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1

Western Zone Athlete Newsletter

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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

USA Swimming *Trivia*

Answers on The Last Page.

For which country did these internationally acclaimed swimmers compete?

1. Mark Spitz?
2. Vladimir Salnikov?
3. Ian Thorpe?
4. Krisztina Egerszegi?
5. Grant Hackett?
6. Lenny Krayzelburg?
7. Park Tae Hwan?
8. Keiren Perkins?
9. Tracy Caulkins?
10. Janet Evans?
11. Ryan Napoleon?

VIDEO OF THE ISSUE

Backstroke starts: the heart of every backstroke race. The difference between a champion backstroker and a second place medal. But how do we improve these starts?

Through a series of unique specialized backstroke start drills, you can watch and learn many different techniques to mastering the backstroke start in this issue's video.

These basic-to-difficult drills can be used to teach the starts altogether, or for more advanced swimmers, can be used to fix minor details for faster reaction times.

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

Senior Swimming

Paralympic Swimming

By **Haley Beranbaum**, Athlete Representative

Swimmers at the Paralympic Games are classified into 13 different classes.

Swimmers with physical impairments are classified from S1 to S10. These are known as 'functional' classifications because classification is based on how an athlete moves in the water. This means that, at first glance, a spectator may see athletes with apparently very different impairments competing against each other. As long as the athletes move in the water with a similar level of impairment, however, they are classified in the same category.

Amongst the S1-10 categories, athletes with the lower classification numbers have the more severe impairments. Swimmers who have visual impairments are classified from S11 to S13. S11 swimmers have little or no vision, while S13 swimmers will have a greater degree of vision than S11 or S12 athletes, but will still have less than 20 degrees of vision. Swimmers who are blind have an assistant called a 'tapper' who may use a pole to tap the swimmer to warn them they are approaching the end of a length.

New for London 2012 is the S14 class for athletes with a learning disability.

It is important to note that an athlete's classification may change for different swimming strokes, because the nature of their impairment may affect their ability to perform a particular stroke.

Qualifying for the Paralympics is not like for the Olympic swim team. The U.S does not take whoever takes 1st and 2nd in an event. It is based off of a specialized equation involving your world rankings in the past two years. Even though many athletes broke American and Pan-American records, or placed 1st and 2nd in their races, some did not make the team. The Paralympics are just as hard to qualify for, and competitive as, the Olympics.



2013 USA Swimming Open Water Nationals

The 2013 Open Water National Championships was held May 17-19, 2013. The meet was hosted by Canyon Aquatic Club at Castaic Lake in California. The 10K was on May 17th, and the 5K was May 19th. Castaic Lake is in northwestern Los Angeles County.

Known for its prime fishing location, the Southern California lake was ideal for these National Championships. Although there were some buoy malfunctions due to severe wind, everyone competed well. This meet served as a selection for the 2013 Open Water World Championships Team, National Team, Junior National Team, and World University Games Team. Results [here](#).

*Thanks to **Chip Carrigan** for information.*

Exhibition Swims: What Are They?

Summer League, High School, and NCAA rules recognize exhibition swims in their rules. In USA Swimming, events not listed in the meet invitation are not eligible for entry into SWIMS.

(Swimmers cannot swim events for which they are ineligible [i.e. not in compliance with age group, gender, or entry requirements]). For administrative purposes, however, a swim may be marked as "exhibition" in the meet data base, so the swimmer does not place or score. Such swims are not truly exhibition swims. If done within the parameters listed in the meet invitation and in accordance with USA Swimming rules, the times are eligible for inclusion in SWIMS.

Age Group Swimming

Why Do We Do This Drill?

The “Beethoven” Drill

By Steve Sholdra

Learning the breaststroke pull out-sweep can be difficult, so drills such as the chest press and others attempt to emphasize this specific part of the pull. A great new drill to focus on the proper positioning during the outward part of the breaststroke pull is the Beethoven drill. This drill imitates the movement of a sweeping Double-Glissando on a piano (a musical technique that was often used by the famous composer Beethoven).

How to do it: Float on the surface with your hands outstretched in a streamline position (hands should be next to each other, interlocking thumbs). As if you were sweeping your hands apart across a piano keyboard, push your arms apart into a Y-position, while pushing your chest forward and down. Your head should rise as you sweep your hands outward, as if you were beginning a breaststroke pull. After your arms reach the Y-position, sweep them back into the streamline position as you lower your head. This drill is similar to the common “Y” breaststroke drill, but the main difference is the force driving your arms apart. In this drill, your hands should be the main power that presses your arms into the Y, so you should put most of your energy into your hands. This hand focus (not emphasized in the Y drill) provides a correlation to the power force of your hands during a full breaststroke pull, and can help with chest positioning during the stroke as well.

