

CMSC Newsletter
June 2010

We kicked off the Newsletter in May, and despite some format challenges in loading we covered a fair amount of material. Our goal is to use the newsletter as a tool to bring our club closer together; linking our membership to the coaches, the executive and most importantly to one another.

Many of us never cross paths given our varied workout schedules, but one common bond we all share is the pursuit of creating a great environment to train. With the summer months ahead (finally), many of us will be taking holidays and we experience our first extended breaks in competition.

We will continue to work on the content and format and I encourage your feedback. Each edition will feature valuable training tips, nutritional information, tidbits from around the swimming community and of course news from within our club.

Our executive group is fortunate to now feature a social component again, and at the forefront are Kelly O'Toole and Peter O'Brien! Be on the lookout for increased social functions and activities!



Say goodbye to Sunday workouts!

Please note that practice is canceled on Thursday July 1 – Canada Day

NATIONAL CHAMPIONSHIPS

The Calgary Masters Swim Club recently returned from Nationals, held in Nanaimo B.C from May 21-24th. Our club finished a very respectable 9th in the team aggregate, coupled with several terrific individual and relay swims. Given the magnitude of results there was no way to include everyone's individual races. There were several best times and numerous finishes just outside the top 3 as well.

We were fortunate to add additional World, Canadian and Provincial Records to our club. Congratulations to our new record holders! Our compilation of records continues to grow.

We've highlighted the podium finishes below, for complete meet results please visit our web site, or the link below:

<http://www.msabc.ca/>

World Records on Relays

4 x 100 Med 200-239
Peter O'Brien
Mike Morrow
Louise Giannoccaro
Jeanne Carlson

4 x 100 Fr Men 240-259
Dave Dickson
Mike Morrow
Peter O'Brien
Keith Shaw

Canadian Records

Mike Morrow
400 FR 5:20.47
800 FR 11:13.12
200 BR 3:02.23
400 IM 5:58.30

Jeanne Carlson
1500 FR 19:13.59

Provincial Records

Rene Starratt
50 FR 31.54

Mike Morrow
200 IM 2:51.13

Jeanne Carlson
200 BR 3:12.57

Louise Giannoccaro
100 FLY 1:13.95

National Champions:

Jeanne Carlson 1500 FR – 19:13.59
Mike Morrow 200IM – 2:51.13
Mike Morrow 200BR – 3:02.23
Keith Shaw 200BR – 3:28.08
Peter O'Brien 100BK – 1:14.51
Louise Giannoccaro 50FLY – 32.49
Laurie Wallace 50FLY – 34.16
Jeanne Carlson 400FR – 4:58.92
Mike Morrow 400FR – 5:20.47
Mixed 400IM Relay 200-239 – P. O'Brien, M.Morrow, J. Carlson, L.Giannoccaro
Louise Giannoccaro 100FLY – 1:13.95
Dave Dickson 100FLY – 1:11.63
Mike Morrow 100FLY – 1:18.37
Peter O'Brien 200BK – 2:46.14
Men's 200IM Relay – P. O'Brien, K. Shaw, D. Dickson, M. Morrow
Louise Giannoccaro 200FR 2:31.88
Jeanne Carlson 200FR 2:25.53
Nancy Davis 50BR – 1:01.22

Keith Shaw 50BR – 39.20

NATIONAL CHAMPIONS CONT...

Laurie Wallace 400IM – 6:10.90

Jeanne Carlson 400IM – 5:59.14

Mike Morrow 400IM – 5:58.30

Women's 400FR Relay – R. Starratt, J. Carlson, L. Giannoccaro, L. Wallace

Men's 400FR Relay – D. Dickson, M. Morrow, K. Shaw, P. O'Brien

Jeanne Carlson 800FR – 10:16.87

Mike Morrow 800FR – 11:13.12

Women's 200FR Relay – L. Giannoccaro, R. Starratt, J. Carlson, K. Hallett

Laurie Wallace 200FLY – 2:52.02

Michelle Wortley 100FR – 1:09.97

Peter O'Brien 50BK – 34.04

Keith Shaw 100BR – 1:36.13

Silver Medal Winners:

Laurie Wallace 200IM (2nd) 2:56.09

Rene Starrett 200IM (2nd) 2:58.61

Dave Dickson 200IM (2nd) 2:42.77

Jeanne Carlson 200BR (2nd) 3:12.57

Nancy Davis 200BR (2nd) 5:04.79

Michelle Wortley 50FR (2nd) – 31.07

Dave Dickson 50FLY (2nd) 31.14

Laurie Wallace 400FR (2nd) 5:32.45

Laurie Wallace 100FLY (2nd) 1:16.88

Jeanne Carlson 100FLY (2nd) – 1:18.89

Women's 200IM Relay (2nd) – R. Starrett, J. Carlson, L. Giannoccaro, S. Hill

Marjorie Obee 200FR (2nd) – 5:09.92

Michelle Wortley 50BR (2nd) 41.97

Marjorie Obee 800FR (2nd) – 22:22:02

Men's 200FR Relay (2nd) – M. Morrow, D. Dickson, K. Shaw, P. O'Brien

Dave Dickson 100FR (2nd) 1:04.68

Michelle Wortley 100BR (2nd) – 1:32.15

Nancy Davis 100BR (2nd) 2:26.35

Bronze Medal Winners:

