

# Coaches Corner

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Hi All,

As we start to roll into the new season, new ideas, programs, sessions designs begin running through my brain. Something completely new to me are Mobile Apps! YES, I do know how far behind I am! I realize that they have been around a while. Only recently have I found out that there are many of these apps dedicated to swimming!

Go Swim, a very renowned swimming technique DVD range have released an App, It is free to download from the Android Market at

<https://market.android.com/search?q=go+swim&so=1&c=apps>

This application opens up the opportunity for swimmers to view hundreds of videos, pictures and information on swimming technique! All on your mobile! The best part of all is, it is a free App! I suggest all swimmers and parents who are interested take a look, though I will suggest parents don't take this as an opportunity to become the next Dennis Cottrell. Leave the coaching to the coaches.

Lawrence Krauter

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## A Monthly Insight into the Lilydale Swimming Club

# Splash!!!



### New Era at Lilydale >>>

Want to help out the Club?

The club is always looking for volunteers whether it is as an official, on the committee or just would like to put your hand up to help out! If you're interested in helping out, please email Phil Jones at

[lilydalesc@hotmail.com](mailto:lilydalesc@hotmail.com)

### 7-10's ROCK the pool! >>>

The future of the Lilydale Swimming Club is looking bright after this year's 7-10 trials. 10 of our youngest swimmers took to the water to try and edge in on a place in the Metro East team to compete at the finals.

The swimmers went out in blistering fashion knocking out an amazing 34 personal best times. These results saw 3 of our swimmers make the team:

Stephanie Waller  
Kimberly Gilling  
Jessica Waller

With such good times being swum, the Clubs records were also up for grasp. Our young superstars broke 4 club records, 1 of which was 12 years old!

Well done to all that participated!

### OWS State Championships >>>

To my knowledge Lilydale Swimming Club has never won State Championship in Open Water Swimming. That was until the 15<sup>th</sup> of October!

Congratulations to Daniel Ringer, who came 1<sup>st</sup> in the 5km in 17-18yrs age group. All swimmers involved in the meet achieved great personal bests, whether it was by improving time for last year's event or by aiming at the longer events.

Daniel and Matthew Gilling tackled the 5km event both with great results. Matthew Gilling finished the 1hour and 11minutes event 2 minutes off of the Age group National time, though still very pleased with the 20minute improvement from the previous year. Hollie and Tiarne tried their hand at the 3km event, even though they both only started open water swimming 1 year ago in 1km events.

Deanne smashed out the 1km event taking to the front of the pack before the first buoy; unfortunately a goggle malfunction soured her result, though still a personal best. In a meet first Matthew and Daniel after the 5km event got back in for the 1km. Not ever had the officials at the meet ever heard of that happening. Both the boys treated the event as a sprint (relative to the 5km). Matthew finished first overall in the event with Daniel finishing 2<sup>nd</sup> in his age group.

## Phil Jones President

### Presidents Corner >>>

Hi parents and swimmers, I thought the following taken from the USA Swimming website might encourage and challenge all of us.

While winning is nice, while setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than, "It is great to swim fast."

- Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- Did the child learn to exhibit initiative, wanting to come to the pool and do the practice without having to be constantly pushed or prodded by parents and coaches?
- Did the child learn something about unselfishness, sacrificing his or her personal wants for the good of others or the team?
- Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- Did the child learn more patience in overcoming obstacles, setbacks and problems?
- Did the child learn empathy?

In a few years, the medals and ribbons will be laid aside and best times will be a hazy memory. The friendships that will develop and the life skills learned will carry on for a lifetime

## Characteristics of the Sport of Swimming

*From the AIS >>>*

### Training

Swimming requires a serious commitment to training. Typically, 6-12 sessions are undertaken each week, with the distance covered in each session ranging dramatically. Sprinters during a taper phase may only cover 1000-2000 metres compared to distance swimmers who can travel up to 10 kilometres per session. Elite swimmers typically train twice a day but during heavy training camps can train 3 sessions a day. This can mean time spent in the water can be more than 6 hours. In addition, swimmers usually complete 2-3 weight training sessions per week and may undertake some land-based aerobic training such as running or cycling. Training commitments of sub elite swimmers can still be large and it is not uncommon for swimmers in their early teens to be training 10 times per week.

