

Florida Gold Coast LMSC

Newsletter - April 2010

LAST CHANCE TO ZIP IT UP

Coral Springs will be hosting the Last Chance To Zip It Up SCY Meet on Saturday, May 29. This will be your final meet to wear the old full body zippered tech suits. The meet entry is available on www.dixiezone.org. Entry deadline is May 25.

SWIM MEET RECAP

Since January of 2010, there have been three sanctioned meets in the FGC LMSC.

On February 19-21, FLA Masters hosted their 17th Annual Masters Challenge.

On March 6, the GOLD Nadadores hosted their 4th Annual John O'Keefe Spring Splash in Miami.

On April 15-18, the YMCA Masters Nationals took place in Fort Lauderdale. YMCA of Central Texas/FLA Masters placed second overall and YMCA of Broward County/GOLD placed fourth. USMS National records were broken by George Schmidt (GOLD) in the 60-64 100 IM and 200 IM. The GOLD Mens 65+ 400 free relay (David Quiggin, Cav Cavanaugh, Doug Brown, Jose Ferraz) also broke the record.

The LMSC encourages all swimmers to support the meets in their home LMSC. These meets attract first-time competitors as well as seasoned veterans. It is always fun to try new events and meet new people.

Upcoming meets in the LMSC include Coral Springs on May 29, Islamorada on June 4-6, and Fort Lauderdale on June 18-20.

FLORIDA OPEN WATER CHAMPS

The Florida Open Water Championship Series is a postal event for USMS-registered Masters swimmers who have participated in any three USMS sanctioned or recognized open water events in the state of Florida (Florida LMSC, Florida Gold Coast LMSC, Southeastern LMSC) during the calendar year.

Swimmers must have swum one event that was greater than 1000 yards but less than 3K, one event that was 3K or longer, and a third event of any distance over 1000 yards. Results must be posted online.

Points are awarded for age group finish, overall finish, and time. For more detailed information, updated event

listing, links to posted results, and an entry form, please visit www.floridaopenwater.org.

2010 QUALIFYING EVENTS

April 17: Nike Swim Miami
April 17: Tampa Bay Marathon Swim
May 8: Hurricane Man (St. Pete)
May 29: Ed Gaw Amelia Island Challenge (Fernandia Beach)
June 12: Open Water Festival 1.5K (Ft. Myers Beach)
June 12: Swim Around Key West
June 13: Open Water Festival 5K (Ft. Myers Beach)
Oct. 2: Tropical Splash/Dixie Zone OW Championships (Sarasota)

COACH NEEDED - LAKE LYTAL

Lake Lytal Masters Swimming Team (Lake Worth) is looking for a new coach. Ken Nemet is retiring after twenty years at the end of April, 2010. It is a paid, part-time position, about 7.5 hours per week. LLMST currently practices Monday - Thursday 6:00-7:30 PM and Saturday 8:00-9:30 AM. There are about twenty active swimmers, from novice to World Champions. There are five open water swimmers, some triathletes, others who just love to swim. All four strokes are practiced. A structured workout with drills and technique mixed with the yardage is appreciated. Usually 3000 yards are completed in 1.5 hours. Very few members ever go to meets so coach attendance is not currently required there.

If you are interested, please call: Jennifer Anglin, Aquatic Programs Supervisor (561) 966-6632

WELCOME NEW CLUBS

One new club has registered with the FGC LMSC since February 1.

The YMCA of South Palm Beach County Masters (YBBM) is located at the Boynton Beach YMCA and is coached by Ozzie Quevedo.

REGISTRATION UPDATE

As of April 30, we have 825 swimmers registered in our LMSC. 482 swimmers from 2009 have not yet renewed. If any of these are your teammates, remind them to renew. You can renew online at usms.org, or using the 2010 form that can be found on the LMSC website, www.fgcmasters.org.

Lost your USMS card? Moved to a new address?
Changed your email address? Contact the FGC LMSC Registrar, Barb Protzman, at swimbarb@hotmail.com. Also, you can now update your address, email and phone online at usms.org.

NEW SWIMWEAR RULES

Due to the change in Masters swimwear rules published by FINA January 16, 2010, and pursuant to Article 601.4.8, the USMS Rules Committee and the USMS Executive Committee have approved the following emergency changes to the USMS swimwear rules. These changes are effective immediately for short course meters and long course meters competition. The changes are effective June 1, 2010 for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer.

USMS YOUTUBE

If you haven't checked out the USMS YouTube page, you'll want to bookmark it; www.youtube.com/usmastersswimming. LMSCs and teams can include videos from this site onto their websites.