Michelle Wortley 200BR (3rd) 3:16.03

Peter O'Brien 50FR (3rd) 31.45

Rene Starrett 50FLY (3rd) 34.60

Michelle Wortley 200FR (3rd) 2:37.54

Dave Dickson 200FR (3rd) 2:27.20

Rene Starratt 50BR (3rd) 41.09

Kristi Hallett 200FLY (3rd) 3:14.19

Marjorie Obee 100FR (3rd) – 2:31.55

Unique swimming clinic opportunity!

Tuesday July 6 & Wednesday July 7 7:00-9:00PM (Calgary Winter Club)

Milt Nelms is often described as a stroke guru, an aquatic equivalent of a horse whisperer, by world-class swimmers who have been guided towards deeper understanding of how they interact with water, how they sit in water, how they get the most out of their passage through water. He is one of those figures whose name pops up in the mixed zone as swimmers explain what helped to turn them into faster fish. His most notable swimmer is none other than Ian Thorpe.

Come and learn some of the techniques that have Milt Nelms one of the biggest names in swimming!

[Click here for registration form](#)

Ian Thorpe is one of the most renowned freestylers in swimming history. Aptly nicknamed the “Thorpedo”, the Australian collected 5 Olympic Gold, a total of 11 World Championship Golds (including the first swimmer to win 6 in one Championship event).

When Australia was peaking as the World leaders in the pool, Thorpe established 13 World Records and 5 Relay records before retiring in 2006.



Tips for Lane Etiquette

Check out these tips for smoother swimming in the lane. If ever you have a question regarding lane etiquette, please ask the coach!

Lane Leading

Who should lead the lane? Nothing makes a set run smoother than a great lane leader. The first swimmer in the lane must understand the set and all the intervals, be able to see and read the pace clock and have a good sense of pace. If you typically take it out fast and fade, you are better off swimming the set behind a teammate who will pace the set better. The Lane Leader should use common sense and realize that the way he/she swims the practice affects everyone in the lane. The other swimmers need to support their Lane Leader, politely correcting errors and electing new leaders at the correct times.

Passing

With the number of swimmers in our lanes, the need to pass another swimmer in a long swim is almost inevitable, especially in distance sets. The key to keeping the lane running smoothly and help all the swimmers keep focus on the practice is to determine the passing strategy for the lane before the set begins. Communicate with your lane mates to determine what will work best everybody in the lane! Passing in the center in a crowded lane is dangerous and not recommended.

Arriving Late and Leaving Early

With the hectic lives we are leading, it is almost unavoidable that all of us will arrive late to practice on occasion. When arriving late, you will want to consider that the practice has been designed from warm-up through cool-down, and when you hop into the action midway, you will not be getting the maximum benefit from the practice. Late arrivers can potentially disrupt the flow of a lane if they are not considerate of those busy in the main set.

Here are a few things that you can do to integrate into the practice more smoothly when arriving late:

Talk with the coach to find out what set the lane is doing and how far through the set they are. Do not expect the swimmers to stop and explain it to you.



Workout Nutrition

WHEN you eat can be as important as WHAT you eat regarding workout nutrition. There are an endless array of supplements and wonder-foods available, many promising a great return if you simply purchase their product. Well, there are some supplements that could help with workouts and recovery, but they are just that – supplements to a regular diet and exercise program. Get your regular diet and eating habits in order first, and then you'll be able to tell which supplements really seem to help you out.

So how do you go about getting your eating habits in order? Start with the things that matter the most, of course. We will detail this in a future newsletter, but the bullet points:

- Eat breakfast everyday
- Eat a complete protein with each regular meal
- Eat every two to three hours
- Drink plenty of water throughout the day
- Drink mainly non-caloric beverages

Before you start counting every gram and half-gram of fat in your diet, get these basics in order. Eating smaller, more frequent meals can not only stop cravings, but leave you feeling less hungry during the day, improve insulin sensitivity, and improve recovery from training. Get this in order first.

