

November 2013

Volume 9, Issue 2

# In The Dawg House

## 10 Commandments Of Injury Prevention



**By Heidi Dawson**

Thursday, October 24, 2013

Injury prevention strategies are big business in professional sports. This is due to the cost in terms of treatment and playing time lost when an injury occurs.

But it's not just professional athletes who should be taking injury prevention seriously. Even for an amateur athlete or "just for fun" athlete, many types of injury can be prevented, which in turn prevents time off work and costly treatment sessions.

With this in mind, here are the top 10 commandments for preventing sports and exercise injuries:

### 1. Thou shalt warm-up thoroughly.

The topic of warm-ups has been done to death, but the message is still not getting through to some sports participants. A good warm-up is vital to preventing acute injuries to muscles, such as hamstring and groin strains and also joints — like the ankle and knee.

Warming up not only increases the warmth and flexibility of muscle and other soft tissues, but also helps improve neuromuscular control — basically our control over our muscles and joints. This type of control can help reduce and correct excessive movements that may lead to injuries — for example rolling the ankle over and tearing the lateral ligaments. A good warm-up should be gradual, thorough and sport-specific.

### 2. Thou shalt cool down effectively.

A good cool-down is even more regularly overlooked. This flawed attitude sees people passing up a jog and static stretches for more time in the sports bar believing they have survived another match unscathed.

But a good cool-down helps to prevent soreness and muscle tension in the following days, which could prevent injury in your next training session or game. Replenishing

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### Announcements:

- Please make sure to sign up online for jobs for our home meets to help make each meet a success.
- If you have any questions, please contact the office at (219) 838-DAWG (3294) anytime between 9 am - 4 pm, Monday - Friday.



## Coaches Corner



For us as coaches it is extremely difficult to be an effective coach while constantly disciplining the swimmers. Too much of our time on pool deck is wasted due to the fact that the swimmers refuse to pay attention once it is time to listen or cannot get along with other swim-

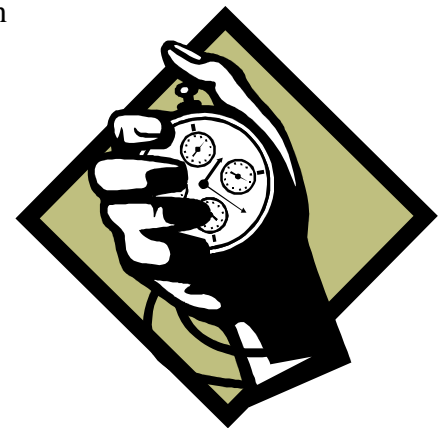
mers in their lane. When I see a swimmer that needs help or a group of swimmers that need my attention to become better swimmers, I can't give them the attention they deserve because I am disciplining other swimmers; often times they are repeat offenders. This applies to all groups I have observed on the team red, white, black, gold, and senior alike.

I would love to take a group of swimmers away from practice and work on swimming drills to make them faster, but instead I pair them up with an advanced swimmer to work on techniques. I don't know how they're teaching them or what is being said and I just hope that some kind of learning is going on. This worries me greatly and makes me feel extremely unconfident about the technique of my swimmers I am responsible for.

I feel like we have group discussions on a weekly basis about attitude and behavior problems and this makes practice not fun for us or them. When coaching is not fun or something to look forward to, we as coaches cannot create the environment conducive to teaching and swimming which in turn makes the swimmers not want to come anymore. Granted I understand that some disciplining is part of our job description and is needed at times

and is something that cannot be avoided. Most of the disciplining problems include but not limited to excessive talking and interrupting, horseplay, physical violence within lane mates, and locker room problems.

I asked a swimmer earlier this season what makes swimming fun and they could not answer me right away. The answer wasn't obvious to them and probably isn't as easy as most of us think. I think it would be a great idea for the parents to ask their children why swimming is fun to them. Coaching is fun to me when the light bulb goes on and they get a new technique correct. Then they practice it and get a best time at a meet. I suppose that the success of my swimmers is what makes it fun for me and I'm pretty sure that when your children go to a meet and have zero best times it makes swimming not fun anymore. If we have more time to coach instead of disciplining we can have more success which leads to more fun for everyone.



