

Utah Masters Swimming

Off the Wall I/M formation

September 2009

VOL. #1 ISSUE #4



Uh, some of you were asking where I got the bruise on my leg? And yes, we were dressed as pirates ~k

Hello Utah Masters Swimmers!

The last few months have been very exciting for Utah Masters swimming. Lo Knapp broke a World Record in the 200 meter breaststroke in her age group at a meet in California! Two weeks later, she went to LCM Nationals, broke her own record in the 200m breast, broke the World Record in the 100m breast and the National Record in the 50 breast! Go Lo! You can read articles from both Lo and Katy Kessinger, respectively, about Nationals and the California meet in this newsletter.

The Deer Creek Open Water Challenge in August started out as a nice day, and for Carrie Scott, who won the 1 mile distance overall, it ended as a nice day. For Craig Barnes, who won the 5k overall, it was a little tricky getting out with the wake hitting the shoreline. For everyone else, it became very exciting with the rain, wind, hail, thunder and lightning. They ended up calling the race for safety sake, but I did see Will Reeves, Randy Philpot, Julie Bills and Cathy Philpot all finish the 10k. I don't think any of the 10 milers were able to finish because of the dramatic weather. James Jonsson's recollection of the day is also included herein.

Tim Shumate was gracious enough to write an article about pool etiquette for us. At South Davis, we have a lot of people new to Masters swimming, so we thought we'd get all new swimmers in the know by sharing this article.

The Utah Masters Swim Clinic is set for Saturday, November 7th at the South Davis Recreation Center in Bountiful. Registration starts at 7:30 a.m. and the clinic goes from 8-12. Our coaches include Dennis Tesch, the fabulous Level 5 coach, previously the head coach of the U of U and National Champion in the 1650, Lo Knapp, our new World Record Holder, Tim Shumate who played water polo for UCLA, and Pro Triathlete Malaika Homo. This clinic is free to Annual Utah Masters Members. I will send out more information on the clinic as it becomes available, but pencil it in on your calendar. How often do you get to swim with coaches like that?!

You can sign up for your 2010 membership online at www.usms.org after November 1st. You have the option of one of two clubs during online registration. QUAC is their own club as they go to international competition together. Most of the rest of us register as UTAH, the LMSC, and then UTAH the club as well. If you're registered with one of the two clubs, you can relay with other club members and actually have the results count. From there, if you do a paper registration, there is a place to write in a team affiliation as well.

The South Davis Annual Swim Meet is scheduled for Friday and Saturday, November 13th & 14th, so pencil that in, too. The 1650 free and 400 IM will be Friday night, all other events and relays will be on Saturday. I'll e-mail you the registration forms when they come out and hopefully get them posted on the website as well. Happy Fall! Isn't the weather great?

Kimberly Hunter
Chairman, Utah Masters Swimming, LMSC

Lo Knapp Sets World Record

Picture this. You are standing on the blocks getting ready to swim your 200m breaststroke. You are seeded first but you are swimming next to an “abnormally fast girl!” What do you do? Panic? Hyperventilate? No, not at all! You have swum this race 2 weeks before, non- tapered and non-shaved. And you set the **WORLD RECORD!** Because of this you are calm and focused and in control, **AND YOU SET THE WORLD RECORD AGAIN!**

Fantasy? No this is a true story, and excellent reason to swim in a local meet or two before nationals. Lo Knapp and I (Steiner swimmers) recently participated in fun and relaxing meet, the Southern Pacific masters zone meet in Thousand Oaks California the weekend of July 24-26 2009. It was a good opportunity to swim all the events that we would be swimming at Nationals, but in a very low stress environment. During the meet we were adopted by part of the SCAQ team and were invited to share their cabana so we didn't have to sit in the hot sun. We met many friendly swimmers, including a sweet 75 year old man named Lou who was swimming in his first meet. He cheered loudly for Lo as she set the world record for the Women's 55-59 200m breaststroke and even took some cool pictures.

Masters swimming offers many opportunities to travel to interesting spots and meet like-minded people. Participating in a regional meet can hone your edge for the bigger meets or just offer a way to test your current fitness level in a very relaxed and fun environment.

Katy Kessinger



Lo killin' it in the breaststroke.

Calendar of Events:

Huntsman World Senior Games
October 7-9

Masters Swim Clinic at South Davis
November 7th
Free to Annual Utah Masters Members

South Davis Swim Meet
November 13th & 14th



Lo Knapp Breaks World Record – Twice!

