



Editor:
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PNS

Athlete Newsletter



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QUOTE **OF THE ISSUE**

***“If you put in the effort today,
you will have the endurance tomorrow.”***

-Steve Sholdra

USA Swimming *Trivia*

Answers on The Last Page.

- In which Olympic Games did a current PNS coach swim?
- What are the two swimming events at the U.S. Olympic Trials in which more than 2 swimmers can qualify to swim at the Olympic Games?
- What colors are the lanelines in a FINA pool at the Olympic Games?
- What is the maximum number of swimmers (combined men and women) that can be selected for the U.S. Olympic Team?
- In what year did Backstroke make its first appearance in the Olympic Games?

VIDEO **OF THE ISSUE**

This month's Video features Misty Hyman, 200 Butterfly Olympic Gold-Medalist. This video shows slow-motion footage from varied angles of Misty's butterfly pull and kick. It is a great demonstration of proper hand entry, head position during breathing, distribution of power from the arms to legs, and hip thrust during the kick that creates the preferred "snap" kick motion.

Her underwater pulls show a slight "S" movement by her arms, but not so emphasized that it deters from the central power that she creates during the initiation of each arm-stroke.

Be sure to watch for the head-on scenes of Misty's butterfly, showing the momentum her arms build when she "throws" her arms forward from a great pull finish.

The video can be found [here](#).

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Senior Swimming

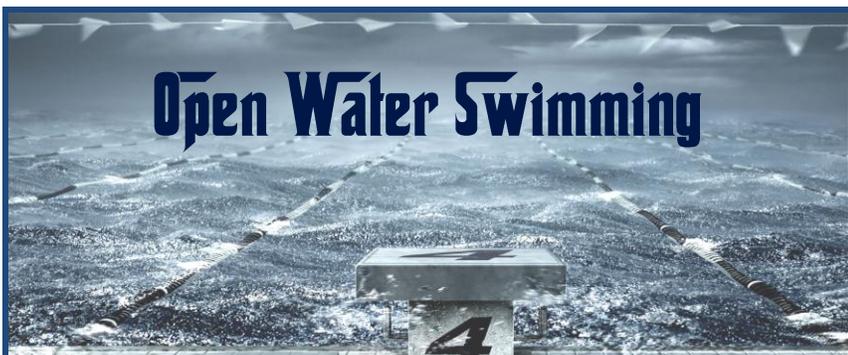


2012 USA Swimming Diversity Select Camp

We congratulate our PNS swimmers **Brianna Lucien** (WEST) and **Talisa Wibmer** (KING), who was selected to be part of the 2012 USA Swimming Diversity Select Camp.

A total of 36 athletes (ages 14-16) from under-represented populations attended the three-day camp at the Olympic Training Center in Colorado Springs, May 3-6.

USA Swimming's goal for this camp is to instill a vision of success and inspire athletes from ethnically under-represented populations to become leaders in the sport of swimming.



USA Swimming Open Water Nationals

April 27-29, 2012 Fort Myers, FL

PNS Attendees: Steve Sholdra (BC)

10K Free: 11th, Steve Sholdra (BC)

5K Free: 8th, Steve Sholdra (BC)

Full meet results for the 5K and the 10K can be found [here](#).

2012 USA Swimming Open Water Officials Clinic

PNS Attendees for the 2012 USA Swimming O.W. Officials Clinic:
Mike Murphy, Connie Sholdra, Steve E. Sholdra

Led by USA Swimming Open Water Chair John Kinney and Chip Carrigan, this informative clinic discussed safety, rules, and intricacies of running an Open Water meet. There were also guest presentations by a former OW champion, an Athlete Representative, and an OW coach.
Congratulations to all of the officials who were selected to attend!

Kayla Wheeler sets 6 Paralympic American Records

PNS Swimmer Kayla Wheeler (SEALS), recently reclassified to level S1, had an outstanding performance recently at the Marin Morrison Memorial meet. According to PNS Disability Chair Kiko Van Zandt, "...there aren't many people with her level of function swimming competitively, which is quite an accomplishment in itself. She is a pioneer, a role model for others who want to swim/compete."