I am asking for the parents' support in this matter to have their children listen and pay attention to all coaches when they are trying to instruct just like they do when their teachers teach or their parents' converse. This will enable us as coaches to pay more of our attention to swimming and the whole group instead of the select few swimmers that are in constant need of disciplining.

*Submitted by Head Assistant Coach Adam Waldier*

## Welcome To CPSC's Newest Addition...Red Group Coach Hailey Holden

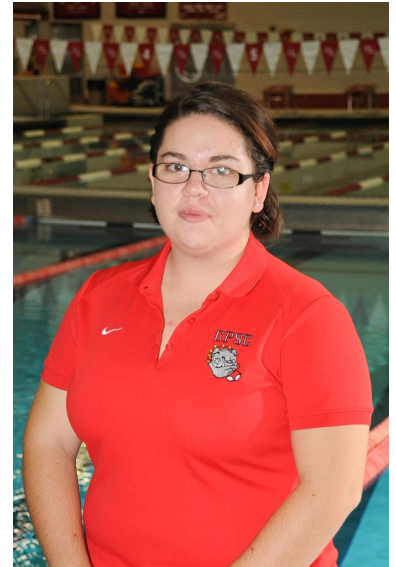
As the newest addition to the coaching staff here in Crown Point I'd like to introduce myself a little bit for those of you who that I haven't had the opportunity to talk to yet. My name is Hailey Holden. I am currently a sophomore at Purdue Calumet studying Psychology I hope to graduate with a Bachelor's Degree in Psychology and minor in Special Education. After that I hope to receive my masters in Psychology and become a behavior analyst.

I have been swimming for around ten years I swam age group and high school for Merrillville and graduated from Merrillville in 2012. I specialized in Breaststroke, distance events and Individual Medley. I've been a coach for three years now and am excited to join the team here in Crown Point.

My coaching strategy really consists of two parts the first is sort of based on a quote by Vince Lombardi "Coaches who can outline plays on a blackboard are a dime a dozen, the ones that win get inside their players and motivate". I think this pretty much encompasses my coaching approach. A swimming coach that just writes down a practice and instructs is not as effective as a coach who interacts with their kids and forms relationships with them, this leads to the success of the swimmers because they have a good relationship with their coach, and a good relationship with their coach fosters positive effects like, higher self-esteem, goal setting, and a higher degree of motivation. All of these positive effects in the pool also seem to translate to outside of the pool as well. It's extremely important as a coach to have positive and long lasting relationships with their swimmers not only to help succeed in swimming but also to help them succeed in life.

Another important part of my coaching approach is more of a focus on learning swimming. Because I work with young developing swimmers, I personally believe that the most important thing for the kids that I coach to be concerned about is technique. Stroke technique, for those new to swimming, are the little things that can be fixed to make a stroke more efficient. When on the pool deck I do a lot of manipulating and explaining to swimmers about small things that can make them swim more efficiently. The last thing a new swimmer should be focused on is speed. As a coach I try to keep my swimmers focused on themselves their stroke and their own goal improvement.

Any questions comments or concerns can be sent to my email: [hholden@purduecal.edu](mailto:hholden@purduecal.edu) or you can see me, Monday Wednesday and Friday after practice in the hallway outside of the pool.





## Information from the deck....

As our season progresses on we are going to make a conscious effort to help keep the parents informed of what is going on with each group for the next month / upcoming meets here in the newsletter. With that being said I would like to congratulate the coaching staff on an amazing job with our swimmers in the first two meets of the season. 52% and 86% best times in the first two meets is just a GREAT way to start off the new season and the kids have begun to look amazing doing it.

