

May 17th, 2010 Weekly Update-

Practice Updates:

Schedule updates for the week of May 17th through May 23rd:

Modified Schedule for Monday, May 17th:

Novice White- No Change

Novice Silver- No Change

Novice Black- No Change

Devy Gold and Devy Silver will run together from 4-5:30pm

AG Silver- No Change

AG Gold/PS Blue/PS Black will run together from 6-8pm

Senior Gold and Senior Silver together from 4-6:30pm

- Regular Schedule for all Squads, Tuesday through Saturday.

- Optional Sunday practice for Senior Gold/Silver on Sunday, May 23rd from 3-4:30pm

Schedule updates for the week of May 24th through May 30th:

-Regular Schedule for ALL Squads, Monday through Saturday.

- Optional Sunday practice for Senior Gold/Silver on Sunday, May 23rd from 3-4:30pm

- On **Monday, May 31st** there will be the following changes:

Senior Gold- Double Practice: 7-10am; 4:30-6pm

Senior Silver- 7-10am

PS Blue/PS Black together from 5-6:45pm

All Other squads- Regular Schedule

From the USA Swimming website (www.usaswimming.org):

MATT PATTON: AT HOME IN THE WATER

5/13/2010

BY MIKE WATKINS//Correspondent

Matt Patton is heading home this weekend to visit family, catch up with friends and do a little swimming in the pool where he earned his first Olympic Trials cut.

A 2009 University of Michigan graduate, Patton is slated to compete in the 200m and 800m freestyle events as well as the 200 butterfly this weekend at the Charlotte UltraSwim.

He is seeded in the top eight of the 200 fly -- which he admits has recently become his best event along with the 400 and might be the one that takes him to a foreign locale on an international team this year.

Still, after the past year, when he came very close to ending his swimming career, every opportunity he gets these days to swim reinforces his focus and love for swimming.

"I haven't been home since Christmas, so I'm looking forward to it," said Patton, who, since graduation, has been helping a professor with a research project at Michigan while continuing to train. "I have a lot of great memories in this pool (Mecklenburg County Aquatics Center), and even though it's my hometown, I don't anticipate feeling any extra pressure. I'm looking forward to swimming in front of my family and friends."

Last summer, after the World University Games, Patton wanted to be anywhere but in the pool. Despite coming within tenths of a second of medaling in the 400 freestyle, he was disappointed with his times and performances. He needed a break.

That break turned into a five-month sabbatical, although he continued to go to the pool and work with his coaches and teammates while he struggled with the decision of whether or not to keep swimming.

During his time out of the water, he gained a new perspective of the sport that he had shared with twin brother, Sean, since they were six years old.

He also learned more about stroke development and technique – information that he has adapted to his own swimming since returning to the pool near the end of last year.

"I had a very bad performance at WUGs, so I spent a few weeks in Europe after the meet and then decided not to get back in the pool for a while," said Patton, who earned his spot on the U.S. National Team last year in the 400 freestyle. "I even considered stopping swimming altogether, but working with the coaches and swimmers from the pool deck made me realize I still had something I wanted to accomplish. Now, I look forward to the opportunity to race."

Patton also gained insight into the sport from conversations he had with Sean, who competed for Texas but recently stopped swimming competitively.

His best friend and greatest confidant, Sean convinced Matt to wait to decide about his future in the sport, knowing deep down that his twin brother's best swimming might still lie before him.

"I talk to him every day, and he's one of the reasons I'm back in the water," Patton said.

Matt added that one of the biggest decisions the twins ever made was to attend different colleges despite being largely inseparable most of their lives.

But with Sean being a backstroker and Matt a distance freestyler, their events led them to different schools. They didn't let more than a thousand miles stop them from keeping in touch by phone and email nearly every day.

"We didn't plan to go to separate schools, but I just felt more comfortable at Michigan, plus Michigan

had a better reputation for developing distance swimmers," Patton said.

And even though Sean won't be in Charlotte this weekend to cheer Matt on, he knows his brother is there in spirit.

He'll probably even get a phone call with some advice and support before the start of his race.

