

# Master Splash

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## Spring Fever—Pass It On

### Marcia Anziano—Chairperson

With most fevers, we don't encourage passing them on, however it is okay to do that with Spring Fever. I, myself, love Spring Fever and I actually think that I have had it since January.

We had a super first quarter of 2005 here in COMSA. There were six meets hosted during the first three months, all with great attendance. COMSA swimmers were also fortunate to have the opportunity to attend swimmer clinics held in both February and March. Thanks to Nicole Vanderpoel and Cathy Drozda for the help in putting these clinics together. For those of you that may have missed out, check in this addition of the newsletter for another clinic coming to us in May.

April brings us the State meet, again being hosted by D.U. at the El Pomar Natatorium. We are fortunate indeed to have such a well run State meet at such a fine facility. And thanks here go to Heather Hagadorn, who worked as the State Meet liaison between D.U. and the COMSA board. This is just getting us geared up for Short Course Nationals in May where it sounds like Colorado is going to be well represented. I think that many of us here in the State of Indoor Pools relish a meet in the great outdoors. This will help ease the symptoms of Spring Fever.

April also is the start of the outdoor season at Chatfield. Burrrrrrr. (Now there is something to help bring down that fever.) We are lucky to have some extra weeks at the pond this year. Not sure how many brave souls will venture out on April 30, but I am sure that we will see some of you out there. We are very fortunate to have the pond at Chatfield for training. Many other LMSC's are not as lucky and are very jealous of our situation. For those of you that take advantage of this facility, there is again a request for volunteers to do check-in at every session. Our insurance requires that we have someone present to validate membership. We ask that everyone that swims at the pond volunteer one session during the season to help with this check-in. Thanks to Cindy Hawkinson for again heading up this effort.

April is also the end of my first year in this office. I want to thank the entire Board of Directors and all the committee chairs that work so hard during the year to keep this program going. With the Lt. Governor's cup award that is presented annually at the State Meet to a male and female that have served Master's swimming during the prior year, we are only able to thank two of our many volunteers. However, all of the volunteers deserve an award. When you see one of our many volunteers, please take a minute to thank them for all the time that they put in to make this program possible. This past year the board members were Vice Chairperson, Heather Hagadorn; Secretary, Kathy Garnier; Treasurer, Susan Nolte; Registrar, John Hughes and Past Chairperson, Cindy Hawkinson. Committee chairpersons consist of Coach's, Carrie Slover; Fitness, Laura Smith; Long Distance/Open Water, Nicole Vanderpoel; Newsletter, Ellen Campbell; Officials, Deanna Johnson; Records, Safety & Awards, Chris Nolte; Sanctions, Kim Crouch; Top Ten, Mark Plummer; Webmaster, Mel Dyck. I want to thank every one of them for their hard work and support. We all look forward to another successful year.

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## The Swim Suit Sizing Snafu

### Melanie Dullea—South Suburban Masters; Team Rep Sales at Out of Breath Sports

The weather in Colorado is crazy this time of year, yet you have managed to start your planning for the spring and summer. The training sessions have been posted, and your calendar is full of upcoming triathlons, or maybe it's just one Danskin race. Running outside has been attempted, without breaking your neck on the lingering ice that lies on the sidewalk, and furthermore, there's been no emotional scarring from wearing bike shorts to your spinning class. However, the worst has been put off long enough...you must now go buy a swim suit!

Perhaps, you possess a swim suit already, but the modest boxer with the huge pockets that can hold gallons of water isn't going to cut it. Same with the sexy number that was perfect for the many spring breaks in warmer climates, and/or the "mommy" suit that endured many a summer with the kids. Perhaps the suit that you thought was in good shape, has, upon pulling it out of the out-of-season-box, disintegrated into a shower of white lycra flakes and the elastic cracked. Its time to go try on a suit for the training season ahead, or for the triathlons you'll be racing in.



"That sexy number that was perfect for spring break isn't going to cut it."

