

Coaches Committee Quarterly

United States
Masters
Swimming



Spring 2002

ASCA World Clinic 2002

Las Vegas Hilton, September 2-8

The American Swim Coaches Association is hosting its annual World Clinic in Las Vegas from September 2-8, 2002. Nine of the top Masters coaches in the country are scheduled to give presentations on Masters coaching and team building on Saturday, September 7, and Sunday, September 8

Don't miss this outstanding opportunity for to enhance your coaching knowledge and learn more about your trade!

Why should you be there?

*by Mel Goldstein, USMS 2001
Coach of the Year, USMS
Public Relations and National
Sponsor Liaison*

Last year at the ASCA World Clinic in New Orleans, Coach Dick Jochoms of the Santa Clara Swim Team, was speaking to 1000 USA Swimming Coaches on "Building A Senior Team." He spent the first *fifteen* minutes on why every team should have a "Masters Swim Program." Following his talk I had 100 USA Swimming Coaches register at our booth asking for more information on masters swimming.

The timing is right, these coaches control a lot of pool time, and masters swimming will no longer be the best kept secret. If you coach masters swimmers and you want to improve your program you should be in Las Vegas for the ASCA World Clinic. You owe this to your masters swim program to be there. Come by air, car, train, or bus but you've got to be there.

I'll be there will you!

Masters Coaching Track

Incorporating Triathletes into Masters

Michael Collins, Mel Goldstein

The Cutting Edge of Communicating with Your Team

Mo Chambers, Doug Garcia

Hosting USMS Camps and Clinics for Income,
Growth and Momentum

Janet Renner, Dr. Jim Miller

The Use of Video with Masters Swimmers

Scott Rabalais, Emmett Hines

The Walnut Creek Masters Program

Kerry O'Brien

Income Opportunities in Master Swimming

Emmett Hines

The Indy SwimFit Program - Growing a Team to 400+ Swimmers

Mel Goldstein

Motivating Workouts for Masters

Michael Collins, Kerry O'Brien

Where Will Masters Swimming Be in 10 Years?

Dr. Jim Miller

For more information on the World Clinic (including a complete list of all ASCA coaching schools, talks, speaker bios, hotel and transportation information), see ASCA's web site at www.swimmingcoach.org, or contact:

Scott Rabalais, (912) 927-7016 or vicepresident@usms.org

Mel Goldstein, (317) 253-8289 or sponsor@usms.org

How do you handle these classic Masters swimmers in your program?

(a) The habitually late

As in any program, the UCSD Masters Swim Program caters to all levels of swimmers and people. However, our expectations for workout timeliness are well known within our ranks. Late swimmers are accepted just like all the rest—because they are part of our family, we still love ‘em!

Now, of course, if they tend to habitually miss the dreaded tarp removal every day for a month, other swimmers usually take them aside and discuss the merits of community work for the good of the community.

My normal recognition as they stride onto the pool deck, is to look at my watch, tapping it as if it had stopped, to give the subtle message of, HUH, WHAT’S UP WITH THE TIME?

*Sickie
UCSD Masters, San Diego, CA*

I usually plan my workouts such that there is a long warm up of 600-800 yards and often a drill set before we get to the main sets. Thus, there is some built in cushion for those who are late.

When I have a particularly important workout (e.g., we recently swam a mile for time) that would be disrupted by late arrivals, I will put out the word in advance on e-mail and that seems help. I don’t get to down on lateness, I would rather have them some of the time rather than drive them away if I harped on it to much.

*Dennis Robinson
Vacaville Aquatic Masters*

We see many swimmers come late and/or leave early. As long as they are willing to start their practice at whatever point their lane has reached, that’s Masters Prerogative. They are adults, I’m certainly not going to ask for a note from their parents excusing their tardiness.

*Scott Tripps
Hopkins MN Masters*

As adults, family and work do come before swimming. For those who are always late, I welcome them, but they may not do the main set until they have properly warmed up. Swimmers are usually put off by this. They had hoped to join “everyone,” but instead are set aside to do their own workout. It doesn’t take long before they make sure to be there on time to swim with the group.

