



COVID-19 AND THE NEW NORMAL: How Masters swimmers can stay fit and strong out of the water

Submitted by Becky Cleavenger (MemberAtLarge@SPMasterSwim.org)

You have probably noticed a plethora of online fitness offerings since California issued its stay at home order on March 19th. Even before the statewide order, many communities closed pools and fitness centers. Nonessential businesses followed, then parks, trails, beach parking lots, and eventually our last place to swim - beaches (not just the sand) were closed.

Fortunately, many individuals and companies quickly developed and made available fitness instruction either live (Zoom is wildly popular) or through videos, often free of charge. Here are just a few:

• USMS

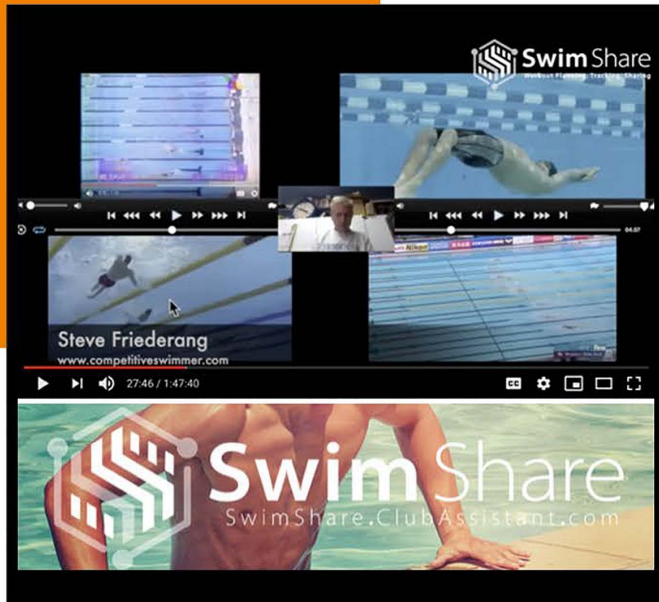
USMS has information and resources for both swimmers and coaches to help the Masters swimming community stay informed, stay healthy, and stay positive. Articles, such as "Coronavirus and Swimming: What You Need to Know," "How to Get Through the Loss of Swimming," and "What to Eat When You're Not Training" are a few of the informative and enlightening articles. Workouts, including yoga, resistance bands, core, dryland, and even "How to Train in Your Backyard Pool" are available as well. Many of the workouts are videos, and some are written but include links to YouTube videos demonstrating how to do the exercises.

Find these resources by clicking the "Access now" button on the <https://www.usms.org> home page.

• SwimShare from Club Assistant

In collaboration with Coach Steve Friederang, the free SwimShare site keeps swimmers and coaches active with their Zoom series "400 Swim-Specific Dryland Exercises" and other media for improving technique and fitness from home. SwimShare users also receive the latest updates on Josh Davis' schedule of live Facebook interviews with swimming legends. To stay up to date on the latest, sign in with your Google account or email address at <https://swimshare.clubassistant.com> where you can log and track your progress on dryland and swimming workouts and get the latest schedule of live Zoom and Facebook Live sessions.





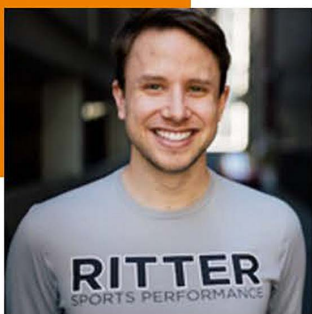
• Soup Can Swimming

Perhaps the one that comes closest to actual swimming is Soup Can Swimming by Michael Collins, Novaquatics Masters head coach. Offered via Facebook Live Mondays, Wednesdays, and Fridays at 6:30 AM. He then uploads them to his YouTube channel, these short but potent workouts focus on technique and are set up just like a pool workout: you'll do all four strokes, kick, and even flip turn (squat, streamline). All you need is soup cans (or tuna cans because those soup cans get heavy fast!) or nothing at all, fins, a tempo trainer, and of course Facebook or YouTube and a good attitude. Like most of the rest of our SPMS coaches, Collins is not getting paid during quarantine, so you can send him some love via Venmo if you feel so inclined.

