

Amarillo Swim Team
Work Hard, Work Smart, Swim Fast

LaneLines

March 2008

Speedo Tips:

Butterfly Breathing Technique:

The best butterflyers in the world come out of the water just enough to take a breath and then drive **forward** with their arms and body, being careful not to dive down at all. Most swimmers lift their body up too high when they breathe because they take a breath by arching their backs and lifting their heads. Try not to do that. Instead, work on a good strong finish with your pull and make sure you have two kicks to every stroke. That will support you when you take a breath by keeping your body moving forward, and you won't have to come up so high in order to make sure you have enough time to take the breath.

Not breathing as much doesn't fix the problem because you will have to come up to breathe at some point. Breathing to the side works well for some people, but I would be careful because it's not the best for everyone, and if it's not done correctly, it can lead to a lopsided stroke.

Hydration:

No matter your age or the length of your workout, all swimmers need fluids during practice to stay hydrated. A couple of sips of water every 15 to 20 minutes should do the trick, but a workout longer than 90 minutes requires an additional fuel source like a sports drink, which provides electrolytes.

Drinks that are too concentrated can inhibit fluid absorption and lead to stomach cramping. Drinks that are 6 to 8 percent carbohydrate by weight, such as Gatorade and Powerade, are recommended. Swimmers should stay away from energy drinks, such as Red Bull, Sobe and others.

After a workout, drink at least one cup of water. Competitive swimmers also need slightly more than 1 gram of carbohydrate for every kilogram of body weight each hour after a workout, beginning immediately within the first hour after a workout.

Below are some simple points to remember in staying hydrated:

- During practice, keep a full water bottle by the side of the pool and sip between repeats and sets.
- For workouts 90 minutes or longer, choose sports drinks like Gatorade that stimulate fluid absorption, maintain proper fluid balance and provide energy to working muscles. Avoid carbonated drinks, which can cause stomach bloating and may reduce fluid intake.
- Outside of the workout, stay hydrated with water, 100 percent fruit juices and soups. Limit sports drinks to practice only, and limit sodas and coffee to special occasions.
- Check the color of your urine occasionally. Dark-colored urine may be an indication that you are dehydrated and need fluids.
- Don't "overdrink" water at meets. It is important to pair water with electrolytes like sodium and potassium to keep the body's fluid balance in check. If the meet is in a hot environment, stay hydrated with a combination of water, sports drink and juice.

Nutrition:

This tip comes from Dr. Andrew Gregory of Vanderbilt University and professor Joel Stager of Indiana University. The two experts offer advice on rehydrating and refueling after workout.

The Tip:

A workout doesn't stop when an athlete leaves the pool. It's over when the body is re-hydrated and refueled.

"I tell athletes to think of recovery nutrition as phase two of a workout," said Dr. Andrew Gregory, team physician at Vanderbilt University in Nashville, Tenn. "The ability to perform at a high level the next day is dependent on how well the body recovers depleted energy stores and repairs muscles."

The foods best equipped to help with recovery are a mix of carbohydrates and proteins. Carbohydrate, found in colorful fruits, yogurts, breads, cereals and more, is the prime source of energy. Protein, found in such foods as peanut butter,

nuts and energy bars, is needed to help repair muscles. Drinks that contain carbohydrates and sodium, such as sports drinks, also are important because they replenish the fluids and nutrients lost by sweat.

Timing is key. Athletes have a 45-minute window of opportunity to maximize recovery, said Joel Stager, professor of kinesiology at Indiana University and coach for the Councilman Center Swim Club, a USA Swimming club in Bloomington, Ind.

"Athletes who eat and drink soon after practice have a distinct advantage over competitors who do not," Stager said.

In fact, muscle cells become resistant to absorbing nutrients after two hours, said Stager, author of a study on the surprising benefits of chocolate milk as a recovery drink. The study, conducted on Indiana University athletes in 2004, showed that subjects who drank chocolate milk directly after morning practice were better able to perform during the afternoon practice.

There are several reasons for this benefit: liquids are absorbed more quickly than solids, the carbs and calories of chocolate milk help compensate for weight loss; the sugar provides extra energy; and the pleasant taste makes it palatable for athletes who aren't inclined to eat or drink after practice, said Stager.

Whether swimmers drink chocolate milk or not, they need to see their training as a 24-7 process, said Stager.

"Eating right, as a key part of that process, may be ultimately as important as swimming up and down the pool," Stager said. "Athletes who practice proper recovery nutrition on a daily basis can train better, ultimately leading to faster times when it really counts."

Dealing with "Burn Out":

This tip comes from Dr. Chris Carr, a sports psychologist in Indianapolis. Carr offers some advice on what to do when you're feeling burned out.

