767</b>
Total Athletes:	<b>298,207</b>
Club Swim Teams:	<b>2,796</b>
Non-Athlete Coach/Official:	<b>30,642</b>
LSCs:	<b>59</b>
New USA Swimming Athletes Jan. 1-31:	<b>6,057</b>
Top 3 Largest LSCs:	

**Southern California, Illinois, Pacific**

*Thanks to Chuck Wielgus for statistics through Feb. 3, 2014*

# Western Zone Swimming



## Open Water Swimming

2014 Open Water Nationals  
Lower Castaic Lake  
Santa Clarita, CA  
June 13-15, 2014

### 2014 10K Time Standards:

**Men:**           **800:** 8:28.69, **1000:** 9:19.89  
                      **1500:** 16:05.29, **1650:** 15:37.59

**Women:**       **800:** 9:03.49, **1000:** 10:03.59  
                      **1500:** 17:20.49, **1650:** 16:46.19

### 2014 5K Time Standards:

**Men:**           **800:** 8:33.79, **1000:** 9:25.49  
                      **1500:** 16:14.99, **1650:** 15:46.99

**Women:**       **800:** 9:08.99, **1000:** 10:09.69  
                      **1500:** 17:30.89, **1650:** 16:56.29

Qualifying Period: Between July 1, 2013 and Entry deadline. Meet Host: Canyons Aquatic Club.

## Why Do We Do This Drill?



### "Jonny Quest"

(Underwater Breaststroke Pulls)

Named after a 1960s Hanna-Barbara cartoon character, "Jonny Quest" is a breath-control drill, and emphasizes maximum efficiency throughout the underwater pull. In the TV show, Jonny Quest would often escape from his enemies by swimming underwater breaststroke, as they were chasing him on the surface in boats.

Younger swimmers can use this drill to learn and practice pullouts, and senior swimmers can use it as a great breath control drill, with a limited number of breaths per length.

### Instructions

Push off wall, complete underwater breaststroke pullout. Repeat pullouts for full 25, only surfacing to breathe.

Exclusive WZ Athlete Newsletter™

## Injury Prevention

By Guest Correspondent **Tim Vagen**, Certified Strength and Conditioning Specialist (CSCS). Mr. Vagen is the founder and owner of Unlimited Athlete, Inc, an athletic development company in Kent, WA.

Muscular balance is the key to all injury prevention. Swimming (*except for the massive warm up at meets*) is a non-contact sport, so there should be no injuries. Swimmers tend to be more dominant with the muscles on the front, or anterior, part of the body. Keep working the strength on the back of the shoulder muscles, the lower back, the hips, and the hamstrings. This will balance out the musculature from all the front side work being done when swimming.

# USA Swimming Governance

## National USA Swimming Disability Committee

By **Jackie Kenny**

USA Swimming Disability Committee Athlete Representative

One of the most AMAZING (in my opinion) USA Swimming National Committees is the Disability Committee. The name is pretty straightforward and most of you can probably guess what their mission is. Officially, the Disability Committee's purpose is to facilitate inclusion in USA swimming programs through education and collaboration. Rather than creating entirely separate, unique opportunities for disability swimmers, the committee focuses on smoothing the path and providing ways for disabled athletes to become more easily integrated into existing programs and competitions. This way, all athletes are united under one umbrella (a.k.a. the swimmer umbrella), and it is made obvious that discrimination will not be tolerated. In short, the Disability Committee works on ensuring that every disabled athlete has the opportunity to have the same experience as any other swimmer.

This year, at the USA Aquatic Sports Convention, the Disability Committee met several times to discuss pertinent issues and upcoming events.

One of the major topics was the **Disability Coach Workshop**, which will either take place January 16-19, 2014 or October 16-19, 2014, depending on the availability of the Olympic Training Center in Colorado Springs. This interactive workshop will concentrate on educating coaches on how to properly train athletes with different disabilities. More information will be coming soon!

The **Deaf International Short Course Swimming Championships** will be hosted on January 14-18, 2014 at the Rochester Institute of Technology Judson Pool in New York. It is open to members of the International Committee of Sports for the Deaf (ICSD), is sanctioned by USA Swimming, and hosted by the United States Deaf Swimming and Fairport Area Swim Team. For more information, you can contact the Deaf Swimming Athletic Ambassador, Marcus Titus at [marcustitus05@gmail.com](mailto:marcustitus05@gmail.com).

