



SLAM DUNK

St Louis Area Masters Newsletter May/June 2004 Vol. 1/ is. 3

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Congratulations to everyone from SLAM who competed at the USMS Nationals. That pool has a great sense of history and air of excitement. Swimming at the "Nat" has always, I feel, brought out the best in people. Looking at the results from Nationals I would say that this was the case again. Later in these pages is a full report about Nationals so you can relive some of those moments or find out what you missed.

With spring finally here I know that everyone is getting themselves ready for the Long Course season and swimming outside. If I can digress for a while here I want to tell you that outdoor swimming is a bag of mixed emotions for me. Being a California native (the East Bay to be specific) swimming from March through November was a treat. I practically lived in my Speedo during those months. My high school did have a dress code which almost made me feel uncomfortable. Sunshine and blue skies were the way to go. Late November through February was an entirely different situation. Going to the pool when it is 35 degrees and raining is not, by any stretch of the imagination, fun. Luckily here is St Louis we don't have to swim outside in those conditions. I'll take the clear skies, green trees and brilliant sunrises at Queeny any day. Now if we could only do something about the surfing.

To make things interesting in this issue I interview myself (people have always wondered) and my fiancé for the Coach and Swimmer profiles. Okay I am gloating a little but I have the right.

See you at the pool.

Erik

Warm Up:

Presidents Letter:

Greetings!

Summer will be upon us shortly! With thanks, May has turned out to be quite warm. This will make jumping in the pool a little easier come Memorial Day Weekend. It seems like our supply of long course pools continues to diminish. Last summer, as you will recall, we lost the use of the Church Pool (Des Peres) because the church failed to take care of it over the winter. This has certainly left Rockwood in a lurch. Now, St. Louis County Parks and Rec is cutting the hours of operation for Queeny Park and South County. Please check with Erik Strom to see if this will affect the starting and ending times for Parkway Masters and with the Sugar Creek Masters coach for their swim times. The pool in Clayton is still around, as is Maplewood, although it's longer than 50 meters.

My column in the last newsletter was all about Indianapolis, this column is all about long distance swimming. United States Masters has, in addition to regular pool swimming, open water swimming and long distance, postal events. This summer, we continue our annual one and two mile open water swim in Sunnen Lake at the YMCA of the Ozarks (near Potosi). This year's event will be Sunday, June 13, 2004, beginning with 7:45 a.m. check in and the first race going off at 9 a.m. For those of you who didn't come last year, race is around a one-mile triangular course marked with large fluorescent orange buoys. In between the large orange buoys, are small buoys as well as life guards in kayaks. The two-mile swim will be twice around the course; the one-mile will be only once.

Last year, the water temperature was well into the 80s, as it was held July 4th weekend. This year, it should be cooler. I doubt you will need a wet suit, but if you do, you will be able to use it. After you're done swimming, your entry fee entitles to you lunch at the lodge, which over looks the lake. Even better, if you're looking for a nice, inexpensive family getaway, there are rooms available at the lodge. They do require, however, that you stay two nights and that you check in either Friday night or Sunday night. There were approximately 35 swimmers last year. For more information, check out the meet information and entry form enclosed with the newsletter.

Other open water swims include the USMS National 2-Mile Cable Swim July 26, 2004, in Eagle Creek Reservoir in Indianapolis, IN, and the annual Big Shoulders 5K/2.5K Swim September 11,

2004, in Lake Michigan in Chicago, IL. A cable swim is where there is a 2-mile cable strung with buoys every 10 feet. Swimmers go down one side and back the other four times.

The other big news is SLAM is playing host to the 2004 USMS National 5K/10K Postal Swim that is being held May 15, 2004, to September 30, 2004. To participate, you have to swim in a long course pool and have each of your laps timed and recorded. People from all over the country will then mail their results to SLAM, which we will then tabulate all the results and score the "meet" as if it had all been done at the same time. Nobody on SLAM is required to participate, and I'll be lucky if I can get in the 5K, but I would encourage everyone by the end of the summer to try to do it. Talk to your coach about sponsoring a time when this can be accomplished such as some Saturday or Sunday morning when you have one to two hours to spare. If your club is willing to do this, then let us know so we can pass it on to everyone else! The entry form is also in the newsletter.

Our long course pool meet, will be the Ed and Ruth Shea Summer Challenge (formerly the Saluki Challenge in Carbondale, IL, Sunday, July 18, 2004. Carbondale is approximately a two-hour drive from St. Louis. The meet is held in an indoor 50-meter pool. See the attached meet information and entry form.

