

Happy Spring To all O2 SWIMMERS !!

May begins the push that will become the summer swimming and triathlon season. Some of you have used your time wisely to restructure and retool, others are a bit behind... Where are YOU?

O2 SWIMMING is very pleased with all the feedback from our team of swimmers - it is all appreciated and helpful; as we are all developing TOGETHER. You will be happy to know, this month - I have a plan !!! There are 2 MAJOR observations I have watched develop over the last few months - both need improvement and FOCUS !

1) TRACKING. It seems that many of us, from chasing faster swimmers or just plain lack of focus, have developed more of an elliptical path in the arm stroke. This is incorrect, inefficient, and slow. Please analyze your front quadrant lines and make sure that you exit the rear of your stroke and come STRAIGHT INTO YOUR BALANCE POINT. This is best achieved with a long stroke (exiting at mid thigh, not high hip) and a high elbow. We have practiced this in the Endless Pool by doing the finger tip drag drill. Fingertip drag drill forces you to be under more control and flow STRAIGHT to the front into balance point or your corner. Do you absolutely know/remember where YOUR balance point is? If you can not hit THAT spot in every stroke...we have work to do. Practice swimming while thinking about cross country skiing - the track must be straight. Is yours? The Endless Pool shows this very well, as you move far too much in the current when you swim with a low elbow and an elliptical forward path. Swimming STRAIGHT in the current feels good/easy... Lesson learned?

2) CADENCE TIMING. I have observed all of you get faster over time, but confusion leads to slow times when you over-think the wrong items in the stroke. There are very specific reasons I teach individuals. One on one allows me to take your strength and build on weaknesses. Swimming long and swimming short are both good/necessary. Each distance teaches rhythms and cadence. What I am seeing too much of is a perfectly symmetrical cadence - this is incorrect ! We need to move fairly quickly as your hand exits the rear of the stroke to get it OVER YOUR LUNGS quickly. The whole idea is to get your high elbow over the lungs...up front... so that all weight is pushing down, but more importantly.....FORWARD. Remember my analogy of dropping a steel cylinder on a rectangular board placed on the surface? If we draw an exact center line on the board and drop the weight DIRECTLY on the center line.... The board will drop straight down as it wiggles to the bottom. If we move the dropped weight an inch either way.....the board will begin to flow toward the bottom along a straight path FORWARD and down. WE are trying to go FORWARD, therefore, we need our weight to be placed over the lung line quickly.... The rest of the arm stroke can ease up and enter exactly where you know it belongs - on your balance point. The 4 tenets I have taught ALL of you are:

a) BALANCE

b) ACTIVE STREAMLINE

c) WEIGHT SHIFT -----***** this is the magic that is only engaged once you understand and practice #2 above !!!

4) TRACTION

I believe if you watch the demo video I have posted on the www.tzsports.com website and watch his cadence, you will observe that he does NOT lag coming forward.... Here is another great comparative video sent to me by one of our boys showing a solid/normal swimmer VS a coached swimmer:

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

I believe this will keep all of you busy this month as you prep for summer swim teams and the big TRI season. As always, continue to monitor your SPL, as it will always be your best coach when you are all by yourself.

As a business reminder, the next 6 months will all be busy, but I appreciate the referrals. Also, the Endless Pool is available more hours than I coach out of it for those of you who want to come over and let the never ending current (and mirrors !) teach you some lessons. Anyone who goes to the YMCA will appreciate a swim in the EP with a wetsuit on, as I not only ALLOW you to do that, but my pool is less than 100 degrees (unlike the Y !!). The hourly rate to rent the pool is just \$20 for a single and \$25/hr for a double.

Off to the races, boys and girls.

SwimStrong. SwimSilent.

Ps. A second email will follow this linking you up to a great opportunity with a friend of mine.... He is awesome. A++ recommendation from O2 SWIMMING !!!

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Great news!

Here is a fantastic opportunity for those of us with children interested in triathlon: Team Liberty - a local training group led by extraordinary triathlete, USAT certified coach and all around good guy, Todd Wiley (better bio on attached brochure) - will begin twice weekly hour long workouts Tuesday, May 12th. From basic skills and beyond, Todd will work with our kids on running, biking and triathlon transitions to prepare them for a number of races throughout the summer (and into September if we're game - particularly if our kids are doing the MarshMan tri on September 20th.) Across the country, local triathlon teams are bringing kids together for fitness and fun, and now it's our children's turn!

If you are interested, please print the attached brochure and send it along with a check for Team Liberty membership to Todd Wiley as soon as possible, but preferably before next Friday, May 8. Pertinent information is on the brochure. You may email Todd (he was copied on this email) or me if you have any questions. And please feel free to forward this to anyone you think might be interested.

Hope to see you on May 12th!

p.s. The brochure mentions athletes ages 13-19, but Todd is excited about working with younger kids, too. This is about having FUN and learning – very appropriate for all interested kids!



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