This week Doug Church is featured as our volunteer profile, and a club video is posted with Nancy Kirkpatrick Reno and her Conejo Valley Masters team. Jeff Moxie makes several cameos' in this video.

Our club development coordinators (and staff) capture the video. Ben Christoffel then edits and publishes the videos. Ben is an Emmy award winning TV producer and Masters swimmer in Indianapolis. In addition to video production, Ben works with Laura to produce all our e-newsletters and manage our social media. As you can tell by the videos, Ben has been a terrific addition!

20TH ANNUAL BERMUDA ROUND THE SOUND SWIM

Sunday October 17th 2010

10K, 7.25K, 4K, 2K, 0.8K

Information & Entry Forms:

www.AquaMoonAdventures.com

An overseas territory of the UK, Bermuda boasts 75 miles of dramatic coastline. Rich in history it lies in an astoundingly beautiful stretch of the Atlantic a mere 650 miles east of North Carolina. Flights from New York and other eastern US cities reach Bermuda's shores in less than two hours. The open water swimming events take place in beautiful Harrington Sound. Bermuda's water temperature in October averages 78. For more

information on Bermuda see www.aquamoonadventures.com or Bermuda Tourism.

TOP TEN AND RECORDS

If you swim in a meet outside of the FGC LMSC and would like to have your times included in the LMSC top ten and be considered for LMSC records, please send a copy of the meet results or the link to the online published results to Chela Devanney at 11862 NW 25th Ct, Coral Springs, FL 33065 or chela@devanney.com.

KEEPING THE ATHLETE HEALTHY

Edward H. Nessel, R.Ph, MS, MPH, PharmD

When lecturing on public health, I often start out with the statement: "If you all knew what was out there waiting to get you, you would all go hide in a cave...until I told you what was in the cave." This succinctly means that there is really no place to hide against sickness, injury, or worse. They are waiting to get you, especially if you put yourself in their path. When, by choice, we venture out of the house and place ourselves in positions of challenge it becomes our responsibility to be constantly vigilant regarding our own welfare and health, and what we do as young people all too often can present itself years later as cause and effect. A mature (masters) athlete who has remained intact with little, if any, permanent damage to any major organ system and who trains intelligently can remain in the arena of choice for many years. An injured or ill athlete is good to no one and having the realization that whatever put him on the sideline could have been prevented or greatly lessened only adds to the frustration.

A lot of public health is the "shinning light of logic." People need to be exposed to this light in such a way as to convince them to incorporate it intelligently into their lives. A coach-and-athlete combination who abides by the rules of good public health will most probably have a training advantage over those who don't. To quote an oldie from my pharmacy days: "A dram (5 mls) of prevention is worth a liter (1000 mls) of cure," every time.

Lesson #1 is to try and put balance in one's life. To give vigorous athletic training equal billing with the rigors of today's demands in the classroom, the workplace, the home, and society, the successful athlete has to be aware of all that can tear at him, both physically and emotionally. Just as a successful competitive swimmer must learn to "make friends with the water" and move through it with an economy of effort that belies the ease spectators see, so must the athlete move through life. Those athletes engaged in long-term training toward a specific goal must be aware of and try to avoid all

possible roadblocks to their efforts to improve. Every day should be looked at as a chance to get better in some way. The ability to exercise hard every day might be a genetic gift or the result of extreme focus on a specific goal. In fact it has been proven many times that the body can “train to train;” adaptation is a remarkable hallmark of the human condition, but good physiologic sense suggests that easier training bouts inserted into the mix and appropriate rest and recovery are all required to properly climb the mountain of condition and solidify possession of those four magical words: “being in great shape.” It is then incumbent upon all who seek to be in shape to make the right choices every day...not an easy task for most young (and, sometimes, not so young) healthy people.

Most of us take good health for granted...until it leaves us. Many people carry the notion that they are “bulletproof” and that they can expect their bodies to respond to every demand quickly and successfully. The thought of getting sick or injured just isn’t as tangible as it should be. My goal, and experience has burnished this in my mind, is to educate all my athletes to the point just shy of being obsessive. However, as important as it is to know when to push yourself, it is equally important to know the difference between working correctly toward physiologic goals and putting yourself in harm’s way.

There are many subtopics that would easily fit into the title of this work: (1) the importance of adequate warm ups and cool downs, (2) the when, why, and how to stretch, (3) the proper way to fuel the machine for training, and (4) the psychology for competition. For this writing I have chosen to explore more esoteric thoughts that can have great influences, both positive and negative, if acknowledged or ignored.

