

**CMSC**  
**AUGUST NEWSLETTER**

We're ready to launch a new season at Calgary Masters! We've come off a difficult season with the renovations to our home pool, and primarily our early morning group who have shuffled between facilities numerous times. For all those affected we appreciate your patience and hope that we can all unite again at Talisman in 2011.

Our coaching staff returns intact for another year together, and their continual commitment to our club should not go unrecognized. There is value in consistency and their work behind the scenes to providing a dynamic program for all of us is appreciated. It is not easy providing a comprehensive training program for an entire season, keeping in mind our diversity in ability and conditioning...yet we are constantly challenged by the new workouts and we've seen numerous examples of dramatic improvement.

As our program grows and evolves with new members it's exciting to look ahead. We have an executive group that is committed to providing a program built on the same principles as Masters Swim Canada; Fun, Fitness, Friendship and Participation.

As we embark on a new season we have begun discussions on hosting a meet once again. How impressive would it be if we fielded the largest contingency? While most of the meets are still pending confirmation this is a quick glimpse into the schedule ahead;

Oct/Nov	Different Strokes	tentative
Oct/Nov	Okotoks	tentative
Nov/Dec	EMSC	tentative
Nov/Dec	Penguins	tentative
Jan 29	FMSC @CWC	confirmed
Feb 5	Making Waves	confirmed
Late Feb	Red Deer	tentative
March 5	RMMSC	confirmed
March 26-27	Provincials @	Medicine Hat
Apr 30	EMSC (LC)	tentative

We will continue to provide updates on upcoming competitions; and even if you consider participating in one event this season it would be a feather in our cap as a club.

Whatever your personal goals may be for the season ahead, know that we are working towards building a strong and unified team. A team that not only represents itself proudly at competitions but more importantly supports each and every one's motivation for being part of this club.

Visit our club website often for our seasonal training plan, practice times and locations and of course meet information, social activities and more!

## **MEMBERSHIP PACKAGES ARE OUT**



**Susan Rockafellow - V.P and Registrar**

**I hope everyone has had a great summer (if you can call it that with regards to the weather we've had in Calgary!).**

**The roof construction will soon be behind us, (January 2011), so we are anticipating a record number of returning members. We will still have our non-regular roof construction schedule from September to the end of December 2010.**

**Fall Swim Times (Roof Construction Schedule) Sept - December 31, 2010.**

**Early Morning - Pool To be Confirmed  
Mon/Wed/Fri - 6:00am - 7:00am**

**Mid-Morning - Talisman  
Mon/Wed/Fri - 9:00am-10:00am**

**Evening - Talisman  
Tues/Thurs - 7:00pm-8:30pm**

**Saturday - Talisman  
10:00am - 11:30am**

**Sunday - Talisman  
7:30am - 9:00am**

**Registration packages will be in the mail Monday August 23, 2010. We've asked for a quick turnaround in getting them back due to the volume of registration renewals that we are expecting, and we've asked if they can be returned by September 1, 2010. We will not process any "Waiting List" names until mid-September, until we have an idea of our membership numbers.**

***Build for your team a feeling of oneness, of dependence on one another and of strength to be derived by unity.***  
**Vince Lombardi**



**Throughout sports the common theme of team building and working in unison resonates when reviewing results. We've seen countless championships in history all come back to the value of individuals coming together for the collective benefit of "team".**

**With modern day professional athletes reaping the benefits of financial rewards, that message often gets lost. As a society we tend to emulate professional sports since it's perceived to be the iconic pinnacle of excellence. Sporting news has become more about substance abuse, scandal and contract negotiations rather than the event itself. The odyssey of working towards winning, the sacrifice, the dedication and the all the little stories in between is often missed.**

**We often translate our perception of team success on talent and payrolls. Sports has become so diluted with athletes making monumental amounts of money we can easily miss on the value of team building concepts and the merits of collectively working towards a common goal. In truth, we see more examples of greed and personal adulation that it's difficult for many to believe in a team concept anymore.**

**Swimming is still an individual sport in many respects, yet the best clubs that produce sustained results do so within a team building framework. As a Masters club, we can rekindle those concepts by respecting each other's goals, aspirations and motivation for being here. We can participate in the development of a program that adopts these principles and supports the collective pursuit of success as a group.**

**Team is about a group of individuals sharing a common goal and pursuing that goal. When we understand and embrace that concept...we become a team.**



***When a team outgrows individual performance and learns team confidence, excellence becomes a reality.***  
**- Joe Paterno**



