

Issue
2



Western Zone

Athlete Newsletter

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QUOTE OF THE ISSUE

*"The will to win is important,
but the will to prepare is vital."*

-Joe Paterno

EXCLUSIVE

Interview with

**Mark
Gangloff**

See Page 3 for complete interview!

VIDEO OF THE ISSUE

This issue's video provides an in-depth analysis of the breaststroke kick through a drill designed for both beginning swimmers and elite athletes.

The body position when practicing this drill places the hips and knees in a perfect alignment to emphasize foot angle, knee flexibility, and lower back straightness.

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

USA SWIMMING TRIVIA

We're back with more! Enjoy!

1. When did the US Congress pass the Amateur Sports Act?
2. What year did USA Swimming staff officially move to Colorado Springs, and where were they located originally?
3. What year did FINA recognize USA Swimming as a separate National Governing Body, responsible for all aspects of swimming?
4. Which year did Top 16 Recognition of AG swimmers begin?
5. Who designed the first USA Swimming logo?
6. **BONUS QUESTION:** In 1983, USA-S named a Muppet as the official spokesperson of the Swim-A-Thon program. Who was that Muppet?

Senior Swimming

Why Do We Do This Drill?

The "I Dream of Jeannie" Drill

By Steve Sholdra

This drill is for breaststroke and is named for the character in the old TV series "I Dream of Jeannie", where Jeannie folded her arms in front of her when performing a magic task.

Fold your arms in front of your head so each hand is lying on top of the opposite elbow. Keep your elbows high so your forearms are parallel to the surface of the water. Kick breaststroke while holding your arms in this "Jeannie" position.

This drill enables swimmers to maintain better balance with hips high in the water. Doing the breaststroke kick with a kickboard often causes your hips to sink because of the unnatural flotation given to the upper body. The drill also provides additional frontal resistance and a method for maintaining high elbows while kicking. It discourages sculling and pulling during the kick.

Thanks to United States Masters Swimming.



USA Swimming and the Athlete's Executive Committee are pleased to announce the release of USA Swimming's Safe Sport education for athletes!

USA Swimming has developed a free education program for you to participate in. Click [here](#) to learn about:

- Inappropriate contact
- Physical, emotional, and behavioral boundaries
- What to do if your boundaries are violated: why and who to tell
- How USA Swimming can be a resource for you

By learning how to protect yourself, you also learn how to protect your peers; and together you can make the sport safer for everyone.

If you have questions, please contact any of the USA Swimming Athlete Representatives, or contact Susan Woessner

(swoessner@usaswimming.org) at USA Swimming.

Check this program out!

Open Water Swimming

2013-2014 Open Water National Teams

Women's Junior National Team:

Lauren Abruzzo
Jessie Arnold
Liliana Casso
Lindsey Clary
Brooke Lorentzen
Rachel Zilinskas

Men's Junior National Team:

Janardan Burns
Scott Clausen
Nicholas DeVito
Chris Grimmitt-Norris
David Heron
Scott Simmer

Women's National Team:

Tristin Baxter
Emily Brunemann
Eva Fabian
Christine Jennings
Becca Mann
Ashley Twichell

Men's National Team:

Andrew Gemmell
Alex Meyer
Joey Pedraza
Chip Peterson
Sean Ryan
Jordan Wilimovsky

Age Group Swimming



Each year, USA Swimming recognizes its members who excel in both the classroom and 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. The 2013 list of achievers can be found [here](#).

To be eligible for this recognition, swimmers must have completed 10th, 11th or 12th grade and must be a USA Swimming member athlete. Congratulations to all 2013 Scholastic All-American team members!

2013 Scholastic All-American Statistics

Successful Applicants:	1353	Eastern Zone:	380	Top LSCs
Female:	729	Central Zone:	307	1. North Carolina (70)
4.0:	557	Southern Zone:	381	2. Middle Atlantic (68)
Male:	624	Western Zone:	285	3. Southern California (61)
4.0:	482	Open Water:	2	4. Pacific (61)
		Disability:	4	5. Florida (58)
				6. New Jersey (53)
				7. Indiana (51)

The only "Perfect Score" this year was awarded to Missy Franklin (Colorado STARS), who achieved a 4.0 and won a National Championship. She was also a three-time Scholastic All-American team member. Congratulations to Missy on this outstanding achievement!

Thanks to Marvin & Joyce Lanphere and Betty Kooy for statistics.

Injury Prevention **"Breastroker's Knee"**

By Steve Sholdra

"Breastroker's Knee" is generally classified as a pain in the medial (inner) area of the knee, usually caused by the whip-kick common in breaststroke. A weakness in the medial collateral ligament results from repeated stretching of this ligament during the breaststroke kick.

The [medial collateral ligament](#) is the main supporting structure on the medial side of the knee; it is also called the tibial collateral ligament. Tension in the ligament increases as the knee moves from flexion to extension. This is exactly what happens during the kicking motion of the whip kick during breaststroke. All the force is generated directly to the medial collateral ligament. A common way to prevent this injury is to focus on bringing your legs up straight on the upward part of the kick. Letting your knees rotate too far towards each other can stretch your medial collateral ligament in an unnatural position, causing a Breastroker's Knee injury. Another common breaststroke injury is caused by being "pigeon-toed" (feet pointed inwards) on the propulsion part of the breaststroke kick. This can stretch the [lloiotibial band](#), causing pain on the lateral (outer) side of your knee.

*Thanks to Cedars-Sinai Medical Institute & University of Maryland Medical Center for information.
Please consult a medical professional if injuries occur. This article is meant for informational purposes only.*

Feature Story

Exclusive Interview with Olympian

Mark Gangloff

By Steve Sholdra

When did you start swimming, and what team did you swim for?

