

The Weekly Splash

December 22, 2011

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News for SWIM PARENTS

Real Information

By John Leonard

In today's world, information is easy to come by. Informed, educated by experience, scientifically based information from a reliable source, much less so.

When exploring the topic of how to prepare swimmers for a long and successful career, this becomes remarkably problematic. An internet search of "Swim Training" will find someone (let's call it a young coach or a parent) a large number of popularly written articles...unfortunately many typed by people with no serious expertise, experience, or verifiable success levels. But they do have time on their hands and the ability to type, so the drivel winds up on the internet.

And the more "popular" it is, the more readily it is "bought." We all want to find an "easier way." An example will help comprehension.

Some of the popularly written articles, including one that originally was published in something as generally accepted as Sports Illustrated, glorify the idea that elite athletes TODAY, in the most modern training programs in the world, train only once a day and at relatively low training volumes but with "high intensity." The articles generally go on to talk about this as the "wave of the future" and the sort of "modern swim training" that people should look at to understand how to reach high performance levels. Due to the writer's lack of background, understanding and sheer inability to formulate the "right questions," this is the impression that the young coach or parent is left with if they read this article.



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Unfortunately, it is wrong on almost every count.

First, it's not new. Since the 1960's athletes attempting to resurrect their failing careers fall back on the same concepts.....eliminate morning practices, cut the volume of training way back and sprint a lot. And it works...in the short run.

Second, it fails in time. History will show over and over again that it is relatively easy, using the "formula" discussed to relatively quickly get back to "very close" to their previous best times. Very close. Just not quite "there."

And worse, they NEVER exceed their previous bests. The simple fact is, if you want to swim faster than ever, you have to DO something "more or better" than ever. Once you've "been there," some freshness and sprinting will get you "close" but it will not (as we KNOW from history) get you over the hump.

Nothing takes the place of hard work. Harder than you've done before....

Third, this reduced work load ONLY works with older athletes...those who have previously done the long, hard, tedious work of building the base for training, what Coach Bob Bowman in September of 2011 at the ASCA World Clinic, called "capacity training," when they were younger.

Fourth...Younger.....what helps you swim faster as a 25 year old or 30 year old is NOT what got you there in the first place. You have a seriously different body at 25 than you did at 15 and very seriously different at 30 or 40 as any person training hard at age 30-40 can tell you. Since you have a different body, your body chemistry is radically different and when you impose a training load on that chemistry, it responds differently. So no, at 12-18, you cannot do what the "old guys and ladies" do at 25-35 and expect to prosper.

Fifth....far from this being the "wave of the future," it is a methodology (that Coach Bowman called "utilization training") that works only when you are older, have already done the capacity training in advance of it, and is ultimately destructive of the development process if done too early in ones' swimming career, instead of the capacity training. Utilization training is a concept for older, physically mature athletes. And properly so. They built a "big training cup" by doing capacity training when they were young. Across the board...all of them....that's how they got "there" (elite swimming) in the first place.

So what IS the proper developmental training pattern for a young swimmer?

Pretty simple. Learn stroke technique...as perfectly as possible. As stroke technique improves, gradually progress the amount of training done....most of it should be easy aerobic exercise with great technique. Progressively increase that amount of work each year from age 10 through age 22. Progress it first by number of minutes/yards per day, then number of days of training per week, then number of training sessions per day and all the time, training volume per year gradually going up. In the later years, begin to increase training intensity. Serious intentions will require approximately 20-25 hours of training a week from age 16-22. Less than that is fine for good health, but is not going to be productive of top level swimming. Volumes will vary by coach philosophy, events targeted and related factors.

That's the formula that has traditionally and consistently produced world class athletes for more than 60 years in all developed swimming nations around the world. Every educated coach knows it. Educated coaches are your best source of "Real Information" and NOT, (very specifically) the garbage written for the internet and to populate someone's blog who has never successfully developed an athlete in their life, but has all sorts of "training theories."

