

Swim Talk *Winter, 2004*



The Newsletter of Missouri Valley Masters Swimming

Record Turn Out and Records Destroyed at Park Hill

This was great fun as more than 60 swimmers from Topeka to Tonganoxie participated in the Park Hill meet on November 20th to benefit the Park Hill High School swim teams.

Brooks Masterson	M19-24	100 free, 400 free, 50 fly, 100 fly
Sandy Cohen	M35-39	800 free
Brad Wells	M40-44	50 fly
Lynette Washburn	W40-44	50 breast, 100 breast
Neil Salkind	M55-59	50 fly, 100 IM
Frederick Hoppe	M75-79	50 breast, 100 breast
Nan Bohl	W75-79	50 free, 100 free

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Next issue around April 1st with your tips, tricks and anecdotes! Send them in!

Lawrence Mini-Meet, Saturday, January 22nd at 6 PM

Come join area Masters for this annual event. For more information go to <http://community.lawrence.com/movy/events.html> and http://www.community.lawrence.com/movy/2005_Lawrence_Masters_Meet_Entry.pdf for the meet entry from.

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Masters for Me

MOVY President Anthony Thompson was kind enough to provide us with some of his background about his participant in Masters. Thanks Anthony.

1. How did you get started in Masters swimming?

I swam AAU as an age-grouper, at my high school in Indiana, and 2-years at DePauw University which was NCAA Division III. After my college swimming, I spent 6 months in London on an international exchange program and 6 months at Oak Ridge National Laboratories on a science research semester.

My first exposure to masters swimming was in Oak Ridge, Tennessee with their local workout group. One of the Oak Ridge employees was a masters swimmer and meet official, and encouraged me to attend a day of the USMS nationals in Nashville during my tenure at Oak Ridge. I returned to DePauw, graduated, and moved onto graduate school at the University of Illinois. During the first four-years, I did very little swimming, but continued to eat like a competitive swimmer.

After the major hurdles were crossed toward my graduate degree, I started fitness swimming again. By the time I left graduate school, I swam a 2-3 days a week and immediately looked for a pool in north Kansas City to train. I found Park Hill High School and looked ahead to challenge myself to a triathlon.

Within 6 months, my job transferred from KCMO to the Kansas suburbs, and I discovered the Kansas City Masters Blazers. I did my first triathlon, then started competing in local swim meets, including meets in Blue Spring, Independence, and the Kansas City Corporate Challenge meet. I went from local to region events, swimming in Lincoln, Omaha, Columbia, and even Indiana. Then I stepped up to USMS nationals when they were held at IUPUI in Indianapolis, and have continued to train and compete at the national level.

In 2000, I moved into big international swimming by attending the FINA Master World Event in Munich Germany and in 2004 at the Riccione, Italy earning a medal at Worlds. I am still chasing a national championship win, and came close finishing second at LCM nationals in Cleveland. I even registered with USA swimming in 2003-4 to swim in other local meets to help prepare for big meets.

2. *We all know of the physical benefits of swimming, but what other benefits does regular participation bring you?*

Masters swimming was a great social outlet for someone moving into a new location. I have always found swimmers to be friendly and outgoing, staying fit, while having a good time. I have also used attending meets to travel around the region, the country, and now internationally to attend swim meets. Swimming also give me time to relax from my job, relationships, and other stresses. It helps one maintain mental health when you have a regular exercise routine.

3. *What's your favorite workout and why is it such?*

Despite my accomplishments in breaststroke, I have always considered myself a balanced swimmer. I like to train in all 4 strokes. In fact, in my school days, I was also a spring-board diver. In the Kansas City area, I also played underwater hockey for 5-years under the direction of the Midwest Dive Council (a SCUBA organization)- playing in local and regional (Chicago) events. In UWH, the master division starts at 35, so I stopped playing just after becoming a master UWH player. I have continued work on my distance swimming and my backstroke. I like a variety of sets from long continue swims to short repeat sprints.

