



PNS Athlete Newsletter



EDITOR-IN-CHIEF: STEVE SHOLDRA

Volume I, Issue I

Video(s) of the Issue

These HD-quality swimming videos are great for watching stroke technique of some of the best swimmers:

http://www.youtube.com/results?search_query=2009+telstra+swimming+championships&aq=f

Quote of the Issue

“Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.”

-T. A. Armstrong

Rule Highlight of the Issue

Breaststroke:

“After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.”

(USA Swimming 2011 Rulebook, 101.2.2)

Interpretation of Article 102.2:

“...the arms must be in the same horizontal plane during the first pull at the start and after each turn.”

<http://www.usaswimming.org/Rainbow/Documents/ce082aa7-dab8-44c1-a845-5952b5282b65/Interpretations%20Made%20by%20Rules%20Reg's%20Cmte%20Rev%20June%202010.pdf>

Swimming Acronyms

USA-S	USA Swimming
PNS	Pacific Northwest Swimming
LSC	Local Swim Committee (PNS is our USA-S LSC)
SCY	Short Course Yards
SCM	Short Course Meters
LCM	Long Course Meters
DQ	Disqualification
NS	No Show for an event
NCSA	National Club Swimming Association
FINA	Fédération Internationale de Natation (formerly included “Amateur” at the end [the “A” in FINA])

PNS Senior Swimming

2010 AT&T Short Course National Championships

Dec. 2-4 in Columbus, Ohio

Congratulations to these PNS swimmers!

PNS Participants



Katie Kaestner (BBST)
Fiona Majeau (CSC)
Amber McDermott (CSC)
Matthew Roe (CSC)
Annemarie Thayer (CSC)

Results here:

<http://www.star-meets.org/results/SCNats/2010/>

2010 Washington State Senior Championships

Dec. 16-19 at WKCAC, Federal Way

Congratulations to all the PNS swimmers who swam
in this meet!

National Age Group Record Breaker

Ed Kim (BC) Boys 13-14 100 Free 45.21

PNS Record Breakers

Amber McDermott (CSC)

Girls 17-18 1650 Free 16:13.02

Michaels, Majeau, Thayer, McDermott (CSC)

Girls 17-18 400 Free Relay 3:26.80

Michaels, Majeau, Thayer, McDermott (CSC)

Girls 17-18/Open 800 Free Relay 7:20.71

Results here:

http://www.teamunify.com/pnws/2_eventform_/122684_WSSC.pdf

Congratulations to Ed Kim of Bellevue Club, who set a National Age Group Record in the 13-14 Boys 100 Freestyle at Washington State Senior Championships at WKCAC! In an exciting race, Ed finished with a 45.21. Ed beat the old record of 45.49, set by Kyle Buboltz in 2001.



2010 Speedo Short Course Junior National Championships

Dec. 9-11 in Atlanta, Georgia (Georgia Tech)

Congratulations to these PNS swimmers!

PNS Participants

Andrew McCarthy (BISC)
Steve Sholdra (BCST)
Katie Kinnear (IST)
Kim Williams (IST)
Haley Anderson (OCA)
Lauren Poli (OCA)
Zach Wagner (OCA)
Joey Enbody (PAC)
Amber Cratsenberg (VAST)
Amanda Thach (WSY)

Results here:

<http://www.star-meets.org/results/SC%20Jrs/2010/>

PNS Athlete Representative Opening

Interested in becoming a PNS Athlete Representative, and serving on the PNS Board?

Want to be an integral part of the governance of your LSC?

Please contact Lead Athlete Representative Steve Sholdra at athletere1@pns.org for more information, and for an application.

PNS Age Group Swimming

2010 PNS 14 & Under Championships

Dec. 10-12 at WKCAC, Federal Way

Congratulations to all the PNS Age Group swimmers who participated in this memorable meet!

Aaron Piersol, Olympic Medalist, came to the meet to present awards, talk to PNS swimmers, and sign autographs.

