



MASTERSPLASH!

COLORADO MASTERS SWIMMING ASSOCIATION'S

January 2001



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Band training can keep your muscles in shape when you can't get to the pool

By Alex Kostich

Active.com

Getting to a pool is not always easy, and during the holidays it can be close to impossible to make such a time commitment.

There is, however, a dry-land method of training that swimmers have relied on in the past to keep their swimming muscles in shape. It's called "band training," and utilizes common surgical tubing found by the mile in hospitals, hardware stores, and even sport-retail outlets everywhere.

Essentially a giant rubber band, surgical tubing is a hollow "straw" made of rubber with varying degrees of thickness. The idea behind band training is to pull on the band as you would pull through the water in your strokes, with the resistance providing a workout that closely simulates the resistance you feel in the water.

To start, you want to find yourself a piece of surgical tubing that is about 8 to 10 feet long. You may want to start with a thickness of only 1/24 or 1/16 of an inch, and work your way up to 1/8. At each end, make handle grips by tying the tubing into a knot with enough of a gap, or circle, to fit your wrist through (about 3 inches across). Tape the knot tightly with athletic tape to prevent it from untying during exercise.

Next, find a stable base to loop your tubing around, about 4 feet off the ground. In a pinch, a doorknob will do, but it is preferable to find a tree or a fencepost and adjust the height of the tubing to 4 feet.

Loop it around the base once at the midway point, so you have about 4 feet of tubing trailing from your base to each handle. Grab the tubing by the handles and bend over at the waist.

Begin your tubing drill by standing away from your base with your arms extended in front of you so that the tubing you are holding is taut but not tense. Start pulling the tubing simultaneously back past your hips, as if you are doing an underwater butterfly pull. When your arms are extended behind you (the "end" of your stroke) bring them back in front of you in a controlled, but fast, motion (backtrack your hands under your body the way they came).

Simply keep repeating this motion for several minutes. Here is a set you can try if you are just starting out.

5 minutes warm-up pulling (step back a step); 2 minutes harder and faster pulling (step forward); 1 minute recovery, easy slower pulling (step back); 2 minutes harder and faster pulling (step forward); 5 minutes recovery

If you have never done band training before, you may find your lower back will ache from the strain of bending over at the waist for 15 minutes at first. Your shoulders should also feel sore, more so than after a swim workout. This is to be expected; you are breaking down muscle tissue with intense training (which is a good thing!).

A not-so-good thing is if your inner shoulder (rotator cuff area) begins to ache. This is an indicator that you are straining your shoulders too much and/or not doing the drill correctly. If you are jerking the tubing back and allowing the tension of the band to pull your arms back above your head rather than bringing your arms around in a controlled motion, you are doing more harm than good.

Other things to watch out for are tubing that can snap, or break. Because bands are



Been to a meet lately? You could enjoy the comraderie as these swimmers did at the DAC Short Course Meet.

NEW FORMAT

By Dennis West

After too many years to count, the Mastersplash will be undergoing one of its largest face lifts yet. As an attempt to join the electronic revolution - more so than we have done so far, this will be the last issue in the old format. Beginning with the April issue, the Mastersplash will be coming to you in electronic format. Because of the electronic delivery, it will become necessary for you to take an active role in assuring your continued delivery. If you have not checked to make sure that we have your correct e-mail address on the web site www.comsa.org, please take the time to check the site and make any corrections necessary. From April forward the Mastersplash will be e-mailed to those people we have e-mail addresses for and snail mailed only to those who do not have an e-mail address. Not only should this assure faster delivery, but it will also reduce our costs by several thousand dollars per year.

Over the past year we have been attempting to get people used to downloading the upcoming meet information from the web site in preparation for either downloading, reading on line or having Mastersplash e-mailed. A large number of other swim areas including USMS are now e-mailing newsletters to their members. It seems to be well received nationally and we hope that it will be received as well here. It will take some getting used to, but we feel the cost savings and expedited delivery will far outweigh the past habit of receiving a hard copy issue. The new format to be used will be the same as the format used for this mailing. With the reduced number of newsletters being mailed, this will also create savings for COMSA over the old format.