The Road to Some Really Good Swims. Lo Knapp

OK, I never really had the goal of breaking a masters swimming world record; I was eying the national record for the 55-59 yr age group for the 200m breaststroke and perhaps the 100 breaststroke. Besides, so many things can go wrong: you can get sick, you don't rest enough, you rest TOO much, you can have a family emergency, or for some reason, you just don't have a good race....all of these things have happened to me or to my fellow swimmers.

Since 2008, Katy Kessinger and I worked toward swimming in the U.S. long course nationals at Indianapolis, August 6-10, 2009. We both knew we would be "aging up." Our training was jump-started by participating in a swim clinic in Kona, Hawaii, in January. We each had private stroke sessions with Eric Nielsen of Aquatic Edge in his "endless pool." The pool had mirrors on the bottom, which give instant and surprising feedback. So much wiggling in my freestyle! We had two semi-private lessons in the "regular" pool, coached masters practices, video-taping, and then some body surfing and ocean swims with new-found masters swimmers friends. We were wet twice a day, and it reminded us of when we were kids and we spent entire summer days in our swim suits. So fun!

I was not able to go to Short Course Nationals in May in Fresno, but when I saw the times that were being swum, I knew I was going to have to buy a new swim suit

to be competitive. I waited until FINA (the international governing body for swimming) ruled in June that all suits were going to be legal until 2010. Unfortunately, I ripped a big hole in the butt of the suit when trying it on in the living room. Didn't know you had to get it wet to make it a little more stretchy. Then Katy tore hers, too. Blue Seventy replaced both suits.

Katy and I continued our preparation by swimming in the Southern Pacific Regional Championships in Thousand Oaks, CA, July 24-26. It's good to do a few meet swims so you know what to expect; otherwise, we would be too nervous at nationals. It's also good to realize it takes 30 minutes to get the suit on and a thousand meter warm up before you have the nerve to do a flip turn (didn't want to rip it again!). Katy swam a gruesome schedule: 100, 200, 400, 800, 1500m free, 50 fly and 200m breaststroke. I swam in "off" events except for the 100 and 200m breaststroke. The 100 felt terrible and I thought it was due to swimming the 1500m free the evening before. How Katy swam a 400m free that morning is beyond me! The next day, my 200m breast was a world record! I was very surprised! OK, that sure takes off some pressure! [A side note: the warm up pool was shared with the general public and one morning, there were swimming lessons in the other half of the pool. How many of these 4 and 5 year olds, who are just getting used to putting their face in the water, will grow up to be on a swim team? Will they have swimmers as their best friends in high school, university or as adults? We can only hope that swimming becomes a lifetime sport for some of them, as it is for us!]

On to Nationals where Gary Shaw, Lisa Kuwahara, Carolyn Lyman, Carl Asche, Katy and I made up the Utah team. We had lots of great swims. Also some really "gutsy" swims: Gary in the 400 m IM, Lisa in the 200m fly, Katy in the 200m breast and the 1500 free and Carolyn in the 50 back (which, as a distance swimmer, is gutsy!). Go to www.USMS.org for complete results. Fred Baird: we missed you and hope you recover from shoulder surgery to swim next year. Although I was so tapered (rested) I almost felt out of shape, I swam a WR in the 100m breaststroke, lowered my WR in the 200 breast, and set a national record in the 50 breast. Wahoo!

Lisa overheard a swimmer complain, "All I want is one 'holy shit' swim—you know, when you look up at your time and you say 'HOLY SHIT!'" Lisa smiled at us, "Heck, I had 3 'holy shit' swims—what could be better than that?!" Really, what is better than training really hard and achieving beyond your goals?

A Wild Ride at Deer Creek

By James Jonsson



Photo courtesy of Brandon Ott

The 2009 edition of the Deer Creek Open Water Marathon had a great turnout with double the number of participants over last year! Over 50 swimmers and their escorts showed up for a fun day of racing and camaraderie. However, this is Utah..., and we all know that Utah has reputation for unpredictable weather. Just a few days before the race the weather was typical for early August, hot and humid with a few thunderstorms rumbling around every afternoon...nothing out of the ordinary, but then Mother Nature threw us a curve ball. On the day before the race the weather forecast called for a 30% chance of thunderstorms...*"mainly after noon with dropping temperatures"* A cold front decided to drop out of the north quicker than expected, and the race turned into a tempest!

The day started off on the apprehensive side with everyone excited to be there but keeping their fingers crossed and eyes to the sky hoping that the thunderstorms to the North of us in Davis County would hold off until the afternoon. The morning air was cool, and the water warmer than the air with cloudy skies and a breeze from the south. The race started at 8:00 A.M., and everyone took off swimming into Wallsberg inlet. As the race went on it became clear that the weather was starting to get ominous with dark clouds rolling off the Wasatch from the North...not a good sign!