*Susan Ingraham
Masters of South Texas*

I regularly reiterate what time workout starts, and show absolutely no sympathy if they complain that they’re “not warmed up yet.” I used to get really upset and rant and rave...and we even tried locking the doors when workout started. But nothing helps.

I finally decided that the only way I could stay sane and not murder them all was to just accept that some folks were gonna be late. I don’t do anything special to accommodate them — just get going with workout at the prescribed time.

*Terry Heggy
DAWGS Masters, Lakewood, CO*

This one is easy. There is no difference in regions here. I like to speak to them at an appropriate moment away from practice. I mention that the absence of a well planned warm-up really hurts not only their satisfaction of performance, but makes them vulnerable to injury by jumping straight into a set.

If they persist in their tardiness and proceed to their usual lane, then, they must pick up the pace as it is at that moment. I think that the pain of soreness from no warm-up sends a clear message.

*Sandra G. Cathey
Dowd YMCA, Charlotte, NC*

I feel that masters swimming is a personal choice and if someone wants to be late, use fins or negotiate, well that’s up to them. I always say that it is better to get to the pool for a little swim than to lie

on the couch all evening. After all, I’m not giving them scholarships, they are paying me!

*Clay Britt
Montgomery Ancient Mariners,
Rockville, MD*

In earlier years, I used to get quite bent out of shape when swimmers walked in late — habitually. But now I take a more positive approach and simply preach the value of a full warm-up. I have never successfully changed the living habits of those who live 15 minutes slow, so now I am more inclined to just live and let live.

*Scott Rabalais
Savannah Masters, GA*

I try to encourage proper attendance because we discuss swimming topics prior to practice and I go over the workouts and we stretch. I will usually go into how being late really affects their warm-up. If pool space is available, I give them an abbreviated warm-up outside the practice lanes and then work them into the practice. Many times, because of lack of pool space, I simply indicate where they are to get into the pool, tell them approximately what is happening and have them check with others in the lane on where they are in a set. I definitely remind them that they must keep with the set and intervals.

*Harry DeLong
Chinn Aquatics and Fitness Center,
Woodbridge VA*

I let people know up front that I expect people as adults to show up about 10-15 minutes *before* workout if possible. But I recognize that adults often have busy schedules and sometimes can’t always be on time. However, they know that I expect them to get there early so they can stretch and maybe help put in lane-lines. I have very little problem with this. “Habitually-late” people don’t stick around the program very long. My committed swimmers are usually always on time.

*Dick Pitman
Madison Y Masters, WI*

They have to swim a 50 fly for every 5 minutes they are late.

*Kevin Koskella
Embarcadero Y, San Francisco, CA*

(b) The fin dependent

I consider myself to be in a state of denial regarding fin dependence. No one in my workouts is fin dependent (or if they are, they are not allowed to ACT like they are). We use fins at some point in nearly every practice we do - but their use is tightly controlled. If someone arrives in our program with fin dependence they quickly move to a lane that is slow enough they can keep up without fins. We don't allow the use of fins to simply "keep up" with the lane. Having said that, there are numerous instances where I give license for use of fins in the learning phases of new skills, but this is on a swimmer by swimmer basis.

*Emmett Hines
H2Ouston Swims, Houston, TX*

I believe as coaches it's our job to break bad habits and assist our swimmers in creating good ones. After all, isn't that why they pay us to develop workouts for them instead of training on their own? A coach wears many hats and once in a while, we wear the parent's hat. We must set limits and stand by them.

For the fin dependent and the negotiator, there is no room for compromise. When they whine, I simply say, **NO**. We don't start our main set until everyone's fins are off and yes, we are leaving at the top.

*Susan Ingraham
Masters of South Texas*

I make jokes with the fin dependent and try to cajole them out of their fins. They readily admit their "habit" and sometimes take off their fins for a set. I like to do a very demanding set with fins at least once a week, either kicking or swimming, to demonstrate the use of fins for increasing intensity of the set. Usually, after such a set, even the fin dependent will remove them for awhile.