"He works for the Lance Armstrong Foundation in Austin and can't make the trip," Matt said. "I know he'd be there if he could, but I know we'll see each other soon."

After Charlotte, Patton intends to compete at a few other meets this summer – most likely the Santa Clara Invite and the Quebec Cup in Canada – leading up to Nationals this summer.

He'd like to make another international team this year and redeem himself for last summer's World University Games, where he finished fourth in the 400 freestyle and failed to make the finals of the 200 fly.

"Everything I do in the pool now is to be satisfied with my swimming, and I am," Patton said. "I came back to continue pursuing my dream, and I feel that I'm on the right path. I'm happy and swimming well, but I've still got work to do.

"I've never made an 'A' team before, and my goal this summer is to make the Pan Pacific team. I've been to Pan Ams and World University Games, and now I'm ready for the next step up in competition and expectations."

From Your Head Coach:

~~The HEAT Will Rise~~



To the Membership:

Recaps from the MHA Sextathlon and the PacCoast Invite NEXT week.... This week I have attached a article regarding **Nutrition** for the USA Swimming website...

FUELING YOUR STROKE

Six 200's descending on five minutes. Twenty-five 50's on :58. Whatever your "favorite," every set during every workout and dryland session requires energy.

Nutrients are the "chemicals" that supply the body with energy. Carbohydrate, protein and fat supply energy in the form of calories. These are your "Energy-Yielding Nutrients." Vitamins, Minerals and Water don't supply energy in the form of calories, but their presence is required in order for the body to access the energy provided by carbohydrate, protein and fat.

During exercise, the body gets its energy primarily from carbohydrate and fat. It likes to save protein for other things (building and repairing muscle tissue, hormones and red blood cells, and supporting the immune system). The only time the body uses protein as an energy source during exercise is when carbohydrate and fat are not present in sufficient quantities. This happens when the total caloric intake is too low over a period of months, and/or the bout of exercise is so long that the body's accessible sources of carbohydrate and protein become exhausted. Neither of these scenarios is desirable for swimmers.

Think about money. When you have lots of it, you don't mind paying full price for things. But when money is scarce, or there is just too much you have to buy, you look for bargains. You're not being cheap, just thrifty. Simplified to some extent, your body knows how to shop.

Now instead of dollars, think of your currency as oxygen. When swimming is "easy," say during warm-up or your easiest sets, there is plenty of oxygen available to support the exercise. The body perceives itself as "rich" and doesn't mind splurging on fat (1 gram of fat costs 9 oxygens). In fact, it automatically does so because it knows it might need carbohydrate at a later time.

When exercise is hard (we're talking *tough* sets, definitely your *hardest* sets), oxygen is not plentiful. In fact, the body needs every bit it can get to support the exercise, but even *that* is often not enough, and the body is forced to derive energy in ways that do not require oxygen (i.e. *anaerobic* metabolism). In this situation, the body perceives itself as very "poor" and becomes very thrifty with its "purchase" of fuel. Since carbohydrate costs less than fat (1 gram of carbohydrate costs 4 oxygens), the body chooses to rely primarily on carbohydrate for its energy.

Keep in mind that this entire fuel burning process is never a case of "all or none." In other words, the body is always using some combination of carbohydrate and fat, but the **intensity** of the exercise dictates which fuel source will be the *dominant* one. When swimming is easiest, fat is the primary fuel source. When swimming is toughest, carbohydrate is the primary fuel source. When swimming is about 50% of maximum effort, carbohydrate and fat contribute about equally.

Let's face it – the majority of workouts are hard. Above 50% for certain. If you consider the typical swim workout, it's pretty safe to say that the primary fuel source for swimmers is carbohydrate.

EAT COLORFUL FOODS



What are the first three foods that come to mind when we say "carbohydrate?"

1. Pasta
2. Rice

3. Bread

Each if these is excellent. But what do they have in common? They're all white!

One of the most overlooked sources of carbohydrate is fruit. Yes, FRUIT. Fresh, canned, frozen, dried or juiced. No matter how you look at it, fruit is an excellent source of carbohydrate. Not only does fruit provide carbohydrate in the form of natural sugars (versus refined sugar), the bright colors of fruits indicate that they are also excellent sources of vitamins and minerals, including a sub-group called anti-oxidants.

