

# Lane Lines



## Announcements:

- Next Swim Committee Meeting: Check the website.
- Marlins Pentathlon: September 24, 2006

### End of Summer

Every year, Labor Day Weekend signals the end of summer. With the end of summer comes back to school sales, students returning to their studies, and the end of Open Water Season. This season was unlike any previous years with XI FINA Masters World Championships taking place during the beginning of August, only two weeks after the Tahoe Invitational. This year was definitely a memorable one for me, finishing Berryessa, placing in the 2x1 Open Water Relay, Captaining two Tahoe teams, to top off the summer, swimming at Worlds. Even with the end of summer and the final of open water swim at Whiskey Town, if you want to continue your competition, there are several pool meets still to come.

The Marlins very own Pentathlon meet on September 24, 2006, tests your swimming with 100's of each discipline, and finishing with a 200 meter I.M. If you want to swim shorter events, there are the Alan Liu Memorial on October 1, and Sacramento Masters's Sprint Pentathlon on October 7.

As a team, the Marlins competed very well at Worlds. Overall, the Marlins finished in 23<sup>rd</sup> overall with 247 points. Combined teams for individual events had the team placing 27 with 167 points, and for relays placing 22 with 80 points.

### Way to go team!

As the days get shorter, don't forget to keep swimming. We all swim for different reasons but in the end, swimming isn't just for the summer, it's all year around.

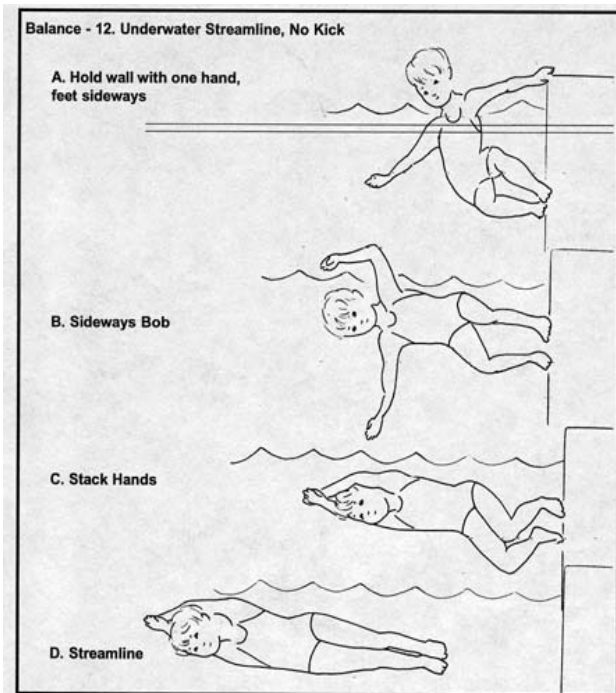
### Key Points for Swimming Streamline

The easiest place to make a quick change in streamlines is off a wall. These are the things I look for in a streamline after the swimmer as left the wall:

- One hand aligned on top of the other, with fingers pointing the direction of travel. The little finger and thumb of the top hand wrapped around the lower hand (to allow leverage and to prevent separation).
- The fingertips stretching and reaching as far forward as possible.
- The arms extended, pointing the direction of travel, with the biceps behind the ears.
- The surface from the back of the swimmer's hands, along the arms, then down the shoulders and back should be one (relatively) smooth surface with no "head bump" sticking up on that side.
- The head bump is on the chest side.
- The swimmer's arms are actively squeezing in behind the head, as if they are trying to make their elbows

touch.

- The swimmer's core is tight and straight - every muscle pulling in towards the center, trying to make the swimmer longer and thinner.
- The swimmer's legs are adducted (that is, squeezed in and together) with their toes are pointed.
- I want to see the swimmer become a strong, long torpedo, rocket, or pencil shape off the wall (and on a start).



Reprinted from [swimming.about.com](http://swimming.about.com), in excerpt. For full article: <http://swimming.about.com/cs/startandturn/a/streamlinetips.htm>

Picture reprinted from <http://www2.hawaii.edu/~ccaskey/balanceunderwaterstreamlin.html>.

## Marlins in View

Coming soon! If you would like to be featured in the monthly segment, contact Henry at [hymc219@hotmail.com](mailto:hymc219@hotmail.com)



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

33<sup>rd</sup> Annual Sprint Pentathlon

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

December 2006

**Saturday**, December 2, Reno  
Winners Meet

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