Each meet we will give the kids we are working with a few things that we expect them to focus on. And one of the things is NEVER going to be their times. When we start doing that we lose the focus of why



we are their to begin with. Showcase our talents of what we have learned and worked on the weeks before. Best times comes with a conscious effort to improve our technique in every facet of the races.

The Black / Gold / Senior groups have been given a goal of four things to accomplish in the next two meets.

1. **WIN THE WALLS**—We want to have better turns than anyone else in the pool.
2. **OUT KICK THE COMPETITION**—We have spent the first two month doing a large amount of leg work and we are expecting that to transition into stronger race finishes especially from our legs
3. **STREAMLINES**—Every swimmers should always remember that the easiest way to beat someone off the walls is to have better streamline then them.
4. **NO MENTAL MISTAKES**—We had a few DQ's in the first several meets that we should not have had and our expectation is to go DQ free for

the remainder of the season because we are thinking more clearly about how to do all the little things that we have to do at practices.

The White group is beginning to focus more on Breaststroke and Butterfly over the next month and are going to begin to increase their training distances so that their endurance will improve over the longer races and so that a faster sprinting pace is easier to hold. Most of the kids in the group have been certified to go off the blocks with only a few remaining to go through the process.



The Red group currently has about 30-35% of the group certified to go off of the blocks and our goal is to get them ALL certified by the time our January meet roles around. The swimmers working with Coach Sue and Coach Aly are going to be continuing working on the fundamentals of Freestyle and Backstroke so that the foundations of those two primary strokes are not lost. Most of them are certified to go from a dive from the side of the pool and some of the practices in the next few weeks will be focused on Butterfly kicking. The swimmers working with Coach Sandy, Coach Holly, and Coach Hailey are going to start learning Butterfly and Breaststroke in the next few weeks, learning more details about streamlines as well as breath control.

As we go through the season, we constantly will try to add new things for the groups and communicate with the kids what our expectations are for them at practices and at meets.

Please remember to have patience with them as we go through this long process!!

## 10 Commandments Of Injury Prevention

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the system with fresh, oxygenated blood will also help with recovery and repair of any microtrauma sustained throughout exercise.

A good cool-down should slowly bring the body back to its resting state by decreasing in intensity and ending with static stretches.

### **3. Thou shalt practice and perfect one's technique.**

Bad technique is a huge cause of injury — most frequently the overuse type of injury that develops gradually with repetitive faulty movement patterns and techniques. It can also sometimes lead to the more acute type of injury. Think of sports like skiing and gymnastics where poor technique can lead to a fall.

This is where the expertise of a coach comes in handy. They can observe you and notice problems with your technique, before teaching you how to correct these errors.

### **4. Thou shalt be fit for your sport.**

A lack of appropriate fitness leads to fatigue, which leads to injury. As your body becomes tired, technique suffers and movement dysfunctions become more pronounced.

Fitness varies from one sport to another and so training should be appropriate for the sport in which you are competing. For example, you wouldn't train for soccer by running marathons. You need to simulate the type of cardiovascular fitness required for your sport (i.e., continuous or short intervals), as well as the movement patterns that are required.

### **5. Thou shalt use suitable and functioning equipment.**

Equipment may include anything from footwear to rackets, sticks, clubs, balls, nets, hoops — the list is practically endless. Using equipment that is either broken or not designed for the purpose in which you are using it can lead to injury either to yourself or others.

Imagine worn-out sneakers leading to shin splints; wearing nongrip shoes for badminton; an ancient wooden hockey stick with a small crack in it — all are recipes for disaster.

### **6. Thou shalt obey the rules at all times.**

The rules are there for a reason. They help us play a fair game and determine who wins and loses, and they are also there for the safety of the players. Rules like: "All hitters must wear helmets in baseball" and "Helmets and pads must be worn by all football players" are good examples.

### **7. Thou shalt develop the strength required for the sport.**

Strength is a key component in injury prevention, and again it should be specific to the sport. Having strong muscles helps to control our movements to prevent movement dysfunctions as well as the uncontrolled motions that lead to muscle or ligament tears.