You might recall that exercise is the stimulus that leads to training adaptations. And that adaptations to training occur ONLY is you give the body the right kinds of fuels during periods of rest.

Well, one of the side effects of exercise is the generation of "free radicals." Free radicals are molecules that can actually cause damage to muscle tissue above and beyond the damage caused by exercise. The damage caused by exercise is normal. It serves as part of the stimulus for training adaptation to take place. But damage caused by free radicals is NOT a desired part of the training process. Damage caused by free radicals (aka "scavengers") circulating in the bloodstream after workout can continue well into the recovery period. This is when the body is supposed to be adapting!

Anti-oxidants "absorb" free radicals, neutralizing their effect in the body before their damage to muscle tissue can amount to much. A diet consistently rich in fruits (and other colorful foods, such as VEGETABLES) is apt to keep the body consistently supplied with anti-oxidants, which will assist the body in keeping free radical formation to a minimum. This a good reason to eat lots of colorful foods during the recovery time between workouts.

Colorful foods include, but are not limited to:

Apples, Strawberries, Blueberries, Bananas, Oranges, Kiwi, Watermelon, Raspberries, Grapes, Mango, Papaya, Apricots, Red peppers, Broccoli, Corn, Squash, Carrots, Peas, Green beans, Tomatoes

Colorful foods DO NOT include: Skittles, Jelly Beans, M&Ms, Mike&Ikes, Fruit Loops

From Coach Mark:

Sorry for the LOOOOONG weekly update, here. This is an article that I found and really wanted to share with our parents. Please do your best to muscle through it...it's well worth the time and effort. The article comes from Dr. Alan Goldberg (Sports Psychologist) and his website, www.competitivedge.com. Feel free to browse the site and look for other helpful articles.

PARENT'S CORNER

"Is your perfectionism hurting your child-athlete?"

At the biggest meet of the season she actually did it! She finally reached a lifetime goal. Ever since she was an 8 year old and had just started swimming, she had wanted to compete at Olympic Trials. As a very young swimmer her club's team had taken a trip to see this big meet and she had instantly gotten hooked, mesmerized by the excitement and intensity of the struggle to make the US team. Sure, getting to the Olympics would be even cooler. But she figured she'd cross that bridge when she got there. First step, The Trials!

Now here she was, all these years later looking up at the scoreboard at the race's end in utter joy and disbelief. She saw her lane number and the time right next to it, but the numbers must be

wrong somehow! What she was looking at was an Olympic Trials qualifying time! She kept blinking to be sure that her eyes weren't playing tricks on her. She thought that she must be dreaming! She had made the cut in her best race, the 200-yard freestyle, swimming the fastest time of her life!!!! She saw her coach celebrating on the deck, heading towards her with a huge smile and when he swallowed her up in his signature bear hug, she realized that it must be so. She actually had done it! In an instant as she got out of the pool she was swarmed by happy teammates who hugged her and "high fived" her. It was at this point that it finally hit her. She dissolved into tears of joy, laughing uncontrollably while the tears streamed down her face. She had never been happier or more proud in her life!

She excitedly called home that afternoon right before they boarded the plane for the flight back. Unfortunately all she got was the answering machine, so she left the results and times of all her races, including her Olympic Trials qualifying time in the 200-yard freestyle. She couldn't wait to get home and secretly hoped her parents would meet her at the airport to help her celebrate.

The flight back home was a joyous blur although she couldn't stop the tears of happiness. The plane's captain had even announced over the PA system that they were carrying an Olympic Trials qualifier. Everyone on the flight applauded which both embarrassed her and filled her with pride. Even her coach got a little teary as they talked about her achievement and everything that it had taken. They both flashed back to all that she had gone through over the years to achieve this unbelievable goal, all the struggles, setbacks, disappointments, sacrifices and then all that gut-wrenching work, all those brutal mornings when she had dragged herself out of bed at 4:15am half asleep to train. It had all paid off and now she was flying on top of the world. As they reviewed it all together more tears came. Soon both were laughing and crying.