Without sounding too much like an episode of "What Not To Wear," there are actually a few rules to sizing a suit for yourself. Arm yourself with these rules when you go to your local swim shop, and they will help tremendously. First of all, there is the basic lycra suit. This kind of suit can be used for training purposes and for racing. Lycra suits should fit tight, but comfortable. Ladies, you will find that the suits come in sizes according to your bust size (ha, too funny!), although sometimes they also have an equivalent dress size on the tag. Men, the suits will be in your waist size. Keep in mind, the lycra will stretch as it is worn, and gets bigger when it is wet. A suit that is sized too big will actually catch a lot more water and make it wear out quicker, so try to avoid developing a suit that has an afterlife of a parachute. You'll find that after trying on several sizes, that you will actually be in a much smaller suit than you had expected. The idea is to size down, without cutting off oxygen and blood supply to areas of your body.

Snug! Tight? That may not be too appealing, but you are doing yourself a disservice by getting a suit too big. Speaking of which, we are going on to snugger and tighter suits—the purist form of racing suits. For example, the Speedo FSII or the TYR Aquashift, are suits that you saw the Olympians wearing during the swimming events and the triathlon. Rule of thumb from the experts is, that these suits that have the legs and/or arms on them, should be a small enough size, that it takes a good 15 minutes to get your frame into them. Gentlemen, it behooves you to have a person to zip you up! These suits provide a Teflon-coated surface which is slick and fast! Also, they provide compression, and floatation factors for swimming at the speed of sound, all enhanced by performing in them dry. So after you have endured a small heart attack getting your fast suit on, wipe off the sweat, and get ready to swim fast!

Without sounding like an episode of "What Not To Wear", here are a few rules to sizing a suit for yourself.

Fitting a wetsuit can also be as fun as getting a fast suit on. These suits keep you toasty warm while navigating those open water venues. Again, these have to fit tight. Nothing is more disconcerting than to have freezing water rushing in towards your chest (or other areas), because there are gaps in the wetsuit. Close fit also helps you avoid a "bucket affect" where water has come in and won't exit, so you feel as if you're towing a bucket behind you, or worst, another person! Sizing charts for wetsuits are provided by the manufacturers, and consist of height and weight measurements to target your wetsuit size. Another recent trend by wetsuits companies, is to provide separate pieces to aid in warmth, and ease the duration of your transitions.

The last kind of suit you will encounter at a swim shop is a polyester suit. Made primarily to train in and not to race, these suits are fabricated with polyester which is much more resistant to chlorine. These have to fit just right, because they will not stretch or fade. Try to stay more in the true size that you would wear, maybe even going up a size from a lycra suit that you may train in. These suits are "the best" for training, because they stay beautiful and colorful, and you're not replacing it in 6 weeks. Guys, you have choices now of racers, jammers and poly mesh trainers to put over that strange, brownish, old suit you've been wearing! Ha!



Triathletes! Take a deep breath and plunge in. Although there are many choices in suits, don't be overwhelmed. Get a great fitting suit for you triathlon season, and look awesome! Good luck!

"Guys, you have choices now of racers, jammers and poly mesh trainers"



# Out of Breath Sports



## Triathlon Sale

**Monday – Saturday April 18<sup>th</sup> – 23<sup>rd</sup>, 2005**

**Hours: Mon., Tues., Fri. 11-5:30pm Wed., Thurs., 11-7**

**Saturday 10 – 1pm**

20% off all in store stock and triathlon orders placed during this sale week.

**TYR      Zoot      Aquasphere      Speedo      O'Neill**  
**and more...**

***Bring this ad to the store to receive your discount. No other discounts apply.***

## Chatfield Swimming begins Saturday, April 30th!

### Cindy Hawkinson—Past Chairperson

Chatfield Swimming for the 2005 season begins on Saturday, April 30<sup>th</sup>! That's correct, we've got an additional two weeks on the front of the season and an additional two weeks on the back (our last day will be October 8<sup>th</sup>). Swimming times and days are from 4:30 – 7:00 p.m. Mondays and Wednesday and on Saturdays from 7:30 – 10:00 a.m.

