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Long Course 2019, May
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MAY 2019 NEWSLETTER

WHAT SUIT SHOULD I WEAR, WHEN?

If you read my newsletter piece in January, I talked about wearing a solid black suit at meets. Thanks for all who have purchased or ensured their swimmers are competing in a solid black suit.

I wanted to expand on meet suit and discuss when the use of a tech suit is appropriate. If you're new to swimming, a 'tech suit' is a suit made of materials different than a standard meet or practice suit. It also provides muscle compression which is beneficial for competition and grueling races. Feel free to click over to Speedo's website for more information on what a tech suit is. They're quite a bit more expensive than a standard suit and wear down after multiple uses. It's for that reason that we encourage our swimmers to put on a fancy tech suit for targeted competitions throughout our competition calendar. If you ever have questions about what those meets are, please talk to your swimmer's group coach. Wearing a tech suit at a dual meet or an early season meet cheapens the benefit we want to gain at a big meet, be it physical or mental. You wouldn't wear a tuxedo or prom dress to school on a Tuesday in October! So use big meets that we target and are rested for to break out the tech suit. - By Coach Andrew



SUMMER SLEEP



While we have discussed nutrition and what to eat during the school year a handful of times, it is important to really hone in on our nutrition during the summer when there is typically less structure to your day. Athletes will not be able to perform if they are only eating one meal a day or snacking on nothing but goldfish and pretzels all day without something more nutrient dense. This is a great time to really focus on eating high protein/fat (good fats) meals in the morning, low glycemic foods in the afternoon and recovering with carbohydrates and proteins after performing rather than before. While I am always happy to answer nutritional questions and would love to chat more about the minor changes that may help us to succeed in long course v short course, the primary topic that will likely be the biggest issue this summer is SLEEP!

This summer maintaining a solid sleep schedule may be more important than your nutrition. Many times I will be talking with an athlete or personal training client and the tone of conversation goes something like this:

Athlete: "Kaylie, I am working hard in the gym and I've made a lot of changes with my nutrition but I'm just not feeling like I'm recovering" OR "Kaylie, I am working hard in the gym and I've made a lot of changes with my nutrition but I'm not seeing as much progress as I would like."

Me: "Progress and lasting change takes time, but let me ask you, how is your sleep? How many hours are you in bed each night and do feel like you get a deep sleep?"

Athlete: "Well I usually go to bed about 11pm or midnight then I'm up at 5am or 6am or so but I don't usually sleep through the night and sometimes I have trouble falling asleep or getting back to sleep if I wake up in the middle of the night."

99% of the time when I see an athlete who works hard in the gym/pool and does well with their nutrition but always feels more sore in their muscles and joints than others or someone that isn't progressing as well as they want to in their fitness or performance, it's because of sleep. I completely understand that there are many reasons why people don't get enough sleep.

Athletics, school, work, social lives, time management etc but there are always things you can do to sleep a little bit more or improve the quality of the hours that you do sleep. There are many reasons why people need to get adequate sleep, but here are the main reasons: -

Neurological Performance (brain) -Immune System performance -Endocrine Balance (hormones relating to both body composition and food cravings) -Musculoskeletal growth and repair

All of these subjects are related to our health, longevity, performance and even happiness. There are hundreds of studies I could cite that refer to how much sleep truly affects all of these things but I don't think convincing people they need more sleep is that hard... Showing people how to get more sleep and having them implement it is the tough part. The key is to rewire our circadian rhythm to get the correct hormonal response to release serotonin and melatonin (sleep hormones) at night and cortisol in the morning.



Here are my best suggestions for getting a good night's sleep:

1-Exercise (you should be good here).

2-Nutrition: Eat a balanced diet that is as natural as possible. Avoid eating processed foods when possible and continue to work to have more leafy green vegetables, proteins, and good fats (should be starting to be good here too hopefully).

3- Light Issues: -Sleep in as dark of a room as possible. Turn your phone on Airplane mode, put your alarm clock in a drawer, get thick curtains that block out all exterior light. If these things aren't possible then get a sleep mask to cover your eyes at night (I wear one every night and am not ashamed at all!) - Avoid looking at any Blue light screens for AT LEAST an hour before bed. Your brain thinks its the sun and can mess with your circadian rhythm. TV from far away isn't as bad as a phone, and a phone isn't as bad as a laptop or iPad but all 3 can cause negative effects. If you absolutely have to look at your phone before bed at least turn down the brightness as low as possible.

-In contrast, when you wake up in the morning, try to get as much natural light as possible in the beginning hours of your day. Ideally, the sun, but bright artificial light will also help to nail down your circadian rhythm.

4- Stress Issues: -Don't stress out about everything you have to do the next day. Read a book before bed or do something to get your mind off of the next day's duties. DO NOT look at your e-mail right before bed, which may stress you out with things that need to be done. If needed, make a to do list of things that need to be done the following day (this always helps me). Anything to block stress from your mind and to relax.

5- Have a routine: -Try to get to bed at the about the same time every night. 8+ hours of sleep starting at 9pm or 10pm is much better than 8+ hours that starts late at night and doesn't align with the sunrise and sunset. -Getting to bed at the same time will help to regulate natural hormone levels and will tell your body it's time to sleep.