Since 2007, Kayla has been competing at the S3 level. After 5 years in that level, she was re-classed this year (because 2012 being a Paralympic year), and the International Paralympic Committee strives to ensure equity.

A full list of Kayla's records (including her new American Records, IPC World Record, and Pan-Am records), along with records recently broken by other PNS disability swimmers, can be found in the PNS Disability Report [here](#).

"Don't swim because you should. Swim because you can."

Age Group Swimming

Why Do We Do This Drill?

Backstroke “In The Ayer” Drill

By Steve Sholdra

The main goal in Backstroke, to break it down into a very basic description, is to stay afloat. Obviously, it gets more detailed than that, but overall, you can't swim backstroke fast if you tend to sink, right? Hips sinking on backstroke is very common across all levels and ages of swimmers, and it is extremely difficult to fix this habit. This drill, albeit very challenging for long periods of time, will improve your core strength and power throughout your race.

Instructions

Start by kicking on your back for a 25 (50 for senior swimmers), with a strong flutter-kick. Repeat at least two-four times, so your legs are sufficiently tired.

Next, kick on your back with flutter-kick, and extend your arms straight up in front of you (so your arms are reaching to the ceiling). Your hips will automatically sink (and probably, the rest of you will start to sink too), and this is where you start improving immediately. Tilting your head back slightly will raise your hips up higher, and by flexing your core tightly, you can force your torso and legs to the surface. This is a great abdominal exercise as well, and after just a few simple 25s or 50s, you should become exhausted.

As you continue to practice this drill, you will notice improved core focus and hip strength throughout your backstroke in practice and in meets (and build the abs of a champion)!

Injury Prevention

Swim Paddles: Using S.H.I.E.L.D.*

By Steve Sholdra

Swim paddles are used by most senior swimmers, usually in conjunction with a pull-buoy. It is said paddles improve hand and arm alignment. Albeit true, there is much debate on the true benefit of paddles, due to the high risk of shoulder injury.

When using paddles, there are a few major things to focus on, easily remembered by the acronym “S.H.I.E.L.D.”*: Shape; Hand position; Interval; Effect; Laced pattern; Depth.

Shape: There are three basic shapes of hand paddles: slightly oval, with a square bottom; Hand-shaped, with slight indents between fingers; and Hand-shaped with an upward curve for the palm.

Hand position: Paddles build different muscles depending on which direction your palm faces when you pull: if slightly forward, this will build triceps strength; if slightly down and back, this will build forearm strength.

Interval: If you are swimming on a fast interval, your stroke will become sloppier, and wearing paddles during a fast, sloppy swim can tweak muscles in your shoulder.

Effect: Depending on how you pull, using paddles can build your triceps, forearms, and improve your stroke.

Laced pattern: At least one finger band is necessary to use paddles. Many swimmers also prefer a wrist strap, and some newer paddles use two separate finger straps and a wrist strap.

Depth: If you have a deep pull (meaning you have good rotation), paddles will make a more noticeable difference in your stroke. When wearing paddles, focus on heavy hip rotation, and wrist position during your pull.

**Not to be confused with Strategic Homeland Intervention, Enforcement, and Logistics Division.*

“You win some, you lose some, you DQ some.”

Feature Story



Ruggles Review

By **Brian Ruggles**, PNS Athlete

“Incorporating Drills Into Your Stroke”

See the video [here](#)

What’s the point of doing a drill if it doesn’t actually benefit your stroke when you go back to regular swimming? If a swimmer doesn’t incorporate the drill into his/her strokes, the drill is a waste of time because the actual swimming stroke will not have changed from before the drill to after. Sure the swimmer will be able to drill with perfection, but their actual swimming will be no different unless they learn to apply the drill to their strokes. This can be surprisingly difficult since drills and strokes don’t always resemble each other. But if you take a close look at each drill, you’ll find that there is always at least one small part of each drill that is similar to the actual stroke, and that similarity will be the key to connecting the drill to the actual stroke.