Over-reaching Versus Over-training

Those who know physiological adaptation to training know that the most important part is the R&R (rest and recovery) between exercise or competition bouts. What goes on here can make all the difference in performance, both in day-to-day training and at the big competitions. Over-reaching and over-training describe the syndromes (signs and symptoms) of pushing too hard and/or too often. The main difference between the two is the length of time and the degree to which performance is hindered. This is an important distinction. It is not the overt symptoms the athlete exhibits that define the condition, it is more the degree to which performance is diminished. The same symptoms can be experienced with both conditions, but it may take only a few days to a few weeks to recover to full performance after over-reaching, whereas it can take weeks or even months to come back from over-training.

In addition, different athletes react to the stresses of vigorous training differently. Some athletes exhibit some of the symptoms of overtraining, yet are able to race fairly well. Some exhibit few or no symptoms during practice sessions but race poorly. It takes a wise athlete and an understanding coach to spot problems that relate to performance upon demand.

Clues that an athlete may be over doing it are several: the overt physical signs of excessive stress can manifest as irritability, difficulty sleeping (often being too tired to sleep properly through the night), walking around with constant body aches, decreased ability to concentrate, susceptibility to colds and other illnesses, and a change in eating habits. According to the International Center of Aquatic Research (ICAR) at the Olympic Training Center (OTC) in Colorado Springs, Colorado, to be considered “subjectively stale,” as the condition is described, an athlete has to present with at least three of the above.

There are also internal physiological parameters that mark an unrelenting stressful condition. Analysis of the athlete’s blood would show muscle damage, including a rise in enzymes that would otherwise be contained within the muscle cells proper (two of these markers being creatinine phosphokinase and lactic dehydrogenase) and an increase in urea. An elevated concentration of the hormone cortisol is a classic stress marker, along with a rise in white blood cell concentration, which can signal that the body is fighting off an infection or dealing with inflammation.

In addition, the effects of over-training whether in the pool or on land with the “bad intentions” of hard intervals or racing produce a reduction in aerobic capacity. This can manifest itself as an out of air feeling too early into a practice or during a race. We see a shift to anaerobic physiology rather than a reliance on the aerobic physiology built up during training.

We must not forget the mental and emotional consequences. As over-training takes control of our physiology, the mental energy seems to wane. This is a result of two things: (a) absolute brain energy depletion (diminished glucose supply for the energy needs of the brain due to it being in such high demand by the muscles), and (b) the knowledge that the body is going to make energy demands that cannot be met. A dedicated athlete does not suffer from short-term memory loss; what hurt yesterday and the day before will most assuredly hurt today, maybe even more so with a cumulative effect. Fish are prisoners of their environment; they have to swim to survive. We, on the other hand, are all prisoners of our minds; we choose to swim, or run, or bike, or...

One of my heroes from the swimming world, former Olympic Coach Jack Nelson, esteemed now-retired

head coach of the nationally known and respected Fort Lauderdale Swim Team, is justly famous for his motivating slogan: "Access to Success is Through the Mind."

Student athletes: "note bene" (note well): since glucose is by far the most important source of energy to adequately fuel the brain, it becomes a matter of necessity to replenish glucose supplies right after practice. In fact, it is now mostly well-appreciated that there is about a two-hour window where (depending upon how one replenishes with the correct food choices) eating can measurably affect the re-supply of glucose and glycogen to meet the energy requirements of a demanding life. Since carbohydrates usually form a chemical in the brain called serotonin, which has a tranquilizing effect, they need to be balanced with some protein and fat, which produce epinephrine (adrenalin) and nor-epinephrine (nor-adrenalin) as stimulants to help counteract the drowsy feeling one may get from an intense carbohydrate load. And all athletes who choose to take part in vigorous exercise and constant training must ingest a sufficient and appropriate energy supply to adequately nourish the brain, the muscles, the immune system, and all vital organs, all of which must work overtime to prevent over-training.

If symptoms of "too much" begin to cloud the days, then immediate rest from all vigorous specific training is a must. What works for the older athlete is usually a week off from everything and a change of schedule to allow for mental healing. After a week, some easy cross-training can be instituted in different venues: leisure bike-riding or relaxed walking in pleasant sensory surroundings that would get the swimmer away from the pool or some easy pool time to get the runner away from the track or biker off the road. No guilt should be felt for missing practice; an imbalance in the athlete's schedule brought this about in the first place, so some short-term rehab is in order.