Access the workouts on Facebook/Better Together from A Distance: Share the Love Not the Virus

• Ritter Sports Performance

Chris Ritter of Ritter Sports Performance is offering a weekly series of one-hour educational seminars via Zoom for swimmers and coaches focusing on proper dryland training for enhanced mobility and strength. These excellent interactive seminars are full of information and ideas, and at the end of each Chris asks what participants would like to learn the next week.



Register by emailing
Chris@rittersp.com

• Align4Power Fish on Land

Arlette Godges, PT, SPMS Sports Medicine Chair, has been posting short informative videos almost daily aimed at helping masters swimmers adapt to land-based activities without getting injured. A physical therapist by training, Arlette covers a range of topics including starting a running program, breathing, core (and back core!), balance, and much more.

Find on Facebook/Align4Power



It is heartening to see so many companies and individuals offer up their fitness expertise, often free of charge, and there are many, many that I am not aware of. Several of the elite swimmers are sharing their dryland fitness programs and strategies via social media as well, so if you don't already, consider following some of your favorite swimmers (and other athletes) from around the world.

Here are a few others that I have seen on various media:

• Worldwide Web/Apps

MySwimPro: Free dryland exercises and tips

GoSwimTV: Free access for a limited time

Corentine Circuits: Videos featuring Caeleb Dressel doing his strength coach Matt Delancy's "Corentine Circuits" are posted on SwimSwam.com

FINA: A 'Home Workout Routines' PowerPoint detailing the ways that athletes can stay fit at home is also posted on SwimSwam.com

• Facebook

Santa Barbara Multisplash: For those with a backyard pool, Santa Barbara Multisport head coach John Abrami has posted a series of "Short Pool Workouts" on the SPMS Facebook Group page

• Instagram

Bomenclature: Bo Hickey, performance coach for athletes of all ages, posts strength and flexibility exercises and guidance Skillsntalents: "teaching how to swim one video at a time"
TheRaceClub: seminars and videos (videos are on their website)
Corepoweryogasb and Corepoweryogawv: free live yoga and strength classes for month of April



SPMS 2020 OPEN WATER SEASON

-UPDATE-

Submitted by Robin Smith SPMS Open Water Chair (openwater@spmasterswim.org)

In this age of continuing closures and cancellations due to the COVID-19 Pandemic, we are still hoping for an open water season this summer. Our Event Hosts are currently looking into contingency plans to postpone or reschedule their events depending on when we can “return to play” safely.

Note that the 2020 USMS Sprint-Distance Open Water National Championship in Santa Barbara has now been officially rescheduled from Saturday, June 20th to Saturday, August 29th. There are still plans to have a Championship Weekend including the Reg Richardson LCM Masters Swim Meet on Friday/Saturday August 28th/29th and an Open Water Relay Event (4x500) on Sunday, August 30th.

The 51st Annual Seal Beach RWS is currently scheduled for Saturday June 20th. This event is dual sanctioned with USA Swimming. We are working on back-up dates in case this event will need to be postponed.

And the ever-popular SPMS Open Water Series is pending which events will be actually contested this year.

If you are lucky enough to find water to swim in, here is a practice set to prepare for a One Mile Open Water Swim. Or, if you are a fish out of water right now, you can practice “air swimming” in front of your mirror (seriously, it’s harder than it sounds!).

ONE MILE SWIM (1800 yds)

(Take 10-15 second Rest Interval)

2x50 kick (to simulate running into the water)

2x50 swim (practice sighting)

3x100 swim

2x200 pull

4x50 swim (practice sighting)

2x200 pull

3x100 swim

2x50 swim (practice sighting)

2x50 kick to simulate running onto the beach to the finish

ONE MILE SWIM ON LAND (~30 minutes)

(Take 10-15 second Rest Interval)

2x 45 seconds of stairs or 2x 10-12 squats

2x 45 seconds air swimming fast tempo

3x 1:30 air swimming

2x 3:00 air swimming

4x 45 seconds air swimming fast tempo

2x 3:00 air swimming

3x 1:30 air swimming

2x 45 seconds air swimming fast tempo

2x 45 seconds of stairs or 2x 10-12 squats

Remember to stay safe and visit the SPMS Open Water Upcoming Events web page for updates:

<https://www.spmasterswim.org/open-water-schedule/>

Questions? Contact Robin Smith, SPMS Open Water Chair (openwater@spmasterswim.org).