As an athlete, coach, or swim instructor, if you are interested in learning more about how to teach children that face a variety of challenges (such as physical, emotional, sensory, cognitive, behavioral, etc.) in the water, a new course called **Aquatics for Children with Challenges** is starting up in 2014. It is classified as an Aquatic Therapy & Rehab Institute (ATRI) course and will assist aquatic professionals in structuring the aquatic environment, planning appropriate activities, adjusting to meet individual needs, designing progressions to facilitate success, and assessing progress toward child-specific activity. Because the course is brand-new, they are looking for interested persons who might be qualified to be trained to teach the course. If you would like more information, please don't hesitate to contact Sue Nelson at [snelson@usaswimming.org](mailto:snelson@usaswimming.org) or Tina Dessart at [tdessart@usaswimming.org](mailto:tdessart@usaswimming.org).

# USA Swimming Governance

## National USA Swimming Diversity Committee

By **Thomas Locke**

USA Swimming Diversity Committee Athlete Representative

The Diversity and Inclusion Committee works with members of USA Swimming to create a culture in the sport that is equal in opportunity. Many events were created within the past year that has impacted communities across the United States. One of the major events that was initiated was the **Diversity Zone Select Camp**. In addition to the National Diversity Select Camp, the Southern Zone hosted its first Diversity Select Camp and Summit in Charlotte, North Carolina. Seventeen athletes were selected to attend the camp by their LSCs. The camp was composed of training in the pool, motivational sessions, and team building activities. Olympians such as Cammile Adams, Micah Lawrence, Cullen Jones were invited to talk to athletes. Other LSC's such as the Western and Eastern Zone will also host Zone Select Camps soon.

Another event that took place in 2013 was the **OKS Native American Cultural Swim Meet**. This event took place at the Oklahoma City Community College hosted by the Oklahoma City Diversity Committee. This meet was hosted for 14 & under swimmers, which introduced Native Americans in the area an experience to the sport of Swimming. In addition, those who were 15& older had the opportunity to give back to their community.

Representing my LSC and USA Swimming, I am honored to be a part of a committee that is motivated to make impacts across the United States. As a **Diversity Select Camp** Member in 2011, the swimmers and coaches that were a part of the camp are considered a second family to me. As a current committee member I look back on my experience and realize that if it was not for the camp that I attended, I wouldn't be as involved in the sport of swimming as I am today. One of the main lessons I learned three years ago was to show others how special the sport of swimming is and to help give the sport of swimming the recognition it deserves. There are many ways to show others how great the sport of swimming can be. I would advise all swimmers in USA Swimming to show their love for the sport.

# Feature Story

## Did Your Alarm Clock Ring Early This Morning?

By **Mary Jo Swalley**

USA Swimming Vice President, Executive Director Southern California Swimming

**W**hether you are a swimmer, a parent driver or a coach, when you hear that very early alarm to take you to morning practice have you ever pondered, “Why am I doing this?” It would be easy enough to give yourself some extra rest time, but you don’t. Let’s take a look at answering that “why.” How do all of us involved in USA Swimming develop a passion that keeps us going like the dedicated postman, rain or shine?

*First*, our sport teaches a life-saving skill. It may seem simple to all of us – we swim. Statistics tell us that we are not the norm; 40% of Caucasians, 60% of Hispanics and 70% of African-Americans do not share the skill. Our USA Swimming Foundation Make a Splash program represents our passion to change the picture. Take a moment to help a child or an adult learn to swim. Maybe it is you teaching a neighbor in a backyard pool. Maybe it is helping organize a local spring vacation “learn to swim.” Maybe it is supporting Make a Splash.

*Next*, our sport teaches a life-long skill. A skill that can be learned in pre-school and enjoyed throughout a lifetime. A skill adaptable to recreation, vacation and fitness as well as competition. Take a moment to sit back and watch a heat of “no timers” at their first meet. Volunteer to help at a Masters meet. Enjoy joining friends and family at a beach party. You may be a former competitive swimmer; you will never be a former swimmer.

*Finally*, our sport teaches life management skills, including (but not limited to) work ethic, time management, goal setting, winning/losing, self-discipline. There are no losers among swimmers. A few reach the dream of being one of 52 Olympians while ALL gain the tools to succeed in life. Take a moment to look at all the volunteers who give tireless hours to help every swimmer have the chance to succeed. Consider how many have or had swimmers in their family and stay involved because they see the values swimming offers all its athletes.

*The* next time that alarm rings oh so early in the morning...just consider the investment it represents for your future and for all of our futures.

# Nutrition

## Nutrition for Recovery

Reprinted in its entirety with permission of **USA Swimming & Jim Rusnak** (Splash Magazine Editor-In-Chief).

Knowing how much carbohydrate, protein and fat to get in a day is good. But knowing **when** you should be getting those nutrients is even better. In general, follow these guidelines for incorporating carbohydrate, protein and fat into your day.

