

Southeastern LMSC Newsletter



Bridges2Bluffs; 2021

Photo Credit: Knoxville Open Water Swimmers

Upcoming Meets and Events

Pool Meets:

October 22, 2022: Oktober Splash. Fairhope, AL. For more [information](#).

Open Water:

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

September 18, 2022: Swim Hobbs Island (1, 2, or 5 miles). Registration closes Friday, September 16th. Huntsville, AL. For more [information](#).

October 8, 2022: Swim the Suck (10K) Chattanooga, TN. Registration may still be available – contact the race director at swimthesuck.org. 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 is looking forward to several open water events during the next couple months. In addition, the 2022 U.S. Masters Swimming Annual Meeting is set to occur September 16th – 18th. Physically located at the Westin Denver International Airport, this year's meeting will be hybrid with delegates choosing whether to attend virtually or in-person.

The LMSC Board thanks Karah Nazor of Chattanooga Open Water Swimmers for her service as Chair of the Open Water Committee. Karah has taken a job that requires substantial travel and asked to step aside for the time being. We are fortunate to have Jack McAfee of the Knoxville Open Water Swimmers willing to step up into this position. Our LMSC has become a destination for open water swimming, hosting three OW national championships in recent years, led by Stan Corcoran (Rat Race), and by both our outgoing and incoming OW committee chairs. Karah, of course, is well known for hosting the 10-mile Swim the Suck each October, which often sells out in under an hour. Jack hosts the Bridges to Bluffs. We are fortunate to have such talent in our LMSC and even more fortunate that the people with this expertise are willing to use it to serve our members.

As always, please reach out if you are interested in taking a more active role in the Southeastern LMSC.

Open Water Swimming – A New Experience

By Pia Vanheyste

Auburn Master Swimmers; Membership Coordinator, Southeastern LMSC

September and October are when several open water events occur in the Southeastern LMSC. If you've never tried one, unless you have an overwhelming fear of bodies of open water, I strongly encourage you to give it a try! (There's still time to register for Swim Hobbs Island – a friendly race with shorter distances, perfect for novice open water swimmers.)

With all the different events, a swimmer can have many careers. My first career started with stomping in mud puddles. However, by the time I turned two, I was ready for bigger and better things; my brother jumped off the diving board with me on his shoulders. I had a blast and started swimming regularly. Unfortunately, Belgium did not have much in the way of high school or college sports, and it appeared that my swimming career was going to end with my entrance into high school.



Choctawhatchee Bay, AL Photo Credit: Pia Vanheyste

However, life has a way of bringing swimmers back. Many years later, after moving to the United States, I not only rediscovered the pool, but I discovered organized swimming for adults. And so started my second swimming career as a Masters swimmer. Eventually I started signing up for meets. During the winter of 2018 I moved to southern Alabama and swim practices rose to the next level; a swim coach became a must. Many people start out swimming one or two events, and gradually branch out. Likewise, I started to branch out from the frog races (aka breaststroke) that had been my focus.

And then came the pandemic, and my third career as a swimmer. The pool was closed. I wandered to the Choctawhatchee Bay with my husband (an excellent kayak captain) and gave the open water a try. I took a liking to swimming in the wide-open water. Although the pools reopened, and I left the open water, I have been much more open to distances. In March, 2022, I broached the subject: "Coach, I think I would like to try the 500 free". Yes! It was a completely different experience than the 100 or 200 breaststroke. And it was fun. It was soon followed in April, 2022, by a 1.2 MILE Open Water swim in Pensacola, Florida.



Pensacola, FL

Photo Credit: Cheryl Corvo

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Core Engagement

By Cheryl Corvo

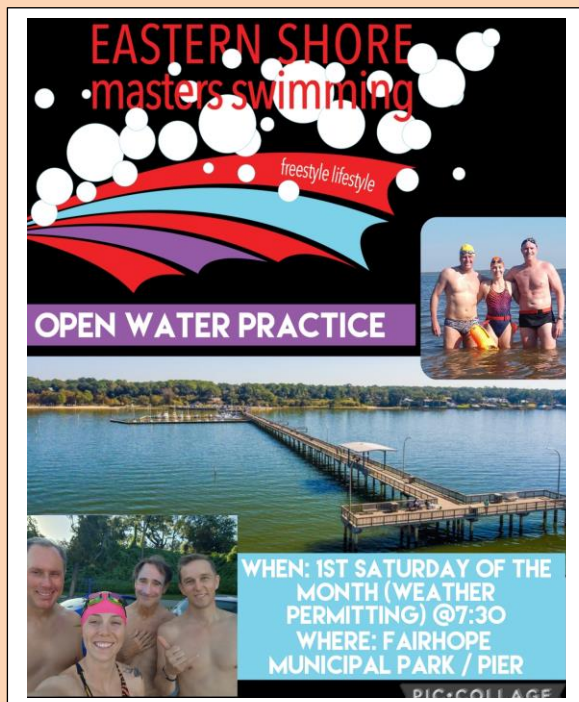
Fitness Chair, Southeastern LMSC

Core engagement: We have heard it all before, core this, and core that. The core is the foundation of the body, a set of intricate and interacting muscles in the center of your body that stabilize the trunk. It includes muscles that stabilize the hips, muscles that stabilize the shoulders, and the system of muscles making up the torso (on the front, sides, and back of the body, between the hips and shoulders). Without our core muscles, we'd be unable to stand upright, much less swim, bike or run. But, are you truly using your core? Is it something you consciously think about and engage during swimming? Proper training and development of core muscles will enhance athletic movements, increase balance, and provide explosive power.