Take a no-arm butterfly kick-drill for example (see video). The drill is really just butterfly with no arms, so the connection from this drill to the butterfly stroke is the body dolphin kick. When doing this drill for the first time, it is difficult to correctly time the dolphin kicks with the breaths because the arms are not being used. But if you imagine this kick-drill as swimming normal butterfly just without the arms, the rhythm comes easily. After practicing the kick drill as if it were arm-less butterfly, start to add in the arms. Be careful here: if you add the arms in too much too soon, you will just swim your old version butterfly, when you really want to swim butterfly with the new and improved kick you worked on in the kick-drill.

The trick to integrating the new kick into the butterfly stroke is to start with the kick-drill and use your arms with no force at all; just let them flop through the stroke (they should feel light-weight, and should not pull on the water). This is literally the kick-drill with some arm movement that doesn’t affect the kick drill; all of your focus is still on the body dolphin, not on the arms. If you’re having trouble getting this ‘light-weight’ feel, try using closed fists instead of open hands. Now that you have added in the arms without messing up the timing, start to add force in the arms and pull on the water more and more with each stroke. The key here is to not forget about your legs! Even as you get to swimming all out butterfly, never lose track of your kick and how it works with the rest of the stroke.

A side note about changing technique: as soon as you make a change your strokes, you must promise yourself that you will never go back to your old form, not even once. It doesn’t matter how hard practice gets, or how tired you are, you must never go back. Michael Phelps has an amazing last 50 of his 200 butterfly not because he suddenly speeds up at the end of the race, but because the other swimmers slow down. All of the swimmers in the Olympic Finals for the 200 fly may have perfect strokes, but the difference is that Phelps trains his perfect stroke even when he is exhausted. This way his perfect stroke is his well-conditioned stroke, while the other swimmers have trained their bad strokes and their perfect strokes have no endurance. At the end of the race, the other guys start lapsing into the bad strokes they use when they get tired, and they become inefficient. Never go back to your old stroke once you change your technique!

“If you don’t try in practice, how can you expect yourself to try in meets?”

Nutrition *Part 1*

Sports Drinks Geared More Toward Intense Activity

By **Elena Conis**, *Special Correspondent to the Los Angeles Times.*

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The answer, according to sports nutrition experts, is ... it depends.

These drinks — Accelerade, Gatorade, Gatorade G, PowerAde, Pure Sport and more — provide water for hydration, energy in the form of carbohydrates and electrolytes that help the body retain fluids. Their ingredients are calibrated to meet the needs of athletes.

"These are sports drinks — they're not for sipping at your desk," says Leslie Bonci, director of sports nutrition at the University of Pittsburgh Medical Center.

Sports drinks are mostly water, important for any active individual, whether a competitive athlete or fitness hobbyist. But a person's need for the added ingredients in the drinks (typically sodium, potassium and sugar, and, in so-called recovery drinks, protein) varies depending on how hot it is outside and how long and how intense a workout is, says Michael Bergeron, director of the National Institute for Athletic Health and Performance at the Sanford School of Medicine at the University of South Dakota in Sioux Falls. Sports drinks typically provide about 15 to 18 grams of sugar in every 8-ounce serving. But for the average workout, people who are eating three square meals a day don't need the extra calories those carbs provide, says Boston area sports nutrition consultant Nancy Clark, the author of *Nancy Clark's Sports Nutrition Guidebook*.

"Sports drinks are for an hour to an hour-and-a-half or more of hard exercise, like a 100-mile bike ride or a 10-mile run," she says.

The electrolytes sodium and potassium help keep a body hydrated, but most people don't become depleted in either mineral during a moderate workout, Carter says: Sodium is already abundant in the American diet, and potassium is plentiful in lots of fruits and vegetables.