## **— TEAM AQUATIC SUPPLIES FALL BBQ**

**Saturday 18 September 10:00AM - 4:00PM  
Phillips Park Mall, D7, 6115 3rd Street SE**

**Visit the link on our website for complete details and promotional sales items**



**Your membership with CMSC can save you 10% for gear by showing your card throughout the season.**

**Swimming Tidbit – Swimming was established as a competitive event in the Athens 1896 Summer Olympics, but did you know that butterfly wasn't recognized as an event until 1952?**

**Canadian Masters Tidbit - Canadian Masters Swimming began in Amarillo, Texas in 1971 when Hud Stewart and Al Waites from Ontario entered the second annual U.S. Short Course Championship along with 135 American swimmers. Hud then formed the first official Canadian Masters swim club, the U of T Masters.**

**In January, 1973, the Etobicoke Aquatic Club staged Canada's first Masters swim meet at the Albion Recreation Centre. That meet featured 2 women and 21 men competing in a full complement of 50's and 100's as well as a 200 free, 200 IM and a 25 fly.**

**Did you know? There are over 6000 Masters Swimmers in Canada**



**There are a number of reasons why you should stretch before you swim. The most important is that it increases your flexibility.**

**Why should you stretch?**

- \* It may play a role in injury prevention or minimization.**
- \* It may help you recover from injury.**
- \* It may increase your range of motion.**

**But, perhaps, the most important reason why you should stretch is that it increases your flexibility. Being flexible allows you to get into the right positions for efficient technique with little or no effort.**

**Like everything else in swimming, ideas on stretching have changed considerably in recent years. Following are some of the current ideas on the role of stretching in swimming.**

#### **TRADITIONAL STRETCHING THE "OLD WAY"**

**In the "old days," stretching just meant to lean against a wall and pretend to stretch your shoulders, back and arms. Although these static stretches still may have their place, there are more effective flexibility options available.**

**If you must stick to the "old favorites," try to follow these tips:**

- \* Hold each stretch for 30 seconds.**
- \* Keep breathing long, slow and relaxed while stretching-about 5-6 breaths per minute.**
- \* Try to stretch while in a "swimming position" (i.e., keep your body long and tall and your spine straight).**



**It's true that when you swim you sweat; maybe you don't notice it because we're in the water. Like any physical training you are working and depleting your body of valuable hydration. Most of us carry some form of water, Gatorade or energy drinks on to the pool deck. Perhaps it's habitual, maybe not?**

**Most of us are dehydrated throughout the day, and chances are when you arrive at the pool for workout your body is already behind. This is not an endorsement to stock up on energy drinks, but it's important you plan for your workout accordingly. Little things we overlook, like getting enough water through the day can make a big difference in practice and the recovery following.**

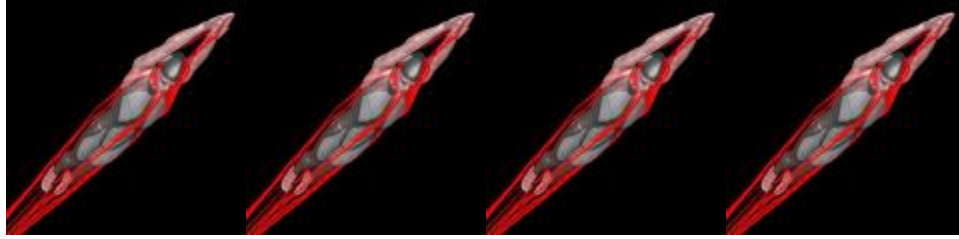
**1. Gatorade is intended to replace water and electrolytes in HARD training lasting OVER 1 HOUR, and/or in HIGH HEAT training lasting more than 30 minutes. It's proven - Gatorade can help improve hydration and hence performance... UNDER THESE CONDITIONS!**

**2. Gatorade is not "magic". It is water with sucrose (table sugar), dextrose (another type of sugar), Sodium (salt), Potassium, and flavoring. Gatorade is mixed as a 6% carbohydrate solution to facilitate faster emptying from your stomach/gut to rehydrate you faster while providing fuel for working muscles.**

**3. You may not need the extra calories. Training drinks (Gatorade) and recovery drinks (carbs + protein) are useful if you are in hard training, but on off days or easy days are simply extra calories. Generally speaking, you should be consuming non-calorie drinks most of the time - unless you are trying to gain weight. The extra calories that come from drinking Gatorade (or ANY calorie-containing drink) throughout the day may be adding to your waistline. Choose water or Green Tea most of the time.**

**Basic hydration comes from a basic practice that people have been doing forever... drinking water! Simple, effective, and true. There are effective training drinks, such as Gatorade, on the market - and during times of intense or prolonged training and competition they may be helpful. There are, however, no magic bullets. Hard, consistent training matched with solid recovery (nutrition, hydration, and sleep) will always yield results. Know when to drink water and when to use a training drink, and you may end up saving your waistline and your wallet.**