*Joel Wilson
Santa Cruz Masters, Santa Cruz, CA*

I don't believe in fin dependency since none of us were born with our fins strapped on. Swimming with fins is a habit

that can be broken like any other habit. I ask my swimmers a question: In achieving their goal (whatever that may be) are they going to use fins during the attempt? If the answer is yes then I let them train with fins as much as they want and I suggest to them that they should join a scuba diving club. If the answer is no then I point out to them that fins are a tool to be used as carefully and sparingly as a pull buoy or a kickboard.

*Robert Pinter
Oregon Community Swim Club
Oregon, WI*

Fins can be our friend, or enemy...it all depends on how they are treated. Once I had a swimmer so into his fins, that he would put them on in his car before getting out, and walk into the pool wearing them. He said the cement was cold, but I know better.

In workouts we have fin sets for those with fins, and lane line pull sets for others who need the extra boost during kicking sets. This evens out the speed of both swimmers. Otherwise, asking a swimmer to remove fins is no problem.

Sickie

We tease the previously fin dependent as having lost their "binky." After a year of binky-dependency, I chose to not allow pull-bouys in practice until the dependence was gone (willing and able to swim sets without on a regular basis). We have not returned to using pull buoys; most of the WAM team uses swimming as a cross trainer for running, biking and cross country skiing and need to use their legs!

*Melinda Greig
West Anchorage Masters, AK*

I believe in the use of fins. We run a fin workout every Wednesday AM workout and I feel they help swimmers. I use fins myself 90% of workouts. When I am training for big meets I take them off three weeks before the meet. I have my swimmers do the same.

*Carol Macpherson
Rinconada Masters, Palo Alto, CA*

We have a fin day every Friday or the last day of the week so that everyone gets the advantage of faster swimming.

*Sharon Simpson
SEMS Masters, MN*

Congratulations to the following coaches who have been selected by USMS to be selected to receive a USMS Grant to attend this year's ASCA World Clinic in Las Vegas.

Joel Wilson, California
Kris Houchens, Indiana
Matt Beck, Colorado
Andrew Saracco, Oregon
Helen Salcedo, California
David Cameron, Minnesota
Mary Ann Nygren, California
Brad Houston, Ohio
Kim Donovan, Massachusetts
Stephanie Lee, Florida

Heather Hageman, North Carolina
Regina Brittingham, California
Greg Spire, California
Angie Friday, Texas
Jon Clark, Oregon
Dick Pitman, Wisconsin
Judy Eisenman, California
Michael Davey, Virginia
Loree Watanabe, California
Christopher Trigg, New Jersey

(c) The negotiator

I like the negotiator. I don't waver too much, but he adds some color to the sessions.

*Annie Tom
SCAQ Masters, Los Angeles, CA*

I say "Whatever, just don't get in the way." or "I take requests, please submit all suggestions for sets in writing, they will appear within a month." (I usually do it when they aren't there, snicker)

*Jim Aird
Chico Masters, CA*

I tell them "If you can convince your entire lane to go along with that change, I'm all for it!" Generally, there are a few swimmers in each lane that really like to stick to the practice.

*Scott Tripps
Hopkins MN Masters*

We have wide latitude built into most sets. All negotiation is between lane mates to determine what, within the framework I prescribe, the lane will do. In the extremely rare instance a swimmer is unable or unwilling, after a reasonable acclimation period, to consistently work as a part of the team in whatever lane he is in, then I take him aside and politely hand him a list of the other programs in town and suggest he might be happier in a different environment. I have the luxury of having a strong enough program that I can afford to cut someone loose if they are preventing others from getting full value from our program.

*Emmett Hines
H2Ouston Swims, Houston, TX*

The only people that I have like that are generally the faster swimmers and since I swim with most of them, when I am not coaching, I already know what they are capable of and there is little negotiating. But at times I do modify the workout on some comments. What I feel people are capable of and the frame of mind at workout can be quite different, so I do take that into account.

*Brian Ellis
Fairfax County Masters, VA*

My principles as a coach and swimmer are not negotiable. My principles have been earned over 28 years of swimming and coaching. Even though I try to stay open minded when approached by a swimmer I point out to them that my beliefs are rooted in hard work and long experience. To this day I read anything with swimming in it and experiment myself with things so there is little anyone could say that would make me negotiate. I point out to the negotiator that at our age swimming fast is a privilege not a business.

