

## Southeastern LMSC Newsletter



Photo Credit: Michelle Smith

### Upcoming Meets and Events

#### Pool meets:

August 3<sup>rd</sup> – 7<sup>th</sup>, 2022: USMS Summer Nationals, Richmond, VA. Entry Deadline: July 11<sup>th</sup> (early registration fee discount ends June 21<sup>st</sup>). For more [information](#).

#### Open Water:

September 11, 2022: Bridges to Bluffs (10K). Knoxville, TN. For more [information](#).

September 18, 2022: Swim Hobbs Island (1, 2, or 5 miles). Sign-up opens April 15, 2022. Huntsville, AL. For more [information](#).

October 8, 2022: Swim the Suck (10K) Chattanooga, TN. Signup opens April 9, 2022 at Noon, ET. For more [information](#).

#### Other Southeast Zone Meets & Events:

<http://www.southeastzone.org/meets.html>

#### Other USMS Meets & Events:

[Click here!](#)

### SE LMSC NEWS!

Southeastern LMSC has been active in 2022 with swim meets, and training opportunities. Two pool meets have been successfully completed, one in Tennessee, the other in Alabama. In addition, one of our members represented us at a club development training held by the National Office of USMS in Denver. Summaries of the Southeast Zone SCY Championships and the training opportunity, as well as upcoming trainings follow. Please reach out if you are interested in the trainings, or taking a more active role in the Southeastern LMSC.

### Auburn Hosts 2022 Southeast Zone SCY Championships

By Conner Bailey

Auburn Master Swimmers; Chair, Southeastern LMSC

Auburn Master Swimmers hosted the 2022 Southeast Zone SCY Championships the weekend of March 19-20. We had over 160 swimmers representing 35 different teams and 12 different LMSCs. Auburn had hosted SCY invitationals for 22 straight years until 2021, when the pandemic put a halt to our continuous run. As meet director for those first 22 events and for the 2022 meet, I would say the 2022 meet was the toughest event but also the best event I've ever been part of. **Tough** because of the pandemic, the uncertainty, the decision to move the date, knowing that some who had planned to attend would not be able to join us on the new dates.

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But this year's meet was also the **best** because of the energy in the building both days. Masters swimmers are a community of swimmers who share common experiences and values. We thrive in each other's presence. This meet was like a community festival that had to be postponed, and everyone was happy to get together again.

We had a lot of first timers - people who'd never been in a Masters meet and some who had never been in ANY swim meet before. We also some very good and fast young people, of course, including Drew Modrov from New York, an ex-Auburn University swimmer who at age 32 threw down a 20.48 50 free and a 22.19 50 fly, among other fast swims. Talking with Drew and other ex-collegians, it was clear they appreciated the wide range of talents on display and understood each swimmer has their own place, their own story, and that this meet was part of their own journey. When one of our 80+ year old swimmers was finishing a race, appreciably slower than everyone else in the 500 free, everyone in the building started cheering her on. We've all seen that happen at Masters meets and it is part of what makes such events special.

## **A Weekend in Training**

**By Denise Barrett**

**About Time Masters Swimming, Cullman, AL**

Recently, USMS held the first in person meeting for volunteers in Denver, Colorado! The gathering was designed to enrich the local Masters Swimming experience and featured a series of workshops and discussion topics. The main goal of the weekend was for LMSC members to gather information and new ideas on how to make a difference in their local clubs.

The topics for the weekend were centered around the theme of Club Development and most speakers were seasoned LMSC volunteers who gave advice and shared knowledge relating specifically to the topic they discussed. Each night ended with dinner and a fun networking activity for all attendees.

The objective of each session was to share successful experiences and to brainstorm for new ideas on how LMSCs can make a difference in the local clubs. Some of the session's topics included the organization and history of USMS, leadership skills and development, supporting coaches and clubs, adult learn to swim programs, growing LMSC membership, the importance of the club, marketing strategies, and the USA Swimming partnership. Most sessions went in overtime due to the great participation from all!

The keynote speaker was Nathan Adrian! He was one of the highlights of the event and kept everyone engaged! Nathan shared his Olympic stories and experiences and, also, discussed his pathway to start his club, AC Swim Club. Each attendee had an opportunity to take a photo with Nathan!

There were many mentoring opportunities throughout the event and building an ongoing relationship with the mentors was encouraged and recommended! I hope USMS continues to host events for LMSC volunteers so the leaders can guide and grow the local club teams!

Please see the next page for some upcoming training opportunities.

## Training Opportunities

**By Roger von Jouanne**  
**Chair, Coaches Committee**

USMS is hosting two clinics in Charlotte, NC, that are of possible interest to coaches in our LMSC. On Saturday, September 10th, a Level 2 Coaches Certification clinic will be offered. You must have Level 1 Coaches Certification, which is done online, to participate in the Level 2 certification program. Registration for the Level 2 training is at <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92628>. In addition, an Adult Learn-to-Swim (ALTS) Instructor Certification clinic will be offered on Sunday, September 11th. Registration for this clinic is at <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92217>.

