

Dear Swimmers:

O2 SWIMMING would like to wish you all a safe and happy Independence Day.

This is a big racing month as the summer swim teams are in high gear - Great job Fanny Chapman for kicking butt in the first 2 meets of this season! We have both the Steelman Open Water Races and the Steelman Triathlon on the horizon as well as Lake Placid IM, Mussleman, etc. !! I will see you all at the Steelman Open Water Race next Sunday. Last year O2 SWIMMERS dominated the podium all day - great job!! I will be swimming the 1.5 mile race and then anchoring the 3 mile relay for my 15 year old son and 12 year old daughter - wish us luck !!!

Just a couple points of interest as we get into the heart of summer.....

1) Dynamic Hip Drive - this is something that we can all spend more focus time on right now. I noticed in my longer swims over the past 2 weeks (1500s, 2000s, etc) that I get a little flat toward the later part of that long (boring) pool mileage. I also noticed that the first thing to have a marginal affect on my SPL was my hip roll - it was less. My SPL snuck up +1. I don't like that.... As soon as I diagnosed that one aspect, I went right back to 13 Strokes Per Length (Fanny is a yard pool). It was immediate. I would have never known had I not been stroke counting - even if it was partly to keep from going CRAZY swimming in a closed pool for a long set....

For swimmers, we must remember that a super fast hip drive will add speed quickly. Sprinters must have a hip snap to fully accelerate.

For triathletes, we must remember not to let the hips stop working and be all shoulders - that shortens us and makes a mile race even longer.

Please focus on your core next time you swim. Take care of your hips, as they are a huge part of your central drive system. Don't let them quit on you!!!

2) Nutrition - Summer can mean great food, or lots of junk at irregular intervals. We all must endeavor to follow the 90 /10 rule. Try to eat right 90% of the time and the rest takes care of itself. We have plenty of FRESH fruits and veges now - take full advantage. In order to manage a strong race, you must be properly trained and properly fueled. If you need help - ASK!!! We have great resources from HAMMER NUTRITION and many other sources - including seasoned veterans right here in Doylestown, I have been attending a Nutritional School this year and will be offering much more advanced classes for anyone who is interested upon graduation - call for details. I can really de-mystify all the BS surrounding the science vs the media regarding good, healthy nutrition!

By now, you should have received your autographed picture from Michael Phelps directly from PURE SPORT. PURE SPORT is our new product that comes directly from the US Olympic team and is a great product line:

- one workout drink

- one recovery drink ----critical for those of us over 30 !!!

As you recall, you get a team discount just by being part of O2 SWIMMING. Please check them out at Pure [Sport.com](http://www.puresport.com) and use the discount code : rao2s to get your 20% all orders !!!

Enjoy your holiday weekend. Here is a video for you this month:

[http://www.youtube.com/watch?v=ENDX\\_e7aRg](http://www.youtube.com/watch?v=ENDX_e7aRg)

Phelps, C Jones, and Coach demonstrating technique

SwimStrong. SwimSilent.