Masters Swimmer COMPETES AFTER BRAIN INJURY

By Christine D. Maki, SPMS Coaches Chair | Photos by Sean Wilde; Wilde Home Media

Wilde Home Media, LLC. has completed working with a non-profit called B.R.A.I.N. that serves as a rehabilitation center for people who have suffered a severe brain injury. They have created a story about Rosalie "Rosie" Thiessen, a Southern Pacific Masters Swimming and U.S. Masters Swimming member who participated at the CTSM Masters Challenge swim meet on Sunday, February 23, 2020.



Rosie with her coach, Emily

Rosie has undergone extensive speech therapy and rehabilitation. Swimming has been a formative part of her recovery. Wilde Home Media captured on video the transformative experience for Rosie to showcase her ongoing recovery.



"The 50 Fly is my favorite event," Rosie shared with Coach Christine as she received her ribbon. Rosie went on to compete in the 50 yard Freestyle and the 50 yard Breaststroke; winning additional ribbons.



"B.R.A.I.N. is a non-profit organization that provides therapy, programs and support for adults with brain injury. We seek to provide research, recovery and residual care of the highest level to bring help and hope to families who have experienced brain injury." <https://www.thebrainsite.org/> (Provided by, Sean Wilde of Wilde Hope Media)

Check out Rosie's story here: <https://vimeo.com/396809809>





*If a parent/adult does not know how to swim, there is only a 19% chance that a child in that household will ever learn to swim. (National research study commissioned by the USA Swimming Foundation and conducted by the University of Memphis, 2010). CTSM hopes to positively help change these statistics bringing Masters Swimming and high school swimming together.

Ever since I have been coaching swimming in the area, it has been my goal to help the hundreds of local swimmers that have come through the CTSM Masters Swimming program, but also through the local high school swimming programs where I am also a head coach. Once my high school students learn to swim, or become even better swimmers, I try to ensure students realize that swimming does not end once they graduate.

During high school Spring Break practices, there is a daily topic for swimming before practice begins. Each year, I like to introduce high school swimmers to U.S. Masters Swimming. Each senior receives USMS brochures, decals, and a USMS swim cap, in addition to the team watching presentations on U.S. Masters Swimming, an introduction to the website, and how to qualify for nationals. All which brings a delight and glimmer of a treasure of possibilities to each swimmer's eyes. The key is to ensure each high school swimmer has the information to recall should they want to swim in their adult years; whether it be right out of high school, after careers and families have been established, or even in retirement they know swimming is there for them.

• The Great American Pause

Due to COVID-19, CTSM did not get a chance to have the USMS Day during the Northview high school swim team practices, but fortunately CTSM was able to bring a USMS swim meet to the Northview high school swimmers and their parents, who volunteered to help with the meet.



This swim meet proved to be a high-level of fun for the NHS swimmers who witnessed fast swims while timing for USMS swimmers.

• Swimmers Giving Back to Swimmers

The Southern Pacific Masters Swimming competitors came together from neighboring to outlying communities along with San Diego Masters, and Brazilian Masters (Clube de Regatas do Flamengo), to compete in a high school swim team fundraiser for the CTSM host swim team, in Covina, CA: The Northview Vikings.

SWIMMERS GIVING BACK TO SWIMMERS

By Christine D. Maki, SPMS Coaches Chair & CTSM Head Coach

It took over 10 years to get a U.S. Masters Swimming meet in the house of CTSM Masters Swimming, but it happened.