4. *How do you keep yourself motivated?*

Setting and meeting goals are my motivators. Early it was a weight loss goal, later fitness (for me to complete a short-course triathlon), now it is challenging myself to compete at the national and international levels. One key is a consistent workout group to help motivate me toward my competitive goals. An interested workout coach, other swimmers, and supportive family also helps keep me motivated.

5. *What short and long term goals do you set for yourself as an experienced Masters swimmer?*

Each season or year, I plan to attend a few major meets – so I am always looking 6-12 months ahead to find the next adventure. I enjoy competing at the national and international level, and hope to continue. My long-term goals are to continue masters swimming for the rest of my life.

6. *Finally, why would you recommend Masters swimming to both the new fitness swimmer as well as the highly competitive swimmer?*

If you review the answers to questions 1-5, you find the keys. My recommendation around masters swimming include:

- Fitness
- Friendship
- Mental Health
- Travel

Coming Up...

- Lawrence Meet
- Relay meet in February, 2005
- New meet in March-April, 2005
- Short course nationals in the spring in Mission Viejo

Lots of 100s

As usual, the Lawrence Masters did their 100 100s (or 75s or 50s) on 100 seconds and then celebrated the new year at Shaune Trenholm's West Coast Saloon. Participants were as follows and enjoyed lots of laps, flip turns, fun and good food at Shaune's. Who did the best job? Coach Annette McDonald who counted.

- Kent McDonald
- Neil Salkind
- Ed Judd
- Barb Torgerson
- Eric Torgerson
- Dulcy Sellon
- Stu Beals
- Teresa Pipkin
- Mary Prewitt
- David Longhurst
- Alan Kossoy
- Oather Strawderman
- Dave Blair

Masters Master Gourmet

After that long workout in and the icy cold winter that we've know for the last few weeks, settle down for this authentic Cajun dish.

Master Swimmer Kent McDonald's Shrimp Creole

1/3 cup shortening

1/4 cup flour

1 lb. shrimp

1 garlic clove, minced

1/2 cup onions, chopped

2 tbs. parsley, chopped

1 cup water

1/2 tsp. cayenne pepper

1 8-ounce can tomato sauce

1/2 cup bell pepper, chopped

1. Melt shortening in heavy skillet over high fire.
2. Add flour and stir until light brown. Lower heat.
3. Add shrimp and cook 3 minutes until pink.
4. Add garlic, onions, parsley and bell pepper. Cook 2 minutes. Raise heat gradually.
5. Add water, then remaining ingredients. Bring to a boil, then lower heart to a simmer. Cover and cook 20 to 30 minutes. Serve over rice.

Stay Under or Start Swimming?

By Scott Rabalais

Which of us wouldn't like to be better off of the walls? Save even more time with a good turn that's efficiently executed. Scott Rabalais provides tips about accomplishing this and more. And with his permission, we thank him for letting us reprint this.

At the recent USA Swimming Spring Nationals, the top two finishers in the men's 100-meter freestyle, Jason Lezak and Scott Tucker, both of Novaquatics, spent little time underwater after the start and 50-meter turn. In fact, they spent less time underwater than anyone else in the field. However, at the Women's Division I NCAA Championships, superstar Natalie Coughlin, who set American records in freestyle, backstroke and butterfly, typically dolphin underwater near the maximum 15 meters on each 25-yard length. So what's best, stay under and kick or pop up and swim?

There are several factors that determine what type of action a swimmer should use during the underwater phase of each length. While several general principles apply, variables relating to individual traits and abilities also play a role. Consider these factors in a freestyle race that affect one's ability to find speed off of the walls:

Strength of Push off – Obviously, a strong push off will generate a burst of speed at the outset of the length. Other than the start, a swimmer is usually moving at a faster velocity at the push off than at any other time in the race. Though most swimmers will decelerate from this initial burst of speed, the key factor becomes the amount and rate of deceleration in the transition from push off to kicking and kicking to swimming.

