



# Off The Blocks



With 8 LC meets already under our belt, PVS athletes are off to a fast start! Many impressive times have already been turned in by some of our athletes. If this is an indicator of what is to come we are in for a very fast Championship season. Thanks to all the Officials and parent volunteers that have worked our LC meets so far. I encourage all of you to continue to help us help your athletes by volunteering at an upcoming meet!

Bill Marlin  
PVS General Chair

## PARENTING YOUR CHAMPION: DEVELOPING TALENT

ADOPTED FROM THE US TENNIS ASSOCIATION, USED WITH PERMISSION

There are three phases of sports development:

### PHASE 1 : INTRODUCTION/FOUNDATION

Approximate years in phase = 5

Age of athlete: 4.5-9.6 years

In this phase, allow your child to dream big and to ensure lessons focus on fun and fundamentals. It's important to recognize your child's interests and provide them with opportunities and support to help him/her be successful. Try your best to focus little attention on winning and rankings as well as encouraging participate in multiple activities and sports. Now is not the time to specialize. Equally important is using this time to emphasize positive attitude and life skills and as a parent, try to keep a neutral demeanor at practices and competitions. Being overly nervous or displaying negative emotions will only send the wrong message to your child.

Parents during this phase should learn what their role is (supportive and on the

sidelines) and what the role of the coach is (the technical expert and in charge of wet side matters). Avoid burnout by putting limits on practice time.

### PHASE 2: REFINEMENT/TRANSITIONAL

Approximate years in phase = 4

Age of athlete: 10.6-14.6

During this phase, do things to ensure that the sport remains fun. It's important to identify a knowledgeable coach who understands the proper training and technical progressions while working with a teenager. In this phase you can encourage your child to win, but more importantly to give his/her best effort. Leave swimming on the deck and avoid overly talking about it at home. Keep your child's experiences well-rounded by focusing on non-sport family activities and by emphasizing normal childhood chores and responsibilities.

In this phase, you can start to involve your child in decision making sure you allow for recovery time physically and mentally from the sport. Continue to reinforce the

principles outlined or introduced in the Foundation phase.

### PHASE 3: ELITE PERFORMANCE

Approximate years in phase = NA

Age of athlete: 15.4 +

In this phase some things parents can look out for are being careful to care about your child as a person and not just as an athlete. In this phase the athlete becomes the main motivator and there is less push from the parent. Help facilitate this independence by making him or her responsible for equipment, commitments and scheduling. Emphasize good behavior and sportsmanship and to help remind your athlete that sports is a game of highs and lows and to work to stay emotionally even. Reassure and relax your child and provide them with honest feedback.

What's important to remember that many of the same themes will resurface from phase to phase. Be supportive, know your role as a parent and reinforce life skills and good sportsmanship throughout all phases.

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## Training for LC Breaststroke by Finis

As the college season reaches another exciting conclusion, the swimming world will begin to shift their attention towards the upcoming long course season. Many age group swimmers and coaches have already started to prepare for the summer's main events in a season that is sure to showcase plenty of new talent. There are a few differences between racing long course and short course events and most practice strategies will begin to reflect those changes in a number of ways. Although each stroke is unique, there are a number of drills that can help you prepare to race long course breaststroke.

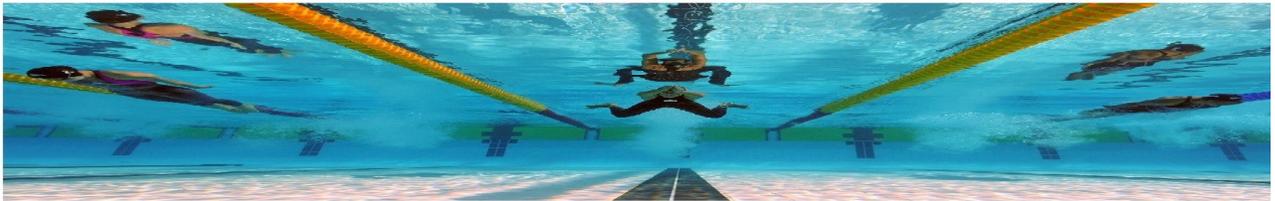
The short axis strokes (butterfly and breaststroke) experience arguably the largest shift between short course and long course seasons. Short, explosive movements are replaced with longer and more fluid ones during this transition. The breaststroke is particularly interesting because there is a very

clear opportunity to lengthen the stroke cycle during each "glide". The hallmark of great long course 200 breaststrokers has long been the ability to carry enough speed to stretch out the stroke to an extremely low stroke count. This is possible due to a powerful and well-timed kick as the swimmer reaches their line. There are a number of drills that help you develop both a stronger kick and a lower stroke count.