Good luck and I hope to see you all this summer.

Bruce

Good Times, Bad Times, and Good Times by All – Scenes from Nationals:

INDIANAPOLIS, IN – SLAM finished with its highest standings at USMS Nationals in six years as we had 23 swimmers competing. The last time we did this well was when we had 34 swimmers at 1998 SC Nationals in Indianapolis. Many of those swimmers have moved on. Our women's team finished 10th out of 88 in the small team division with 178.5 points. Only 10 points separated them from 7 place and 0.5 from 9. The men finished 11th out of 14 in the medium team division with 81 points. Combined, we finished 14th in the small team division.

The divisions were based on the number of swimmers each time had, and obviously were independent of each other. Illinois Masters won each of the large team divisions, while Rocky Mountain Masters (State of Colorado) won the men's and combined medium team and New England Masters (Boston and all of ME, NH, VT, MA, RI) won the women's small team and combined small team divisions. H2O Velocity (Las Vegas) Masters Men won the small team men's division and the Michigan Masters won the women's medium team division.

What makes Nationals fun is the chance to see and compete against people we haven't seen in a while. Whether this was people from SLAM with whom we normally don't train or people we haven't seen in 25 years. I was talking with Heidi Harris on the deck when a gentleman came up and asked her her name, and as she was answering, she blurted out, "John?" She would later tell me this was someone she trained with back in her days in Pittsburgh, PA, in the 1970s. The day before, I had a similar experience in which I was walking on the deck, I noticed this woman who looked vaguely familiar, I stopped and turned around to discover she was looking at me. "Bruce?" "Susie?" We had not seen each other in at least 20 years as well. Of course, she was a "girl" from my team's rival team back when I lived in Indiana and a teammate of Michelle Shinn. Even if you don't like competing, it's these reconnections we have that make going to meets interesting.

For some SLAM swimmers, like Amy Muchnick, Ted Faulhaber and Jimmy Pierotti, it was just a chance to swim in their first big meet. It gave them a chance to see what Masters swimming was about.

The biggest highlight of the meet was when Leo Letendre was awarded the Ransom J. Arthur Award. This award is given in honor of Captain Ransom J. Arthur, M.D., who, by his sacrifice, perseverance, and dedication to improving the health of adults through swimming, established the Masters swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters swimming. Congratulate him the next time you see him back in town.

Although we did not field any national champions, we did have several second place finishes, including Michelle Shinn's 500 free (W35-39), Lori Payne's 1000 free (W40-44), Susan Richmond's 200 breast (W40-44), and Karl Gundersen's 1650 free (M30-34).

Other highlights included having several relays score, with our highest being two 6th place finishes by our 25+ women's 200 free relay and medley relay. Results for SLAM swimmers are listed below in this newsletter and for complete results; check out the USMS website at www.usms.org.

Upcoming Nationals are long course nationals August 12-15, 2004, in Savannah, GA. The next short course nationals will be May 19-22, 2005, in Ft. Lauderdale, FL, in the Hall of Fame Pool and long course will be August 10-14, 2005, in Mission Viejo, CA.

Quotes, thoughts and musings collected by special correspondent Otis B. Driftwood

Somewhere along the line all of us must learn this lesson--- that it costs something to be what we are.
--- Clarence Day

Success in life is measured not by what you've gained for yourself, but by what you've done for others
--- Anonymous

The best way out is always through.
--- Robert Frost

We never know how good we are, until we are called to rise.
--- Emily Dickinson

**COMPLETE RESULT FOR SLAM
SWIMMERS AT SHORT COURSE
NATIONALS IN INDIANAPOLIS,
IN**

Women's 19-24

Emily Mohl

200 Free 2:06.37 7 th
500 Free 5:32.73 3rd
200 Back 2:23.33 5th
050 Fly 0:29.36 9 th
100 Fly 1:04.88 10th
200 Fly 2:26.42 6th