Infectious Diseases

In addition to the mental and physical effect of over-reaching and over-training, vigorous exercise also involves the risk of immunologic breakdown, which leave the athlete open to infectious diseases. When the athlete is exhausted from training hard and working in close physical proximity to others of similar ilk, it is easy to become sick and to suffer from it.

There is a 3-foot rule in public health: if you can separate yourself from someone who is sick with a cold or other upper respiratory infection (URI) by at least three feet for the short time that you may share proximity, your chances of coming down with the infection are reduced. I want to emphasize the fact that a short time of exposure means just a few minutes at best. Double the distance, and you cut the risk to at

least a quarter (providing you don't get drenched with infected saliva from a direct "hit" of a wet sneeze or cough. If you are walking behind someone who is sneezing or coughing during cold season, take a detour off to the side so as not to inhale the trailing effluence of spreading germs. If forced to share space with someone exhibiting symptoms of a cold or URI for longer than an hour, try to get as far away as practical and have as many people fill in the space between you and "germ central," and, if at possible, open windows to circulate fresh air. If able and appropriate, spraying a Lysol-type product through the air and onto fabrics in the confines of a contaminated space will help to reduce virus and bacteria load. The air ducts and accompanying filters in the home and car should be sprayed at least once a week. Years ago, it was discovered that the infecting bacteria for Legionnaires' Disease in hospitals found a "home" in the hot water pipes and air ducts heating the rooms. A cough or sneeze in your car can cause several thousand infecting organisms to find the same type of resting place (A/C-heating ducts) for many hours...a major vector for infection and re-infection without most people even being aware.

In terms of the viruses and bacteria that cause the vast majority of URIs, there are three main components to consequential infection: (1) the infecting load or total amount of initial exposure, (2) the length of time exposed, and (3) the condition of the body and its defense mechanisms at the time of exposure. The absolute simplest yet most important procedure to keep the spread of infection down is to prevent potentially contaminated hand from coming in contact with mucous membranes (eyes, nose, mouth) since this type of covering is much more permeable to things that land on it than the outer covering of our bodies. Public health dictates to lessen the load of exposure; removing contaminants from the hands should be of concern to the extent, for instance, that maybe a gel-type hand wipe would be useful before eating out if no restroom is available or, if it can be accomplished tactfully, after shaking hands.

Another major dictum in public health is to "drink before you are thirsty and after you are not." And adequate consistent hydration is very important as the seasons change from humid summers to the cooler, drier fall and winter months. This becomes even more important in extreme climates, both hot and cold, since they can each dry out the body's portholes to its surroundings. If the relative humidity in your home is less than 50% during the dry, colder winter months, then the air is lacking sufficient moisture.

Dehydration, a major cause of muscle fatigue and cramping and sometimes progressing into more troublesome blood pressure consequences can even negatively effect the body's ability to fight off invading

organisms by way of the respiratory tract. Everybody sweats, even swimmers in the water, when pushing through vigorous exercise, and when hydration becomes compromised the upper respiratory tract has its ability to capture and expel invading organisms diminished. Motility of cilia is reduced, mucus is thickened with less motility, and the lining of the upper respiratory tract can become raw and irritated adding to the inflammatory response that occurs with infection.

Another simple but very important procedure is to blow the nose after exposure to airborne infectants or at least at the end of every day, to help eliminate many of the infecting organisms caught in the nasal passages and the upper respiratory tract before they can "dig in," since it takes up to several hours for most infecting organisms to penetrate the mucous linings of the body. Doing this in a hot steamy shower aids in removal by thoroughly liquefying the mucous membranes and thinning secretions which can thicken in cold climates.

Swimmers are at risk if the pool water's chemical balance is not maintained. Chlorinated water in pools is very drying and irritating to all mucous membranes. The water may be wet, but if the chemicals in the pool are not correctly adjusted when hosting swimmers, upper respiratory involvement progressing all the way to bronchitis and asthma is not uncommon. If you can smell chlorine in the pool area, it is broken down with a very irritating pH of 11 or so. The same caveat holds for land-based athletes: don't exercise to where air-exchange becomes prolonged and intense when the ambient air is contaminated with any of a number of air-born irritants.

With swimmers and every other athlete pushing through vigorous activity in challenging environments, respiratory function can be helped with soothing hot steam. A shower is good but ephemeral; better yet is a hot steam vaporizer through the night. Cool mist units have been in vogue for quite a while but they can spread contaminated moisture and are not as soothing. Hot steam is sterile and provides a sense of comfort. Public health logic suggests that the bedroom be aired out in the morning and sprayed with a disinfectant to prevent mold build up by the windows and their coverings. It is worth all this extra effort? Ever try to be physical and can't breathe easily due to infection or inflammation? I rest my case.