What I need from each of you, as well as your training partners that meet you down at the Pond, is help...with a capital H! Insurance regulations require us to have a check-in table each day for the entire time the pond is in use by COMSA-registered swimmers. This is not a difficult job, but it must be done. If we don't have check-in, we don't swim....period. With the additional days, I'll need more volunteers. There are 70 days in the Open Water Season at Chatfield. If each one of the swimmers at Chatfield volunteered for one day we would have more than enough people. The 'tag-teaming' method of check-in works great. You and a buddy meet at the pond. One swims, the other runs check-in and then you switch. That way you both get to swim.

So here is what I'd like you each to do:

- A. Let me know if you have a desire to help at Chatfield. Some of you are strictly pool swimmers and have no desire to go near open water. That's o.k. Just let me know. Some of you may be pool swimmers, but want to help anyway, that's even better.
- B. Look at your calendars. Pick out a day or two that you can say, positively, you will be at the Gravel Pond and volunteer for check-in.
- C. Email me back with your dates, phone number and if you want to have a tag-team set up for you.
- D. Talk to all your workout buddies that use the Gravel Pond. Have them email me ([cinswims@earthlink.net](mailto:cinswims@earthlink.net)) or call me at 303-660-5501.

That's all there is to it, folks. See you down at the Pond—bring your wetsuits!

## Open Water Swimming in Your Pool

### Bob Bruce, ASCA Level Five Coach, Head Coach of Central Oregon Masters Aquatics

Let's face facts. Swimmers who always train in pools have become a bit pampered. The water is generally clear, occasionally crystalline. Mysterious flora and fauna are absent, other than a wayward leaf or that hairball scudding along the bottom. Your lane is isolated by lane lines, marked by the black line, and calm due to the lines and overflow system. End walls are marked for turns, and backstroke pennants wave overhead as required. Butterflyers and breaststrokers wouldn't have it any other way.



*Make your pool seem more like the open water by removing the lanes lines for your next workout.*

Real swimming—done by real swimmers—is done in large bodies of water in the great out-of-doors. At some point, you may hear the Sirens call you to participate in a primordial rite called open water swimming. Events like these must be approached with careful preparation, not merely physical but also mental, emotional, and spiritual. But the metaphysical questions—such as your real place in the aquatic food chain—are best left to the realm of philosophy. Let's focus here the basic physical skills needed for successful open water swimming and how you can do them in your pool. Break away from your daily humdrum existence, turn your pool into a pond, and join the fun!

Beyond basic survival—processing oxygen—there are five essential skills required in open water swimming: swimming with others, drafting, handling rough water, navigating, and rounding buoys. Without detailing the intricacies of these skills, here's how to practice them in your pool.

**Swimming with others:** You may think that you've shared your practice lane, but not really. Put your whole team in one lane (double-wide with a big team) and swim lengths without staggered starts. Start slowly, so that everyone can accommodate to the stray elbows, hands, knees, and feet. Gradually increase speed to simulate a wild mass start. Or handicap the start to produce a chaotic mass finish. Remember roller derby? Pool racing was never like this!

**Drafting:** Your coach and lane-mates have been on your case for years for following too closely, but you've secretly been preparing for your open water debut! Within your practice lanes, swim freestyle using two-second departures, taking care at the turns. Feel yourself sliding along easily just behind the soul doing all the work! Now switch places, taking turns leading. Drafting really works.

**Handling rough water:** Make a break for freedom! Take out the lane lines! Be aggressive and lower the water level way below the gutters. If your pool has a wave machine, you're in heaven. It's a pale shadow of heavy chop, much different than flat water.

**Navigating:** In pools, you swim straight by referring to the black line. Since open water race directors invariably fail to mark the bottoms of their venues, you must resort to lifting your head and sighting your course. Having removed the lane lines, set traffic cones around the pool edge, preferably staggered to prevent steering using the black lines; my favorite pattern is an irregular triangle. Swim cone-to-cone practicing straight-line swimming by lifting your head regularly, sighting the cones. Having mastered that skill, try closing your eyes underwater and opening them only when you lift and sight.