*Robert Pinter
Oregon Community Swim Club,*

I don't know about other Masters Programs, but our is chuck-full of professionals. Judges, lawyers, doctors, CEO's, the works! Negotiating is their business. I love negotiating with my swimmers. It gives me a rush to be able to joust with them on their level, with my expertise at my pool, on my terms. How boring life would be if everyone just did what you asked without some challenge to really see if the coach knows what he or she speaks. Variety is the spice of life! Sometimes, talk supersedes swimming- not often, just when it's fun to do.

Sickie

This person is noticed as the lane begins a set and this one is obviously not doing what everyone else is doing. The damage occurs when the rest of the lane figures out that they can join. Wow does mayhem occur.

My first step is to ask if there is a problem, i.e., injuries which require the swimmer to alter the set. If the set is too hard, then I ask them to move down a lane. Egos run rampant, of course. I explain that I have a specific outcome for the swimmer by performing the set as written and to please follow the workout. If this problem persists, then I ask them if they would rather swim at another time. Their constant changing of the set disrupts the flow and is inappropriate.

I just ask if the people who are changing the sets wish to swim in another lane to themselves and just do what they wish? It is that moment of confrontation that must be met. If the coach allows the

swimmers to consistently change the sets, the respect is lost. Why even have a coach on deck?

Sandra G. Cathey

I believe that if the coach has purpose in the plan and gives a strong indication that the workout will proceed as planned, there will be no need for negotiating. In 18 years, I cannot recall a swimmer ever negotiating with me in a workout. However, every swimmer should know that he or she is free to take breaks, get out and hit the showers or work like the dickens.

Why would anyone negotiate in that environment?

Scott Rabalais

The best are the negotiators and complainers! I try to spin a positive element and give them the encouragement that they need to believe that they can complete a set at particular intervals. Swimming out of ones' comfort zone is not fun, but is important in that it is one of the only ways for swimmers to improve. At least to "try" is something that I encourage.

Also, one of my favorite things to say to some people who say sets are boring, is "only the boring get bored!". There is always something to think about while you are swimming—TECHNIQUE!

*Julie Simpson
San Luis Obispo Seahawks*

My swimmers rarely negotiate for something less than what is presented on the workout sheet. They may point out a mistake here and there or ask for clarification. If I had someone who tried to constantly change the workout I would probably ask to meet with him privately to discuss what problems he had with my workouts.

Dick Pitman

I am flexible when someone doesn't like something and wants to negotiate. For example, I don't believe in using kick boards, it does nothing to improve someone's stroke in my opinion. However, in the masters community and the swimming community in general, people don't want to hear that. Swimmers LOVE their kick sets with boards. So, instead of banning boards completely (which would be no fun), I occasionally will give them

a 200 “social” kick where they can talk to their neighbors, or I will let them use boards on part of the kick set.

Kevin Koskella

I like these guys and gals. It makes it kind of fun and sometimes they even have a better idea! If they’re *challenging* the workout it means they’re *into* the workout!

*Art Luetke
West Madison YMCA, WI*

I’m one of them! I usually ask the lane to see what they want to do or ask the coach if we can change a set. If someone asks me as a coach, I tell them to check w/ the others in the lane. Afterall, this is Masters!

*Laura Schuster
Mountain View Masters, California*

(c) The one-to-two times per month swimmer

We offer a punch card system for those who are infrequent swimmers. The card costs more than a monthly or quarterly card but doesn’t expire until the last punch is used, whether that be in 6 weeks or 6 months. That keeps the swimmer at least somewhat in touch with our program, even if they are infrequent swimmers, and the extra cost charged makes the card worthwhile for the program sponsor.

*Joel Wilson
Santa Cruz Masters, Santa Cruz, CA*

I welcome them with open arms and charge extra (roughly double the per-workout rate my monthly people pay, by way of a special punch-card they purchase). If this is a person I think might be transformed into a more regular attendee, I try to give them a bit of extra attention. If they demonstrate they will always be an occasional drop-in, I am careful not to allow them to monopolize my time.