Carr's Tip:

Feeling "burned out" is common with swimmers. You spend hours of time in a pool with your face in the water, your arms and legs hurting, with little time to talk and interact with your teammates. Yet, it is because of this that swimmers embrace their sport. They realize they can push themselves and deal with difficult training. Finding balance is important. Here are some tips:

- Keep a mental training journal. Every other night, sit and write about your feelings/experiences in the journal. This will often help you let go of those negative thoughts and distractions by giving you some clarity.
- Start a regular routine of relaxation training. Find a relaxation CD and listen to it four to five times each week. This 15-20 minutes can be a great time to refocus and regroup and will help you feel less stress.
- Make sure to employ some time management strategies, such as keeping your schedule in a planner. When we feel overwhelmed, we often tend to let the little things get to us. A good time management strategy helps us to focus on what we can control and let go of what we can't control.

If these techniques don't help, try to find a sport psychologist in your area who may help you with some of your stress management.

Senior & Juniors

Swimmers of the Month Senior: David Matlock, Mike Stegall, and Mark Solis

This month it was extremely difficult to choose who would be Swimmer of the Month for the Senior Team. We have had some very good practices, and leadership from everyone, which is great to see. And we normally pick only one or two swimmers to be SOM, but all three of these guys extended their competitive season for a week to swim at West Texas Champs. The performances they turned in were outstanding, and to pick two out of the three of them would have been impossible. Between the three of them they dropped a total of 361.71 seconds from their previous best times, and only one race out of 37 that they swam was time added – 0.81 seconds! That's an improvement of 124.356%.

Swimmers of the Month Junior: Elizabeth Humphrey and Jean Dai

This month the Juniors made it a lot easier to pick who swimmer of the month was than the Seniors did. Breakout swims by both Jean and Elizabeth have shown what Amarillo Swim Team has to offer in the near, and not so distant future. Both these young ladies performed WAY beyond expectations in their meets this month. Elizabeth swam her first meet at the West Texas "C" Championships where she lead her team to a strong 3rd place finish, and took home the High Point award for her age group, which was listed as 13 & Over. This is no small accomplishment for a swimmer in her first competition. She also had zero DQ's. Jean swam amazingly at the West Texas A/BB/B Championships, and improved on most of her

times. She is going to be a force to be reckoned with for the swimmers in her age group for many years to come. Her technique had the other swimmers on her team commenting on how good it looked, and how fluid and relaxed she swims. It's quite an honor to be recognized by your peers at any time, even more so when Senior swimmers are saying, "help me get my stroke to look like that...". Way to go ladies!

Blue Team:

Kaytlin Lee: ktlee1@go.wtamu.edu

Swimmers of the Month: Zach Fletcher and Ashley Bell.

Red & White

Luke Thomason: luke.thomason@amaisd.org

Swimmers of the month: Gracie Spiedel and Aubry Smith

High School News

The most exciting news is that the High School Teams are practicing at the Amarillo Town Club this year.

High school practice times: REMINDER – *These starting times are times you ENTER the water, not the time you show up, then get ready, talk to your friends, stretch, etc...*

Morning Team Practice:

0600 to 0730 at ATC

This practice requires coaches' approval for swimmer to attend.

Afternoon Team Practice:

1500 to 1700 (3-5pm)

All swimmers that are not swimming in the morning.

Amarillo High: Brad Douglass: brad.douglass@amaisd.org

The Sandies had a great season. The Boys team had 13 qualify for District and 7 qualify for Regionals.

The Girls team had 26 qualify for District and 8 qualify for Regionals.

"One man practicing sportsmanship, is better than a hundred teaching it. - "Knut Rockne

Tascosa : Amy Seitz: amy.seitz@amaisd.org

Tascosa will return to practice Monday, March 3rd. We will be completing fitness testing, then starting life guarding. Anyone interested in getting certified needs to get in contact with coach Seitz. Our high school banquet will be on April 8th more details to follow. Hope everyone had a great break and is ready to get back in to the water.

Caprock/Palo Duro: Eric O. DeMar: eric.demar@amaisd.org

Caprock:

After a good season with plenty of success, we are taking some "off-time" before we get back into it with our off-season program. We are looking forward to taking on the challenges in front of us and becoming better swimmers for next year. Some of the swimmers will also be participating in Red Cross Lifeguard training in hopes of getting a job during the summer. We are also in the process of making plans of where and when to hold our Swim Banquet, and as soon as those plans are settled we will be celebrating our year.

Board of Directors

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If you would prefer to receive your newsletter by e-mail, please let me know. Candy Stegall – stegall@suddenlink.net

AST is collecting for a **building fund**. *We have \$2510.00 in the building fund as of 2/29/08.*

We are on the web at www.amarilloswimteam.com.