



Swanning Around

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Here's hoping my next trip to the beach goes better than my last...

Club News

SPRING IS FINALLY HERE!!!! (or will be soon, depending on when this gets finished/published) So what a great time to start showing back up at the pool. :))

To help you schedule things, here are a list of things we'll be doing between today and the end of the year.

- **Swim meets / open water fun / miscellaneous**
 - Challenge Stadium LiveLighter CC-LC (see Jackie for entries) [Sun, Sept 14]
 - Technique Saturday (show up and work your stroke a bit) [Sat, Sept 27]
 - Jon has been handing out open water schedules, I "unfortunately" lost my copy so see him for more info
- **Standing dates for fun stuff**
 - Saturday brunch after practice
 - First Thursday of the month burgers
 - Third Tuesday of the month tacos
- **Team festivities**
 - Halloween at Waldhart's (dress up and wander around downtown if we're inclined) [Sat, Oct 25]
 - Team scavenger hunt (downtown-ish) [Sat, Nov 8]
 - Annual general meeting (location TBD) [Sat, Dec 6]
 - 12 Days of Christmas (1200, 1100, ... 100) (location TBD) [Sun, Dec 21]
 - Boxing Day ocean swim at some beach somewhere to the west of town [Fri, Dec 26]
 - 100 x 100m (or 87.5, 75, ... something for everyone) on 100 seconds [Sat, Dec 27]

As always, hope you can make them all but if not, pick and choose a couple of your favorites and smile away!

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Upcoming “Swimming” Events

Let the captains (Bob/Jackie) or any coach know if you'd like to hop in one of them and aren't sure how to enter. Please try to make the LiveLighter meet on Sun, 14th Sept. You have 6 weeks to get ready so should be a brilliant way to start spring!!!

Pool Swims

Official swim chances left ([master list](#))...

- Challenge Stadium LiveLighter CC-LC --- Sun, 14 Sept (4x100 relays aren't held that often ☺)
- Tuart College LiveLighter CC-SC --- Sun, 23 Nov (Last meet of the year)

Technique Saturday

As noted on page 1, we'll be having a little technique practice on Saturday. You know, a means to fine tune (re-tune? find a stroke to tune in the future???) what you're already doing. It will be during normal practice time and go until folks have had enough.

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Event Results

Not much that I'm aware of but...

Congrats to Matt Sheppard as he pulled down a great finish (39th out of 1351 people) at [Ironman Japan](#).

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Workout Hints

Sculling... because everyone I've ever known that was really fast could scull very, very well.

What is sculling? A relatively small back and forth motion with your hands that helps to teach you how to feel the water when you are actually swimming.

How to do it? [The basics](#)... (can't count the number of times I've done the hand out the window experiment when I had a car)

Bored and want to try something new and fun? [Sideways sculling](#)!!!! It's like sculling but you don't go anywhere at all really. Get in a V and start going left/right or around in a circle. Work those little muscles, nice and tight tummy so that they're engaged while you get those forearms burning.

Don't want to scull? Fine... [vertical kicking for you](#).

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Socializing

September Challenge --- Meet A Teammate

In the spirit of Steve's lane shuffle a couple of weeks ago, try to chat with someone (or better yet "some ones") you don't normally swim with. You know, that person more than 1 lane away. Our social skills might not be the best but everyone's pretty friendly.

Round of applause for Erica for hosting chili night. Huzzah!!!

Standing dates... see page 1



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Goode Street Café --- all smiles after recharging
(And no, we didn't just paste Maelle's face in there)

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Sundry

[TED: Are athletes really getting faster, better, stronger?](#)

Neat little presentation on the evolution of modern athletes. Ever wonder how you compare to a world record holder in the past? Ever try to compare championship times from decades ago? Ever thrown on one of those high tech suits and felt faster than before? Then you have seen just how sports change over time.

For example: 1904 olympic marathon champ finished it in about an hour and half slower than the 2012 champ did. Impressive improvement, no? Well, in 1904, "And that guy who won the 1904 Olympic marathon in three in a half hours, that guy was drinking rat poison and brandy while he ran along the course. That was his idea of a performance-enhancing drug." So, comparing a guy doing something equivalent to a 3.5 hour "beer mile" to a guy sprinting it and staying properly hydrated probably isnt really fair.

Another example, Johnny Weissmuller did a 58 sec 100m free in 1922. How many on our team have beat that at some point in their life? 8 or more??? Now how many did that in a lake, without



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goggles, wearing a pair of cotton trunks? Guessing a significantly smaller number of us.

Anyway, I for one look forward to technology improvements allowing me to beat my old times. It'll be even sweeter when it does so without me having to work hard for it or eat well!

Closing words of wisdom...



Just remember, those around actually will care and even cheer you along, even if Marge doesn't think so. :)

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