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Open Water Swimming**Continued from page 2**

Note that Eastern Shore Masters Swimming in Fairhope, Alabama, holds an Open Water practice once a month. Join us, or check for swims in your area!



While open water swimming is a lot of fun and poses different challenges than a pool event, it does come with a need for extra preparation and safety measures including:

- never swim alone; have at least a paddle board or kayak next to you,
- invest in a swim buoy, they are fairly cheap,
- wear a bright cap,
- have the person on the paddle board or in the kayak wear a bright cap or vest as well as a whistle,
- if you take a cell phone, make sure it is in a waterproof pouch,
- depending on how long you swim, have fluids and/or food in the kayak,
- if you are close to the coast or risk run-in with a jelly fish, be prepared; take anti-sting pads or medicine,
- use sunblock,
- if you experience burning of the lips and/or skin around the lips, use a good lip balm on your lips and surrounding skin (I found cuticle balm most effective especially in salt water)
- swim along the coast or shoreline versus out and back.

Core Engagement**Continued from page 2**

Swimming is a unique sport because you have to be fairly symmetrical; if things aren't moving symmetrically in the water, then something else has to compensate. Swimmers who learn how to effectively use their core decrease their risk of injury.

“We know that 90% of swimmers have shoulder pain at one time or another. What we've found is that swimmers who aren't using their core muscles effectively often overcompensate with their shoulder muscles. It's our job to help fix those faulty mechanics.” – Julia Young from [Nationwide Children's Hospital Sports Medicine](#).

It's very important to watch swimmers in the water to make sure they are moving correctly. With freestyle and backstroke, the goal is to put your body in a long axis. In butterfly and breaststroke you have more of an undulation motion, also known as short axis. This can make you faster and more efficient in the water. By moving efficiently, you are putting less strain on your shoulders.

If you are too tense through your shoulders, then you will likely have a disconnect between the shoulder and hip drive. But if you relax through the back of the shoulders, your core will engage to the correct extent in the water and allow the seamless connection from the shoulders to the hips. In other words, don't try to control the water with your arms and upper body. RELAX!

Example: Sit down at your desk. Practice sitting up tall and proud, with your shoulder pulled back, and your hands face down, on the top of your desk. When you push on the desk, you will feel most of the effort in the back of your shoulders and lats, and some of the effort in your triceps. While doing this task, you are unlikely to feel much in your core. Now, while continuing to sit tall, start to relax your shoulders, and let your arms rest on the table; you will feel your core start to take over.

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Oktober Splash: Eastern Shore Masters Swimming will be hosting their annual meet in Fairhope, AL on October 22, 2022. Entry fee is \$55 prior to October 17, or on deck sign up for \$75. The after party will be at the Fairhope Brewing Company with good food/soft drinks for swimmers, volunteers, and families. Beer and wine will be available for purchase.

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 8 of the 2900-3500 SCY set).

Warm-Up (400)

400 Choice

Pre-Set (500)

20x25 build on :35

- 4 IM order
- 4 Free
- 4 IM order
- 4 non-Free
- 4 Free

Main Set (1800)

For this set:

- Your 50 time becomes your interval for the 25 easy (i.e., if you swim the 50 in 40 seconds, that's the interval for the 25s).
- 2:00 rest after each round

6 rounds:

4 x

- 50 Free (build to sprint)
- 25 Free easy

Cool-down (200)

200 Choice

Total: 2900 yards

Warm-Up (300)

300 Choice

Pre-Set (400)

16x25 build on :40

- 4 IM order
- 4 Free
- 4 IM order
- 4 non-Free

Main Set (1200)

For this set:

- Your 50 time becomes your interval for the 25 easy (i.e., if you swim the 50 in 40 seconds, that's the interval for the 25s).
- 2:00 rest after each round

4 rounds:

4 x

- 50 Free (build to sprint)
- 25 Free easy

Cool-down (200)

200 Choice

Total: 2100 yards

Core Engagement

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How does this translate to the water? It's the same idea. We don't want to muscle our way through the water. Stretch out your body horizontally and relax the shoulders.

Practice Makes Perfect – Exercises to Build Your Core for Swimming

Side-kicking is my favorite in-water drill since it helps you master the appropriate amount of core recruitment. Perform the drill one side at a time, perhaps 8 x 25, alternating sides by 25. And then follow-up with a length of freestyle.

I like doing side-kicking with fins on. Kick while rotated between 45 and 60 degrees on your side (looking towards the bottom for freestyle; looking towards the ceiling for backstroke), with your lower arm extended straight in front of your head, while the top arm is lying flat along your side and hip. This body position shows your current posture during the freestyle stroke. If you notice that your lead arm is out-stretched and/or crossing in front of your head, you should notice a bowing in your side body. This drill allows you to work closely on each separate element of the stroke, correct each element, and then integrate these changes into your freestyle.

Dryland Exercises

A few of my go to ab exercises for core connection and strengthening include

Plank: <https://www.health.harvard.edu/blog/straight-talk-on-planking-2019111318304>

Side Plank, Bird Dog, and Dead Bug: <https://www.youtube.com/watch?v=T1h8n4YMonY>

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: John McAfee, Knoxville Open Water Swimmers, Knoxville, 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 by the beginning of the month of publication.

For the 2021-2022 Season, as of late-August, we have [971 members and 35 clubs!](#)