- **by John Coffman, *FasterSwimming.com* Contributing Writer and coordinator of the [Faster Swimming Weekly Dryland Workouts](#)**



**Body positioning in the water is crucial to maximizing technique and performance. It's easy to go through the motions in a workout and often overlook technique. We get tired, we get lazy with our stroke and our mind can often wander. Understanding how our bodies rely on efficiency and proper alignment is important.**

**This is why we work on drills, stroke count and breathing technique. Fundamentals and discipline are designed to achieve those repetitive motions of your stroke when you're tired. Think of how your alignment in the water looks on the last leg of grueling race, or when you're muscling out the last end of a tough set.**



**Next time you're working on drills try and feel the water differently. Maximize your distance per stroke, and aim for maintaining a consistent alignment in the water. Efficiency and conditioning yourself to repeat solid mechanics will improve your stroke.**

**In the following article you can check out videos links. Some of our members recently attended the coaching clinic hosted by Milt Nelms in Calgary. It seemed only fitting that we include it. This also follows themes from previous newsletter articles posted in May and June.**

### **Marc Evans: Swimming: "Body, Line & Balance"**

By Marc Evans  
8/3/2010

What I learned from a video about 10 years ago was how to teach body positioning. The coach referred to it as, "[Body, Line & Balance](#)" (YouTube video excerpt) and an illustrator/coach brought the hypothesis to life. The way they outlined the materials in spoken word, swimming demonstrations and in drawings was clear and without pretense. It helped my own teaching to become even better.

The video, ([Championship Winning Freestyle](#)) by Richard Quick (who sadly passed away in 2009), the former Auburn University Head Men's and Women's Coach and Stanford University Head Women's Swimming Coach, and [Milt Nelms](#), World-renowned coach and illustrator, is a must see for coaches and athletes.

When Ian Thorpe announced his retirement, he paid tribute to the work he had done and was doing with

Nelms, saying of the American's approach: "I transformed the way I swim, and trained. I loved both. I felt extraordinarily alive, and knew I was lethal with my new stroke. It's a way of swimming we should all learn as kids because it is so hard to pick it up as an adult, when you've been drilled full of science-based technique. It took me ages to get it, and I only know a fraction of what Milt knows. But it's such an enjoyable way to swim. I love the stroke. I believe if swimming is to move forwards, the Milt Nelms holistic approach is the only way to go. It's such a healthy way of swimming and training, and the only way that swimming is going to get significantly faster. I won't be the one to show it to the world, but others will seek Milt out. His methods won't be adopted initially, because people are so set in their ways of doing things, and you must be open to lateral thinking."

It's interesting to note that Bob Bowman (Michael Phelps coach) in a recent [video online](#) uses almost word for word the same language from the Quick and Nelms video. Bowman does not look as if to be comfortable teaching technique as he is more likely a first rate workout designer/organizer - a periodization strategist category of coaching.

Swimmers are all over the map with irregular above water techniques, but underwater world-class swimmers share a lot of similarities. Conversely, not so fast triathletes also "share" underwater stroke fundamentals as well. And most especially, body line (balance) and a high elbow (leveraged catch position). I discuss the second in a video lecture format at the [Evans Coaching Channel](#) on YouTube.

But no matter the technique being practiced or used, a swimmer's body line, balance and symmetry of position should be at the "core" of each movement. Every aspect of the stroke - from recovery, entry line, fingertip entry, catch, elbow positioning, exit, kick - all work around the position, line and balance of the body in the water. And the less changes along this axis the better.

Swimming low intensity distance technique sets (300 to 500 meters) coupled with higher intensity "form" sets are great ways to re-educate and reconstruct a stroke. The low intensity allows for easier focus upon the body, line and balance. While the higher intensity (25-50 meters) with full rest permits the muscular adaptation and strength development. And the rest ensures technique (body, line and balance) will not degrade much over the shorter distances.

And don't forget that mobility, flexibility and stability are each important to have assessed as well (see [earlier articles](#)). Limiters in any or all of these areas can compromise the good training that you do.

### **Biography**

Marc Evans is the first and former USA Triathlon head coach for the inaugural Olympic distance world championships and the coach of two-time IRONMAN champion Scott Tinley. Marc has three published books on endurance sport training and is the patent holder for the best selling SPEEDO Contour and Swim-Foil training paddles. The American Medical Association presented Marc the "Award of Excellence" for his pioneering work in triathlon.