- Spread carbohydrate intake out over the course of the day (i.e. smaller meals and frequent snacks). This keeps blood sugar levels adequate and stable.
- Eat *some* carbohydrate before morning practice. Note: This can be in the form of juice.
- Eat carbohydrate in the form of a carb-electrolyte drink, such as Gatorade or Powerade, during workout **IF** workout is 90 minutes or longer. Gels are also acceptable.
- Eat carbohydrate and protein within the first 30 minutes after practice. This enables the body to replenish glycogen stores and repair muscle tissue. **This is perhaps the most important time to eat!!!!**
- Eat again (something substantial, like a real meal) before two hours post-practice has elapsed. **This is critical to maximizing recovery!!!!**
- Incorporate fat into the day at times that are not close to workout. Fat is *necessary*, but contributes little to the workout or immediate post-workout recovery period.

Part of the reason good nutrition is critical during recovery has to do with the fact that the body is extremely good at making the most of what it is given. Following exercise, the body is very sensitive to the hormone *insulin*. Insulin is that hormone that rises every time blood sugar rises. In other words, every time a swimmer eats carbohydrate, which causes blood sugar to rise, insulin goes up. Well, it's insulin's job to remove sugar from the bloodstream, and it does so by facilitating its storage as **glycogen**. Glycogen, the storage form for carbohydrate, is what the body taps into for fuel when exercise is very intense. This can happen quite a bit during a tough workout, which is why it's important to see that glycogen is replenished before the next practice.

The American College of Sports Medicine, American Dietetic Association and Dietitians of Canada Joint Position Statement on Nutrition and Athletic Performance states that:

***“After exercise, the dietary goal is to provide adequate energy and carbohydrates to replace muscle glycogen and to ensure rapid recovery. If an athlete is glycogen-depleted after exercise, a carbohydrate intake of 1.5 g/kg body weight during the first 30 min and again every 2h for 4 to 6h will be adequate to replace glycogen stores. Protein consumed after exercise will provide amino acids for the building and repair of muscle tissue. Therefore, athletes should consume a mixed meal providing carbohydrates, protein, and fat soon after a strenuous competition or training session.”***

*(ACSM, ADA, Dietitians of Canada, 2000, p 2131)*

In addition, research (van Loon et al, 2000) has implicated immediate post-exercise carbohydrate ingestion (1.2 g/kg/hr for 5 hrs) in the enhancement of glycogen re-synthesis.

Body Weight in lbs (kg)	Carbohydrate Required (g) to meet Intake of 1.2-1.5 g/kg
120 (54.5)	65-82
130 (59.1)	71-89
140 (63.6)	76-95
150 (68.2)	82-102
160 (72.7)	87-109
170 (77.3)	93-116
180 (81.8)	98-123
190 (86.4)	104-130
200 (90.9)	109-136
210 (95.5)	115-143
220 (100.0)	120-150

**Editor's Note:** This article can be found on the USA Swimming Coaches Page [here](#).

# The Last Page

## SHOWTIME

Winter Break is over. Spring Break is coming up. That means that taper time is here, as you prepare for your big season-culminating championships in February or March. Whether you're an age group swimmer preparing for your LSC championships, a senior swimmer preparing for Sectionals or Nationals, or a college swimmer preparing for Conference, this is showtime. It's difficult to prepare physically for these championships, but the training has already been accomplished. Now it's time to mentally prepare for the meets, which is where the races are won or lost before they even begin.

Over winter training, you've had approximately a month of exhausting training preparing you for this moment. You've put the time, the effort, and the enthusiasm into your training, and these Feb/Mar meets are where you get to prove your winter training work ethic. It all comes down to that moment before you step up on the blocks for your championship races, where you either: 1) remain composed and confident, assured that you will give your physical and mental best performance, or 2) Break composure, second-guessing your previous training. Be the first. The training is over, and the racing has begun.

*By Steve Sholdra*

## Jump In!

Every day, you show up to practice, ready to swim. As you walk to the end of the pool before practice, you are ready to swim hard.

You're behind the blocks, cap and goggles in hand, and you are ready to jump in the water.

But...the water looks cold. And you needed to adjust your goggles anyway. Might as well go start a conversation with your coach as you fix your goggles...and whoa, 10 minutes into practice, you still haven't gotten in to warm-up.

The time wasted by the pool, as you're about to get in, adds up. Don't worry about catching up on the latest news from your teammates; that's what rest time on the wall is for. If you get in on time, you are not only showing your coach that you are a dedicated swimmer ready to try your hardest; you are also proving to yourself that you truly are training your hardest to achieve your goals.

The water's not getting any warmer; you might as well dive in, and get swimming!

*By Steve Sholdra*

## Swimming Memes of the Issue

In 2012-2013, Swimming Memes were a huge hit across the internet. Collected to recognize swimming humor, here are a few of the most popular swimming memes.



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