Streamlining – The faster a swimmer moves off of the wall, the greater are the resistive forces working against the swimmer. Streamlining plays a critical role in reducing these resistive forces and helping to reduce the rate of deceleration.

Depth – Near the surface, the swimmer will encounter surface friction and turbulence. If a swimmer plunges too deeply off of the turn, then the swimmer is likely to "climb" to the surface just before the first stroke. Optimal depth, in part, should be determined by how long and how effectively a swimmer kicks off of the wall.

Type of Kick – Particularly during sprint freestyle events, dolphin kicking underwater off of starts and turns is growing in popularity. A Masters swimmer would be wise to determine whether his or her underwater dolphin or flutter kick is faster off of a push off. A few 8-yard time trials using these two kicks alternately should provide relevant data to help determine which is more effective.

Body Position – Should the body be positioned on its side, its front, or a combination of both during the underwater phase? It has been shown that kicking laterally off of the walls may be slightly faster than kicking vertically.

Number of Kicks – Top-level swimmers may take 10 dolphin kicks off of the wall, but this is after training the technique sufficiently, along with effectively developing the strength and speed in the kick. Masters swimmers should determine the effectiveness of their chosen kick and compare that with their initial swimming speed to determine the optimal breakout point.

Size of the Kicks – Generally, faster kicks of smaller amplitude help to minimize the forward-moving surface area. Keep the body in a tight cylinder while kicking and allow the kicking action to venture just slightly outside of the surface area of the upper body. Dolphin in this manner is different than dolphin during a butterfly stroke and should be trained as such.

Timing of the Kick – Since maximum speed is obtained at the push off, any immediate kicking, or enlarging of the surface area, can create additional resistive forces. Most elite swimmers will pause ever so briefly off of the wall before beginning a kicking action.

Timing of the Stroke – Just as important as the timing of the kick is the timing of the first freestyle stroke. Taken too early, the swimmer is plowing forward underwater and will likely catch water on the stroke's recovery. Taken too late and the swimmer risks losing speed due to surface pull.

Length of the Race – The demands of a specific race should be taken into account. For a 50-yard race, during which the aerobic demands are relatively low, an effective dolphin kicker may spend over half of the race underwater. However, in a 1650-yard race, holding one's breath underwater for long periods may be very demanding and ineffective.

Some of these factors can be measured fairly accurately with a stopwatch or a trained eye. More than likely, many decisions will be made by the "feel" of the swimmer and keep in mind that many of the skills used during a push off can be developed and improved with practice.

Scott Rabalais is coach of Savannah Masters.

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MOVY SWIMMERS! Send the editor an article, a tidbit, a recipe, your favorite swimming story!

Where to Swim

Want to join in? Give the contact person below a call and show up! People of every level of ability, interest, gender, color, sexual orientation, nation of origin, profession—you get the idea... everyone is welcome.

Blue Springs -- Jeff Mix @ (816) 228-0137
Clay-Platte YMCA -- Chip Glidden @ (816) 587-2354 & Clarke Stokes @ (816) 587-8639
Columbia, MO -- Brian Hoffer @ (573) 882-4669
Johnson County YMCA -- Doug Dimmler @ (913) 642-6800
Kansas City North -- Doug Earnhart @ (816) 741-7963
Kansas City, MO -- Contacts: 816-942-2020
Kansas City Wave -- Derek McCracken @ (816) 361-4420
Liberty, MO -- Anna Lea Roof @ (816) 792-8428
Macher Swim School, Columbia -- Joanne Macher @ (573) 875-SWIM
McPherson, KS -- Chip Parker @ (316) 345-8332
Overland Park, KS -- Rob and Nina Kingsbury @ (913) 648-8077
Salina Masters YMCA -- Debbie Coellner @ (913) 825-4605
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