**Rounding buoys:** Get and set a buoy (our first buoys were 18" red playground balls fastened to a line with duct tape—still another use of a great American product!—and anchored by two diving bricks). Allow each swimmer to practice rounding buoys tightly alone, then in small groups, and finally in large groups.

Having practiced these skills separately, now combine them progressively day-by-day. Start with rough water swimming in groups. Then add drafting, then cone-to-cone navigation, then buoys. Finally integrate all skills by swimming a multiple-loop course, rounding buoys rather than using walls. You can even do intervals, focusing on a specific skill each swim. Each spring, I spend several Saturday practices—typically the zaniest practices of the year—teaching and reviewing open water skills with my team, then turn them loose in the summer to enjoy swimming as it should be.



**“There are 5 essential skills required in Open Water Swimming; swimming with others, drafting, handling rough water, navigating, and rounding buoys.**

## USMS National 10K Open Water Championship Comes to Colorado

### Nicole Vanderpoel—Long Distance Chairperson

Greetings Colorado Open Water Enthusiasts. By now you should be aware that Horsetooth Reservoir in Ft. Collins, Colorado is the place for the 2006 USMS National 10K Open Water Championship. This event will take place on August 13, 2006. George Thornton and the Wingshadow Horsetooth Committee of organizers have already begun planning for this USMS National Event. In our efforts to help Wingshadow make this a truly memorable event for all participants and spectators, Colorado Masters and Wingshadow would graciously accept any help or assistance you could provide in the following categories:



Volunteers will be needed throughout this event.

1. Volunteers to assist in registration of swimmers at the Pre-Race Dinner to be held Saturday evening, August 12, 2006.
2. Volunteers to assist in Pre-race organization, set up and body marking.
3. Volunteers to assist in timing and "catching" the swimmers when finished.
4. Sponsorship/donation of items for "goodie bags", water bottles, sunscreen to be distributed to the participants.
5. Donation of Goods or Services for Silent Auction. Proceeds go towards Wingshadow, whose mission it is to help troubled youths in Northern Colorado.

Even though the date is August 13, 2006, there is no time like the present to start planning for this Premier Open Water Swim. If you are interested in having your name placed on the Volunteer list, or wish to sponsor or donate items for the event, please contact Lynn Millar, representative for Wingshadow at [lynnpmillar@yahoo.com](mailto:lynnpmillar@yahoo.com).

Oh My! I almost forgot. You can train for the 2006 National Championship by participating in this year's Wingshadow Horsetooth 10K and 2.4 Mile Open Water Swim to be held August 14, 2005. It is a great opportunity "get your feet wet" and prepare for the next year's National Championship. Please visit the website at [www.whswim.com](http://www.whswim.com) for further information and registration. Hope to see you there!

**Wingshadow Horsetooth 10K and  
2.4 Mile Open Water Swim  
August 14, 2005  
[www.whswim.com](http://www.whswim.com)**

## Calling All Freestylers, Open Water Swimmers, and Coaches

### Nicole Vanderpoel—Long Distance Chairperson

Mark your calendars now. Back by popular demand, Bob Bruce, head of the USMS Coaches Committee, 2003 USMS Coach of the Year and Accomplished Distance and Open Water swimmer will be returning to Colorado the weekend of May 6th. Bob also will be bringing his wife, Barb along with him to share in the fun! Barb is also an accomplished Master's Coach and swimmer.

This time, Bob will be focusing completely on Freestyle and Open Water Swimming. There will be an opportunity for Coaches to participate in a Mentor Clinic on Friday Evening, May 6<sup>th</sup> at the Colorado Athletic Club Inverness and then share their skills with the Freestyle/Open Water Clinic participants on Saturday, May 7<sup>th</sup> at the Colorado Athletic Club Inverness.

Please check the COMSA website at [www.comsa.org](http://www.comsa.org) later this month for further details and registration information.