Emmett Hines

The one to two times per month swimmer? I tell any new, out-of-shape, or infrequent swimmers that they need to listen to their own bodies and make sure not

to overdo it. Then I proceed with the workout that I’ve planned for the regular swimmers. If the onesy-twosy types sit out every fourth 50 or something, it usually isn’t disruptive, so it’s no big deal. This really is not a problem for our team.

*Terry Heggy
DAWGS Masters Swim Team
Lakewood, CO*

I look at masters as a lifelong fitness endeavor - something that I want people to enjoy and to have as part of their lives. It should not be something that adds stress or becomes “routine” and I want them to continue to swim with our team for a long time. I would rather have someone come to practice for part of the time than not at all and sometimes they miss the entire month. I feel that because I am flexible with both of these situations, the swimmer can feel like a part of the team and get some swimming in each month, which contributes to their overall health.

*Lori Watanabe
Mountain View YMCA
Mountain View, CA*

Swimmers, like people, have busy lives. Swimming is only a part of it. My philosophy is to acknowledge the swimmers who show up here and there, just as much as the ones that attend workouts every day. They are always shocked when I remember their names. Over time, with the right input, a coach can provide enough guidance to influence them into attending more workouts. A person’s lifestyles need to be groomed gradually in order to produce long term results. Swimmers don’t get out of shape overnight, so I don’t expect them to get into shape overnight. By not being too tough on the ‘fringe swimmers’, I see a majority of them eventually maturing into strong, multiple day/week swimmers in a very short time.

Sickie

I try to encourage them by telling them what they’ve been missing. If they like the social part of the team, I’ll mention a beer night they missed. If they’re into stroke technique I will bring up the strokework we’ve been doing. Most of the time, at some point these 1-2 per month

types will get frustrated and either ask how they can improve (which is of course to show up more often) or they will fade away.

Kevin Koskella

The one-to-two-times per month swimmer - what keeps these swimmers coming back?? is it the I’ve-paid-the-dues-so-I-better-swim thing or perhaps the it’s-90-degrees-outside-and-swimming-sounds-refreshing thing? I don’t know what makes these swimmers tick, because if I could only get to the pool 2x per month, I’d quit altogether. so kudos to them for sticking with it, for whatever the reason.

Annie Tom

What is your philosophy regarding swim paddles? Do you incorporate them into your regular sets? If so, for what purpose?

I like to use a variety of paddles to help correct sloppy technique and/or to focus on distance per stroke. I never use paddles for power. If someone feels like a paddle is straining their shoulder, I will offer a smaller paddle or different style. If that still is not comfortable, then I suggest not wearing them.

I will mix paddles into any part of the workout: sometimes warm-up, most often the main set, or the final swim set of the morning. I like to cycle from fist swimming, to open hands, to paddles, and back to fist swimming for feel of the water.

Joel Wilson

We don’t prescribe the use hand paddles in our program at all (though there are one or two swimmers that do use them from time to time). My philosophy is that paddles tend to get the swimmer focused on using the arms and shoulders to do

most of the work. But the swimming styles we employ use the arms and shoulders primarily as a transmission device to convert core body work (rotations or undulations) to propulsion.

In general, I perceive paddle use to be a bit antithetical to our core-centered swimming paradigm. Instead of paddles, we make frequent use of FistGloves.

Emmett Hines

If someone wants to swim with them, that's fine. I think we have maybe two or three people that use them at all. Personally, I'm not a big fan of paddles but I won't discourage anyone from using them. Interestingly, the faster the lane, the more paddles are looked down on.

*Brian Ellis
Fairfax County Masters, VA*

I only run 4 one-hour practices a week so the master swimmers I work with do not do enough training (yardage and drill work) to use oversized paddles and achieve positive results, so I do not use them in my work out design.

I do have the swimmers use the small black Hans Paddles at most once per week, these give swimmers a chance to use paddles and more importantly allows them to concentrate on proper and efficient underwater pull. As with all equipment I just try to help them use it correctly. I leave it up to the master swimmer to determine if they want to use paddles (skipped, small, or oversized).