Her excitement only grew as the plane finally descended, landed and taxied to the gate. As she looked out the window she thought she spotted her mother standing there in the big plate glass window by the gate. She collected her carry-on baggage and both she and the coach headed off the plane together. As she came out of the jet way she spotted her mother standing in the crowd and she and the coach headed towards her with big smiles.

It was weird, but for some reason her mom's smile looked forced and her hug felt stiff. It was as if the woman was trying to be happy. However, that illusion lasted all of three seconds and was shattered when her mother opened her mouth. What she said and the way that she said it froze both daughter and coach in their tracks, shocking them into disbelief. It was actually quite incomprehensible that the woman could have responded this way.

"What happened to you in your 100 Butterfly? Your time wasn't very good!"

Her tone was nasty and accusatory implying that the girl had gone and done something terribly wrong. Mom was clearly displeased that her daughter did not swim fast enough in her other top event! Well there's an intelligent, compassionate response! Both coach and daughter were speechless!

What's wrong with this picture? What happened to the, "Honey, I'm so proud of you!?" How about the, "Olympic Trials!!! WOW!!! That is absolutely amazing!!! Way to go girl! You are the cat's meow! You are the doggie's Woof!!?" No, mom couldn't think to say any of these normal, expected responses because she had a wee bit of a problem with perfectionism herself. Can you begin to imagine the damage that your perfectionism will do to your child? Let's take our swimmer as an example.

Obviously both the girl and her coach were devastated by mom's reaction. Who in their right mind wouldn't be? What this mother basically said to her daughter with this response was, "your making Olympic Trials is not good enough and means nothing to me because you still had a "bad" race in another event." Talk about raining on someone's parade! This mother is a criminal! She is a thief! She just stole her daughter's moment of glory from her and her coach. Her actions and words were like a knife that cut through her daughter's self-esteem and confidence. How dare she!!!?

This is not at all unlike the parent who looks at his son's 95 on the history test and gives the boy a hard time about the one or two questions he got wrong. The message that you give your children when you get "perfectionistic" on them by ignoring their small or larger victories and focusing on their "losses" is that you think that they are not good enough.

Reading this you may sit there and protest! "No, I'm just trying to make her better!" "I'm doing this for him because he has so much potential!" B.S!!!! You may think that you are actually helping your child "excel" or "improve." You may look in the mirror and convince yourself that you have "noble" intentions. However, the real meaning of your communication is not in your intentions at all, but in the response that you get from your child. Put yourself in this swimmer's shoes. How was she supposed to feel with a mother who responded this way?

Don't kid yourself! Being perfectionistic with your children is NOT going to motivate them to become more successful, happier people! Instead, what you're doing is hitting your child with a nasty one-two punch! First off, you ignore what success the child had, and tell them that regardless of what they accomplished, it's just not good enough. Now there's a message that builds self-esteem! Second, and far more damaging, you teach your child to do the very same thing to him/herself. That's right! If you get in the habit of continually "raining on your child's

parade" by always focusing on what he supposedly did wrong, while ignoring what he did right, you will pass this nasty, self-esteem killing behavior on to the next generation. That way, whenever your child does achieve something noteworthy, she will dismiss it in her own mind as "nothing" (just the way you did to her) by finding fault with herself somewhere else. Who knows? If you really get "lucky" your child might do the very same thing to his kids when he has a family!

The end product of this nasty habit of never being satisfied with what you do is depression, poor motivation and low self-esteem. After all, why should you bother trying hard when whatever you do just isn't good enough?

Please understand! Perfectionism is a poison. It's a serious addiction! Don't force-feed it to your kids! Instead catch them doing things right. Celebrate their small victories. Recognize the hard work and effort that they are investing in their activities. Cheer them on! And finally, stop trying to make them better by illuminating all their shortcomings. That's not your job! Instead, that job belongs to the coaches. If you insist on ignoring my words and still taking this role on, I can promise you that sooner or later, it will backfire in your face with disastrous, long term consequences.

Age Group Silver – I was really excited about practice this week. We had a re-run of our "100 game" and I was really happy to see how far many of you guys were able to reach. Congrats to Elijah Blair for stepping up and becoming the champ!

