

Dear Swimmers:

I think we can all finally breath now - what a rocking swim season you all had. Congratulations to ALL of you and a special shout out to those that made Districts, States, Regionals, Zones and all the other big meets. It was a great year. So, O2 SWIMMING is slow now - NO WAY!!! I have a couple (150 maybe....) of these TRIathlete types that keep showing up !! Life goes on.... That is one of the great things about swimming for me - you can ALWAYS improve. Just this morning, we had a nice group of TRI girls in the pool at the Y and it was interesting to observe where each one is NOW. The real question is where are each of them going from here?

I have a couple of things for you this month - mostly items that we worked on as my swimmers were getting ready for the Big Meets. They are relevant for each of us, just in different ways. Last, I will close by linking you to PURE SPORT, the 2 liquid supplements that were developed around Michael Phelps, the USOC Swim Team and then other elite athletes. O2 SWIMMING placed an order and I distributed both products (workout and recovery) to a gang of you last month... Now, you can all order direct from the company - with our code { RAO2S} and get an O2 SWIMMING TEAM DISCOUNT of 20% off. If you order soon, each of you will receive an autographed picture of AquaMan himself (M. Phelps) as a bonus !!! More below....

The theme for this month is "LIFE IS A GAME OF INCHES" by Coach Ken.

As we prepared each swimmer to do their best, you realize just how tight the races get as you approach finals. Have you ever stopped to think about the other 1/2 of the swimmers in the pool with Michael Phelps (or any of our super elite boys and girls)? They are never even acknowledged as being "IN" the race. You will never hear their name. They worked all their lives to get into the Olympics, they qualified to be top 8 IN THE WORLD. You will never hear their name....

So, how do you get to the top of the pile? Just how did MP win the 100 fly by 0.01 seconds?

Life is a game of inches. EVERYTHING MATTERS.

To learn, we must get out of our comfort zone. Are you as good as you ever will be....? I can answer that for you if you are having trouble.... I, for one, have not given up the fight to swim better, faster, and longer.

Several things can affect your game of inches:

1) are you reaching as far in the front as possible?

2) are you taking a direct path from the rear exit of your stroke back to the front corner?

3) how high is your hand off the surface of the water? ****One of my kids did an experiment with mom detailing this for us.

We got a ball of string and mom held the ball in place toward the rear of the stroke cycle. The swimmer pulled the piece of string as they went to the front. We cut and measured. Next, the swimmer pulled the string DIRECTLY across the surface of a table to the front. We cut the string and measured. The difference was around 40% between the 2 strings. 40% !!!! Think that CAN affect your performance.

Let's put this in terms you can understand DIRECTLY.

Swimmers - you average 20 SPL. By increasing your efficiency, you get to 19 SPL. Possible? 100% - yes. Now for the math.... We are swimming a 100 meter race. You take $20 \times 4 = 80$ strokes, your "friend" takes $19 \times 4 = 76$. Everything being the same, who wins? Let's take a closer look.... 20 SPL / 25 meter pool is 0.8meters. The difference between these 2 swimmers $4 \text{ SPL} \times 0.8 \text{ meters} = 3.2 \text{ meters}$. The winning swimmer got to the wall 3.2 meters before the less efficient swimmer (this is approximately 10 feet 5 inches. ***Ever see a 100 meter race won by over 10 feet? NOT USUALLY.... This should be eye popping.

Triathletes - you average 20 SPL and your training partner averages 19 SPL. We are going to do an IronMan race. Cool !!! An IM race of 2.4 miles is 4,000 meters or 160 lengths of a 25 meter pool. A difference of 1 SPL $\times 160$ lengths is 0.8 meters $\times 160 = 128$ meters. How would you like OVER 100 meter head start in an IM race????? Now, to blow the doors off this example... I swim 14 SPL in a meter pool, but let's assume I can't hold that for a 4,000 meter open water swim. Let's say I can hold 15 SPL. YOU are still at 20 SPL. Now we have a difference of $5 \text{ SPL} \times 0.8 \text{ meters} = 4 \text{ meters} \times 160 \text{ lengths} = 640$ meters. Cool, I get a 640 meter head start on you OR (better yet) I get to finish 640 meters early !!!!!!!

I think you get the point of this little mental gymnastics exercise? IT MATTERS. WE CAN ALL DO BETTER. I hope that you can benefit from what I tried to convey this winter to the kids fighting for their life over being 6 INCHES faster in a 100 meter race....

Now, onto PURE SPORT:

Hello Swimmers and Parents,

[PureSport Hydration and Recovery Drinks with Protein is now one of our sponsors!!!](#)

[Who is PureSport? A maker of sports performance drinks in 4 great tasting flavors. PureSport Workout is designed to deliver maximum nutrition before and during strenuous athletic activity. PureSport Recovery is designed to help the body bounce back more efficiently after strenuous activity. Undeniably, these elements are very important to athletes of all sport.](#)

[Did You Know.....](#)

- **Athlete Michael Phelps uses PureSport Hydration and Recovery Drinks in his training.**
- **Coach Bob Bowman recommends the use of PureSport for swimmers to train better and recover faster.**
- **Brendan Hansen, Aaron Peirsol, Katie Hoff and many other elite swimmers use PureSport.**
- **10 Time UT National Championship Coach Eddie Reese recommends the use of PureSport for all of his swimmers.**

Why do these top names in swimming use PureSport? Simply because PureSport gives the body what water and many other drinks cannot - Rapid Rehydration, Increased Endurance, and Faster Muscle Recovery.

As our sponsor you will be able to go online to www.puresport.com and order direct for yourself, your family and friends who participate in ANY sport.

When you order online use our code: "RAO2S " when checking out to receive a discount of 20% off of retail.
The order will be shipped directly to you.

With your initial code order you will also receive a signature photo of Michael Phelps. (Please allow 2-4 weeks for delivery)

We are very excited about this opportunity and hope that every swimmer and parent will as well .

SwimStrong. SwimSilent.

Ken Holland
Coach
O2 Swimming
267-994-0568
www.tzsports.com