Women's 25-29

Li Zou

050 Free 0:26.55 13th
050 Back 0:29.37 5 th
100 Back 1:04.50 7 th
200 Back 2:19.00 3rd
050 Fly 0:28.25 9 th

Women's 35-39

Suzanne Harris

1000 Free 12:58.99 5th
200 Breast 2:58.40 14 th
050 Fly 0:30.80 12 th
100 Fly 1:10.02 13 th
200 Fly 2:43.57 12 th

Mary McNamee

100 Free 1:51.24 33 rd
050 Back 0:50.05 19 th
100 IM 1:58.08 32 nd

Michele Shinn

050 Free 0:25.24 3 rd
100 Free 0:56.17 10 th
200 Free 2:07.76 13 th
500 Free 5:18.68 2 nd
1000 Free DQ
200 IM 2:24.34 13 th

Women 40-44

Heidi Harris

050 Free 0:27.32 23 rd
100 Free 0:59.71 22 nd
200 Free 2:09.52 13 th
500 Free 5:39.17 3 rd
050 Fly 0:28.30 11 th
100 Fly 1:05.34 9 th

Amy Muchnick

050 Back 0:43.52 24 th
100 IM 1:30.99 39 th

Lori Payne

100 Free 0:57.96 12 th
200 Free 2:06.75 8 th
500 Free 5:42.14 7 th
1000 Free 11:50.24 2 nd
200 IM 2:28.20 4 th
400 IM 5:15.22 4 th

Stephanie Petersen

200 Free 2:09.52 13 th
050 Breast 0:33.76 6 th
100 Breast 1:12.80 5 th
200 Breast 2:41.87 5 th
100 IM 1:08.68 15 th
200 IM 2:28.72 5 th

Susan Richmond

050 Breast 0:34.69 8 th
100 Breast 1:13.75 7 th
200 Breast 2:37.76 2 nd
050 Fly 0:28.59 15 th
100 Fly 1:05.95 12 th
100 IM 1:06.99 9 th

Men 19-24

Dorab Sethna

050 Back 0:33.87 9 th
050 Breast 0:33.40 7 th
100 Breast 1:11.85 8 th
200 Breast 2:47.68 7 th
050 Fly 0:29.88 13 th

Men 30-34

Karl Gundersen

500 Free 5:17.15 11 th
1650 Free 18:40.62 2 nd
100 IM NS
200 IM 2:13.24 14 th
400 IM 4:41.17 17 th

Men 35-39

Guy Genin

50 Back 0:28.30 12 th
050 Fly NS
100 Fly 0:54.84 7 th
200 Fly 2:02.34 4th
200 IM NS

Bruce Hopson
500 Free 5:16.54 12 th
1650 Free 18:37.18 4 th
200 Back 2:12.27 5 th
100 Fly NS
200 Fly 2:07.48 5 th
400 IM 4:45.71 11 th

Men 40-44

Ted Faulhaber
100 Free 0:58.44 41 st
200 Free 2:06.58 34th
100 Fly 1:06.47 29 th

Paul Morris
050 Free 0:23.57 16 th
100 Breast 1:08.55 18 th
200 Breast 2:30.12 12 th
050 Fly 0:26.05
100 IM DQ

Charles Schroeder
100 Free 0:54.54 31st
100 Fly 0:58.46 19 th
100 IM 1:03.51 36 th
400 IM 5:02.57 18 th

Fred Shinn
050 Free 0:26.36 33 rd
100 Free 0:59.95 47 th
200 Free DQ

David Stevens
050 Free NS
050 Breast 0:33.70 25 th
100 Breast 1:12.13 24 th
050 Fly NS

Men 45-49

Peter Bakker
100 Free 0:53.24 22 nd
100 Back NS
200 Back 2:08.21 5 th
200 Fly 2:12.18 7 th
200 IM 2:11.24 6 th
400 IM 4:43.45 5 th

Men 50-54

Jimmy Pierotti
200 Free 2:41.77 38 th
500 Free 7:03.24 27th
200 Back NS
100 IM DQ

Jim Zirngirbl
050 Free 0:24.68 17 th
100 Free 0:54.95 26 th
100 IM 1:07.65 22 nd

Mike McNamee
050 Back 0:50.04 11 th
200 Breast 4:17.06 10 th
100 IM 1:44.80 12 th

Congratulations

SLAM Dunk would like to extend our congratulations to Leo Letendre the recipient of this year's Ransom J. Arthur Award!

We also wish extend our congratulations to Ardeth Mueller who is being inducted to the International Masters Swimming Hall of Fame. The ceremony will take place on June 4, 2004 at the World Masters Swimming Championships in Riccione, Italy.

Thank you Leo and Ardeth for all you have done for Masters Swimming and for SLAM. We truly appreciate and admire your achievements.