This week I would like to toss my Honorable Mention to Ashley Fix. She is doing thing differently, lately. By different, I mean better. She is really starting to let go of the little mistakes she seemed to think were impossible to change. As a result, she is reaching new levels in her training. Keep reaching!

Pre-Senior Blue – Following up on our goal talks, this week. I just want you guys to remember that there is still A LOT of season left to play out. So many things can happen. Results from our May meets have been GREAT, but don't settle for what we are doing in May. Use that as a springboard for getting to bigger and better things later in the season.

The Honorable Mention for the week needs to be dealt to Daniel Lupro. I joked all week long about having a "new swimmer" in the group, but it was kind of true. Daniel made a big effort this week to put together his best sets of his season, and ended up FREQUENTLY being the fastest in the group! Keep it up!

Senior Silver – Very good week of training in preparation for the Pac Coast Invite. I think that we can have practices like this all the time. Don't wait until we start working on race specifics to work on starts, turns, and finishes. Make those things part of your daily habits, every day...not just when we are "working on" those things.

This week's Honorable Mention filters down to Tori Graf. She has her mission in clear view and is certainly doing everything she can to get there. It's been fun to watch her confidently make subtle changes from one repeat to the next to ensure that she is getting the most quality from her practices that she possibly can. Never stop working it out!

From Coach Caitlin:

Novice White

We have now moved on to breaststroke kick! To have a strong br kick you need flexible ankles, knees, and hips. We tried a breaststroke stretch on the pool deck to stretch your joints. Some of you are very flexible! Sundari, Zachary, and Logan can easily turn their feet out. Once you get in the water things can get a little tricky. Both legs need to move at the same time. Bring your feet up behind you, turn your feet out, kick around, and squeeze together - UP, OUT, AROUND, TOGETHER. It takes a lot of practice! Rachel and Sundari are quickly improving their kicks. Our weekly treading water contest winner is Patrick! And our weekly streamline contest winner is also Patrick!

Novice Blue

Great fly kick! We practiced a lot of it last week. You're remembering to use your hips, stay on the surface, and keep your legs together. Alys, Ivy, and Lexie have really good kicks. Simon, Eliot, Wyatt, Jewelz, and Aneesh are improving. We also did a lot of IM to get ready for the sextathlon. Shreya, Shivani, and Alys did the best job with their IMs. They had correct strokes, streamlining, and 2-hand touches. Alys and Kimberly tied on our underwater streamline contest - they went over halfway!

Novice Black

Great fly kick! We practiced a lot of it last week. You're remembering to use your hips, stay on the surface, and keep your legs together. Kyle, Kyra, Madison, and Brianna have really good kicks. Anna, Kirsten, Ian, Akash, and Paige are improving. We also did a lot of IM to get ready for the sextathlon. Kyle, Madison, and Brianna did the best job with their IMs. They had correct strokes, streamlining, and 2-hand touches. And last week everyone listened so well, we played a game and did contests or relays each day! I love when you have good listening days!

Devy Silver

I haven't had a chance to talk about the Albany meet results! John, Bryttney, Jordyn, Luke, Jennie, Jasmine, and Sarah participated. I wasn't at the meet, but I hear from Coach Mark that you did very well. A lot of best times swimming in a long course pool!

Expect to go to the park for dryland more often now! The weather's getting nicer and we can get in a good workout over there. And it makes the time go by faster. Last week you did tons of

jumping, lunging, and squatting. Plus playing on the playground! Just make sure you get ready in less than 5 minutes. We'll leave without you and you'll be stuck behind doing Age Group dryland...Jennie and Catherine can tell you it's not fun.

In our 200fr pull test set, a lot of you are getting closer to breaking 4:00. Allyson, Jordyn, and Sarah may do it next month! And 8 of you improved your time...Luke dropped 12 seconds!