Colorado Masters is extremely fortunate to have Bob Bruce, through the support of United States Masters, to help us improve our technique and efficiency as it relates to Freestyle, Distance and Open Water Swimming!

## What Do You Want to Be When You Grow Up?

### Laura Smith—Fitness Chairperson

Have you become the aquatic version of an All You Can Eat buffet? Swimming every event known to Masters, but with poor presentation, lukewarm results, and bland times? Maybe it's time to turn your swimming performances into fine Cuisine.

If you are using a meet as a training session, there's absolutely nothing wrong with entering a variety of events in an assortment of distances. However, if you are trying to get serious about defining yourself as a swimmer, you're going to have to make some choices. Training for the 50 free and training for the 1650 are two very different animals. Sure, sprinters need to do some distance training to create a solid aerobic base...and, in turn, distance swimmers need to work on speed by incorporating sprints into their workouts. However, to truly reach your full potential in a competitive venue, you're going to have to sharpen your focus.



#### The Sprints:

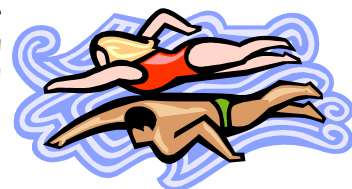
Those of us not given the gift of fast twitch muscle fibers often look at sprinters as lazy. They hang out at the wall with intervals you could track with a sundial. They are the first group out of the water, the last group in the water, and the only group who has time to laugh, joke and catch up on current events while in the water. Come on...how tough can it be to swim two laps?! The answer: not that hard. However, how difficult is it to swim two laps *fast* and maintain efficiency? Correct answer: it is VERY strenuous. True sprinting requires a great amount of absolute 100% effort. To be able to give an all out effort, the distance has to be short. So often you hear people say, "I only have one speed." Most of these swimmers say that because to genuinely sprint, hurts. It is a burst of energy, then you're done (although the lactic acid burn in your arms and thighs has just begun!). Emphasis is taken off of pace and tempo, and directed at unbridled velocity. And, in sprinting, efficiency is everything. If you slip a little water here, miss a turn there, and have a bad start—you don't have to worry about picking up your award after the race. Just collect the free T-Shirt you get for entering. There is no leniency for mistakes at shorter distances. You lay it all on the line, and don't get second chances.

**"Training for the 50 free and the 1650 are two very different animals."**

#### Distance:

Are they crazy? Coming in to a long meet a day before everyone else arrives to voluntarily swim back and forth over the long black line up to 66 times? Do these people have some deep inner need to punish themselves? Maybe they lost a bet. Or, maybe these swimmers actually LIKE distance races, and their training and genetics are conducive to succeeding at the 800, the 1000 and the mile. True distance swimmers tend to have a sense of internal rhythm. They like to work on their sense of pace, and don't mind doing a lot of yardage a challenging, but consistent speed. They start the race out feeling long, relaxed and in control (and no, Sprinters, this does NOT mean they're loafing!!!). They stretch their race out, mentally keeping track of their pace, and knowing when to turn it on a little more. A slower start or one bad turn might not matter quite as much in a longer race, but if you are inefficient with your stroke, the race could feel like a lifetime. Clean, strong strokes are mandatory for having a successful swim.

I'm not advocating that Masters is all about competing. I'm also not trying to convince you to pigeon-hole yourself into a race. However, I'm challenging you to commit. Looking around a Masters meet, I am convinced that the average life span of a Master swimmer is about 400 years. Swimmers just don't get old (don't believe me? Check out Rich Abrahams!); They are strong and healthy and will certainly outlive the cockroach. So, with this long career ahead of you, spice up your routine a little. Set a goal for the next 4 – 6 months. Pick a race, and train for that one race. Maybe choose a race that is unfamiliar to you. Maybe try a stroke that you normally make an effort to avoid. Maybe aim for that one race that you've always been intrigued with, but are afraid to try. For a block of time, train for THAT race. It will give your swimming focus, give your training sessions new meaning, and help you expand your talents in the water. Being a jack of all trades isn't a bad thing...but don't be afraid to specialize. You just might uncover a dormant talent you never knew existed! Good luck, and have fun!