That may not apply to everyone. Most people working out for fitness (as opposed to professional competition) lose 500 to 1,000 milligrams of sodium per hour, which the standard American diet easily makes up for. But some people, Bergeron says, lose much more. For such "salty sweaters" (a telltale sign is abundant dried salt on the skin after a workout), sports drinks can be a boon, he says. A 32-ounce bottle of Gatorade G2, for instance, provides 440 milligrams of sodium.

Sports drinks marketed specifically for recovery (such as Gatorade's G3) usually contain protein in addition to carbohydrates and electrolytes.

A combination of protein and carbs is key for rebuilding muscle after a workout, Bergeron says, but most people — are you beginning to see a pattern here? — can get all the protein they need by eating after a workout. For those who are exercising repeatedly without stopping for meals — playing in a soccer tournament, say, or training for a triathlon or participating in a relay — recovery drinks can fill the gaps, he says.



"Don't wait for your ship to come in. Swim out to it."

Nutrition *Part 2*

Sports Drinks Geared More Toward Intense Activity (Continued)

Continued...

Sports drinks also contain a sometimes overlooked ingredient: flavoring. Bonci points out that it isn't just the electrolytes in sports drinks that combat dehydration — it's also the taste, which may encourage people to drink more fluids than they would if it were only water. In fact, several studies have shown that children who play sports don't tend to drink as much water as their bodies need unless that water is flavored.



In a Canadian study published in 2007 in the *European Journal of Applied Physiology*, girls who were given the option of drinking grape-flavored water drank about 25% to 40% more during exercise than girls who drank plain water. "Hydration is important, but not everyone does a great job of it, and not everyone loves water alone," Bonci says.

For those who don't mind the taste of water but do want to ensure they're at their best during hard workouts, Carter emphasizes that there's nothing magical about sports drinks. Their effects can be mimicked with whole foods, which contain a host of additional nutrients and can be cheaper too. She recommends snacking on water plus raisins, pretzels, Fig Newtons or orange sections. "I always encourage my clients to have more oranges than orange-colored Gatorade," she says.



That said, it's hard to peel an orange while riding a bike — so sports drinks are, if anything, convenient.

The bottom line: Sports drinks provide the most value to people who are exercising intensely or for those who lose a lot of salt when they work out.

For everyone else, Bonci says, "if you're just doing a half-hour of exercise, water is just fine."

This article was originally published July 26, 2010. The story can be found on the Los Angeles Times website [here](#).

Thanks to Elena Conis.

"The effort you put in at practice is the endurance you will have at a meet."

The Last Page



Practice Set

of the Issue

The “Builder” Set

By **Danny Thomson**, *USA Swimming Athlete Representative*

2x 25 on :15, 25 on :30
50 on :30, 50 on :60
75 on :45, 75 on 1:30
100 on 1:00, 100 on 2:00
125 on 1:15, 125 on 2:30
150 on 1:30, 150 on 3:00
175 on 1:45, 175 on 3:30
200 on 2:00, 200 on 4:00
225 on 2:15, 225 on 4:30
250 on 2:30, 250 on 5:00

This [Freestyle] set is all about maintaining your swim. It helped me focus on keeping a consistent pace throughout the entire set. If I took it out too fast, I would have no energy at the end of the set. I had to make sure that I paced it right. Also, I worked on my stroke technique. During the easy ones, I would think of small stroke tweaks that I could make to my stroke to create a more efficient stroke.

USA Swimming Trivia Answers

- 2000 Sydney Olympic Games
- 100m Free and 200m Free
- Green, Blue, Yellow. Lanes 0 and 9 have a green laneline; Lanes 1, 2, 3, 6, 7, and 8 have a blue laneline; Lanes 4 and 5 have a yellow laneline.
- Fifty-six (52 pool swimmers, 4 Open Water swimmers)
- 1900 Paris Olympic Games

Swimming Meme of the Issue



The term “Meme” refers to a humorous concept that is spread via the internet.

“Swimming isn’t a job. It’s a reward.”

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