

Lane Lines Late Edition



Announcements:

- Next Swim Committee Meeting: August 19 @ 10:30am

2006 FINA Masters Worlds Championships

by: Henry Chan

The speed swimming portion of the 2006 FINA Masters World Championships are in the books. Over seven days, the Marlins were represented by 61 swimmers, and filling 32 relays. More records were broken at this meet than in any previous World Championships. Hats off to our very own Audrey Etienne, who set two world records (100 and 200 free) and two meet record (50 free and 50 back). As a team, we recorded 30 Top 10 individual event finishes, and seven Top 10 relay finishes. Way to go team!

This year, we were truly fortunate to have the World Championships in our very own backyard. Stanford proved to be a fabulous facility, offering a great opportunity to compete against the World's best Masters swimmers. In 2008, the next FINA Masters World Championships will take place in Perth, Australia. Start making your plans now!

In the Open Water event, the Marlins were represented by 19 swimmers. Taking place in Alameda, CA, the Open Water event comprised of a 3k swim around the Robert Crown State Beach. Race conditions reflected the continued good weather of these competitions, sunny and water temperatures in the

mid-60's.

I know this competition was more than just an opportunity to swim against the Worlds' best. It's proved to be a reminder of why I love this sport, and continue to participate in every way possible. From the pool competitions to open water events, swimming is such an integral part of my life. I leave the World Championships knowing that I share this same bond with thousands of other competitors, across multiple countries. My life, this sport, it will always have a special place in my heart.

Pushing off the Wall

By Glenn Mills

A long time ago there was a television show called Kung Fu. Many of the segments featured a young student, who had to pass tests given by his master in order to move into the real world. One test was to walk on rice paper, without leaving a trace of where he had walked.

The same concept can be applied to swimming – with each wall becoming a piece of rice paper. Too often, swimmers attack the wall so hard that they actually POP or BOUNCE off the wall. Or...they STAB at the wall and punch through it. You want a fast turn, yes, but the idea is to plant the feet and drive off the wall – without ripping through the rice paper.

In the video clip you'll see two turns. In the first turn, the swimmer gets off the wall more quickly, but not so effectively as in the second turn. In the first turn, the pop is SO quick that the drive off the wall isn't very effective. In the second turn, the swimmer takes just a fraction of a second longer to plant the feet, then DRIVE off the wall. In the second clip, the swimmer's speed LEAVING the wall is greater.

When you practice this drill, you'll need a friend who can go under water and LISTEN to you turn. That's right. Listen, not watch. In the video clip, you may not be able to hear the difference between the first turn and the second turn. But at the pool, your friend will be able to hear. Have him or her go under water and listen as your feet hit the wall on your FASTEST turns. If your friend hears ANYTHING, then you've broken through the rice paper. Your feet should not make any sound when they hit the wall. And your heels should not touch the wall. Try to plant only the balls of your feet. You should feel a nice spring as you leave the wall.

Why Do It:

Trying to balance attack with finesse is part of swimming. This drill offers a great way to learn that balance.

How To Do It:

1. You must SPRINT this drill. Set yourself up a bit outside the flags, and get ready to HAMMER into the wall (that means SPRINT SPRINT SPRINT).

2. Listen and feel. If you're working with a friend, listen to see if you can hear the feet hit the wall. If so, the "plant" is too hard, and you've broken through the paper. If you're working alone, feel how hard your feet are making contact with the wall. If you feel an

abrupt stop, it's too hard. You should almost feel your feet melting into the wall, but only for a second.

3. DRIVE off the wall. Use that stored energy in the uncoiling feel and legs, to spring off the wall and toward the other end.

How To Do It Really Well (the Fine Points):

Heck, the entire thing is fine point. There is such a fine line between slowing a bit too much and introducing hesitation into your turns, and popping off too quickly and NOT getting that drive. This takes a lot of practice to get JUST right ALL the time. Get to it... grasshoppah. :)

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August 2006

Sunday, August 20, MAM Manatee 2x1 mile Open Water

Saturday, August 26, TCAM Pinecrest 1 and 2 mile Open Water

September 2006

Sunday, September 10, RAD

Whiskeytown 1 and 2 Mile Open Water

Sunday, September 24, SMMM Marlins Pentathlon

October 2006

Sunday, October 1, Tiburon Mile

Saturday, October 7, Sacramento 33rd Annual Sprint Pentathlon

Friday - Sunday, October 13-15 PMS Short Course Meters Championships

Lanes Lines is edited by Henry Chan. For questions, concerns, or to submit content for future issues, send to hymc219@hotmail.com. Always remember, keep swimming!