Thanks to Bellevue Club Swim Team for sponsoring and arranging to bring Aaron to this meet.

PNS Record Breakers

Jada Pearson (ESC)	Girls 11-12 50 Fly	26.19
Cross, A. Elizarov, V. Elizarov, Rossman (BC)	Boys 10&U 200 Free Relay	1:55.74
Dang, Hughes, Anderson, Johnson (KING)	Boys 11-12 200 Medley Relay	1:51.70
Dang, Hughes, Johnson, Anderson (KING)	Boys 11-12 400 Medley Relay	4:03.25
Ed Kim (BC)	Boys 13-14 100 Back	50.86
Ed Kim (BC)	Boys 13-14 100 Fly	51.49
Shum, Litzow, Stanchi, Kim (BC)	Boys 13-14 400 Free Relay	3:21.28
Kim, Stanchi, Shum, Litzow (BC)	Boys 13-14 200 Medley Relay	1:43.11

Results here: http://www.teamunify.com/pnws2/_eventform_/121672_pns14&underchamps.pdf

2010 PNS Divisional Championships Pentathlon 1st Place Age Group

Division 1

Belle Battistoni (IST)
Max Baker (OCA)
Gracie Felner (WWA)
Ruben Luthra (BC)
Naomi Williams (WWA)
Brandon Yue (IST)
Abigail Paxton (BC)
Mitchell Eggenberger (BC)
Annalise Nahlin (BC)
Ben Stoops (OCA)

Division 2

Lauren DuPuis (CSC)
Nathan Hayes (CSC)
Stephanie Hake (TAC)
Michael Lin (CSC)
Gabby Dang (WAVE)
Ethan Tack (NWAC)
Josie McCloughan (CSC)
Stevie Fitch (WAVE)
Ashley Sawyer (WEST)
Ethan Forsberg (WEST)

Division 3

Eleanor Beers (PPST)
Jeremiah Bogaard (SEAL)
Isabel Hendryx (PPST)
Timothy Gallagher (PPST)
Cynthia Czikall (TOSC)
Connor van Egmond (SEAL)
Mya King (BTST)
Ryan Grady (TSC)
Willow Lopez-Silvers (UPAC)
Kaleb Sheldon (PASC)

Division 4

Jayda So (KING)
Ethan Dang (KING)
Madison Alton (KING)
Kyle Terao (PRO)
Tya So (KING)
Ty Lindblom (KING)
Michelle Yang (PRO)
Chirag Das (KING)
Olivia Halbert (KING)
Zachary Lam (SST)



2011 PNS All-Star Team Selection

Congratulations to all the PNS Athletes selected to participate on the PNS All-Star Team!

The meet will be held in Gresham, Oregon, January 8-9, 2011.

The full team roster can be found here:

http://www.teamunify.com/pnws2/_doc_/2011_PNS_All_Team_Announcement.pdf

Nutrition

Chocolate Milk Benefits for Athletes

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Research shows there's a two-hour recovery window when the real work begins — refueling, building and repairing muscles. That takes protein, and lowfat chocolate milk is a natural source of high quality protein. Plus, it's packed with essential nutrients not typically found in other sports drinks including calcium and vitamin D, which can help prevent stress fractures and broken bones. Take a look at how unique package of nutrients in milk can benefit athletes:

Protein to help build muscle and reduce muscle breakdown

Carbohydrates to refuel muscles (restore muscle glycogen)

Electrolytes, including calcium, potassium and magnesium, to replenish what is lost in sweat

Fluids to help rehydrate the body

Calcium and vitamin D to strengthen bones and help reduce the risk of stress fractures

B vitamins to help convert food to energy

Nine essential nutrients, including additional nutrients not typically found in traditional sports drinks.