This all leads us to the title of this article - workout nutrition. Besides (or possibly including) breakfast, timing nutrient intake around your training is the most important aspect of recovery. Multiple studies have shown far higher recovery rates (in some studies as much as 300%!) for those consuming a pre- and post- workout drink containing both carbohydrates and protein opposed to those consuming only water around the workout window. We will define this workout window as 30 minutes prior to and 30 minutes post-workout, and this nutrition should come in the form of liquid and contain little to no fat for ease of assimilation. There are many drinks that address this issue (Endurox, Surge, etc.) and fit this bill - but there is an easy choice in your local grocery - - chocolate skim milk. An easy to find, relatively cheap way to increase your recovery from hard training. Add a small bottle to your workout bag and sip some about 30 minutes prior to your workout, and finish the bottle within 30 minutes post-workout. This bottle would of course be in addition to your water bottle (or Gatorade, etc) - because we want to cover basic hydration as well.

If you aren't already doing so, try incorporating workout nutrition as detailed in your training program and start recovering faster. Find which workout-window drink works best for you (chocolate milk is an easy starting point...) and follow the bullet points above to get your eating habits (and timing) in order. Improved recovery doesn't have to be a complicated effort, just a consistent effort!

- *by John Coffman, FasterSwimming.com Contributing Writer*



Open Water Swimming

For the brave and adventurous within our club, many participate in the chaotic world of open water competition. There is no question that open water racing requires unique discipline, patience and of course timed aggression. Swimming distance alone is a challenge of the both the mind and the body. Training and racing in a pool is vastly different from what you will encounter in open water.



Steven Munatones (USA) is regarded as one the best open water performers. In addition to his induction to the Swimming Hall of Fame, he has published several articles and coaching seminars on open water swimming over the years. This is a small sampling on getting started in open water competition. You can find other articles; and training tips at the web links below.

Key Principles of Open Water Drafting



David Davies leads during an open water swimming race.

Photo: Javier Blazquez

Cyclists, race car drivers and open water swimmers all know the benefits of drafting and positioning.

As swimmers take off in an open water race or triathlon and go from buoy to buoy, they create a conga line with seemingly everyone chasing after the person in front of them. Where ideally should you position yourself?

It helps to know a bit about water movement.

The Ideal Draft

A swimmer in the open water is essentially a displacement vessel. The bow wave created by a swimmer has forward and lateral movement. These waves move at an angle relative to the direction of the swimmer and are based on the swimmer's speed and size.

There are three key facts to keep in mind:

1. The faster the lead swimmer, the better your draft will be with all other things equal.
2. The physically larger the lead swimmer, the more beneficial the draft is for those behind.
3. The closer you are to the lead swimmer, the better your draft.

The Perfect Position

In a fact known by world-class swimmers, drafting between the ankles and hips is more beneficial than drafting directly behind the lead swimmer's feet for various reasons:



1. When the drafting swimmer reaches near mid-body of the lead swimmer, the lead swimmer's wake (i.e., spreading of the bow wave) has moved laterally, so the drafting swimmer can take maximum advantage of the bow wave. That is, the drafting swimmer has reached the center of the complete wave created by the lead swimmer. Basically, the drafting swimmer is surfing a bow wave.
2. The bow wave cannot extend beyond the length of the swimmer who creates it. The bow wave lifts up at the end of the swimmer's body. The most efficient swimming is when a drafting swimmer cruises in that wave. The most efficient drafting is achieved if you cruise at the same speed in the wake of the lead swimmer off to the side—but away from the eddies caused by their kick.
3. In the middle of a race, when the kick of most swimmers is less than the end of the race when they are sprinting, the optimal drafting position is slightly different. At the end of the race when the kick increases, swimmers create swirls by their kick. The more swirls, the more drag. So if your opponent's kick increases, move up higher alongside their body to utilize their bow wave, but far enough away from the swirls and eddies caused by their kick.
4. Combine your speed with the speed of the lead swimmer. If they speed up, you speed up. If they slow down, you slow down. If you are directly behind them, lead swimmers make the water smoother, but you are not efficiently utilizing their bow wave.
5. If you swim alongside a lead swimmer, you do not have to lift your head so often to navigate. This saves energy that can be utilized at the end of the race. If you swim directly behind a swimmer, you must often lift your head to confirm your direction and position behind the lead swimmer.
6. Even if the water is clear and you can easily see the lead swimmer under the surface of the water, your head is in a sub-optimal position. The most optimal head position is when you are looking straight down. This creates a more streamlined and efficient body position, saving you energy and creating less drag.
7. When you swim parallel to the lead swimmer, you can effectively navigate off them when you breathe. The need to lift up your head to sight is

significantly reduced and your head is positioned in the most streamlined position.

There are many other factors that come into play when drafting and positioning as world-class athletes do, but these basic factors are enough to get started.

Steven Munatones is a multi-time USA Swimming national open water swim team coach, NBC Olympics marathon swimming commentator, International Marathon Swimming Hall of Fame inductee and 1982 world 25K swimming champion. He created the [Open Water Swimming Dictionary](#), and conducts race analysis and research on open water swimming—from drafting to stroke technique—for the website [The Daily News of Open Water Swimming](#).

Photos by Javier Blazquez.