

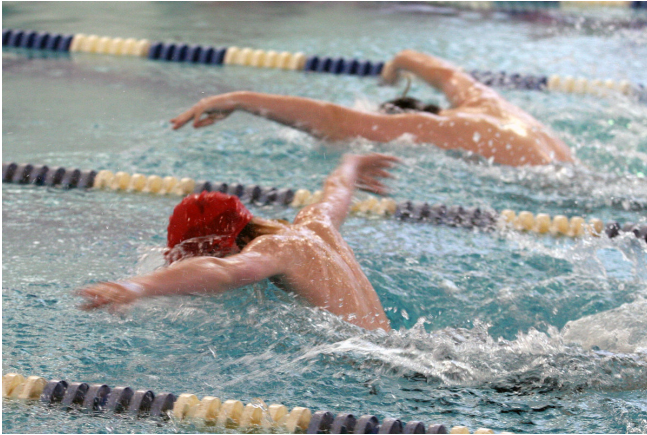


MACR SHARK BITES

MACR Sharks
Newsletter

Edition 1

November, 2006



Sharks Season gets off to a good start

November 18 marked the official start to the 2006 Shark's winter swim season. A total of 110 MACR swimmers participated in the event with a large number meeting or exceeding their best times from last season. "Overall the swimmers' technique looked good" said coach Paul Brown. "We still have some work to do though—especially with starts, turns and finishes." Over the first few weeks of practice coaches have been looking closely at technique through drill and swim sets. A total of 26 disqualifications were handed out to Shark swimmers many of these for turn and finish infractions.

Dates for your diary

MACR 'v' Stoney Point
November 18
HGN—W. Up @ 12:00pm

MACR 'v' Dubuque
December 2
Dub—W. Up @ 12:30pm

MACR 'v' Marshalltown
December 9
HGN—W. Up @ 12:00pm

MACR 'v' Washington
December 16
HGN—W. Up @ 12:00pm

MACR 'v' Muscatine
January 6
Musc—W. Up @ TBA

MACR 'v' Dubuque
January 13
HGN—W. Up @ 12:00pm

MACR 'v' Walnut Creek
January 20
Valley HS—W. Up @ TBA

Five ways to stop yourself from getting DQ'd!

So you spend weeks working hard at practice, only to get disqualified at the meet! Here are some things to remember to make sure you don't get DQ'd!

Breaststroke & Butterfly

Always touch the wall with both hands.

The rules for these strokes state that both hands must touch the wall at the same time.

Backstroke

Finish on your back.

You must finish a backstroke race on your back. Use the flags and learn to count how many arms it takes you to get from the flags to the wall at each end.

Freestyle

It is hard to get Disqualified in Freestyle.

If you remember to touch the wall, stay off the floor and don't pull the rope you should be in good shape!

Breaststroke

You can only perform 1 pull and kick underwater at the start and turn.

The breakout for this stroke teaches you how to do this correctly—ask a coach if you would like to perfect this technique.

Butterfly

Your feet and legs must stay together.

This will only come from practice! During dolphin kick sets focus on keeping your legs tight together.

REMEMBER: *During a race you have less time to think about these techniques! If you practice good start, turn, finish, and stroke technique it will come naturally during your race!*

"I swam the race like I trained to swim it. It is not mathematical. I just let my body do it. It is a lot easier if you let your body do what it is trained for." - Ian Thorpe

A note from the president...



Greetings and welcome to all. We all have a meet under our belt, well done. It was great to see a lot of new people pitching in and getting the jobs done, things went fairly smoothly. I still see a fair number of people waiting to be invited to jump in and help, so here's your invitation.

One of the big things about the team every year is turnover. That's turnover of swimmers AND parents that full important jobs. We have a fair number of parents performing critical jobs that have kids in the "over 12" category. It is important that we have some new blood in each area every year to insure that we carry forward all of our critical knowledge about successfully running a team and holding meets. If there is an area that is of interest to you, please let me know or drop by the area during a meet to see what you might be able to learn. We have a fairly large number of people that are mentoring new people in each area. Here's your chance to pick an area that you think looks like fun and help out.

The next area that needs to be addressed by everyone is parent group officers. We need new people to carry out the tasks necessary to run the organization. That doesn't mean you have to do everything, or even a lot if you are a good administrator. The jobs we have available for the election are president, vice president, secretary, and treasurer. The term of office is two years. The current officers have now served beyond their commitments and it's time for new people to step in. We will hold elections at the next parents meeting so start planning now where you are going to fit in. The date for that meeting is to be announced.

Keep up the good work, make sure you are keeping up with the team communications!

Kelly

"Swim like a fish. Swim like you love it. Swim like you'll never stop. Just swim."

Top Tips for Perfect Practice

ALWAYS listen to your coach, if you don't understand what is required, **ASK**

ALWAYS come prepared, bring all equipment onto the deck and have it ready for action - spare goggles, swim cap, drink, etc

EVERY skill should be the best you can do, always strive to make each one better. Think about your body position, head position, hand entry and streamlining.