I like the internet as much as anyone....but the "democratic" ability of anyone, anywhere, to write about anything they chose....leads to a great deal of the blind or malicious leading the innocent. Scientific publications are "peer reviewed" so they are Best Source. There is a reason for that. Most swim blogs could use some of the same, but they won't do it.

Educated coaches know how to train athletes. If you have questions, talk to your child's coach. If you're a coach with a question, ask experienced, successful coaches.

They have the "REAL INFORMATION."

All the Best, JL

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The Weekly Splash Editor's note: The article above is another example of the "democratic" ability of anyone to construct an article and express their opinions about concepts of training. Coach Leonard is a very experienced Olympic-level swim coach and has much data to back up his beliefs. At the same time, there are many coaches that would dispute some of the comments stated within this article. The CRAA coaching staff is continuously reading and researching methods of teaching and coaching swimming. We believe in keeping an open mind and are willing to explore many methods to help swimmers be successful. The point of this article is to remind us all to check the sources of information, trust the professionals and be cautious of taking the path of less resistance.

PRACTICE SCHEDULE

Please note the following changes to the regular practice schedule for the coming week:

	Saturday December 24	Sunday December 25	Monday December 26	Tuesday December 27	Wednesday December 28	Thursday December 29	Friday December 30
Junior I	No Practice	No Practice	No Practice	4:00-5:00pm @Coe	4:00-5:00pm @Coe	4:00-5:00pm @Coe	No Practice
Junior II	No Practice	No Practice	No Practice	4:00-5:30pm @Coe	4:00-5:30pm @Coe	4:00-5:30pm @Coe	4:00-5:30pm @Coe
Bronze	7:00-8:30am @Coe	No Practice	4:00-5:30pm @Coe	4:00-5:30pm @Coe	4:00-5:30pm @Coe	4:00-5:30pm @Coe	No Practice
Silver	7:00-8:45am @Coe	No Practice	4:00-5:30pm @Coe	4:00-5:30pm @Coe	7:00-8:45am @Coe 4:00-5:30pm @Coe	4:00-5:30pm @Coe	7:00-8:45am @Coe 4:00-5:30pm @Coe
HS Prep	No Practice	No Practice	No Practice	4:00-5:00pm @Coe	4:00-5:00pm @Coe	4:00-5:00pm @Coe	No Practice
Gold	7:00-9:00am @Coe	No Practice	4:00-5:30pm @Coe	7:00-9:00am @Coe 4:00-5:30pm @Coe	7:00-9:00am @Coe 4:00-5:30pm @Coe	7:00-9:00am @Coe 4:00-5:30pm @Coe	7:00-9:00am @Coe 4:00-5:30pm @Coe
National	7:00-9:00am @Coe	No Practice	4:00-5:30pm @Coe	7:00-9:15am @Coe 4:00-5:30pm @Coe	7:00-9:15am @Coe 4:00-5:30pm @Coe	7:00-9:15am @Coe 4:00-5:30pm @Coe	7:00-9:15am @Coe 4:00-5:30pm @Coe

See the Practice Schedule on our Website for more details.

Inclement Weather Policy

Occasionally, swim practice may be cancelled due to inclement weather conditions. CRAA will send out a mass email to announce the cancellation of any practice. On Cedar Rapids School District Weather Related Early Dismissal Days, CRAA will not have practices at Washington or Jefferson High Schools. If Cedar Rapids schools close in the morning, an email announcement will be issued by CRAA prior to 2:00 pm either confirming that practices at Jefferson or Washington High Schools will be cancelled or will be run as regularly scheduled. All Silver, Gold and National practices scheduled for Coe College will be run unless the college loses power. For Sunday evening practices, practice will run as scheduled unless CRAA sends out an email by 2:00 PM on that day to cancel practice. Parents may also call Coach Wendy @ 389-8618 or Coach Bobby @ 929-0244 to find out if practices are cancelled.