Running is a great example. Many runners think that running alone is enough to strengthen their legs for their activity, but really one or two weightlifting sessions a week to strengthen the glutes, core and legs should be included in training to ensure a well-rounded program.

### **8. Thou shalt keep the muscles flexible.**

Muscle flexibility is another key area. Tight muscle groups can result in acute injuries like hamstring strains, as well as muscle imbalances which result in movement dysfunctions and eventual overuse injuries.

Stretching should be performed as part of a cool-down and warm-up but also on a daily basis to ensure good flexibility. A morning and evening stretching routine is highly recommended to help prepare the body for the day and then ease off any tensions that have developed throughout the day.

### **9. Thou shalt never play through nagging pain.**

Never continue to play if you are in pain! You may think "I can get to the end" or "My team needs me to play," but continue to participate and you are taking a massive risk that will only make things worse in the long run.

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## 10 Commandments Of Injury Prevention

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If you stop when you feel the first signs of an injury and seek treatment, chances are you won't need much, if any, time out. But continue to play, and an acute injury may occur (think a twinge in the calf turning into a strain or even an Achilles rupture). In the case of overuse injuries, the tissue damage is only going to increase the more stress it is placed under.

### 10. Thou shalt take adequate time to recover.

Recovery time is when your body repairs itself and adapts to the demands placed on it during exercise, and it is important in both injury prevention and training development. Not allowing sufficient recovery time between training and competition means your body doesn't sufficiently repair, leaving yourself open to further muscle or soft tissue damage.

## REMINDERS

### SWIM MEET REMINDERS:

Please remember that at the swim meets we need to ALWAYS know where the swimmers are. That is why we ask for them to stay on deck in our team area. We also would like to remind parents to NOT give the kids a constant supply of candy. It will result in a "GIGO" effect....Garbage In, Garbage Out....we are working hard for good swims and candy doesn't

help achieve that result. Also, we realize for the kids that it is a long day at some meets but we do highly discourage them from having electronic devices on deck. One more than one occasion those things have gotten wet and or stolen. We can make NO guarantees that will not happen so please have them leave them at home. Thanks for your help!!

### PRACTICE REMINDERS:

Please discuss with your swimmer

about respecting other peoples belongings as well as personal space. We have been having to deal with too many kids having things go missing in the locker rooms. Personal space also needs to be understood and respected.

If you swimmer is one that does not currently have their own pair of goggles, please get them a pair. Also, some of the swimmers suits seem to be wearing THIN...please try to get them a new suit ASAP.

## TOP DOGS for the Meets



What an amazing start to our 2013-2014 Winter Season!!

**Lyon's Pride Invitational - Liam Gubbins** - 12.17 second average time drop. 52.21% team best times.

**CPSC vs DUNE Developmental Dual - Liam Gubbins** - 14.21 second average time drop. 86.84% team best times.

**AWESOME JOB DAWGS!!!!!!**



Phone: 219-838-DAWG (3294)  
E-mail: coach.john@sbcglobal.net

**Committment, Pride, Sportsmanship, Character**

[www.crownpointswimclub.org](http://www.crownpointswimclub.org)

#### Mission Statement

The Crown Point Swim Club is an aquatics program established to provide opportunities for our community through the sport of swimming. We are a USA Swimming and Indiana Swimming member committed to building excellence in athletes through the sport of swimming at the highest levels of competition. We are dedicated to the members of our not-for-profit organization to help provide our services at very little cost to all.

#### Vision Statement

Building the future of the community through safety in the water, healthy lifestyles, and physical development while achieving excellence in swimming, academics, and life.

#### Philosophy

*Commitment, Pride, Sportsmanship, Character*

We stress being committed to excellence both athletically and academically. We take pride in our organization, our athletes, and their families. We teach sportsmanship both in and out of the pool at all times. We build character through life lessons that will take our swimmers past their athletic ca-

## 2013 Club Sponsors

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