Here are the results:

John 5:58 (na)

Catherine 4:18 (+8)

Amy 5:37 (+35)

Bryttney 6:12 (na)

Katelyn 5:34 (-1)

Jordyn 4:10 (-4)

Luke 4:50 (-12)

Jennie 4:14 (-7)

Astha 5:09 (-5)

Jasmine 5:16 (+60)

Allyson 4:05 (-2)

Brianna 5:09 (-9)

Sarah 4:10 (-3)

From Coach Kaitlin:

Novice Silver

Welcome to Ramsey McNabb! She is new to the team as of this past week so please take the time to introduce yourself and welcome her to our group.

This week we worked on our freestyle breathing and long strokes. Many of us have been doing head up breathing or not putting our whole head down on our arm. Remember when you breathe to only move your head enough to get a breath, not so much that you end up looking at the ceiling. Also remember to keep your head down on your arm...your whole head, including your forehead, not just your cheek. We got better throughout the week as we did this, but please continue to think about this even when we are not specifically working on our side breathing.

Age Group Gold

On Thursday we had a whole day of drills and start work. Half of the group worked with Coach Ryan on breaststroke and the other half worked with myself on butterfly. I was very impressed with the butterfly group, as I could see a significant difference on stroke technique from the beginning of the practice to

the end. I know that we do not have many practices that are just purely stroke work and drills, so please make sure you are making the most of those drill practices. I was impressed with both groups, as I did see very little goofing off and a lot of focus and hard work. Thank you for making it a good practice. Now lets carry the new strokes and hard work into next week and have a great week of practices!

From Coach Matt:

AG Bronze/AG Silver

Great swimming at the MHA Sextathlon! I was impressed with the excitement our swimmers had and thought that we did a great job overall at racing other swimmers in our heats. One thing that I reminded our AG swimmers before each race was having great breakouts. We have been working on doing 2 dolphin kicks off the wall and then kicking “through” the surface on freestyle. We have also been doing a lot of work in practice on having fast, efficient breaststroke pullouts. A number of the swimmers attempted these things, but I still think that we can be much better with more mental toughness and work at practice. The most common reasoning behind not being able to do these things off every wall was not being able to hold their breath. This is something that you have to learn to fight off and tell yourself you can hold your breath just a few extra seconds. Coming up right away after a turn or not doing kicks slows you down and makes you have to usually swim longer and harder to make up for it. A few swimmers who were doing a great job thinking about their breakouts throughout the meet were Elijah, Nicky, and Emma!

A last note for AG Silver – remember that our new dryland rules are in effect! If anyone is late any day for dryland they will not be allowed to participate in our weekly game on Thursday. You guys did an awesome job last week when we did this for the first time so keep it up!

I am hoping that we can get more AG bronze swimmers in our upcoming meets! There were only 2 swimmers from our squad. I know many of you have other things going on, but remember that meets are a great way to have fun and see how much you are improving from your hard work at practice! Below are a few highlights from our swimmers:

Cecilia – Great legal 100IM! Your butterfly is looking very much improved over shorter races and your freestyle gets much faster every time you swim!

Joshua – Your butterfly is your most improved stroke! You did nearly all best times and raced everyone in your heats!

Keep up the great work everyone!

From Coach Ryan:

Pre Senior Black

We had an opportunity this week to work with Coach James on our butterfly; specifically, the timing which seems to be our biggest challenge in refining this stroke. Just to reiterate, timing is EVERYTHING. There really is just a tiny window of opportunity when it comes to breathing in butterfly and if that opportunity is missed, the stroke becomes drastically harder than it should be. We want to start the breath as the hands are pushing the water beneath our chests, thus the head comes out before the arms (and when we breathe, we want there to be just the slightest movement from the head). It seems often times as we get tired during a fly set, our pulling becomes more about lifting our bodies vertically to get a breath and less about pulling forward.

So where do we go from here? Well, now we make things uncomfortable (on purpose). We have to unlearn our old habits, and be CONSISTENT in our new technique, even when the going gets tough. Every day. Warm up to warm down. We cannot afford to take a step backward, regardless of distance or interval.

Best of luck to everyone swimming in both the David Douglas and Pac Coast meet. Both meets bring new and exciting things for everyone in our squad, so I'm happy to have so many swimmers involved. Also, thank you to everyone for getting those goal sheets back to me in a timely manner. We will be discussing them on an individual basis in the upcoming week.