In Recognition, The 2004 Saluki Masters Swim Club Presents: The Ed and Ruth Shea Challenge Classic LC Swim Meet

(Sanctioned by Central LMSC for USMS, Inc. # 214-014)

DATE: Sunday, July 18, 2004 **TIME:** Warm-ups - 12PM; Meet Starts at - 1PM.

LOCATION: Southern Ill. Univ., Student Recreation Center, Grand Ave., Carbondale, IL

FACILITY: 50 meter indoor pool, ten lanes (two lanes will be used for warm-up/cool down during the

competition), non-turbulent lane lines and electronic timing and display.

OUR FACILITY HAS BEEN MEASURED IN ALL COMPETITION LANES AS REQUIRED BY 2004 USMS RULES FOR TOP TEN AND RECORDS RECOGNITION.

There is ample clean locker room space (bring your own lock), shower and toilet facilities. Plenty of free parking on the north side of the building. The Recreation Center is a nonsmoking facility.

If arriving on Saturday (7/17) and you desire to swim in the competition pool, notify Meet Director prior to 7/17.

ELIGIBILITY: All swimmers must be currently registered with United States Masters Swimming, Inc.

Applications for those not already registered with USMS will be available at the sign-in desk.

Please send a copy of your USMS card if you are not registered with CMSA.

AGE GROUPS: 19-24, 25-29, 30-34, and so on up to 90-94 and 95+. Your age as of December 31st, 2004, determines your age group for the meet. Relay age groups will be according to the sum of the ages of the relay members: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320+.

MEET CONDUCT: 2004 USMS Rules govern the conduct of the meet. All events will be timed finals. All events will be swum slowest to fastest with sexes and age groups combined. All events will be deck seeded. Participants are limited to five events, plus relays. Swimmers attempting records must notify the starter to assure that 3 timers are available, in addition to the electronic timing equipment. Either the 1500 or the 800 freestyle may be entered, but not both. Entrants in the 800 and 1500 may be requested to swim two to a lane. These events will only be swum as time permits. There may be breaks taken between some events depending on the number of entrants and pace of the meet.

CHALLENGE EVENTS: There will be two challenge events - The Sprint No brainer and The IronSwimmer Glutton. The Sprint Nobrainer event consists of the combined time for the 50 fly, 50 back, 50 breast, 50 free and the 100 IM (long course, marked 15 meter transition zone in center of pool). The IronSwimmer Glutton event consists of the combined time for the 200 fly, 200 back, 200 breast, 400IM and the 1500 freestyle. All participants in the Challenge Events will receive a special T-Shirt. Cost to enter the Challenge Event will be an additional \$5 for early entry or \$10 for late or deck entry. The Challenge Event Box on the meet entry form must be checked for official entry in the Challenge Event competition. The Challenge Events are held each year at this meet. The tradition has started and the standards have been set for those who dare to accept The Challenge!

SOCIAL: There will be a social following the meet. Information will be available at the meet.

ENTRY FEES: Entries received on or before July 10, 2004 are \$15 per person regular entry or \$20 per person Challenge Event and cover the entire meet. Entries received after 7/10 and deck entries are \$20 regular entry or \$30 Challenge Event entry. No extra fees for relays.

CHECKS PAYABLE TO: Saluki Masters Swim Club

ENTRY DEADLINE: Preregistered entries must be received on or before July 10, 2004.

MAIL SIGNED ENTRY AND REGISTRATION FEE TO: Clay Kolar, Meet Director
620 Sheppard Lane
Makanda, IL 62958

QUESTIONS: Clay Kolar at 618/457-4627; E-Mail: bjkcak@hotmail.com

In Grateful Recognition

During 2003 the Saluki Masters Swim Club and all of Masters Swimming lost a dear friend and ardent promoter of Masters Swimming and fitness for seniors, Dr. Ed Shea. SIUC named its beautiful natatorium after Dr. Shea, and we have chosen to remember his inspiration and long-time comradeship with us by renaming our annual long course swim meet after him and his life-long companion and wife, Ruth. We love them both and they will always be in our hearts and minds. We are all much better for knowing the Shea's and experiencing their fellowship and triumphs in life.

Transportation: Carbondale, IL is 355 miles south of Chicago; 120 miles southeast of St. Louis; 172 miles south of Springfield; 256 miles southwest of Indianapolis; 221 mi west of Louisville and 210 miles northwest of Nashville. Carbondale is served by Amtrack and the Williamson County Airport-Marion, IL (13 miles east of Carbondale).