Injury Prevention

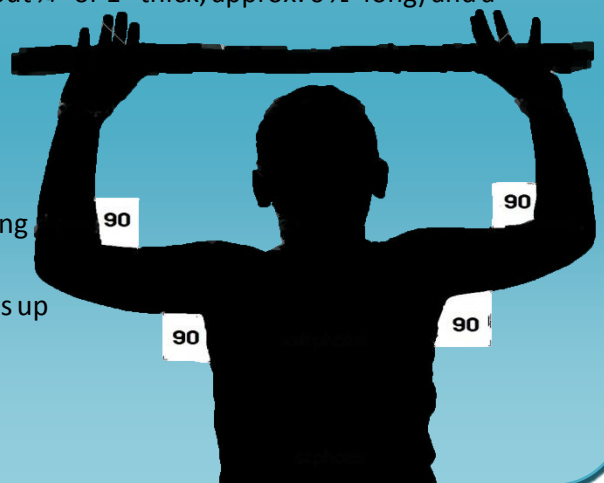
“Field Goals”

By Steve Sholdra

Before a hard weights workout, stretching is a vital part of injury prevention. Besides common stretching warm-up techniques such as using a foam roller, another great stretching exercise is known as “Field Goals.” The only things you will need for this exercise is a PVC pipe (about $\frac{3}{4}$ ” or 1” thick, approx. 6 $\frac{1}{2}$ ’ long) and a pendant for strong shoulder muscles.

While standing, hold PVC pipe above head (as shown in the photo below). There should be a 90° angle at the four marked parts of your arms. While holding the pipe firmly, keep your arms widened at 90°, and twist your forearms and hands (holding the PVC pipe evenly) in front of you until your hands reach shoulder-height. Only the part of your arms from your forearms up should move forward.

This stretches your shoulder muscles, and warms up your shoulder-blades for a successful dryland session.



By The Numbers

Western Zone LSCs

- Alaska
- Arizona
- Central California
- Colorado
- Inland Empire
- Hawaii
- Montana
- New Mexico
- Oregon
- Pacific Northwest
- San Diego-Imperial
- Sierra Nevada
- Snake River
- Southern California
- Utah
- Wyoming



Western Zone on the Web!

Want to make sure you have access to the latest news from the Western Zone? Be sure to visit the official website [here!](#)

The History of Our Western Zone

USA Swimming is split into four “zones”, with each zone hosting their own Zone Championships. Previously, USA Swimming was associated with the Amateur Athletic Union (AAU), as one of the committees, not its own individual body (as it is today).

In 1978, USA Swimming split from the AAU, and the four-zone concept was developed and established. Ever since then, USA Swimming has been divided into the four zones that we know today: Western, Central, Southern, and Eastern.

Our first Zone Representatives, Dean Dillingham from Pacific and Anne Supple from New Mexico, devised the Zone Championship meet. One year after the formation of the Western Zone, the first Zone Championships, (at least one year before Central, Southern and Eastern), was hosted by Pacific Swimming in Concord, CA. Continuing strong to this day, the 2013 Western Zone Championships is coming up in August in Roseville, CA. We encourage athletes from across our Zone to attend this meet!

If you're intrigued by the summary of our history, there's a more detailed history of our Zone [here](#), on the official Western Zone Website. The 2014 Zone Championships will be held in Clovis (for Senior Zones), and Federal Way (for Age Group Zones).

2013
Number of
Athletes in
Western Zone:
91,097

2012
Number of
Athletes in
Western Zone:
81,509

Western Zone LSCs...By The Numbers

2012 Year-Round Membership

ALASKA 2,022	ARIZONA 4,575	SOUTHERN CALIFORNIA 19,589
CENTRAL CALIFORNIA 1,661	COLORADO 6,311	HAWAIIAN 2,772
INLAND EMPIRE 1,556	MONTANA 1,042	NEW MEXICO 1,923
OREGON 5,483	PACIFIC 15,955	PACIFIC NORTHWEST 6,023
SAN DIEGO-IMPERIAL 3,243	SIERRA NEVADA 3,248	SNAKE RIVER 1,157
UTAH 3,218	WYOMING 1,731	

2013 Year-Round Membership

ALASKA 2,278	ARIZONA 5,204	SOUTHERN CALIFORNIA 22,218
CENTRAL CALIFORNIA 2,349	COLORADO 7,279	HAWAIIAN 2,936
INLAND EMPIRE 1,668	MONTANA 1,150	NEW MEXICO 2,198
OREGON 6,093	PACIFIC 17,150	PACIFIC NORTHWEST 6,453
SAN DIEGO-IMPERIAL 3,770	SIERRA NEVADA 3,371	SNAKE RIVER 1,428
UTAH 3,663	WYOMING 1,889	

Nutrition

The Building Blocks of Healthy Living: Nutrition – Rest – Activity

By Steve Sholdra

Good Nutrition, Adequate Rest, and Physical Activity.