6- Caffeine: -This is a tough subject but a common one. Consider the fact that each person processes caffeine differently, the time it takes for half of the caffeine consumed to be removed from your system can vary from 2 hours all the way up to 2 days depending on the person. Some people say they can drink caffeine right before bed and be ok but that's just not optimal no matter the person.

Consider that we are focusing both on quantity and quality of sleep. No matter the person, quality of sleep will suffer with any caffeine in the system. Try to avoid caffeine after 11am or eliminate it altogether for 2+ weeks to see how it truly affects you.

Ultimately, summer is a less structured time. No school means morning practice may very well be the earliest thing you need to wake up for. However, it is crucial for your performance that we make sleep a priority and use the summer schedule to our advantage! By Coach Kaylie

THE BENEFITS OF LONG COURSE SWIMMING

Conditioning.

It isn't called Long Course for no reason. The pool is straight up longer. For example, in a short course pool from flag to flag it is 45 feet, in a long course pool that distance almost triples to just short of 132 feet. There is far more open water but that can be to your advantage as well.

For swimmers going from short course yards to long course meters the difference is even more profound. Without the walls to save you every dozen(ish) or so strokes it forces you to maintain the rhythm, stroke length and stroke rate over more than double the distance.

That brings me to the next thing you will feel, soreness. When swimmers performed a descending set of 5x200's in both a short course and a long course pool, blood lactate levels were significantly higher among the long course group, and during the sub-max efforts heart rate was higher as in the long course pool as well. (Heart rates after the final max efforts were identical between short and long course.) And those tests were not even done at altitude so if you are slightly sorer its okay, its long course!

Many swimmers have already raced a long course race this season. When you did, you probably found an awkward part of the race where you doubted your confidence.

Training Long Course allows you to build confidence where doubt existed. Most our fears are based on our own insecurities. (FEAR-False Evidence Appearing Real) So when Long Course practices begin, take the time to conquer your Long Course Fears

Trains you for the next level.

If you have the aspiration of competing at the elite level of the sport at some point you will be racing in the long pool. This is unavoidable. It isn't called an Olympic size pool for no reason. So, if you dream big, you're probably swimming in the big pool.

Exposes the weaknesses in your technique. Short course swimming can help disguise technique flaws. When you have strong walls and under-waters you can hide the soft spots in your swimming.

Consider that short course races can be performed up to 60% using underwater dolphin kicks, the importance of swimming technique is diminished in the small pool compared to the long pool where only up to 30% of the race can be swum underwater.

If you can swim consistently with great technique in the 50-meter pool, you can depend on great technique in your races. Long course swimming gives you longer stretches to hold on to desired stroke corrections. Long term consistency with this can only help you become a better swimmer.

I feel that when trying to make stroke adjustments it requires a few stroke cycles to get into the rhythm of it. Whether its swimming or perfecting drills having the added length of the pool means that you latch onto the adjustment and have a chance to build the technique before you launch yourself into a great turn.

A shortcoming of short pool swimming is that seemingly a couple moments after you hit the rhythm and technique you want it is time to turn, forcing you to start over your feel after another push off and streamline. In the big pool you have the chance to feel your stroke uninterrupted.

Gives you a different set of goals.

For most LSCs (Colorado Swimming is our Local Swim Committee) the long course training and racing season comes after six months of short course swimming.

Switching to the big pool is an easy way to switch things up.

Racing long course is different and requires different strategy. For example, we replace the 500 freestyle with the far more build friendly 400 freestyle. In short course speed adjustments many times come associated with walls. In Long Course that is not always the case, you may be building in the middle of the pool. Long course is different. There are no great conversion formula no matter what the computer programs say (most are just a percentage). Everybody is going adjust to it differently. Events are going to feel different in Long Course. 200 Breaststrokes go from a 7-pullout race to a 3-pullout race, there are no conversation for that because everybody's strengths are different. Have you ever wondered how they come up with time standards? They are based on an average of the top times in each event averaged over a period (usually three years). Long Course times are not converted from Short Course or vice versa. So in short, don't compare the times from the two course, they are different.

And I saved the best for last. And now, probably my favorite aspect of long course training.

Space!

10 swimmers in a short course lane is a bubbling cauldron of arms and legs; the same ten swimmers in a long course lane suddenly feels like you have all the space in the world. Also, when there are less than 7 swimmers in a lane, coaches will send you off 10 seconds between. Less of those pesky toe tappers.

In most programs long course training is often available only during early morning workouts due to pool space limitations later in the day, so if there was ever a reason to get out of bed (you know who I'm talking to) it's that you will get in better shape, improve your technique, and be able to spread your (water) wings. -By Coach Damon



MAY BIRTHDAYS

Ace Armon
Aidan Bailey
Kiersea Cassel
Logan Cole
Ian Gunderson
Samuel Hahn
Mia Hauschild
Marissa Inouye
Nathan Kral
Tessa Miller
Isabella Perkins
Allison Shadrick