Carbondale Motels (Area Code 618): Super 8 - 457-8822; Motel 6 - 457-5566; Horizon Inn & Conference Center - 529-1100; Hampton Inn - 549-6900; Giant City Lodge - 457-4921; Comfort Inn - 549-4244; Best Inns of America - 529-4801; Days Inn - 457-3347; Ramada Inn Limited - 351-6611; Sun Hotel - 529-2424

Murphysboro Motels (Area Code 618): Super 8 - 687-2244; Apple Tree Inn - 687-2345
Motel accommodations are also available in nearby Marion, 15 miles to the east of Carbondale on Ill. Route 13 along Interstate 57. For the more rugged and adventurous, camping is available at Giant City State Park, Lake Murphysboro State Park and Crab Orchard National Wildlife Refuge (Little Grassy Lake, Crab Orchard Lake, Devils Kitchen Lake) and also hiking and some remote camping in the Shawnee National Forest.

SALUKI MASTERS ED AND RUTH SHEA CHALLENGE CLASSIC LC SWIM MEET SUNDAY, JULY 18, 2004 (USMS/CMSA Sanction # ***)**

SOUTHERN ILL. UNIV. STUDENT RECREATION CENTER, CARBONDALE, IL

TIME: Warm-ups - 12PM; Meet Starts at - 1PM.

ELIGIBILITY: Ages 19+ by 12/31/04. USMS registration required. USMS applications available at the meet. Please send copy of USMS card if not registered in CMSA.

ENTRY FEE: \$15 regular entry or \$20 challenge entry if received on or before 7/10/04. Entry received after 7/10 and deck entry is \$20 regular or \$30 challenge event. No extra fee for relays.

ENTRY LIMIT: Five individual events plus relays. Choice of 800 M or 1500 M - circle one.

Name Sex Age (On 12/31/04)

Address Birth Date _____

City State Zip _____

Phone (H) Phone (W) E-Mail _____

USMS # (Required) Team _____

Emergency Contact & Phone _____

EACH EVENT ENTERED MUST HAVE A SEED TIME - ACTUAL OR ESTIMATED

Event # Event Seed Time Event # Event Seed Time

- 1. 200 M Fly 12. 200 M Breast _____
- 2. 50 M Breast 13. 50 M Back _____
- 3. 200/400 M Medley Relay 14. 100 M Fly _____
- 4. 200/400 M Mixed Free Relay 15. 200/400 M Free Relay
- 5. 400 M Free 16. 200/400 M Mixed Medley Relay
- 6. 100 M Breast 17. 100 M IM _____
- 7. 200 M Back 18. 400 M IM _____
- 8. 50 M Fly 19. 100 M Back _____
- 9. 200 M IM 20. 50 M Free _____
- 10. 100 M Free 21. 800 M Free _____
- 11. 200 M Free 22. 1500 M Free _____

TO ENTER THE CHALLENGE COMPETITION, THE CORRECT ENTRY FEE MUST BE INCLUDED, ONE OF THE FOLLOWING MUST BE CHECKED AND THE CORRECT EVENTS ENTERED:

SPRINT NO BRAINER EVENT _____ IRONSWIMMER GLUTTON EVENT

CHALLENGE EVENT ENTRANTS CIRCLE T-SHIRT SIZE: SM MED LG XLG

Athlete's Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including permanent disability or death, and agree to assume all of those risks.

AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS (Rule Book Article 203.1).

Signed Date _____

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10 Commandments for Shoulder Care

A Practical Guide for the Parents of Age Group Swimmers

By Fred L. Shinn, MS, PT

This series was originally intended to be the Ten Commandments of Masters Swimming. For this issue I will diverge from that theme due to the fact that it seems like there are growing numbers of Master's swimmers that got involved because their children were drawn to swimming. With summer swim leagues and long course meters fast approaching perhaps it is time to review some simple truths for parents to keep in mind for their swimming children. Parents of swimmers are often faced with challenging decisions when their child complains of discomfort while swimming. Swimming is physically challenging in terms of the level of effort a child must display. Consequently, swimming will be hard for your child ... but the effort has tremendous payoff in terms of fitness and self esteem. This brief article is presented with the hope that it will serve as a resource for parents if their young athlete experiences shoulder pain or injury.