Then the wind changed directions and was starting to blow from the North...another bad sign. Instead of a reprieve and having the wind to our backs coming back out of Wallsberg Inlet, we now had the wind and chop in our faces again. The one milers had a big problem seeing their turn-around buoy at ½ mile and most of them shot past it and ended up swimming 2 miles. The 5k distance was by far the most popular distance, and they had a great swim. Both the one mile and 5k swimmers were able to complete their race before Mother Nature had something to say about it.

At about 1½ hours into the race dark clouds started filling in from the North and the wind really pick up steam. The chop in the lake was starting to white-cap and for the 10k and 10 mile swimmers it was a tough slog against the wind and waves. The weather cut loose just shy of 2 hours into the race. Lightning bolts starting flashing, and we were now facing the brunt of a full-bore thunderstorm. Two hours after the race started the park rangers closed the lake and declared the race over. Most 10k swimmers were allowed to finish as they were back within the protection of Wallsberg Inlet, but the 10 milers had no choice...for them the race was over.

The good news is no one got hurt. Several escorts and swimmers were developing early signs of hypothermia, and there were paramedics on the scene to help - other than that...everyone was accounted for and went home safely.

Now...if only the race was held the following weekend...HA!!!

Swimming Etiquette 101

By Coach Tim Shumate

You are swimming for exercise for the first time. Maybe you have taken up swimming (and are dreading it) because you have decided to do a triathlon. Or maybe, perhaps secretly, you think Speedos are cool, and you want to join the fun in the pool. Whatever your motivation, we welcome most of you to our aquatic world. Like any sport, there are certain “rules of the road”. On a jogging track people usually run counter clockwise, and the slower runs keep to the outside. In the gym, weightlifters bring a towel to wipe the equipment down. Bowlers, well... who cares what bowlers do. Whatever the case, before you jump in that pool, a brief word about pool etiquette is in order.

Whether you are swimming with an organized group, or just dropping in to a pool for lap swimming, there will be people with varying ranges of ability and experience: from the beginner to the experienced swimmer, from individuals who are obviously focused on their own movement up and down the pool to those who are continuously aware of the position of every person in their lane. To avoid embarrassing mistakes and potential conflicts, and with the goal to make everyone's experience more enjoyable, a number of conventions have developed over the years.

Here are my swimming etiquette pointers:

1. **First a word on personnel hygiene.** One of the beauties of swimming is you don't have to worry about stinking out those around you. Typically once you get in the water, unless you are a voracious consumer of garlic or a raging alcoholic, you shouldn't be obviously odiferous. You cannot say as much for, say, your average wrestler or basketball player. Besides we all shower before we enter the pool deck, right? Halitosis (bad breath) is a problem for some, and your lane mates will probably appreciate you being pretty liberal with the use of toothpaste and mouth wash. It is bad enough to come into the wall after a hard set gasping for air and have to suck in nasty fumes from a lane mate. You don't want to find a bottle of Scope in your swim bag from a “mystery gift giver”. Keep your toenails and fingernails trimmed. Nose hairs too ladies.
2. **Take a moment to observe what is happening at the pool.** If you are new to a pool or a team, ask someone (the lifeguard, coach, good looking people – hey , it is a good excuse) if there are any special lane rules. And take a moment to observe what is happening in the pool. Are kids crossing into the lap swimming lanes? Does there appear to be a pattern (fast swimmers over there, slow over here etc)? I have swum (or is it swam?) in the US, Canada, France, Germany, Japan and the UK and have seen a lot of strange “behavior”. In Japan and France, they seem to like to use equipment a lot. Not just goggles or paddles, but sometime full-on snorkel gear (mask and huge scuba fins, water wings - seriously), or they swim odd strokes (elementary backstroke, side stroke etc.). I give them an “A” for enthusiasm as they seem to enjoy it, but they often have no clue about the concept of fast lane vs slow lane swimmers. In the UK, believe it or not, they even swim on the wrong side of the pool (that is they swim clockwise in the lane vs counterclockwise as most of the world does, even in France). So look before you leap.
3. **Observe lane designations.** As a follow on to #2, pick a lane that is right for you. There are swimmers of different skill levels, and that usually means different speeds. In most pools, lanes are designated as slow, medium, or fast. These are relative terms - look and try to choose a lane compatible with your speed.
4. **Let others know you are entering their lane.** If you swim with an organized group, your teammates should know that at some point they will be sharing a lane. But if you are visiting a pool to lap swim and someone is already in the lane, for safety reasons it is a good habit to let the person know you are there. Either wait for them to stop and ask if you can join them (as a courtesy, unless there are open lanes they should not object), or jump in and wait at the wall so they see you are in the lane when they turn. At a minimum, be cautious and alert to where they are the first few laps. You know that you are there, but they may not know you are there until you pass by each other.