- 26 USMS teams
- 140 Swim competitors
- 200 Individual pool records set
- 20 Relay pool records set
- Over \$3,800 raised for Northview Vikings Swimming

“Thumbs up” from U.S. Masters Swimmer extraordinaire, Maurine “Mighty Mo” Kornfeld

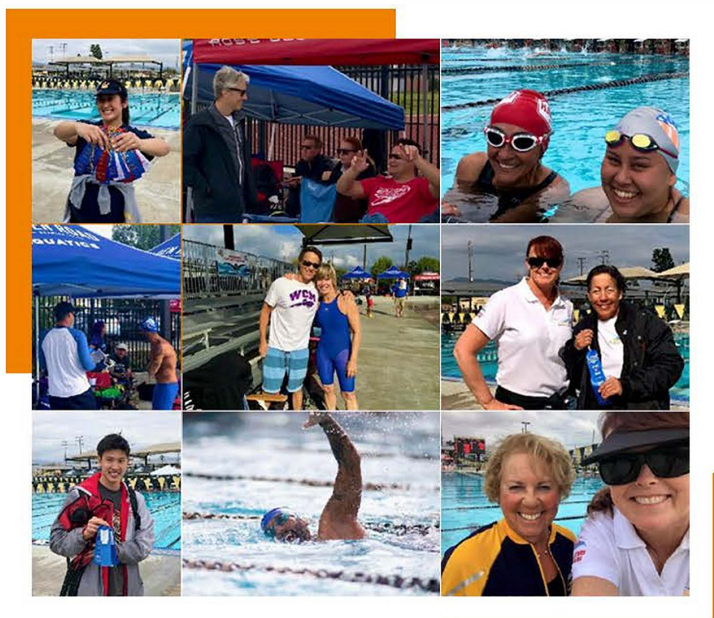
• A Little Background

An inaugural meet for a small town within the Los Angeles county, the Covina area has been quietly bringing swimming to the north-east corner of the San Gabriel Valley. The city of Covina is 54.6% Latino. CDC Statistics also show that 45% of Latinos cannot swim.

In total, with meet entries, snack bar purchases, and relay entry donations, Masters swimmers helped raise over \$3,800.00 for the high school swim team.

In return, the NHS swimmers helped time, were admin runners, and snack bar attendants. They also helped the CTSM Masters swimmers with set-up and take-down of the swim meet equipment. The Northview Vikings swimmers allowed for great comments like these: "This was one of the most smoothly run meets I have attended" (Anita Cole), "We had a lot of fun. This was a great meet" (Stan Smith), "Congratulations for a great meet. I will be back next year" (David Hayward).

Together, we shine! Look at what we did: Thank you 2020 Northview Vikings and USMS Competitors



• U.S. Masters Swimming Is There for Every Swimmer

No matter what path a competition swimmer's career takes-age group, high school, college, national, or Olympic -U.S. Masters Swimming is there providing that environment of familiarity hopping into the pool behind a fellow swimmer and cruising through the lane for an hour or so; camaraderie where a strong connection is built between coaches and among swimmers; therapy for an athletic injury or after 3,000 yards becoming stress free and ready for the day; and for some, competition where a competitor's eyes fall to the surface of the water and with a beep of the start diving clearly, with no cleave or splash, into the coolness of the water bringing one to the present like no other while swimming with powerful rhythmic strokes for a personal best...U.S. Masters Swimming is there for every age and every swimmer.



WHAT A FISH NEEDS ON LAND

Submitted by Arlette Godges SPMS Sports Medicine Chair
(SportsMedicine@SPMasterSwim.org)

We have learned that gravity is much different than water. Let me explain some reasons why our bodies are having a bit of a moment adjusting. The primary role of our muscles is to hold us upright and absorb shock when we walk and run.

As a human we are very well-equipped for this activity, notice, we walk on 2 legs not 4 and we do not have fins. That said, when we ambulate we move in a sagittal plane, but we rely on our frontal and transverse plane muscles to control our movements and help absorb shock on land. We do not typically train our muscles in these planes of motion when swimming.

Swimming loads our muscles in a concentric way (muscles are contracting in a shortening way), on land we use our muscles to slow us down to shock absorb and prevent falls in an eccentric way (this is a controlled loaded lengthening of our muscles).

Very important, as we are very strong in muscle groups and have lots of endurance, but our muscle action is completely different in the pool than on land. In gait we spend approximately 65% of our time on one leg, in running it's 100% of the time. This requires our bodies to balance on one leg and maintain our center of mass perfectly so as to not fall over.

Let me give you an example. If you started running over the past month and the arch of your foot, your lower back, your shins or inner thighs are sore, you are a Fish on Land and need to strengthen some muscles for proper shock absorption and power. If your butt and thighs are sore when you are starting a running/walking program or any land activities, that's okay. Keep building them and keep building your program slowly and steadily.