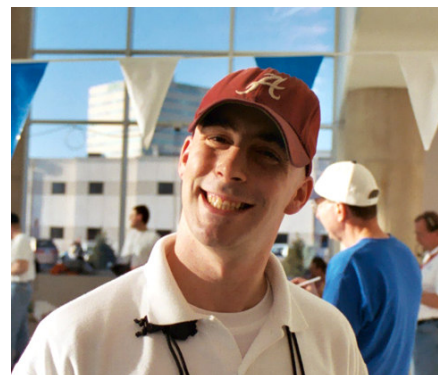
EACH turn should be as fast as you would perform during competition, **there is no such things as slow competition skills!**

ALWAYS accelerate into the approach of a turn - tuck tight, spin fast and accelerate off the wall.

EVERY finish should be a strong, fast competition finish. Challenge the person in the next lane into the wall each time.

MAKE SURE you know exactly how to swim each set - what pace, how much rest, and the turn-around time.

SWIMMER NEWS



The "*Swimmer News*" section will feature a different swimmer each newsletter. If you would like to be included talk to team reporter Sarah Wodnik! Because this is our first newsletter, Sarah tracked down Assistant Coach Donald and asked him these questions:

What is your favorite Stroke?

- Butterfly. It's a tough stroke but it gets easier with lots of practice.

What is your least favorite stroke?

- Without a doubt Breaststroke. It's a good stroke to coach, but I could never get enough power in the kick.

What's in your iPod at the moment?

- A real mix of things, everything from country to rap. I really like the James Blunt album at the moment though.

Who's going to win the Super bowl?

- That's easy—GO Colts!

What do you do when you are not at the pool?

- Besides work? I play with my own kids, work on my car, and watch football.

Officials Notes

Submitted by Phil Barnes

Welcome to what will hopefully be a series of helpful columns with regards to the “world of swim officials.” To start with, any questions by email or in person are welcome – my email address is gjpbarnes@aol.com. As of the beginning of September 2001, the YMCA swimming rules were changed to align with the rules and interpretations of USA Swimming. Therefore I’ll use resources that are predominately provided by USA Swimming to (hopefully) together with that from the YMCA Swimming and Diving organizations to help those who are currently certified (as officials) and those who are interested in the regulated aspects of swimming.

The intent of these columns is to assist people understand the rules of the sport, promote discussion about philosophies and interpretations, and maybe improve the standard of officials to help our kids excel in their chosen sport. I’d like to help everyone involved achieve high standards because that is in the best interest of the kids. My underlying philosophy is that the official is not on the deck as a prosecutor; the official is to help establish a fair meet for all participants in accordance with the published rules and current interpretations of those rules. Note the last few words – interpretations of rules are not static, but are adjusted as time goes on, typically followed by a written change to standardize the interpretation. The rule book does not cover every conceivable (and unconceivable) occurrence on the pool deck and in the water. It’s up to the meet referee and crew to interpret the situation to achieve an outcome that is consistent with the spirit and abides by the written regulations.

For this, the first column, I’d like to discuss three rule changes from last year because of the change to USA Swimming rules .

Rule Changes**Whistles before the start.**

These are blown by the meet referee. This is also a NCAA procedure in effect last year but was optional in its implementation. The sequence of the whistles is as follows:

- a. Provide the crowd and swimmers with an indication to prepare for the next heat (the swimmers should prepare themselves to mount the blocks (or enter the water for backstroke). This is the series of short whistles by the referee. (Should be more than 3 because lifeguards typically use 3 short whistles to indicate an emergency in the pool).
- b. Step the swimmers on to the block (one long whistle) (or enter the water for backstroke) in preparation for the start.
- c. For backstroke, once the swimmers are in the water and by their starting positions, another long whistle for the swimmers to place their feet.

Once the swimmers are on the blocks or with their feet placed, the referee hands over to the starter. The reason for whistles? They can be heard over the crowd noise and provide a consistent starting sequence for the swimmers. The only words from the officials the swimmers should (hopefully) hear is the command to “take your mark.”

No recall starts.

The best start a swimmer makes is typically the first start. Recalling a race because of a false start penalizes those swimmers who didn’t leave early. If there is dual confirmation of a false start (*subject of a later column*), then why should the swimmers who haven’t been disqualified be penalized? If there isn’t dual confirmation, then it was an unnecessary recall. Note that this means a swimmer does not get a second chance (i.e. you’re always disqualified for a false start). This does not mean that there are not recalls – if the referee perceives an unfair start, he or she should direct the starter to recall the swimmers. This would typically be because of equipment failure (e.g. a lane rope breaking) but it is at the referee’s discretion (but not for a false start).

Non-continuous backstroke turn.

The backstroke is a race where the swimmers propel themselves whilst on the back (shoulders past vertical towards the back). The ability to turn over to the breast for a turn was a rule change many years ago to allow faster turns – but the race must still be from the back. From the USA Swimming website – *The USA Swimming Rules and Regulations Committee is emphasizing that "The key to a proper interpretation of the backstroke rule is the phrase 'continuous turning action, i.e., a uniform, unbroken motion with no pauses. After the upper shoulder rotates beyond the vertical toward the breast, a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. There shall be no kick, arm pull, or flotation that is independent of the turn. The position of the head is not relevant."*

Something to add?

Do you have any swimming articles, stories, jokes, recipes, birthday announcements, or swimming tips that you would like to see included in Shark Bites?

If so, feel free to email them to donaldpirrie@msn.com We will try to feature as many varied articles as we can throughout the season!