### Common Nutrition Issues

It is not uncommon for swimmers in their teens to have similar training commitments to elite swimmers. For male adolescence this is a period of heavy growth and muscular development, requiring high-energy support. The addition of an intense training program means male swimmers can have trouble eating enough kilojoules to meet energy needs. Adolescence for females brings hormonal changes, which promote an increase in body fat. Despite heavy training loads, many female swimmers can struggle to maintain low body fat levels. Long training hours restrict a swimmer's lifestyle. This can either reduce the opportunities to eat in a busy daily schedule or raise the importance of eating for comfort or entertainment. Access to food can also be an issue when at swimming carnivals, and for athletes travelling to compete.

### Daily Recovery

Strenuous daily training requires a high-energy, high-carbohydrate diet. Swimmers who fail to meet their carbohydrate requirement will fail to recover adequately between training sessions resulting in fatigue, loss of body weight and poor performance. Additional energy requirements for growth may compound the problem, especially during the teenage years when training and school commitments can make it hard to access suitable volumes of food. Swimmers with high-energy requirements need to increase the number of snacks during the day and make use of energy-dense foods. It is good to have nutritious carbohydrate-rich snacks on hand to eat straight after training to start the refueling process. This is especially important for swimmers who travel long distances from their pool to work or home and have to wait until the next meal can be consumed.

### Fluid Needs in Training

High-intensity exercise in the steamy environment of a heated indoor pool, or outdoors in the sun, can lead to moderate sweat losses, which are not obvious when the swimmer is already wet. Smart swimmers bring drink bottles to the pool deck and drink during rest periods or between sets. Sports drinks provide an additional fuel supply for long training sessions. In a fluid balance study undertaken on the Australian Swimming Team in Atlanta in 1995, we measured average sweat losses of ~125 ml per kilometre in training or about 600 ml per workout. These swimmers were provided with both water and sports drink at the session and managed an average intake that perfectly matched their losses (125 ml per km). Of course, some swimmers were better at matching losses than others. And during anaerobic threshold sets, sweat losses increased to 170 ml/km.

### Immune Status

Swimmers often worry about getting sick during periods of heavy training. Many nutritional supplements and strategies have been suggested to keep the swimmer from catching coughs and colds. To date, the most important strategy emerging from immune studies of athletes is to keep well fuelled during training sessions. Sports drink during the workout and a recovery snack afterwards help to reduce the stress on the immune system.

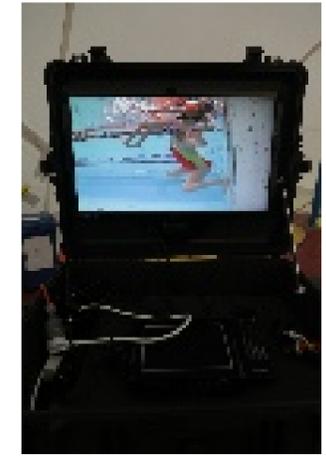
This and wide variety of other information can be found at <http://www.ausport.gov.au/>

## Life Under the Water >>>

Recently you may have seen the Clubs new Under Water video system. The system was awarded based on the clubs successful application into the GO CLUB program launch by Swimming Australia. I would to thank the committee who sat down and put in the hard work to process our application.

The Under Water Camera System consists of a HD water proof camera that is attached a long pole which can be maneuvered around under water to capture skills and technique from various angles. The video feed is then sent back to a HD recorder, processed and then displayed on large HD screen. The video can be played back live, delayed or even saved to USB for me to analysis at home.

Initially the camera will be solely used for turning skills analysis, but as our coaches become more adept at using the equipment, we hope to record whole 50m sprints.



A Picture of the new system in use.

**That's one excited Coach**

## Andrew Fisch @ Down Syndrome Championships >>>



Many of you may not know, but from the 24-25<sup>th</sup> of September, Andrew Fisch was in Queensland competing at the Inaugural National Down Syndrome Short Course Championships. Not only is this a great experience for Andrew, I'm sure the weather was a lot nicer! Andrew competed in 6 different events over the meet and reached a podium finish in almost all of his events. Below is a list of his results from the meet.

100m Backstroke Pb was 1.39.99 he swam 1.36.31 and came 3<sup>rd</sup>  
100m Individual Medley Pb was 1.40.93 he swam 1.34.36 and came 2<sup>nd</sup>  
200m Freestyle Pb was 3.16.45 he swam 3.10.29 and came 4<sup>th</sup>  
50m Butterfly Pb is 42.56 he swam 43.32 and came 3<sup>rd</sup>  
50m Freestyle Pb is 37.60 he swam 37.75 and came 3<sup>rd</sup>  
50m Breaststroke was 50.18 he swam 50.01 and came 2<sup>nd</sup>

Though not many would have known about Andrew's competition, many sure know the result, when Andrew brought his 6 very impressively sized medals down to training for the other swimmers to see. Well done Andrew keep up the hard training!