5. **Entering the pool.** When you enter the water, never, dive, jump, or push off into oncoming swimmers. Wait until they have made the turn and pushed off.
6. **Swimming pattern or “circle swimming”.** If there are two of you in a lane, you may opt to keep to one side of the lane; the other swimmer will stay on the opposite side. That is acceptable, but make sure you are both in agreement that this is the plan. When there are three or more swimmers in a lane and so you must “circle swim”. In the United States, Canada, and most of the rest of the world, the custom is to stay to the right (like driving), that is to swim counterclockwise. As mentioned earlier, in Great Britain as well as Australia, and a few other Commonwealth countries, swimmers circle clockwise. Relax rookie, you can still breathe on your favorite side. But remember, in countries south of the equator, backstroke means freestyle and freestyle means backstroke – no, not really.
7. **Circle swimming details:** Ok, so you are circle swimming, pretty fun, huh? Isn't swimming great? That line on the bottom of the pool is so fun to stare at for an hour. Good job, keep it up. Now a few additional rules to circle swimming.
 - a. Don't decide that the best time to push off the wall and start your lap just as someone else is approaching the wall to make their turn. They will turn and be right on your tail. Bad dog!
 - b. Try not to swim right on someone's toes. In general, the fastest person in the lane leads. Leading is more difficult as you are “breaking the water” and setting the pace. It is generally easier to follow. Whether you are leading in the middle of the pack you generally don't want someone swimming right behind you. It makes it difficult to do a proper turn, it bugs you etc. If you want to lead, then ask to lead. Now, if you are swimming with proper posture you are looking down and not ahead. So it happens sometimes, but try to develop a feel for where the person ahead of you is (you can feel the turbulence from their kick typically) and try to maintain your space (sort of like driving). And if you find yourself sneaking up behind someone, give them a little break, and back off.
 - c. If you are going to stop at the wall, don't stop in the middle of wall (or lane). Move to one side of the wall / lane and allow those behind to finish at the wall or to make their turn.
8. **Joining a workout:** If there is a workout set in progress, join as part of the set. Don't jump in a just do your own thing or start bossing everyone around.
9. **Wall socializing:** Beware that some people are chatty on the wall, others are not. Take no offense to us quiet ones. We are not anti-social, we just are just focused on or thinking about what is next. If chatty people bug you, you might want to move to a different lane.
10. **Managing the workout:** Generally, in USMS we are pretty loose with following the workout to the exact letter, unless the coach is an uber-Nazi. “Ten 100 yd flys? Sure coach, we'll get right on that”. But if you are going to depart from the workout instructions, discuss it with your teammates so everyone is on the same page. If you have a option to do a stroke set, find out who is doing what stroke and rearrange the order each person goes if necessary to accommodate the different stroke speeds. Try to stick the agreed interval. A strenuous work out is part psychological. If I think I am going to get 20 sec rest and I only get 15, it throws me off. I like to anticipate how much recovery time I have. So don't improvise the interval unless you alert the rest of the posse in your lane.
11. **Passing.** Passing in the middle of the lane, (between turns) is pretty rare in a 25 yard pool. If there is room for someone to pass you within 25 yards, someone is in the wrong lane (see rule #4). If you are on the receiving end of the deal you usually know someone is back there because you see them when you turn or feel them touch your feet. If you are being overtaken, at the next turn, pullover to the right, stop, and wait until the other swimmer has pushed off. If you are swimming in a 50 meter pool, passing between turns can happen, particularly in a lap swim situation. If you feel like you have to go for it, make sure you check out the oncoming traffic, step on the gas, and pass on the left (on right in the United Kingdom and Down Under). Tap the foot of the person in front of you before passing.
12. **Push off underwater:** This will reduce the waves encountered by oncoming swimmers.
13. **Butterfly:** While doing butterfly with other people in the lane, it is sometimes a good idea to do one arm butterfly until you pass the oncoming swimmer. This is to avoid knocking arms together.
14. **Backstroke:** Best to hug the lane line on your left to avoid collisions. Make sure you turn wide enough to avoid collisions. Unfortunately this instills a bad habit for racing, so try to do some backstroke in a lane by yourself every once in a while so you can remember what it feels like to swim down the middle of the lane. Turn for all the strokes, but especially backstroke.