## New Chairpersons for COMSA

Please join the Board in welcoming several new volunteers to help out with COMSA. Our new Coach's Chairperson, Carrie Slover is from Pueblo Colorado. Carrie will be responsible for a monthly communication with the coaches – the main link to the swimmer. If your team does not have your coach's email address listed on the website, they will not be included. Please update your team information to include an email address for your coach so that he or she can receive the monthly updates. This can be done by going to the teams section of the website and using the interactive form that is provided. We hope that by reminding our coaches of the many opportunities for fun and fitness events, competitions, etc. sponsored both locally and nationally that the information will be passed on to the swimmers – the core of COMSA.

Another new addition is Gary Reese, the coach of the Thornton Masters, who is joining us as Safety Chairperson. Gary will work with the Sanctions Chair, Kim Crouch, and the Officials Chair, Deanna Johnson along with the Meet Directors to make sure that rules for safety are enforced at our meets. Having taken the steps to sanction most of our meets, we need to be sure that we are adhering to the safety guidelines that go with the liability of insuring these meets. We want to thank Chris Nolte who has been filling the gap for us until we were able to find a permanent Safety Chair.

We have created a new position, Assistant Registrar. Jillian Harvey, coach of the Greenwood Masters has stepped up to assume that position. Over the past several months, Susan Nolte has served in this capacity along with serving as our treasurer and we want to thank her for that. Jillian will handle the front end of the registration process, reviewing forms and checks and forwarding the paperwork to the registrar and treasurer.

We want to thank all of these volunteers for offering their time to help the entire Colorado Swimming Community.

## Masters Workouts Now Available at Arapahoe Community College

Join coach Brett Ploessel at the Arapahoe Community College Fitness Center Pool on Mondays, Wednesdays, and Fridays from 6:15-7:30 am. This new team offers structured workouts, technique cues, a safe environment, friendly coaching, and fitness. Cost for the masters swim program is \$50.00 for a 10 swim punch card. Program starts Monday March 7th. Initial program space is limited to 15.

The primary focus of Masters Swimming is on the development and support of an adult swim program. This program involves fitness, strength and flexibility training as well as learning sport specific technical skills. It provides an important motivational framework for promoting a lifelong exercise regimen. Benefits masters swimmers can expect include physical and mental well-being. Regular exercise contributes to good health and swimming is considered by health professionals to be one of the best and safest ways to exercise. It benefits the cardiovascular system, reduces cholesterol and has a positive effect on weight control, muscle tone, stress reduction and endurance. It also possibly helps to offset the decrease in bone mass that is progressive with the aging process.



## Registration Now Open for State Games of America

The Rocky Mountain State Games has gone national this year and Colorado swimmers will have a chance to compete against top-notch swimmers from 33 states in the State Games of America. The swimming competition will be held at the U.S. Air Force Academy, Friday, July 29 through Sunday, July 31.



Masters' divisions are offered in many events and will be run according to U.S. Masters Swimming rules. Gold, silver and bronze medals will be awarded to the top finishers in each event and all athletes are invited to attend the Opening Ceremony on July 28 at the World Arena in Colorado Springs. Admission is free for all SGA athletes.

The State Games of America is open to Colorado athletes of all ages and skill levels and features competition in 24 sports including: 5K run, archery, badminton, basketball, billiards, bowling, diving, gymnastics, field hockey, figure skating, foosball, golf, inline hockey, martial arts, racquetball, soccer, softball, swimming, table tennis, tennis, track & field, triathlon, weightlifting and wrestling.