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Practice Updates Via Text Message

CRAA members can now receive practice updates by text message. Any changes to the practice schedule will still be sent out by email and in the Weekly Splash, but if you are interested in receiving practice updates by text message as well, please email the cell phone number you would like to receive the text message, and the cell phone company that provides service to bruffles@coe.edu.

Private and Semi-Private Lessons

Wendy is available to provide private and semi-private (two swimmers) lessons to CRAA swimmers. Please contact Wendy at coachwendycraa@gmail.com or call 389-8618 for more information.

CRAA January Board Meeting

CRAA will host a quarterly board meeting on Sunday, January 8th. This meeting will begin at 7:00pm at at the CRAA offices at 601 2nd Ave SE. All CRAA members are welcome to attend our team's board meetings.

Swimming Lessons Instructors

CRAA is beginning to assembly our staff for the 2012 Spring/Summer Swimming Lessons. Individuals interested in teaching swim lessons this summer please contact Brian at bruffles@coe.edu or by phone at (716) 597-7671 (minimum Age of 15).

Holiday Mini Meet Recap

CRAA held a Holiday mini meet Friday, December 16 at Jefferson High School. This meet was for CRAA swimmers only. Forty-four swimmers competed. Swimmers were allowed to compete in a maximum of three events for the evening.

The mini meets give the CRAA swimmers the opportunity to swimmers new to competition to compete for the first time 'at home' in a smaller venue with only their teammates, as well as gives those who have had the occasion to compete in the past the opportunity to try a new event, go for a Q time, or to just race against the clock. Three swimmers earned new Q times. Starting off the meet in the first event of the evening with the 200 Freestyle was Shannon Kelley (10) who took off 27.06 to swim a new Q time by almost nine seconds. Following close behind was Alan Kim (10) who took off 8.34 seconds in the 50 Backstroke for a new Q time, and Emma Hoover-Grinde (10) who was 2.61 seconds faster in the 50 Butterfly for a new Q time as well. Emma was also very close to posting a new Q time in the 100 IM. Congratulations swimmers! Way to Go!

For Luke Poellet (11), this was his first meet with CRAA. He competed well in the 50s of Freestyle, Breaststroke and Backstroke. Also competing for the first time in this meet was Brennan Russell (11) swimming in the 50 Freestyle and 50 Backstroke, Lucas Wahe (12): 50 Freestyle, 50 Butterfly and 50 Backstroke, and Clara Tosi (16) swam exhibition in the 50s of Free, Fly, and Back. Sophia Wepking (8) also competed for the first time in this meet, swimming in the 25s of Free, Breast and Back.

Alena Diercks (9) and Katie Hand (6) both competed for the first time in the 25Breaststroke, and Natalie Wicks (10) in the 25 Butterfly. Eric Liao (8) swam the 50 Breast for the first time in competition, Makenna Hulet (9) and Isabel Wilcox (10) the 50 Freestyle, Micah Poellet (9) 50 Butterfly, and Jeremy Thronson (11) competed for the first time in the 200 Freestyle. Jeremy posted a new time in the 50 Backstroke that was 27.38 faster than his seed time.

Levi French (13) went under thirty seconds in the 50 Freestyle with a time of 28.91, Amanda Nguyen (9) was over 11 seconds faster in the 50 Back, Weston Turner (9) was 15.68 seconds faster in the 200 Freestyle, and Dominic Foye (8)

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swam the 50 Freestyle in a time that was over 5 seconds faster than his seed time. Daniel Lovig (12) posted a time of 3:05.03, which was a 21.38 second time drop. Alicia Miltner (13) also competing in the 200 IM, took improved her time by almost a full minute! Nice job, swimmers! All the results from the meet may be viewed on the CRAA website.

On a table on deck at the meet there were four small containers with various types of Holiday candy in each. The task set before the swimmers was to guess in one of the containers how many red M & M's were mixed in the container and in another how many green M & M's. In the other two containers were a variety of wrapped pieces of candy, and the swimmers were to guess how many pieces of candy there were in each. Throughout the evening, swimmers took time out from swimming and cheering to record their guesses. Those whose guesses were closest to the total took home the container filled with the candy.