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rubber, make sure your base is not abrasive (such as a rough tree or a fencepost with a sharp surface). Always check your tubing at the midway and base point for cracks and rips that could result in a snapped fragment. When you tie it around your base, you may want to loop it around at the halfway point double, and bring the ends through the loop in the middle (this will prevent additional chafing).

Hand blisters are another side effect of band training. Run-of-the-mill cycling or weight training gloves are ideal to prevent blistering, but best of all are swimming paddles attached to the band handle grips; this not only prevents chafing but allows for a more accurate simulation of underwater recovery. Tubing does not have to be limited to the butterfly/freestyle underwater motion either. You can attempt the same drill with a breaststroke pull, or you can lie down on your back with your head pointing toward your tubing base and pull your arms down to work on your backstroke pull. You can even affix the tubing to your feet and practice breaststroke kicking.

The convenience of band training makes it hard to resist (there's a pun in there somewhere). You can set it up almost anywhere, and condition swimming muscles without getting wet. During the travel season, what more could you ask for?

LETTER FROM THE PRESIDENT

by Melanie Dullea

Hello Masters Swimmers!
Are you getting ready? Before you know it the state championships will be here and then thoughts turn towards Nationals if you're really the obsessed swimmer (like me!). This year, we are also hosting the Breadbasket Zone meet, in conjunction with our state championships. While this doesn't change things too much, the title of the meet will be a bit different, and the fun thing is we have a few more visitors to our state to swim. Granted, they may only be coming from New Mexico, but we enjoy having them swim in our meet. We are hoping they enjoy the DU pool as much as we do for some fast swimming!

The Board and committees continue to fine-tune the preparations for the state meet, in order to make it your most productive meet this season. Please keep a lookout for meet information on the state meet and other meets leading up to the state championships. Other items to note: ByLaw changes and Election of Offices for the Board in April. Finally, another round of thanks to the board, committee volunteers, countless volunteers and swimmers that I've met in these past two years of being chairperson. Masters swimmers are the best people to hang around with! It's been a pleasure!

Thank you! Melanie

Swimmers live longer, study says

Fitness Swimmer Magazine

From active.com

Swim into your future

The more you swim, eat right and avoid tobacco, the longer you'll live, according to two studies of more than 355,000 people. You may add as many as 10 years to your life, says heart disease researcher Jeremiah Stamler, M.D., of Northwestern University in Chicago.

Although the super-healthy (defined as nonsmokers who have normal blood pressure and low cholesterol levels) constituted only 10 percent of those surveyed, their results made a big impact.

The death rate from heart disease was nearly 80 percent lower for these people, who were mostly middle-aged when both studies began, than it was for the rest of the group. Overall, only six to eight percent of the low-risk men died of heart attacks, compared with a heart disease death rate of nearly 30 percent in the whole group.

NOMINATION FORM

LT. GOVERNOR'S CUP

One male and one female will be chosen by a committee of past recipients. Nominees must be members of Colorado Masters Swimming Association. Selection is based on contributions to MASTERS Swimming and COMSA in general - not just competition.

COMSA COACH OF THE YEAR

Nominee must be a member of COMSA

Nominee must have been a participant for at least one year

Nominee may have been nominated or received the award previously

Selection is based on contributions made to the team with respect to camaraderie, technical advice, motivation and support of team members.

Nomination Deadline - March 1, 2001

Mail to Jack Truby, 321 Cook St., Denver, Colorado 80206

LT. GOVERNOR'S CUP AND COMSA COACH OF THE YEAR NOMINATION FORM

NOMINEE NAME

NOMINEE NAME

Please check one award:

LT. GOVERNORS CUP

COACH OF THE YEAR

Reason for Nomination _____

Name & phone of contact person(s) for additional information:
