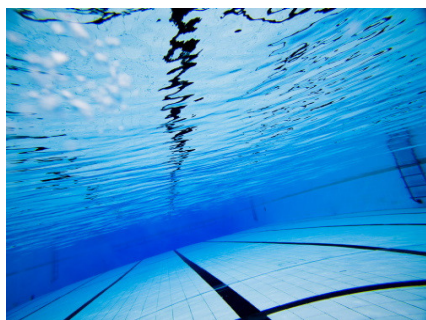




# MACR

# SHARK BITES

The Newsletter of the MACR Sharks 09/10 Season Issue 2 NOVEMBER 2009



## TRAINING UPDATE

We are very excited about how well training has gone over the first few weeks. This season we have shifted towards more interval training, and added a lot more variety to our work-

outs. Although initially more difficult for the swimmers to grasp, we believe that this shift will keep our swimmers tuned in for longer and that the variety will hold their interest.

As always, our initial focus has been on technique, technique, oh, and technique... (with an extra helping of kick sets on top).

As the season progresses we will start to add some of the speed work. For now though swimmers, keep working on the stroke improvement and the aerobic conditioning. It will serve you well in the long run!

Keep up the great work!  
- Coaching Staff

### SOMETHING TO ADD?

If you have an article, photo, swimmer recipe, or anything else you'd like to see in Shark Bites, email it to: [dpirrie@tanagerplace.org](mailto:dpirrie@tanagerplace.org)



The MACR Sharks would like to thank Crystal Group for their generous donation towards the purchase of a **Laptop Computer** for our team home meets.



Crystal Group—The most trusted provider of computer architecture for operational, deployable, and high-reliability applications. [www.crystalrugged.com](http://www.crystalrugged.com)



## THIS MONTH'S BIRTHDAYS!

- |                   |        |
|-------------------|--------|
| Gavren Dochtermen | Nov 1  |
| Sarah Altemeier   | Nov 6  |
| Curtis Litow      | Nov 9  |
| Isabella Steele   | Nov 9  |
| Eric Roush        | Nov 13 |
| Emily Wolfe       | Nov 15 |
| Henna McCoy       | Nov 22 |
| Madison Renz      | Nov 22 |
| Michael Glavan    | Nov 24 |
| Sara Belay        | Nov 27 |
| Madeline Turner   | Nov 28 |
| Nathan Greve      | Nov 29 |

Wish our birthday swimmers a happy birthday if you see them at practice!



*Our first meet is coming up next weekend!  
Here are some tips to get you in the zone.*

### GETTING INTO THE ZONE FOR BETTER PERFORMANCES

*Get in the zone at your meets. The zone is that mental and physical state when you are ready to perform at your optimum. This can be at anytime during the season. The following steps should be practiced and refined at your meets during the season.*

## 1. DURING THE WARM-UP

*During warm-ups, keep your first race in mind and get physically and mentally ready by:*

- Increasing heart rate and muscle temperature
- Recalling goals and race pace
- Visualizing the race
- Working on specifics of the strokes, turns, starts, and finishes
- Becoming familiar with the pool: walls, gutters, flags, and floor

## 2. 10 TO 20 MINUTES PRIOR TO THE RACE

*10 to 20 minutes prior to your race:*

- Review goals and race pace
- Warm up again
- Visualize the race

## 3. IMMEDIATELY PRIOR TO YOUR RACE

*Immediately prior to your race:*

- Move around, stretch, get your heart rate up
- Stay overly warm
- Visualize the race

## 4. AT THE START

*At the start:*

- Early/Mid-season meets: focus on the specifics!
- Late Season/Taper meets: trust your habits and let it happen!

**Become a fan of the MACR Sharks on Facebook.**

Great technical updates and links for swimmers and swim parents.

[Search MACR Sharks. Click the page with the MACR Sharks logo](#)





**GOT A GREAT MEET PICTURE  
TO SHARE?**

Email it to [dpirrie@tanagerplace.org](mailto:dpirrie@tanagerplace.org)

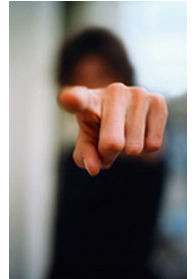
for our monthly  
"Swim Snaps" feature!



---

## Are YOU a swimmer?

Answer Yes to any of these and you very well may be :)



If whenever you hear an electronic beep, and you instinctively jump, ....you might be a swimmer.

If you have rings around your eyes unrelated to the amount of sleep you got, ....you might be a swimmer.

If waking up before dawn to exercise seems normal, you might be a swimmer. (You might also be crazy)

If bugs die of chlorine poisoning when they land on your skin, ....you might be a swimmer.

If the phrase "This set with fins" is better than hearing "You just won \$1000," ....you might be a swimmer.

If you answer, "I don't need to" when someone asks when you showered last, ....you might be a swimmer.

When you learn how to squirt water 15 different ways, you might be a swimmer.

If your friends have stopped asking you about your plans for the evenings, ....you might be a swimmer.

If you go from store to store desperately trying to find your favorite sports drink, ....you might be a swimmer.

If the first place you go when you're stressed out is a swimming pool, ....you might be a swimmer.

If your daily apparel is held together by knots or is torn and see through, ....you might be a swimmer.

If being fish-like is a compliment, ....you might be a swimmer.

If you sweat chlorine even after showering, ....you might be a swimmer.

If you are determined, strong, smart and tough, ....you might be a swimmer.

If land is your second home, ....you might be a swimmer.

If you have a permanent suit, goggle, and cap tan, ....you might be a swimmer.

If you practice 3 or more times a day during the summer, ....you might be a swimmer.

If the only thing you can talk about is swimming, ....you might be a swimmer.

If there are wet towels over every door in your house, ....you might be a swimmer.

FOR UP-TO-DATE SWIM TEAM INFORMATION LOGON TO:

[www.macrsharks.org](http://www.macrsharks.org)

# Swimming 101 for Parents (taken from USA Swimming)

*If you are new to competitive swimming, or simply want to know more about the sport, check out our [Swimming 101 guide](#)*

## Skills

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.



## Competition

Each swim meet offers a variety of events and distances, depending on the age group and classification. Each swimmer will have a limit to the number of events he or she may swim each day, depending on the meet rules.

In **freestyle** events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up- and -down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.



**Backstroke** consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The **breaststroke**, which is the oldest stroke dating back hundreds of years, requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the **butterfly** to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish. (The butterfly is the newest stroke and was developed in the early 1950s as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne.)



The **individual medley**, commonly referred to as the **I.M.**, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

In the **medley relay**, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle.

The **freestyle relay** events consist of four freestylers, each swimming one quarter of the total distance of the event.

**Starts:** In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all swimmers are set, the starting horn is sounded to start the race. If the starter feels that one of the swimmers has moved, left early or gotten an unfair advantage, the guilty swimmer may be disqualified after the race for a false start. Under current Swimming rules, one false start disqualifies the swimmer.



## Rules

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.



### The Course

Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools.

### Officials

Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable. Officials attend clinics, pass a written test and work meets before being certified. All parents are encouraged to get involved with some form of officiating.