For all Fish on Land, here are frontal plane land exercises that will help keep you fit and injury-free while you are out of the pool. We are building eccentric power and control in our hips and core. Here are my favorite exercises to transition Fish to Land:

Side plank variations from knees or feet: up /down in straight plane, static hold



Side plank on hand or on forearms ... dip down and come back up... small movements and stay in a straight plane. Knee can come down for less difficult

Squat variations: simple squat holds, crab walks, single leg crabs



Stay low and you can add weight in front for increased effort and core

Neutral foot variations: static and dynamic, add transverse plane movements with upper extremity



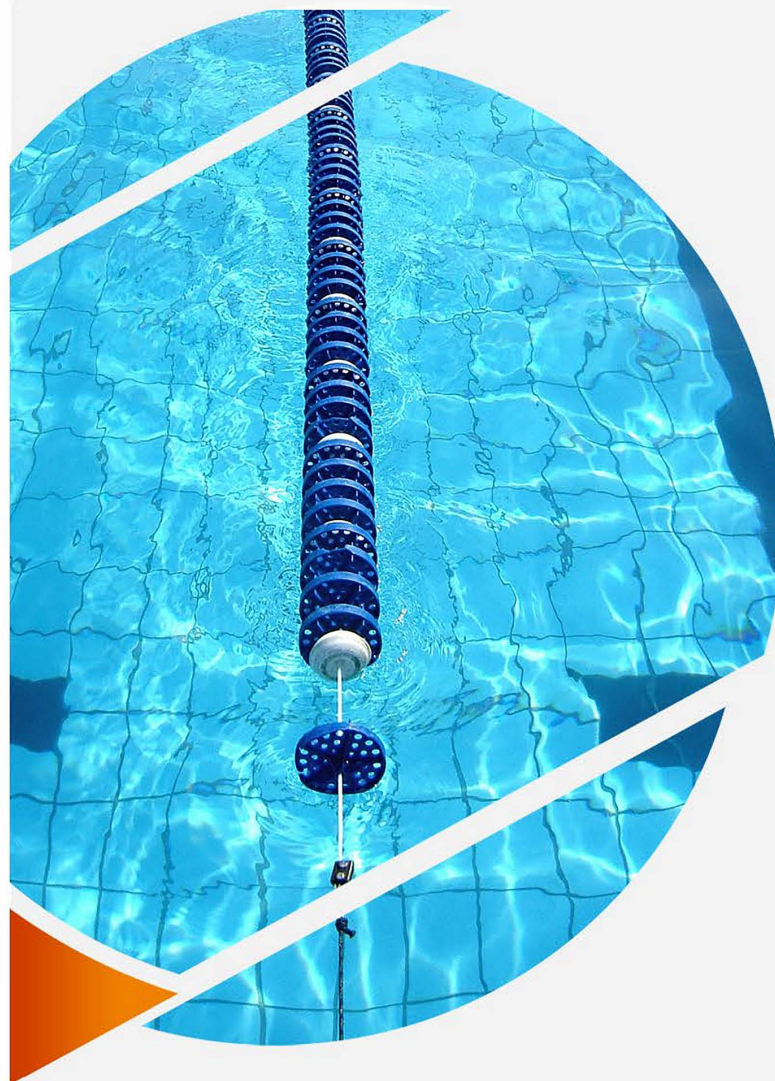
...with neutral foot, lightly swing arms across body to simulate a running stride with neutral foot, do barefoot for better results.

Single leg squat variations: warriors with movement, mini squats, butt kisses



Notice they are not called butt flops! Advanced with one leg and more advanced the lower you go, foot remains in neutral

Build land activities slow to have it be sustainable, pain free and most important fun. Remember, we will all be back in the pool and so happy to see our swim family! Meanwhile, stay safe, fit and sane! Swimmngly, your Sports Med Chair Arlette!