First, try adding an extra kick to each stroke cycle to help simulate a longer glide. There are two simple drills that accomplish this and choosing one over another is primarily just preference. The first drill is called "3-2-1" which alludes to the amount of kicks you do for each arm pull in the lap. The first stroke would be one pull and three kicks in your line, then one stroke and two kicks, ending with one final cycle that simulates an excellent long course stroke. The second drill is called "double kick" and is, once

again, exactly how it sounds. To train this drill, you add a second breast kick to each cycle and emphasize a tight line as you squeeze every bit of power out of your kicks. These drills will help the swimmer become more comfortable with a longer distance per stroke.

When preparing to race long course it is also critical to establish a stroke rate that is carried throughout the swim, from the start to the final touch at the wall. The [Tempo Trainer Pro](#) was designed specifically for this exercise and is the most cost-effective way to practice swimming at race pace. Set the [Tempo Trainer](#) to the desired stroke rate and the underwater metronome will allow the swimmer to repeat this pace into muscle memory. The [Tempo Trainer Pro](#) is inexpensive, convenient, and removes the guess work from pacing a successful long course performance.



## Q IS FOR QUALITY PRACTICE BY DR. AIMEE KIMBALL/MENTAL TRAINING

Often when people talk about being mentally prepared, the focus is on competition. However, when you stop to think about it, you spend more time practicing than you do competing. Therefore, it is essential to make sure you aren't just going through the motions at practice, you have to make each training session a quality one.

### Let's Call it Preparation

I've always had issues with calling practice "practice." To me, the word practice has the connotation of just going over your skills and repeating what you already know. I am not suggesting there is anything wrong with the physical act of practicing. Just the

opposite. I think that practice is extremely important, and because of its importance, we need to view it as more than just something swimmers do because it comes with the sport. I would rather people refer to this time in the pool as "preparation." I believe that if you connect everything you do during your "practice time" to the fact that it is preparing you for your meet that you will take it more seriously, have a better attitude, and have a more intense focus. All of these positive mental changes will then help you to perform better at competition. For example, instead of dreading yet another 6 a.m. practice that your coach is forcing you to attend, if you

realize the morning session is an opportunity to prepare your body and your mind for the upcoming meet, you may be more motivated, thus making you more productive.

Additionally, by thinking about your "practice time" as "preparation," you can enhance your confidence on race day. Before your meets you will be able to look back and remember all of the little things you did to prepare for each event. In knowing you made the most of your time, you can trust that your training has you fully prepared to race your best. [Read More...](#)

## 3 REASONS TO EMBRACE THE PROCESS OF ACHIEVING YOUR SWIMMING GOALS

Olivier Poirier-Leroy

We all have things we want to do with our swimming. They are what we dream about when we should be paying attention in class and what plays in our minds as we lob off to sleep at night. For some these ambitions are to be world-class, for others they can be as modest as making a JV relay team. The first step lies in having the big, awesome goal. Of putting words to that dream, of making it specific, measurable, and affixed with a deadline. This part is fun, relatively risk-free, and is straightforward. Where most swimmers struggle is with what comes next. **Goals are for planning, the process is for results.**

The achievement of said goal, of attaining the success you want from your swimming comes not from an event, or a single swim, or a time, but rather, from the process. It's the daily grind, the repeated 1% improvements, the habits gleaned from showing up and putting in quality effort on a daily basis.

We tend to categorize how swimmers do by the results they achieve in competition. And fair enough – swimming provides an objective manner with which to rank and sort athletes by time and place. We can look up at the scoreboard and know instantly on any given day who the fastest swimmer is.

In doing so we end up viewing our champions through the lens of their results, and imagining their path to success was simple, straightforward and without struggle. It wasn't easy for them, and it won't be easy for you. It was a struggle and a grind, a path littered with setbacks, happy moments, U

-turns, insecurity, successes, confusion, and doubt.

In other words, success isn't the best time. It's isn't the digits on the scoreboard or the medal around their neck. It's what you did to get there. That's the hidden legacy that ultimately makes a champion.

**1. True satisfaction and success comes in the work; the result is merely a by-product.**

In a way, goal setting points to a lack in something. It points out that the you-of-right-now isn't good enough. That you will be what you want to be, when you achieve what you set out to do. It implies there is a lack in what you are right now.

In a way, deciding on a massive goal also puts an instant burden on you; the moment you write it down your brain whirs to action for better and for worse, figuring out how to achieve it, while also bombarding you with all the concurrent doubts and insecurities that inevitably come when we try to stretch our talents and abilities.