Pain Versus Discomfort

It is important for a swimmer to do everything possible to prevent over-training, over-reaching, injury, and illness, and a major element in this prevention litany is the ability to differentiate between pain and discomfort. This might seem to be a trivial distinction; in reality, it is what makes successful participation in athletics long-standing. There is obviously a difference between pain

and discomfort, usually a question of duration and degree. It is up to the individual athlete (and his coach, if applicable) to know where the boundaries lie and what the consequences are if they are crossed. We must also add the concepts of present-time and delayed-onset pain or discomfort to the mix to provide a more complete and accurate picture of what is happening as an event progresses.

Every athlete worth his sweat gets better only by forcing his body through the rigors of sport-specific training and any appropriate and beneficial cross-training. This will guarantee discomfort both immediate and delayed. Sometimes an athlete will be in all-over pain, and it can last for quite a while. While many athletes need to have this feeling to be sure they are training at a level that will produce results, the discomfort may cause others to drop down in intensity and stay within their relative "comfort zones." Experience in a particular sport will usually help the athlete learn to deal with this reaction in an adaptive and positive way. An athlete should move in and out of the comfort zone; this is sound physiological practice and creates the adaptability necessary for continual improvement.

The mental and emotional aspects of this reaction to training is centered around the perception of the progression from discomfort into pain, and this is something that must be successfully dealt with if the athlete is to progress. Swimming fast manifests the feeling of being "out of air" more than on land since humans evolved as land-based beings, and any resistance to movement is felt and perceived to be at least four times as great in the water as on land. But struggling to breathe anywhere is daunting.

Pain, on the other hand, is where good medical and physiologic sense take over and respect what the mind and body are signaling. Pain is Nature's way of protecting the body from imminent damage or greater injury later on. There is nothing wrong with backing down from pain, especially if it becomes localized, intense, and unremitting. Training past this kind of sensation can be strongly negative and derail the training schedule. If the pain is skeletal-muscular, conditioning and/or rehabilitation may bring the athlete back. If pain is repeatedly sensed to come from an internal source, medical attention is absolutely required. If the perception of pain in an otherwise sound athlete keeps interfering with performance, then the mental or emotional aspect must be addressed and a cause sought out and corrected. Often it takes a sports psychologist or other expert to get to the root problems and place things in proper perspective.

As it is with just about anyone who has lots to do and much to share, I have been sick, and I have been well...I like well better.

FGC LMSC CALENDAR

2010		
May 8	OW	Hurricane Man (2.4 mi, 1000 yd) – St Petersburg, FL
May 20-23	SCY	USMS SCY Nationals – Atlanta, GA
May 23	LCM	Central Florida Marlins Masters Summer Splash – Ocala, FL
May 29	SCY	Last Chance To Zip It Up – Coral Springs, FL
May 29	OW	USMS 1-mile Championship – Charlotte, NC
May 29	OW	Ed Gaw Amelia Island Open Water Challenge – Fernandia Beach
June 5	LCM	Classic City Invitational – Athens, GA, Univ. of GA
June 11-13	LCM	Dixie Zone LCM Championships/Bumpy Jones – Sarasota, FL
June 12	OW	Swim Around Key West (12.5 mi) – Key West, FL
June 12-13	OW	Open Water Festival – Ft. Myers Beach, FL
June 18-20	LCM	June Krauser Summer Splash – Fort Lauderdale, FL
June 18-20	LCM	Orlando, FL
June 26-27	LCM	South Carolina LC Championships – Greenville, SC
July 10-11	LCM	St Pete Masters LCM Championships – St Petersburg, FL
July 17	LCM	Central Florida Marlins Masters Summer Splash – Ocala, FL
July 31 - Aug 6	LCM	FINA World Masters Championships – Goteborg, Sweden (tent.)
Aug. 9-12	LCM	USMS LCM Nationals – San Juan, Puerto Rico
Sept. 15-19		USMS Convention – Dallas, TX
Sept. 25	SCY	Central Florida Marlins Masters Fall Splash – Ocala, FL
Oct. 2	OW	Dixie Zone OW Championship/Tropical Splash – Sarasota, FL
Oct. 16-17	SCM	Orlando, FL
Oct. 17	OW	20 th Annual Bermuda Around the Sound Swim
Nov. 13-14	SCM	Bridge the Bay – Sarasota and St Pete, FL
Dec. 3-5	SCM	Dixie Zone SCM Championships – New Orleans, LA

For more calendar details, check out www.fgcmaster.org, www.dixiezone.org and www.usms.org

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