

Swim Talk *Summer, 2004*



The Newsletter of Missouri Valley Masters Swimming

Masters Swimming - A Diverse Community ***By Anthony Thompson, MOVY President***

Missouri Valley (MOVY) Masters Swimming is part of the diverse community within United States Masters Swimming (USMS). USMS is part of United States Aquatic Sport (USAS) which is part of the Federation Internationale Natation Amateur (FINA) which governs international swimming including the Olympics. We represent individuals that:

- are 18 to 80+ years old,
- are competitive, fitness swimmers and cross-trainers,
- are seeking weight loss, weight control, fitness, and competition,
- are different racial, ethnic, marital status, with and without children,
- are leaders and followers,
- have long hair, crew cuts, chlorine-bleached hair or are folliculrly-challenged,
- work in diverse occupations,
- are longtime swimmer and the new starters, and
- live in the urban cores or in the rural areas of the heartland swim in pools with chorine or bromine, and in lakes.

MOVY is a community that tries to make everyone welcome. We are a community of inclusion. We share our lives with each other. We are friends. We hold socials. We support each through illness, family issues, problems at work, problems at home, life changing experiences, and more. We celebrate each others' successes - the birth of a child, marriage, a promotion at work, and a victorious event.

MOVY offers a diversity of workout groups - some workouts are 30 minutes, other 60 minutes, and a few are 90 minutes. We workout early in the morning and late at night, and a few over noontime. We find time on the weekends to workout. We workout occasional, and we workout twice a day for weeks on end. We workout through the cold winter month and under the summer sun.

We encourage everyone to have goals appropriate for them, whether that is making a 25 yard fly, completing a 1500 Free, or just making it through a whole workout. We push our fellow swimmers to prepare for competition, and enjoy the team aspect of relays. We travel around the world to swim, and we wait for meets close to home.

MOVY celebrates this diversity. We honor each individual's goals, and we help each other set and achieve goals.

MOVY and USMS gives us the opportunity to share our experience and expertise. We learn from each other and we teach and observe. We give back to our community by supporting many aquatic centers, fitness groups, workshops and clinics, and recruiting new people to our community.

MOVY and USMS are built on the foundation that we all enjoy these aquatic activities.

MOVY is led by a core of volunteers. So get involved. Find a workout group or even 2-3 that meet your needs, or train on your own.

MOVY is a diverse community and part of the greater communities USMS and FINA.

Don't Forget
Old Pike Masters Meet—June 22nd—More info Inside

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Next issue around September 1st with coverage of the Nationals and your tips, tricks and anecdotes! Send them in!

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Long Course Nationals—Join Other MOVY Team Members for Guaranteed Fun

This coming August 12th through 15th, you can join thousands of other Masters swimmers at the Chatham County Aquatic Center, Savannah, GA for the 2004 USMS Long Course Meters Nationals. The pool which opened in 1998 contains 8 lanes and has a continuous depth of 7.5 to 9 feet and water temperature kept at a perfect 80-82 degrees year-round. For those of you still chilly from this past Kansas-Missouri winter, there's a second pool kept at approximately 85 degrees. You can find just about everything you need to know at <http://www.savannahmasters.com/nationals04/main.htm>. Already plans are underway for several MOVY swimmers from Kansas City and Lawrence to be attending and the more swimmers who attend, the more fun we can all have and the more relays we will can enter.

Savannah is a lovely town with lots of things to do for adults, kids and families. We hope you can join us. Here's a look at the main pool.



Warm-up 101: The First 10 Minutes By Scott Rabalais

(Editor's Note: Scott, the meet director for the upcoming LC Championships, was kind enough to let us reprint this).

If you've attended a Masters national championship swim meet, you know all about the "sprint lanes." During the pre-meet warm-up, outside lanes are reserved for swimmers to take to the blocks, practice a racing start, and sprint down the pool. There's a reason that the sprint lanes are open after at least 45 minutes of general warm-up. No one begins his or her meet warm-up with a dive sprint, right? Well, wrong. Typically, more than a handful of swimmers mount the blocks completely DRY, and take off on a 25-yard, full throttle sprint. No wonder a medical crew is required at every national championship meet!

Whether you are warming up for a practice or a meet, the rules are the same. For the body to perform at its maximum, it must become accustomed to physiological demands over an extended period and in a gradual fashion. The first 10 minutes are critical; a mistake here can mean the difference between a good and great performance. With that in mind, here are some common "Do's" and "Don'ts" for your performance preparation.