The winners were: Ethan Ford, Daniel Lovig, Kinzee Macho, and Sophia Wepking.

Swimmers at the meet were also indulged with a peppermint candy after each individual swim, and a piece of cake. The cake was in honor of Kelsie Rehn, who had been helping coach the Rookies, Junior I and Junior II swimmers. This meet was Kelsie's last day working with CRAA. She has moved back to California with her husband. CRAA wishes all the best to Kelsie and husband Seth as they start anew with careers and building a family.

CRAA Winter Invitational

This invitational meet will be held at Coe College on the weekend of January 7 and 8, 2012. This meet will have one session of competition on Saturday morning and one session of competition on Sunday morning. On Saturday, the warm-ups begin at 7:00 AM and the meet will begin at 8:00 AM. On Sunday, the warm-ups and the meet will start one hour later with warm-ups at 8:00 and the meet beginning at 9:00 PM.

This meet will be a Q minus meet, like the Harvest Invitational. Swimmers may compete in events in which they have not achieved Q times (State qualifying times).

Also, since CRAA is the host club for this meet, we will need many volunteers. For each volunteer at this meet, families will receive a Work Session credit. The volunteer registration web site will go live at 7:00 AM this Saturday Dec. 10. The link for this volunteer registration page is [tp://www2.mysignup.com/cgi-bin/view.cgi?datafile=winterinvite](http://www2.mysignup.com/cgi-bin/view.cgi?datafile=winterinvite).

The Following swimmers have signed up for this meet:

Alanna Adkins
Kelsey Drake
Tanvi Garg
Alyssa Harris
Lauren Korbelt
Paxton Morgan
Lauren Salee
Rachel Velazquez
Natalie Wicks
Spencer Davis
Alan Kim
Gabe Macho
Tyler Sherman
Adam Wolff

Jackie Allen
Casey Gannon
Lily Haars
Emma Hoover-Grinde
Abigail Krueger
Emily Nelson
Ava Sandberg
Sarah Velazquez
Kelly Wingerson
Connor Eltoft
Carter Kramer
Peyton Morgan
Weston Turner

Amyah Arrington
Maddie Gannon
Avery Hand
Mackenzie Jensen
Kinzee Macho
Madelyn O'Brien
Olivia Squire
Gabrielle Wahe
Lexa Winn
Ethan Ford
Spencer Kramer
Luke Poellet
Lucas Wahe

Morgan Chambers
Sarah Gannon
Katelyn Hand
Shannon Kelley
Emma McClurge
Micah Poellet
Delaney Thoma
Sophia Wepking

Ian Hoover-Grinde
Eric Liao
Evan Sandberg
Michael Welbes

Foxjet Winter Classic

The following swimmers have entered this meet:

Gloria Campbell
Delaney Thoma
Ian Hoover-Grinde

Morgan Chambers
Kelly Wingerson

Maddie Dietz

Kinzee Macho



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Blast Winter Invitational

This meet will be held at Holmes Junior High School in Cedar Falls an January 27-29. This is an Open meet with Timed Finals for all 10 & Under sessions. 11 & Over sessions will have Timed Finals on Friday and Sunday, with Saturday being Prelim/Finals. The CRAA entry deadline for this meet in January 15th.

CRAA Facebook & Twitter Page

Follow CRAA on Facebook. Search for CRAA the next time you are on Facebook and request to join. The Facebook website is: <http://www.facebook.com>.

Also follow CRAA using Twitter. Individuals can now follow CRAAswim on Twitter and get up to the minute updates coming right from the pool deck at our meets! The website is: <http://twitter.com>.

If you have any questions on how to set-up an account for either of these websites, please contact Brian by email at bruffles@coe.edu or by phone at 716-597-7671.



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