## Adventure at the Olympic Training Center

It is a rare opportunity to access the world's most sophisticated resources for assessing parameters of swimming performance. COMSA swimmers Nicole Vanderpoel and Heather Hagadorn were two of the selected swimmers for this year's camp. They stayed with Olympic athletes in the inspiring and stimulating environment of the US Olympic Training Center in Colorado Springs. They used the 50m indoor pool, the International Center for Aquatic Research Flume (ICAR), biomechanic and physiology labs, and the OTC weight training center. They ate, slept, and met in the OTC Center and athlete dorms. Here is Heather's description of her incredible week.

### Heather Hagadorn—DU Aquaholics

I recently spent a good part of the 2<sup>nd</sup> week in February at the Olympic Training Center in Colorado Springs, for a 5-day swim camp. 18 swimmers were selected from approximately 200 applicants, ranging in ages from 35-69, representing all types of talent from across the country. We had 12 coaches, staff, and scientists paying attention to our every move.

Not only does this camp focus on swimming technique, but it also gives us exposure to some of the greatest USA Swimming sciences and professionals: Psychology, Physiology, Nutrition, Flexibility/ROM/Strength, Biomechanics and Technology.

This camp is held once a year, and is the brainchild of Nancy Ridout, USMS past-president and liaison to the USOTC. Her goal is to provide masters swimmers with a unique and special experience, where each swimmer receives individual specialized testing and analysis, lectures and training. In turn, the swimmers are asked to share their experiences and knowledge with as many people as possible. See details regarding the camp at <http://www.usms.org/coach/otc.php>

Our days generally lasted from 6AM – 10PM, and the syllabus ran like clockwork. We rarely ever had a break, other than to eat and go take care of nature, yet they were so fulfilling you never wanted to stop and take a break.

- The Biomechanics sessions and stroke training were related and were pretty predictable: review proper stroke technique, perform strokes in the pool, get filmed, get analyzed and learn how to correct the issues (I learned about 50 new drills!!!), and then go back and do it all over again.
- The Psychology was just what you might think: learning how to be confident, train with confidence, and race like you train. Mostly I wanted to learn how to swim just for ME and not to try to live up to other people's expectations (or to live up to the high expectations I set for myself).
- Nutrition, again, just what you might think. I was surprised to learn that I need to consume as many as 2700 calories a day, and that I am just about on target, however I do not get enough calories from carbohydrates. The 100% fruit juice, latte, and Pop-tart routine in the morning is working fine. I just need to add a bagel in the mid-morning and that will cover my missing carbs.
- Strength, Flexibility and ROM (range of motion). We had an awesome physical therapist who knows swimmers inside and out. He gave us tons of great stretching and strength tests and exercises...and he made it all fun too! I do have a strong core and now I know more to make it even stronger.
- Physiology was the most interesting! This included several informative lectures and tests. The main testing included swimming 5x200 free at a specific time, based on a percentage of our best times. The statistics included time, heart rate, stroke rate and lactate. The lactate was taken from blood that was withdrawn from a prick in the ear. After measuring and graphing all data, we found out where our aerobic, high intensity and anaerobic zones were (heart rate based). We also learned if we were sprinters or distance swimmers.
  - Energy Zones: <http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=297&Alias=Rainbow&Lang=en>
  - Based on my very high lactate, slow lactate recovery and high heart rate measurements (higher than I have ever seen for myself), I was pegged as a sprinter. However, there was one missing all-tell statistic, and that is the factor between your best times. My 50-100-200 factorial differences indicate that I am a true distance swimmer.



## Feel Like an Olympian, if only for 90 seconds continued from page 8

- One of the interesting things is that if I do more lactate training (ouch – that hard sprinting stuff really hurts), the Physiologist says that I will be a much better all-around swimmer...that means I can sprint and I can do distance – and I can do them well...with proper training, that is. I need to learn how to recover from that lactate, and I need to continue to do lots of active recovery, especially after racing. Again, ouch – that lactate training hurts big-time! And I need to keep up my aerobic and strength training as well.

Some of the really cool things that we got to do (besides the lactate testing)...