With a view of supporting coaching excellence, Southeastern LMSC is providing a limited number of “scholarships” to cover the training fees for Coaches in our LMSC who attend one or both of these clinics. If you are interested, please contact me at [SECoaches@usms.org](mailto:SECoaches@usms.org) and copy our Treasurer Helen Naylor at [SETreasurer@usms.org](mailto:SETreasurer@usms.org). There are limited spaces available in these clinics so I suggest you indicate your interest soon, get approval for the LMSC scholarship – fees reimbursed upon receipt of certification(s) – and register for one or both of the clinics.

There are two other clinics being presented in Charlotte that weekend. One is to learn how to put on a swim clinic and the other is a stroke development clinic for swimmers. The timing of these two clinics conflicts with the ALTS certification clinic. Registration for each is \$50. For further information on these clinics, go to <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92628> and <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1758&cid=92629>.

## Swimmer's Shoulder

**By James N. Johnson MD, FAAFP, CAQSM**  
**Sports Medicine Physician**  
**USA Swimming National Team Physician**  
**Vice Chair, Southeastern LMSC**

*Swimmer's shoulder* is the term most commonly used to refer to the triad of over-use injuries which affect the anterior capsule (front) of the shoulder. The three conditions which all cause similar pain are biceps tendonitis, subacromial bursitis, and rotator cuff (usually supraspinatus) tendonitis. These entities all overlap and are related. The problem develops one of three ways or a combination of the three – improper technique related to a strength/laxity imbalance, too rapidly increasing volume, or too rapidly increasing intensity.

Improper technique, most often in freestyle swimming which makes up the largest percentage of training volume, develops because the athlete that chooses swimming usually has lax (loose) joints. A loose shoulder joint causes what is commonly called *dropping the elbow* but is actually the front part of the shoulder joint moving anterior (forward) to the plane connecting the body to the arm, more technically called anterior subluxation. The simplest way to correct this is teaching the swimmer to roll his or her body as a unit – hips, core, and shoulders at the same time. The idea is to keep the head and spine in line and for the body to rotate on the long axis of the spine like a barbecue skewer. Bilateral breathing may help some swimmers who have asymmetric body roll. Pulling with a buoy may help in the learning process by floating the legs thus decreasing the load on the shoulders and emphasizing the importance of generating the roll from the hips and core.

Too rapidly increasing the volume or intensity of training especially in the context of improper technique exacerbates the problem. Volume in itself is not bad. Some swimmers respond physiologically to high volume training based on their cardiovascular characteristics and muscle fiber type. Also, there is a place for high intensity training for a different type of athlete. And combinations of volume and intensity in different percentages benefit different athletes.

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But generally a progressive training program in terms of volume and intensity will protect the athlete with improper technique from *swimmer's shoulder*. So, it is important to know each athlete's training and racing history before beginning a season. Important aspects to consider are: maximum training volume per week in career, average training volume per week over the last season, number of years training and number of practices per week over that career, and, of course, history of race times and when they occurred during each season.

If an injury does occur despite proper technique and progression, prompt and considerate treatment is required. First, athletes must be allowed to communicate that they are injured. Once an injury is identified, the first thing a coach should recommend is to get a physician with an interest in sports involved. The athlete needs to have a proper evaluation and appropriate diagnostic work-up to diagnose *swimmer's shoulder* because there are less common more serious problems, which must be ruled out. After a diagnosis of *swimmer's shoulder* is made, the initial treatment includes relative rest, ice, and anti-inflammatory medication. Relative rest is generally returning to the level of training at which the shoulder did not hurt. If the pain persists at this level, further reduction in training load should be considered. Ice should be applied for 20 minutes at a time at least three times daily or more often if possible (as much as 20 minutes per hour in the evening after practice and prior to sleep). And, under a physician's supervision, a 10-14 day course of anti-inflammatory medication (being aware that stomach pain could indicate a side effect, which would require discontinuation of medication). If initial treatment is unsuccessful after a two-week trial, reevaluation by a physician and subsequent physical therapy may be indicated. Cortisone injections are recommended by some physicians, and there is a place for them; but make sure the physician knows if the athlete has had any previous injections and where the athlete is in the progression of their swimming career (someone approaching their last ever meet may be a better candidate for an injection than someone early in their career). Surgery is a late stage treatment in rare cases.