Commandment #1

Thou Shalt Understand Thy Stroke

As sure as there are certain training mistakes that lead to shoulder pain, one can find common training patterns that lead to pain free swimming. As sure as all 12 year olds in a cap and goggles look the same, one can see dramatic differences in shoulder stroke mechanics. Because of the varied ways a young swimmer uses the shoulder a single "cookbook approach" to treatment and care in the presence of pain often leads to failure. Many young age group swimmers possess underdeveloped musculature, poor proprioception (that ability to "feel" where your arm is in the stroke cycle) and lots of laxity in their shoulders. This combination often leads to irregular stroke patterns. Watch your child swim. Pay attention to the stroke. Know what it looks like. Learn what is normal for your swimmer's shoulder.

Commandment #2

Thou Shalt Not Always Stretch

Many children entering swimming have some common characteristics. One such common denominator is shoulder laxity, often referred to as flexibility. Remember, excessive flexibility, or joint laxity, can produce shoulder pain or injury. Because of this innate trait, one must ask the question "Is stretching really that important?" The simple answer might be "no!" The real answer is "not often" and "rarely before practice or competition". Partner stretching should be taboo in young swimmers. Don't arbitrarily encourage lots of stretching for young swimmers.

Commandment #3

Thou Shalt Tell Thy Coach When Thy Shoulder Hurts

Never keep an injury secret...nobody ever wins when shoulder pain is hidden. Athletes should be encouraged to get their parents and coaches involved early when shoulder pain develops. When identified and treated quickly, shoulder pain can be defeated. Ignored shoulder pain can ruin a season and sour an athlete to what can be a very enjoyable sport.

Expect delayed onset muscle soreness (DOMS). DOMS is muscle discomfort that develops 12 to 36 hours after a challenging training session in the pool. It gets better with light aerobic exercise. Shoulder pain is shoulder discomfort experienced during the stroke cycle. It usually happens at hand entry or "the catch".

Commandment #4

Thy Coach Shall Recognize Shoulder Injury

Shoulder pain is the occasional presence of discomfort while shoulder injury is the presence of discomfort that is common, predictable, and affects other areas of the athlete's life. Most swimmers occasionally get sore. That is normal. What is abnormal is shoulder pain at hand entry or the catch with each and every stroke cycle. What is abnormal is the presence of shoulder pain when the athlete is not swimming. What is

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abnormal is discomfort that wakes the athlete in the night. If any of these abnormalities present, training must be amended and medical care sought.

Commandment #5

Thou Shalt Pay Homage to "RRICE"

The old acronym was RICE. R stood for rest. The problem was that many thought the R in rest meant absolute rest. Our new acronym is RRICE and RR stands for "Relative Rest". Relative rest leads to success while complete rest is evil. Relative rest means the avoidance of pain provocative activities. While avoiding pain provocative strokes the athlete should be maintaining some level of conditioning by pursuing painless strokes and, perhaps, dry land activities.

When it comes to ice, use it early and use it often in the presence of shoulder discomfort. Swimmers should be encouraged to ice once or twice a week even if they do not experience pain.

There are at least two options when it comes to icing: ice bag or ice massage. Using an ice bag takes 20 minutes and ice massage takes 5 minutes. In the presence of pain, swimmers should ice before and after a training session, plus at least one other time during the day.

Commandment #6

Thou Shalt Go To the Pool

Lots of good things happen at the pool. It's hard for a young athlete to become a successful swimmer and integral part of a team if they don't get to the pool. Injured swimmers miss out if they avoid practice. They lose contact with their teammates, with their coach and can lose focus. Even in the presence of injury get your swimmer to the pool. Let them rehab on deck. Let them swim strokes they can with relative ease.

Commandment #7

Thou Shalt Follow the Functional Progression

Remember, relative rest leads to success while complete rest is evil. This being said (again), the following scenario is a pragmatic method of eliminating strokes from a practice for an injured swimmer. In the order of stress placed on the shoulder, parents and coaches should view strokes in this order: fly, free, back, breast. In the presence of shoulder pain, limit or eliminate fly followed by free and then back. Often a swimmer with shoulder pain can still perform back stroke with relative ease. Breast stroke is usually asymptomatic and can be continued through periods of shoulder pain.

Commandment #8

Thou Shalt NOT Use Thera Band

In the presence of shoulder pain and injury in a young swimmer, nothing is more counter-productive than thera band. Many use it for strengthening activities. Recall that many young swimmers possess shoulder laxity with underdeveloped musculature. While thera band can be great for older athletes and adults it can be detrimental to young swimmers. Thera band is at its strongest point right where the swimmer is at the weakest...too often this leads to more discomfort.