—MilkDelivers.org, <http://www.milkdelivers.org/files/resources/recovery-brochure-chauncy-2.pdf>



Chocolate Milk May Help Repair Muscles, Restore Glycogen after Exercise

The American College of Sports Medicine, June 3, 2010. Reprinted with Permission.

BALTIMORE— Two studies presented at the [American College of Sports Medicine's 57th](#) Annual Meeting in Baltimore show that chocolate milk may be a worthwhile post-exercise recovery beverage.

William Lunn, Ph.D., who collaborated on both research studies conducted in the lab of Nancy Rodriguez, Ph.D., FACSM, found in the first study that ingesting chocolate milk after a run supported skeletal muscle protein synthesis during recovery.

Eight male runners in relatively good training shape completed two runs (each 45 minutes at 65 percent of their maximum levels) during two weeks of eating a balanced diet matched to their individual caloric needs. Following each run, the study participants drank either 16 ounces of fat-free chocolate milk or 16 ounces of a carbohydrate-only beverage, matched for calories with the milk.

Following muscle biopsy samples taken during a three-hour recovery period after each run, Lunn found that runners who drank fat-free chocolate milk during recovery had heightened markers of muscle protein repair compared to the carbohydrate drink.

"It's always helpful for exercisers to learn of additional options for recovery drinks," Lunn said. "Chocolate milk can be relatively inexpensive compared to commercially available recovery drinks and is easy to make at home, making it a viable and palatable option for many people."

The second study showed that chocolate milk also contributes to replenishing glycogen stores in muscles, a source of fuel during prolonged exercise. Muscle glycogen levels in the same eight male runners were tested 30 minutes and 60 minutes following ingestion of either the fat-free chocolate milk or the carbohydrate beverage.

Muscle glycogen content was greater for the chocolate milk drinkers at both measurement times, further supporting the use of this drink in recovery nutrition strategies.

The Last Page

Who's Who

(PNS Edition)

PNS Executive Board

General Chair- Deborah Keane

Finance Vice Chair - David Coddington

Program Development Vice Chair - Josh Trotter

Program Operations Vice Chair - Suzanne Rychlik

Senior Vice Chair - John Walker

Age Group Vice Chair - Ash Milad

Lead Athlete Representative- Steve Sholdra

Lead Coach Representative- Tommy Hannan

Each future issue will introduce a few of the members of the PNS Board in this column.

UNIVERSAL LAWS AFFECTING COMPETITIVE SWIMMERS

(Much like Sir Isaac Newton's Laws of Motion)

Law of Inertia A swimmer at rest will tend to remain at rest unless acted upon by an outside force. A swimmer in motion will tend to rest as soon as possible unless acted upon by an outside force.

Mind over Matter The mind can overcome many obstacles during competition but the same does not usually apply during practices.

Law of Competitive Gravity When left unattended, a swimmer will gravitate to the worst technique possible.

Relativity The position of the swimmer's body in relation to the position it is supposed to be in, may vary up to +or- 100%.

Vertical and Horizontal Telemetry When rotated 90 degrees from the vertical to supine or sublime position, the brain loses most of its ability to function.



Scholastic All-America Team

Each year, USA Swimming recognizes its members who excel both in the classroom and in the pool. The Scholastic All-America Team is made up of high school student-athletes who have a grade point average of 3.5 or higher and who have achieved the required time standard in a single event.

To be eligible for this recognition, swimmers must have completed 10th, 11th or 12th grade and must be a USA Swimming member athlete.

The entire team, both men and women, can be found here:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1582&Alias=Rainbow&Lang=en&wversion4028>

USA Swimming's

Athlete's Quarterly

Distributed by the National Athletes Committee of USA Swimming. The newsletter contains swimming articles, news, and videos.

<http://usaswimmingaec.blogspot.com/>

Attention all swimmer-writers!

Interested in having your article involving swimming published in this newsletter?

Please send your submissions to athletere1@pns.org. We look forward to reading your articles!

Contact Editor Steve Sholdra at athletere1@pns.org

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