Instead of investing all your hopes and dreams into your hopes and dreams, devote yourself to the day-to-day. Of engaging in the feedback loop of continually making yourself better, while building better habits and consistently showing up is what will lead to true success. Mastering the process is the real win, and is where ultimate satisfaction comes from.

Why?

**2. Because we can't always control the result.**

Despite our best intentions things don't always pan out the way we hope or

expect them to. No matter how much we plan and dream there are limitations to what we can control. We have no power over how the swimmer in the lane next to us performs, nor can we do much to control unforeseen events like injury (see: Lochte's knee) or illness. If your happiness and measure of success is directly tied to a result, than you are putting yourself in a position where you are likely to end up frustrated and disappointed. By letting go of the outcome, and putting your trust in the process – and putting forth your best effort – you can walk away from that season-ending meet with a clear conscience, no matter what the end result is.

**3. Focusing on the process means working on things now.**

Depending on the time frame of your goals – swimmers have notoriously long seasons – looking across the horizon at your championship meet, and the goals you have for it, can be a little bit deflating. Similarly, it encourages forms of procrastination – *"I have so much time between now and then."* The distance between now and the goal removes any urgency to act on your part.

Devoting yourself to the process requires you to focus daily on your swimming, your technique, your nutrition. Sure, dreaming about that goal will give you the occasional jolt of motivation and inspiration to pound out a massive workout once in a while, but it is falling in love with the process that insures you are showing up every day, regardless of how your fleeting heart feels about your season-ending goal in that particular moment.

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

–Maya Angelou



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People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily. –Zig Ziglar



## FIRST-OF-ITS-KIND STUDY SHOWS SWIMMERS GAIN AN ADVANTAGE WHEN THEY RECOVER WITH CHOCOLATE MILK

Grabbing chocolate milk after a hard swim could give swimmers a performance edge, according to new research presented at one of the nation's top sports medicine conferences – the American College of Sports Medicine's annual conference. In a sport where seconds and even tenths of a second can make a big difference and intense practice routines are the norm, Indiana University researchers found that when collegiate, trained swimmers recovered with chocolate milk after an exhaustive swim, they swam faster in time trials later that same day. On average, they shaved off 2.1 seconds per 200 yard swim, and 0.5 seconds per 75 yard sprint, compared to when they recovered with a traditional carbohydrate sports drink or calorie-free beverage.

"Chocolate milk is an ideal recovery drink. It's a 'real food,' has the right carb to protein ratio athletes need and it's less expensive than many alternatives," said Joel Stager, PhD, lead researcher at Indiana University. "From cyclists to runners to soccer players, there's a strong body of research supporting the benefits of recovering with chocolate milk. Now, our research suggests these same benefits extend to swimmers – a sport that relies on quick recovery

for multiple races within a single day."

The study is the first to test the benefits of chocolate milk in swimmers, and included six division one collegiate swimmers performing a muscle fuel (glycogen)-depleting swim bout of 60 x 100 yards followed by five hours of recovery for three consecutive weeks. The athletes then recovered with one of three randomized beverages –reduced fat chocolate milk, commercial carbohydrate sports drink (with the same calories as the chocolate milk), or calorie-free beverage – immediately and two hours after the swim. Following the five-hour recovery period, three swim performance test sets were completed relying on aerobic (200 yards), anaerobic (75 yard sprint) and immediate energy metabolism (10 meters against resistance). While there were no differences in the immediate energy metabolism swims, there were significant differences in the aerobic and anaerobic swims – indicating better recovery after drinking chocolate milk.

### ELITE SWIMMERS TRUST CHOCOLATE MILK

Elite athletes, coaches and serious exercisers have long recognized the benefits of low fat chocolate milk.

The beverage has been a staple on the training menu of swimmers for years – and the proof is in the pool.

"Our athletes know that chocolate milk makes a difference – it's long been a part of many elite swimmers' recovery routines," said Frank Busch, National Team Director of USA Swimming, the national governing body of competitive swimming in the U.S. "These findings are so significant for our athletes. Fractions of a second can decide a win or a loss in competition – so chocolate milk will likely be even more prominent on our athletes' training tables as they gear up for Rio."

With more than 20 studies supporting the benefits of recovering with the high-quality protein and nutrients in chocolate milk after a tough workout, this research is the first of its kind in swimmers, and adds to a growing body of evidence that supports the advantages of drinking chocolate milk after strenuous exercise. Chocolate milk has high-quality protein to build lean muscle, it has the right mix of protein and carbs to refuel exhausted muscles, plus it has fluids and electrolytes to help replenish the body.