

Swimmers:

Well, we have somehow reached the end of the 2009 year - at least as far as me writing the newsletter !!! I hope you had a good Thanksgiving with your families and O2 SWIMMING wishes you a great holiday season.

Swim Season is hot and heavy now. Yesterday, I swam at the YMCA from 7:30 - 9am, my 15 year old son swam for East from 3-5:30pm, and my daughter swam for CBAC from 7-8:30pm !! This morning, my son was up for 5:30am practice, I swam in the Endless Pool around 8am, my son will have his second practice in the afternoon, and my daughter will finish the day off around 8:30pm. You may be wondering what Mom does all this time.... Taxi, cook, work full time, yoga, and of course...SWIM !!!!

What are my triathletes up to?

I know where all my swimmers are !!!!!

Big things I am seeing repeatedly over the last month:

SWIMMERS - Too many acting like the race/meet is the same as practice.....!!!!!! While officiating at a meet recently, I fired up lane 6 (traditionally NOT the fast lane) and the girls WON their relay !! We must lead by example and TALK to our swimmers. They must differentiate between swimming an hour and half in practice versus a 30 second race - THE INTENSITY MUST GO UP !!! Sometimes we all need to be reminded of HOW to go faster. It is NEVER enough to ask someone to do something without giving specific direction and guidance. Let's face it, with school, the holidays, projects, life, not every day can be your best - that does not mean we can give 100% of what we have on any given day. I am not seeing that kind of effort. Want to swim faster, have a good race, even win it all..... MAKE A PLAN AND KNOW HOW TO GET THERE. I can help.

TRIATHLETES - This is the time of year the pool starts thinning out because we don't need to swim all year long. YES WE DO. Is swimming your BEST event in the TRI? HHmm.... Does swimming make all muscle movements better/stronger? HHmmm..... Is swimming a very safe diversion that you can tailor to how you feel? Answer any one of these questions and you will go back to the pool. This is also THE BEST time of year to work on improving your skills - no pressure. All racing is done. The time for YOU would be NOW, not 30 days from the biggest race of the year....

I am also noticing a few specific problems with stroke mechanics:

lack of bilateral hip rotation

poor catch mechanics - too many of you are pushing H2O down with your hands and not getting the angle correct - a good cure for this are my SWIMITTS, finger paddles or the FINIS fulcrum.

Be aware. How is your SPL? Every adult swimmer I have talked to this month have said - "UP". Why?

Please understand THIS IS THE KEY. We are all getting older, but SPL must never slip - there is NO REASON why it would. It is purely technique. Do you really want to swim 700 more stroke in your next race than your best competitor? Nice way to make your race longer.....!

This will be a good time to review the video of good swimming technique. See below and ask yourself - Am I doing this properly:

<http://www.youtube.com/watch?v=4InLAsnmKhY>

9 Stroke Freestyle

<http://www.youtube.com/watch?v=DmTkEwawPSw>

TI video of front quadrant swimming efficiency

http://www.youtube.com/watch?v=_FrSTJLN_CY

Before and after a swimmer has been properly coached/trained !

<http://www.youtube.com/watch?v=f6qlhkuzTx0>

Grant Hackett WR swimmer demonstrating L-O-N-G front end

In closing, I would like to really thank all of you for making my 5th official season a success. You ARE a dedicated lot and I enjoy each session that we have, whether in the Endless Pool Studio or in an open pool, they have all been

productive. O2 SWIMMING was WELL represented in 2009 with swimmers in EVERY event I ever heard of - IM, half IM, Olympic, Sprint, Summer Leagues, High School, Water Polo teams, Jr Olympics - we are everywhere.....!!!!

In the past several of you have shared your experiences with close family and friends via our O2 SWIMMING gift certificates - we have them if you need them and will mail them to you or your newbie..... Please let me know, they are very attractive gift certificates.

Also, go spend a minute with our friends at the Training Zone in Doylestown where we all buy are suits 40% off all year long - this may be a good time to pick up some new items for the holidays; including our own SWIMITTS. SWIMITTS are manufactured right here in Doylestown by a great company. It is a nice way to support local businesses and they are great stocking stuffers. PSG Designs also offers very nice small swim bags to keep your SWIMITTS, goggles, ear plugs, etc. in a nice neat spot in your big bag.

Thanks again for all your support and kind referrals. I am SO looking forward to a great 2010 with all the talent I already have and the new talent just waiting to kick butt !!!!!

Peace on earth.

SwimStrong. SwimSilent.

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