1. The Flume – the water version of a treadmill – lots of photos  
I held Janet Evans' 400 Meter Free record pace for 90 seconds – not quite half the race – but it was awesome to go that fast (1:01 100's, Long Course) for that long!  
The Flume and Hyperbolic chamber  
<http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=59&Alias=Rainbow&Lang=en&mid=437&temID=341>
2. Towing – like being towed for 50 Meters behind a speed boat. A cable was able to pull me a full 50 meters in 21 seconds!!!
3. Dartswim – digital technology (on the PC) that compares your stroke with that of an Olympic athlete – one-for-one comparisons at all points. This made the biomechanic sessions really interesting!
4. The Vibrator – this is a machine that vibrates your muscles at high speed. In sedentary status (you lay your triceps on top of it), it helps you recover faster by increasing blood flow through the muscles. In active status (you use a pull rope attached to the vibrator), it helps pump blood into the muscles and acts as a stimulator for up to 30 minute prior to racing.
5. Video, video, video...I came home with three filming sessions and analysis of each one, for all strokes. Three masters coaches provided us with all kinds of hints and tricks for improving our stroke
6. Met lots of great scientists – we met some of the world's best swimming researchers, and scientists. They highly encouraged us to follow up with them, as they are interested in gathering more statistics on Masters Swimmers (they have tons of info on young swimmers)
7. I now have free access to lots of USA Swimming databases that I can use to input data and privately analyze myself also (no comments from the peanut gallery here).
8. Met lots of great people
9. EAT! We had great food!
10. SLEEP! I slept an average of 1 hour more per evening than I do at home!!!

So it was fun – tons of fun, and I would recommend it to anyone who wants to learn more about themselves, their training and of course their swimming.

## Memories from a Great Weekend Clinic

### Marcia Anziano—Chairperson

In an effort to take advantage of the offerings of the USMS Coaches Committee COMSA has been host to two great clinics this winter. Oregon Masters' Bob Bruce presented Swimming Fundamentals clinic, while COMSA's 2004 Coach of the Year, Cathy Drozda, presented a freestyle clinic. Both clinics were a great opportunity for swimmers to get individualized attention and video analysis. I was fortunate to have been able to attend all four sessions of the Swimming Fundamentals Clinic presented by Bob Bruce, and here is what I found.

Bob is a great person and a passionate coach. He loves his sport and can spend hours talking to you about it. Actually he will be returning in May to present another clinic on Freestyle and Open Water. Check the newsletter for details on that clinic. But I digress. This clinic in February was filled with video analysis and lots of drills for good basic stroke technique. Being very experienced with presenting these clinics and having done hours of stroke evaluation, Bob was quick to analyze the various techniques of all of the participants. Learning came not only from observing your own stroke and it's peculiarities, but also of ob-

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## Taking Advantage of Great Coaching continued from page 9

...serving the video of the other participants' strokes. The format of each session was similar with an introduction, filming, presentation on details of the stroke, analysis of the video, drills to help the major flaws detected in the group and a follow-up session of 'Ask the Coach.' Bob proved to be very adaptable, at times have to instruct over the blast of the starting horn. But he persisted and managed to still have a voice at the end of the weekend.

Swimmers came from all around the state including Pueblo, Grand Junction, Colorado Springs and the metro area. It was fun meeting new swimmers and hearing about their issues. (We all have issues!!) One of the major questions was how to go back to your team with these new drills and suggestions in mind and incorporate them into your practice. Bob stressed that we all needed to work with our coaches, let them know about the clinic and ask them to work with us on incorporating our approach back into our own practice. One of the main points was that there are two ways to get faster, power and technique. As we get older, we need to work diligently on our technique. Many teams do not focus on this aspect to the extent that it was stressed in the clinic. Suggested ways of dealing with this were swimming down a couple of lanes where you can concentrate on technique or incorporating drills when doing kick sets, warm-up and warm-down.

Thanks to Nicole Vanderpoel for organizing the clinic and following up on all the details.  
Thanks to Cindy Hawkinson for hosting Bob and being his chauffer throughout the weekend.

Don't miss Bob's Open Water Swimming Clinic coming May 6th and 7th! Details on page 5.