#FISHONLAND

Submitted by Arlette Godges SPMS Sports Medicine Chair
(SportsMedicine@SPMasterSwim.org)

It's been a month since we have been out of the water and moving on land, with only showers to keep our gills wet. As our tan lines have faded, our adjustment has not been easy for most USMS swimmers. We obviously miss the swimming and the workouts we love most, but as time has marched on, we miss our community, our uninterrupted thinking time while swimming, the stillness of splash, splash, splash, the sunrises, the mid-day sun on our backs and sunsets while swimming; the routine. We miss our friends, we miss being told what to do by our beloved coaches, we miss working towards a goal. But, we do have a common goal; to stay safe and healthy!

Having a routine is important during this time of continually changing uncertainty, time spent isolated either alone, or with the same people. I encourage everyone to have a rhythm to your day. That rhythm should include some time spent alone if you live with family; and/or reaching out by Zoom or Face Time with friends/family if you live alone. Make it a point to do a daily check in with one of your teammates. It does wonders to connect with community. Exercise should be on the menu daily.

Alternate cardio with some kind of strength training on a rotating schedule. Be patient with land activities that are new to your body - ease into running, ease into spinning and cycling, and even ease into taking long walks. Be mindful to wear good shoes and listen to your body. Make it enjoyable and fun, a challenge to yourself to stay present one day at a time.

No one is training for any events at this time. This is a time to stay fit, healthy and sane. It's a time to focus on areas of your body that have been achy and strained in the pool; it's a time to work on our core and functional strength; it's a time to work on flexibility in hips, thoracic spines and shoulders, to name a few swimmer-specific problem sites.

As your Sports Medicine Chair, I have been posting specific exercises to help you get into a safe running/walking program of choice, improve flexibility and strength in different areas and teach mindful movement on land. Get out your foam rollers, swiss balls, pantry weights and let's stay in shape and injury free; let's find joy in movement out of the water!

You can follow me on Facebook [@align4power](#) Continue to email or message me specific questions to help keep you in the game of moving through the quarantine and staying fit for life beyond. I look forward to our splashes in the pool and ocean soon as groups and teams. Meanwhile, let's continue to do what's needed to WIN and have the virus be gone.



KEEPING A HEALTHY BEAT

*Submitted by Arlette Godges SPMS Sports Medicine Chair
(SportsMedicine@SPMasterSwim.org)*

Many swimmers have turned to running, run/walking and or walking hills and big areas of stairs. This is a great way to maintain cardiovascular fitness, and it is largely accessible without the need of much equipment, other than a pair of shoes.

What is noticeable as a swimmers, is that our heart rate, breathing rate and general tolerance to this mode of exercise is humbling. We are in such great cardiovascular shape in the water, yet on land we feel like fish on land trying to find a breathing pattern and trying to maintain a decent heart rate. In my advice in starting a running program, I have stressed the need to start slowly and be patient. This is good advice on many fronts, as it prevents overuse injuries and unnecessary aches and pains. In addition, it helps us adapt to running/walking fast from a cardiovascular standpoint as well. Rest assured, you are working hard and staying in shape!

Our cardiovascular system adapts to our position in space as do our muscles. Venous return is much easier being horizontal than being upright and working with gravity.

As we slow into our running/walking programs our cardiovascular system adapts by increasing blood flow and increased pathways to get the blood/oxygen where it needs to go, our muscles adapt with increased mitochondrial activity, causing us to be lighter on our feet and run/walk with more ease. Be patient, stay fit and enjoy the process of watching your body adapt!

Everyone has a different tolerance to heart rate and ideal range. It is related to age, fitness level, medications, and other comorbidities of each individual. Please discuss what your ideal range of heart rate is with your medical doctor.

Most important, stay healthy, fit and have fun! A walk outside does wonders for the soul.

UPCOMING SPMS EVENTS



Thursday, May 21st

SPMS Committee Conference Call 7:30P



Thursday, June 04th - 07th

2020 Dolfin Fran Crippen Memorial Swim Meet of Champions



Sunday, June 07th

Mission Viejo Nadadores Long Course Meters Swim Meet - moved from 5/31



Saturday, June 20th

51st Annual Seal Beach Rough Water Swim - postponed to August 15th



Sunday, June 21st

UCLA Masters Long Course Meters Swim Meet



Sunday, June 28th

The Patrick Moore Memorial Relay Swim Meet
SPMS Committee Chairs Face-to-Face Planning Meeting 1:00P

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