Commandment #9

Thou Shalt Adhere to the 10% Rule

When returning from a bout of shoulder pain or injury one can find success by adhering to a pragmatic return to training. One way to do this is to add strokes in reverse fashion as described in Commandment #7. In other words, try to keep swimming breast and/or back, and as the shoulder gets better, selectively add free style and then butterfly. Additionally, pay close attention to yardage.

The 10% rule is a safe way to add yardage in order to return to the training the yardage of the rest of the team. After injury bring swimmers back at 30% the yardage of the rest of the team. For instance, if the team is training at 3000 yards per session, the injured swimmer returns at 1000 yards per session. Then allow the athlete to add yardage in 10% increments...so the second

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practice back the swimmer can swim 1100 yards and so on.

Commandment #10

Thou Shalt Understand Intensity,
Frequency, & Duration

These are the three variables a coach manipulates in order to achieve a level of fitness and improve times. Parents and athletes are well advised to monitor these factors. When any of the three changes dramatically added care and concern for the shoulder is appropriate. Intensity is the training interval. This is the quality of training that parents fail to recognize most often. Parents that possess an understanding of the training interval can then understand the group their child is training with.

If your child is swimming on the 1:50 interval that means a 100 yard swim will be completed in less than one minute, fifty seconds and done so with enough rest time to repeat successive 100's on the 1:50 interval.

Frequency, of course, refers to the number of practices per week. Duration has to do with yardage per practice. Monitor all three. These three are good measures of your child's fitness level. A sound understanding should give the parent a good estimate of race pace. With this in mind parents will not place undue expectations on meet results.

Often a swimmer can expect to race 10% to 15% faster than training pace. Consider this example: a swimmer training on the 1:50 (training interval) regularly completes 100 yards in one minute, thirty five seconds (training pace); at a meet it would not be unthinkable for the swimmer to place a time of 1:20 to 1:25 for the 100 yard race.

In the presence of suspected shoulder injury, please, consult your physician.

Fred L. Shinn, MS, PT is owner of a multi-site physical therapy practice. He has traveled world wide with several US national teams, spent several years on the USA Swimming Sports Medicine Advisory Panel and has lectured nationally on shoulder

injury and rehabilitation. Fred operates two health clubs and authored a children's after-school wellness program. Fred and his wife have two children swimming for FAST. Skyler is 11, and Hannah is 10. Fred and his wife, Michele, are avid Master's swimmers and swim for Rockwood Swim Club and coach a summer swim team in Waterloo, Illinois. With Michele as Head Coach this team is 64-1-0 over the past eight years and grown from forty swimmers to over one hundred fifty swimmers.

Coach Profile:

"SLAM Dunk" wants you to meet Erik Strom:

SLAM Dunk: How long have you been a coach?

Erik: Adding it all up I have been coaching for about 13 years. That includes USA, Masters, Summer League and High School coaching.

SLAM Dunk: What do you remember about your first group of swimmers/coaching experience?

Erik: My first coaching job was in 1986 as the JV Coach for Bishop O'Dowd High School in Oakland, CA. It was pretty strange as I had graduated from O'Dowd in 1985. So here I was giving instruction and coaching to kids I used to hang out with and I was still a kid myself.

SLAM Dunk: What is your favorite thing about being a coach?

Erik: I just love the sport of swimming. Being able to pass that on to other people is a great experience.

SLAM Dunk: What is your biggest goal/challenge as a coach?

Erik: I would say keeping things simple. I love the technical aspect of swimming and some times I get to deep into technique and teaching it. I really need to simplify my approach.

SLAM Dunk: What was your first meet as a swimmer like?

Erik: It was at John Muir Junior High in San Leandro, CA. It was foggy and cold and everyone had red fingers from eating Jell-O

St. Louis Area Masters Swimming

straight out of the box. I won the 25 back and my best friend Barry won the 25 free.

SLAM Dunk: How do you spend your time away from the pool?

Erik: Right now I am training for Ironman Wisconsin. I am also helping my fiancée plan our wedding. I really enjoy cooking but with my age group practices starting at 5:00 pm I wind up making a lot of sandwiches. I also take naps in the middle of the day.

SLAM Dunk: What is your favorite food, movie or TV show and sports team?