In addition to monitoring technique and progression of training, prevention should also focus on strength development of the primary scapular stabilizers in addition to the rotator cuff. The rotator cuff muscles should function only as the secondary stabilizers of the shoulder joint. The rotator cuff is designed to move the shoulder through its full range and should not bear a heavy load. Strength training should focus on the trapezius, rhomboids, serratus anterior, and latissimus dorsi muscles of the back in addition to band exercises for the rotator cuff DONE PROPERLY, (emphasizing the inner range of motion which is well described in the literature).

*Swimmer's shoulder* is a common entity which all coaches should be familiar with. There are accepted modes of prevention, diagnosis, and treatment that should be followed, which can help the athlete return to competition. If the physician, coach and athlete communicate and work closely together, fast and fun and injury-free swimming will be the end result.

## References

1. "Swimmer's Shoulder." Lecture by Craig Ferrell, MD ACSM Annual Meeting. 3 June 2000
2. "Swimmer's Shoulder: Targeting Treatment." Scott Koehler MD and David Thorson MD The Physician and Sports Medicine. Vol. 24, No 11, 39-50, Nov 96.
3. "Swimming Injuries." William C. McMaster MD Sports Medicine. Vol. 22, No 5, 332-36, Nov 96.
4. "Rehabilitation of Injuries in Competitive Swimmers." Katherine Kenal and Laura Knapp. Sports Medicine. Vol. 22, No 5, 337-47, Nov 96.

(originally published in American Swimming Coaches Association, December, 2000).

## WORKOUT

For those of you who would really like to do a workout, but are short on imagination, please remember that Wito Vanheyste has graciously provided us with numerous [workout ideas](#). Note that they are presented in pairs so if you want to workout with a friend who is slightly faster/slower, you'll be able to swim together. Here is one that focuses on speed (from page 7 of the 2900-3500 SCY set).

### Warm-Up (500)

500 Choice

### Pre-Set (1200)

8x75 Free on 1:30

50 drill / 25 swim

8x50 kick on 1:15

Strong between the flags

8x25 underwater on :50

### Main Set (1000)

10 x 100 "Broken" 100s. (1:00 rest between 100s)

1-3: 25 ALL-OUT / 50 cruise / 25 double-arm backstroke

4-6: 25 cruise / 25 ALL-OUT / 25 cruise / 25 double-arm backstroke

7-10: 50 cruise / 25 ALL-OUT / 25 double-arm backstroke

### Cool-down (200)

200 Choice

**Total: 2900 yards**

### Warm-Up (400)

400 Choice

### Pre-Set (900)

6x75 Free on 1:50

50 drill / 25 smooth

6x50 kick on 1:30

Strong between the flags

6x25 underwater on :60

Goal is to make it to the 2<sup>nd</sup> white mark

### Main Set (400)

6 x 100 "Broken" 100s. (1:00 rest between 100s)

1-2 25 ALL-OUT / 50 cruise / 25 double-arm backstroke

3-4: 25 cruise / 25 ALL-OUT / 25 cruise / 25 double-arm backstroke

5-6: 50 cruise / 25 ALL-OUT / 25 double-arm backstroke

### Cool-down (200)

200 Choice

**Total: 1900 yards**

## SE LMSC Board

**LMSC Chair\***: Conner Bailey, Auburn Masters Swimmers, Auburn, Alabama.

**Vice Chair\***: Jim Johnson, Ensworth Aquatics Masters, Nashville, Tennessee.

**Secretary\***: Claire Letendre, Gulf Coast Pirate Swimming, Pensacola, Florida.

**Membership Coordinator\***: Pia Vanheyste, Auburn Masters Swimmers, Auburn, Alabama.

**Treasurer\***: Helen Naylor, Vanderbilt Swim Masters, Nashville, Tennessee.

**Coaches Chair**: Roger von Jouanne, Madison Titans, Madison, Alabama.

**Competition Chair**: John Fox, HSA Masters, Huntsville, Alabama.

**Officials Chair**: Frank Odell, About Time Masters Swimming, Cullman, Alabama.

**Fitness Chair**: Cheryl Corvo, Eastern Shore Masters Swimmers, Fairhope, Alabama.

**Top 10 Chair**: Rick Schumacher, McCallie School Masters, Chattanooga, Tennessee.

**Communications Chair**: Barbara Calhoun, Vanderbilt Swim Masters, Nashville, Tennessee.

**Open Water Chair**: Karah Nazar, Chattanooga Open Water Swimmers, Chattanooga, Tennessee.

\*Indicates the position is elected. Please contact the [Southeastern LMSC Chair](#) if you are interested in an appointed position or a committee.

The LMSC Board meets quarterly: January, April, July, and October.

The LMSC Newsletter will be published quarterly (or so): February, May, August, and November. Please submit pictures or articles of interest to [sewebmaster@usms.org](mailto:sewebmaster@usms.org) by the beginning of the month of publication.

For the 2021-2022 Season, as of late-May, we have [861 members and 34 clubs!](#)