Without balanced nutrition, enough sleep, and exercise, it can be difficult to achieve our full potential. That potential includes sports, mental acuity, and life.

Good Nutrition A balanced nutrition can help in many ways: it increases energy levels, improves mental performance and focus, builds immune system resistance to illnesses, and improves mood.

As this Newsletter continues, we'll spotlight specific parts of nutrition, such as Protein, Carbohydrates, Hydration, Sports Drinks, Amino Acids, Recovery Nutrition, the Importance of Eating Whole Foods, and much more.

DID YOU KNOW?

8 hours of sleep per night can improve sports performance by up to 16% (compared to 6 hours of sleep per night)!

Adequate Rest: According to a study by the University of Michigan, school-aged children are getting the proper amount of sleep if they can fall asleep within 15-30min after going to bed. Watching TV in bed has been extensively proven to disturb normal sleep habits, and can lead to insomnia issues later in life. The necessary amount of sleep a child needs varies by age group; a 7 year old needs (on average) 11 hours per night, whereas a 16-year-old needs (on average) 9 hours. A chart listing the average sleep time for all ages can be found [here](#).

DID YOU KNOW?

Just one-third pound stalk of broccoli contains more vitamin C than 204 apples.

Physical Activity: Being a swimmer is a great start! Besides being a fun sport, swimming is one of the best ways to stay in shape (and has a dramatic lack of injuries compared to other sports). According to a study by the University of Wisconsin, an average-size person will burn nearly 2400 calories if they swim for 2 hours at an average of 1:10/100 pace. This massive amount of physical exertion requires an equally massive amount of focus on proper nutrition and rest. For more fascinating swim calorie-burning trivia (and a pace calculator for any distance of yardage), please visit swimmingcalculator.com [here](#).

DID YOU KNOW?

It takes about three hours for food to be broken down in the human stomach, even longer during physical exercise.

Next Issue: For athletes, hydration is an important aspect of balanced nutrition. When it's warm outside, and we are sweating, it's rather easy to remember to hydrate well, and replace all the electrolytes that are being sweated out. However, hydration for glucose and electrolyte replacement is just as important in the fall and winter swim seasons. Just because we aren't sweating doesn't mean we're not dehydrated, and swimming is a lot of physical exertion, no matter how warm or cold it is. Bringing a bottle of water to practice is a good idea, but water alone can't replace all the nutrients we are losing during a hard practice. See next issue for more information!

The Last Page



Practice Set of the Issue

The “Wonderful Ones” Set

By **Kaylee Beck**, *USA Swimming Athlete Representative*

7x 100 Free fast (1:30, :25, :20, :15, :10, :05, 1:00)
100 Easy (1:30, :35, :40, :45, :50, :55, 2:00)

Wonderful Ones is 14x100s with a fast 100 followed by an “easy” 100. The sendoff starts off at 1:30 then drops 5 seconds for every fast 100 all the way down to 1:00 and adds 5 seconds for every easy 100 all the way up to 2:00. The most memorable time was when I made the 100 on the 1:00, having the set the way it is makes it easier to get on one minute. My coach always says that this set is a mental, physical, and emotional buildup to that last fast 100. You know you have that last 100, and if you don’t think you can make it, you won’t. I think it is a great preparation to swim meets, most of the time you get one chance to make your time, and you only have one chance to make the last one. If you go under the minute on one of the 100s before and not the last one, you failed, you didn’t finish the set. I like the set because it is a great way to build up to a fast 100, and you can get really close to your best time.

Swimming Photo of the Issue

USA Swimming Trivia Answers

1. USA
2. Russia
3. Australia
4. Hungary
5. Australia
6. USA
7. South Korea
8. Australia
9. USA
10. USA
11. Australia



Swimmers competing in the men's 10-km Open Water event at the 2012 Summer Olympics.

“Swimming isn’t a job. It’s a reward.”

Contact Editor Steve Sholdra at ssholdra@yahoo.com

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