I started swimming when I was 8 years old. I grew up in Buffalo, NY and swam for a small club team called Lancaster Swim Club.

How did you get involved in the sport of swimming?

My mother's parents owned a swim team when she was growing up. So my mom and all of her siblings grew up swimming on their parents swim club. One winter when Corey, my sister, and I were not playing any other sports my aunt Leslie asked my mom if Corey and I were interested in trying the swim club. Thankfully we said yes.

What were some of your favorite parts of Age Group swimming?

My favorite part of age group swimming was having all of my best friends around on the swim team. That is my most vivid memory of age group. It was not competitions or even hard practice but just having fun with my friends when we were at the pool.

What was your favorite pool you ever swam in?

The coolest pool that I have ever swam in was the pool in Omaha, NE for the Olympic Trials. First of all it is in the middle of a huge arena and there was a 50m pool smack dab in the middle of it. As swimmers we usually do not get to perform in front of big crowds but every four years we fill a huge arena and it is an awesome event to be a part of. Oh yeah, and they have fireworks on deck when someone makes the Olympic team. That is pretty cool too.

What was your favorite practice set ever?

My favorite practice set usually consists of some 100 race pace 50's in the long course pool. I really love a lot of variations of that but I feel like that really helps me set up my stroke really nicely. I also like a set of 7x50 on 2:00 where you try and drop 1 second every 50, try to keep your stroke count as low as possible. That set is more of an efficiency test set but it also sets up my stroke really nicely.

What was your single favorite race?

My favorite race that I ever swam would probably be my 100 breast in Indianapolis in 2009. I broke the American record and went under the 1:00 barrier for the first time.

What is your favorite characteristic of swimming?

Hard work. People who work hard usually get good results. You can work hard in a lot of different ways. You can be the fastest person in the pool. You can be the person with the best technique. You can make sure that your starts and turns are better than everyone else. Hard work comes in a lot of different forms but it is up to you to make sure you work hard in all areas.

What advice do you have for AG and Sr swimmers today?

Enjoy swimming as much as you can. Enjoy the hard work. Enjoy setting goals that are going to push you further than you have ever been before. Enjoy learning new skills. Enjoy learning how to race better. Enjoy making your teammates better. All of these things are not easy and they are not always fun but you must embrace the challenges that you will face day in and day out.



Mark Gangloff is a two-time Olympic Gold Medalist.

Nutrition

Chocolate Milk Benefits for Athletes

Reprinted with Permission by Anna Hellgeth. Full article found [here](#).

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 the 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 sports drinks.



Chocolate Milk Gives Athletes Leg-up After Exercise

By **Kay Randall**, University of Texas. Reprinted with Permission of Ms. Randall. Full article can be found [here](#).

AUSTIN, Texas — Not only does chocolate milk taste good, but two recent studies from The University of Texas at Austin show that it's also the ideal post-workout recovery drink.

"Serious and amateur athletes alike enjoyed physical recovery benefits when they drank low-fat chocolate milk after a vigorous workout," said Dr. John Ivy, lead researcher on the studies and chair of The University of Texas at Austin College of Education's Department of Kinesiology and Health Education. "The advantages for the study participants were better body composition in the form of more muscle and less fat, improved times while working out and overall better physical shape than peers who consumed sports beverages that just contained carbohydrates."

Ivy is a nationally renowned sports nutrition expert who established the importance of post-exercise nutrition to athletes' physical performance and recovery, as well as the timing of nutrition intake, and authored the groundbreaking book "Nutrient Timing."

In his two recent, related studies, Ivy and his research team compared the recovery benefits of drinking low-fat chocolate milk after exercise to the effects of a carbohydrate beverage with the same ingredients and calories as typical sports drinks as well as to a calorie-free beverage.

Compared to the other recovery drinks, chocolate milk drinkers had twice the improvement in maximal oxygen uptake after four and a half weeks of cycling, which included intense exercise five days a week, with each exercise session followed by one of the three recovery beverages. Maximal oxygen uptake is one indicator of an athlete's aerobic endurance and ability to perform sustained exercise.

Ivy's research also revealed that low-fat chocolate milk drinkers built more muscle and shaved off more fat during training, ending up with a three-pound lean muscle advantage after four and a half weeks of training as compared to study participants who consumed a carbohydrate drink.

Ivy notes that a 30-minute recovery window after exercise, for people of all fitness levels, is as important as the nutrition supplement that's consumed.

The Last Page

Practice Set

of the Issue

The “Salnikov Test” Set

By Steve Sholdra

Named after Vladimir Salnikov, one of the greatest distance swimmers of all time, many swimmers receive a t-shirt with “I survived Salnikov’s Test” on it when (and if) they complete this set.

- 1x500 Free moderate
- 10x600 Free fast (No sendoff, 10 second interval between 600s)
- 1x500 Free faster
- 10x300 Free very fast (No sendoff, 15 second interval between 300s)
- 1x500 Free fastest
- 10x150 Free all-out sprint (No sendoff, 20 second intervals between 150s)
- 1x Extremely long warm-down

Always consult your coach before attempting any set.

USA SWIMMING TRIVIA ANSWERS

1. 1978
2. 1981, Indianapolis
3. 1980
4. 1982
5. Colleen Roark
6. Scooter →



Swimming Photo of the Issue



The USA Swimming Athlete Representatives in attendance at the 2013 US Aquatic Sports Convention in Anaheim, CA. Photo © Melissa Lundie 2013

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