During the first 10 minutes of your warm-up, DO:

- 1) Easy Swimming. The focus during initial lengths should be long strokes, streamlining off of the walls, and an easy-to-moderate effort that will gradually begin raising the heart rate. Breathe easy and take in plenty of oxygen. Gradually allow yourself to become accustomed to the water temperature.
- 2) Drills. Avoid swimming endless laps of the same stroke during the first phase of warm-up. Instead, throw in a few of your favorite drills to enhance your feel for the water. Light kicking to direct blood flow to your legs is also recommended.
- 3) Different Strokes. During this relaxed phase, throw in some backstroke, freestyle and breaststroke. Most swimmers can handle these three strokes with relative ease, which will allow you to use more muscle groups compared to swimming one stroke exclusively. Using multiple strokes will also give you a better opportunity to become familiar with the position of the backstroke flags and to sight the walls.
- 4) Be Aware of Technique – Use key phrases such as "high elbows," "reach and roll" or "breathe easy" to remind you of key technique tips. Engraining these simple thoughts into your subconscious during warm-up may make them automatic later in the practice or during a race.

5) Water Stretching – Take a moment to stretch in the pool during warm-up, perhaps while conversing with a teammate. Paying attention to any tightness in your body can direct you to specific areas to stretch.

6) Gradual Build-ups – It's okay to vary speed in the first few hundred yards, just do it gradually, and don't raise the heart rate above 75 percent of your maximum. Instead of throwing in immediate bursts, build a little speed over 50 to 100 yards.

During the first 10 minutes of warm-up, DO NOT:

1) Sprint. The ultra-competitive type, adrenaline flushing through the body, will want to race the 89-year-old, double-arm backstroker. Resist the temptation to win your medals early in warm-up; save it for later. If necessary, ignore others around you. If the water is cold, do not attempt to warm-up by swimming your best time in the 50 free.

2) Practice Starts. The only start you should be concerned with is the one step into the pool. A racing start is an explosive action, demanding strength and skill. Start practice should fall late in the workout or meet warm-up.

3) Do Fast Turns. Much like starts, fast turns require quick, powerful actions that require substantial warm-up. Practice a few slow- to moderate-paced turns before hitting race pace.

4) Swim Butterfly. Except for those who are blessed with an effortless stroke, the remaining mere mortals should avoid butterfly. No explanation needed. Stick to one-arm fly drill as a prelude to the full stroke.

5) Use Paddles. Paddles add resistance, which is not a bad idea, except when the body is gearing up. Using paddles early in the workout while swimming SLOWLY may be helpful, but only to develop an alternative feel for the water. Easy does it.

6) Attempt Hypoxic Training. Swimming without breathing over short distances can be beneficial in terms of stroke work and simulating sprint conditions. However, hypoxic training can be very demanding and raise the heart rate to near-maximum or maximum levels. Caution is key during hypoxic training, so prepare extensively before attempting.

Coming Up...

June 22 *Old Pike Masters Meet* — this is the 2nd annual one and filled with long course events — a good tune up for the LC nationals.

June 13th St Louis to host *1 Mi & 2 mile open swims* at Sunnen Lake in Potosi, MO. Contact Bruce Hopson at 314-588-8066 or bhopson@swbell.net.

July 18th *Sunflower Games* in Topeka—swimming starts at 7 AM in Hummer Park. More info at http://www.sunflowergames.com/2004_schedule.shtml

July 16th—July 18th *Show Me Games* in Columbia—More info at http://www.smsg.org/sports/sports_info.asp?Area=SW

End of September, 2004—*Kansas Senior Games*—More info at http://www.topeka.org/text_only/parksrec/kso_main.shtml

Allergies, Asthma and Swimming By Allen Kosoy

I thought a general overview might be helpful. The area of allergies tends to involve upper airway symptoms whereas asthma is an issue of the lungs. Many patients will have allergy symptoms alone. Some will only involve the lower airway. Yet, a fair number will suffer with both.

Regardless of the location of symptoms, the triggers are commonly the same. Most are familiar with such items as dust mites, mold spores as well as tree, grass, and weed pollen. These will lead to a specific immunologic reaction that produces symptoms of allergies, asthma, or both. Other triggers do exist. Some of those triggers include sprays, smoke, exercise, weather changes. One would consider these to be nonallergic, but they can be highly irritating. These can commonly be much worse in those who also have reactions the allergy triggers.

Swimming as a rule is one form of exercise that is generally felt to be good for allergy and asthma sufferers. The person who has difficulties with other aerobic exercises will typically have problems because of air temperature change breathing ambient air that must be warmed to body temperature. Because water temperature and particularly ambient air in an indoor pool is closer to body temperature, twitchy airways are not bothered so. However, toss in speed and other competitive workouts and some folks will have difficulty. Another concern is chlorine. Some are highly sensitive to this chemical and it can be irritating to the entire airway. Keep in mind that those who are particularly sensitive are those with true allergies. That is not to suggest that chlorine alone can't be a problem, but in usual and appropriate amounts it alone is not commonly the issue. A good suggestion is to see if there are other underlying problems that could make the chlorine more of an irritant.

A number of therapies are available for these problems. Certainly, medications both OTC and prescription are available. A visit to your physician can help with those choices. Some must even use preparation prior to swimming. That can entail slower warm-up, medication directly prior to the swim, and sometimes a combination of both. The vast majority of allergic and/or asthmatic patients can participate if they so choose. Remember, 25% of the US Olympic team typically suffers from these maladies, so hang in there because you can to.



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

