

Swimmers:

WOW, summer is actually here and the outdoor season is upon us !! I was over at Fanny Chapman last thursday night helping re-certify the lifeguards and the water was actually warmer than normal for this time of year and certainly warmer than ALL of June 2009 !!

Some of my swimmers are wrapping up the very short long course season and everyone is looking forward to the fun of summer leagues. Keep it fun - that is a huge part of the reason WHY you swim. If you want more training, get on your bike and/or running shoes and do some cross training. We do not want to overdevelop only SOME muscles and leave the counterbalancers behind. Any type of cross training is good and no better time than summer to get it done... Kettlebells, biking, hiking, rock scrambling, canoeing...take your pick, just get out and have fun... It all counts!

My triathletes are heading quickly into the heart of the season and I must congratulate ALL those who have already raced and hit PRs and Podiums. You are all awesome. People fear you. Doylestown has a nasty reputation for kicking butt !!!!

My main idea for this month is GET A FRIEND. Buy one, find one, rent one - just get one!!! The best way to improve is to stay with the program longer than most other people. I have never lived anywhere like this area for talent. Want to swim? I have people from the age of 12 - 74, I can find someone to kick your butt and motivate you... Want to ride? The talent in this area is off the chart and I can definitely find someone to challenge ANY of you out there - at any age - in either gender !! Want to run? We have so many races within 15 minutes of here, you could race very weekend year 'round... ie, you can run with hundreds of people and still be all alone if that is what you want...

The whole point is to stay motivated and engage in sport. Get fit. Stay fit. Commitment helps....

Secondly, the Lake Nockamixon Steelman Swim on 11 July 2010 is open to any swimmer over the age of 12. I corresponded with the race director and he is open to any swimmer that is over 12 that feels they can make it. He did recommend the youngest doing the 3 person 1 mile (each) relay... Last year, we put more people on the podium than any other organization and I would like to see you all there again this year!!!

Third, the Michael Phelps signed posters are now in the mail from Pure Sport. This product is doing very well on the national level and I have all good reports in and around Doylestown!! O2 SWIMMING has negotiated a 20% discount for you by using the following code: rao2s



www.puresport.com

Last, you will find me around Fanny Chapman again this summer, but I have moved on from the Doylestown YMCA after 15 years. I am still swimming and will everyday of my life that I am able, so don't worry if you don't see me around - I will land somewhere by the fall !!
Keep the faith.

SwimStrong. SwimSilent.

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