Erik: I really like Thai food. You just can't go wrong with good Thai food. My favorite movie is "An American Werewolf in London." Scary, funny and a little romance how could ask for more? I don't really watch a lot of TV but when I do its cop shows; Law and Order and CSI. For sports teams it would be the USPS cycling team. Even Lance Armstrong admits that without the help of his teammates he would not be winning the Tour De France.

SLAM Dunk: Give us an example of an Erik Strom swim practice.

Erik:

Warm Up: 300 Swim, 300 Kick 300 Pull
3 X 4 X 50 25 kick/drill :15 rest
1st round fly, 2nd round breast, 3rd round Back

Pre-set: 5 X 100 Free 1:25

Build, breathe 3's

Main set:

400 IM 6:15 build each 100

100 Free pull 1:30 breathe 3's

300 IM 4:30 build each 75

2 X 100 Free pull 1:30 breathe 3's

200 IM 3:15 build each 50

3 X 100 Free pull 1:30 breathe 3's

100 IM 1:45 FAST!

4 X 100 Free pull 1:30 breathe 3's

Warm down:

5 X 100 Back :15

50 Drill/swim

Swimmer Profile

SLAM Dunk wants you to meet Debbie Haisch.

SLAM Dunk: How did you get your start in swimming?

Debbie: I had a friend in high school that talked me into joining my high school's swim team.

SLAM Dunk: What was your first swim meet/experience like?

Debbie: I can't really remember my first meet. Just that I was nervous. It was a high school duel meet and it was noisy.

SLAM Dunk: How long have you been involved in Masters swimming?

Debbie: I have been doing Masters for almost two years now. Luckily I am kind of a morning person.

SLAM Dunk: What is your favorite event/stroke?

Debbie: Breaststroke. Although – I rarely get a chance to swim this stroke since I do triathlons. I have to concentrate on freestyle.

SLAM Dunk: What is your goal as a swimmer?

Debbie: My goal as a swimmer is to make it through the swim part of an Ironman without being beat up or kicked in the face.

SLAM Dunk: If you were not a swimmer what sport/activity would you be doing?

Debbie: Running – I would like to qualify for Boston. I also enjoy cycling.

SLAM Dunk: What keeps you busy away from the pool?

Debbie: Running, cycling, work, friends, gardening, and planning my wedding. Erik and I are getting married August 6, 2004.

SLAM Dunk: What is your favorite food, TV show or movie, sports team?

Debbie: I enjoy dessert. Make it chocolate and I'm in heaven. I like the show Ed but it's no longer on the air.

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SLAM Competition Calendar

- 05/15/2004- 2004 USMS 5K/10K Postal Championship- PST-LD; Bruce E. Hopson,
09/30/2004 315 N. 11th St., Apt. 703, St. Louis, MO 63101 bhopson@swbell.net; 314-588-8066, Sponsored by St. Louis Area Masters. Sanctioned by Ozark LMSC
- 06/13/2004 SLAM 3rd Annual 1-Mile and 2-Mile Open Water Swim – Sunnen Lake, YMCA of the Ozarks (Potosi), MO Sanction to be issued Ozark LMSC
- 06/26/2004 2004 USMS 2-Mile Cable Championship (open water) - Eagle Creek Reservoir, Indianapolis, IN www.usms.org/longdist/ldnats03/1meintry.pdf; Sanctioned by IN LMSC, Mel Goldstein, 5735 Carrollton Ave, Indianapolis, IN 46220, 317-253-8289
- 08/12/2004- 2004 USMS Long Course Championships - Chatham City Aquatic Center,
08/15/2004 Savannah, GA, LCM; Scott Rabalais, 20 Oak Park Pt., Savannah, GA 31405, 912-927-7016, scottrabalais@compuserve.com; Sanctioned by GA LMSC
- 09/01/2004- 10/31/2004 2004 USMS 3000/6000 Yard Postal Championship PST-LD;
10/31/2004 Bob Bruce, 61200 Parrell Rd., Bend, OR 97702, 541-317-4851, bobbruce13@attglobal.net; Sponsored by Central Oregon Masters Aquatics; Sanctioned by OR LMSC

THE ABOVE LOCAL MEETS ARE TENTATIVE AND ARE SUBJECT TO CHANGE IN BOTH LOCATION AND DATE. For more information regarding the meets listed above it is highly recommended that you contact the host LMSC and the meet director.