*Jim Liguori
Darien YMCA, Darien, CT*

Paddle work is sensitive work in my opinion. It requires greater than average swimming skills to use them effectively. I use them sparingly and with discrimination, with my swimmers only to fix specific stroke flaws or to gain strength.

For strength training I have a different method. I use an old sweatshirt (the thicker it is, the more strength it builds) cut off at the chest. We use rubber bands to hold the sleeves in place then do short sets with it. The weight of the water on the sleeves provides specific strength

mostly on the recovery part of the stroke but some on the pull as well. This works well in combination with fist swimming.

Robert Pinter

Paddles can be a coach's nightmare when it comes to masters swimmers and triathletes. But, they have their place in workouts just like kicking, pulling and stroke work. Many masters swimmers are re-conditioned swimmers from former swim lives. Oftentimes these swimmers have over-stretched shoulders, or old injuries lying low just waiting for the right time to rise to the surface. So, I am always careful about paddle use.

For most of the swimmers, using paddles is more a matter of their choice during designated sets within the workout. These are usually mid to long range swim or pull sets. Swimmers should work on lengthening their strokes while trying to cut their stroke count down a few strokes each twenty five.

Sickie

I love paddles. BUT, paddles cannot be used with swimmers who have poor technique. When I see really poor technique swimmers using paddles and a buoy, I know that sooner or later elbows and/or shoulders will be damaged. I like to use paddles for the "feel" of starting a propulsive action during the stroke cycle in combination with the strength of the core body. In other words, if the technique is good, the paddles help emphasize the sweep.

I also like to use them in combination with fins on breaststroke pull with a dolphin kick. This assists in the sweep motion by increasing speed of the sweep. Using paddles in breaststroke pull also shows the swimmer, just by motion and feel, if they are stopping the breaststroke pull at the furthest point of the down sweep. This is such a common mistake.

The paddles are a great teaching tool. The answer is that I do use them as a technique teaching tool and do incorporate them within a practice.

Sandra G. Cathey

I personally love swimming with paddles. I usually have a pull set with buoys and paddles. I believe that paddles strengthen your upper body and allow you to "feel" what it is like to "hold" more water, plus you swim faster which is always a benefit.

On the recovery aspect of freestyle, I also think paddles insure a proper high elbow recovery. I recommend that swimmers who use paddles only use the finger bands and not the wrist band part. If one has a poor recovery, the paddle may slip.

Swimming breaststroke with paddles is always a challenge for Masters. I see lots of "waxing" arm movements instead of setting a good catch and keeping those elbows higher than the hands (not dropping elbows). It makes you work harder or at least be more conscious of what your upper body is doing.

Julie Simpson

I do not use paddles. I don't believe they improve anyone's stroke, in fact, I think it's bad for strokes and can cause or aggravate shoulder injuries. Instead I like to do a lot of fist swimming and stroke counting. Fist swimming will help you swim freestyle and backstroke correctly, and stroke counting will lengthen your stroke. Lengthening your stroke is important if you want to get more efficient and faster.

Kevin Koskella

I don't generally make a "pulling" set per se, but if on longer, more aerobic swims people want to wear them, I'm ok with that. It only annoys me, and other swimmers of course, when guys (and I've yet to see a women with these) put on those dinner plate-sized paddles and then run everyone else over in their lane.

If wearing paddles defeats the point of the set (e.g. in a short-interval-rest set, wearing the paddles will make you go faster and get much more rest than intended), then I try to keep everyone swimming without them. But again, it's masters swimming and there's a lot of choice involved. That's why we do it!

Annie Tom

Rutgers Masters Swim Team

by Coach Ed Nessel

Rutgers Masters Swimming is a team of 120 members who swim at Rutgers University, site of the 2003 long course USMS Championships. They are one of several swim clubs under the umbrella of Garden State Masters. The Rutgers Masters swim under the guidance of Coach Ed Nessel. Ed, the 1998 USMS Coach of the Year, has contributed this story about his club.

I am completing my second year here, having been asked to take over the masters coaching duties (in addition to my age-group involvement) from Kathy Copeland. It was a well run program, but limited by the university as to expansion of hours and membership.

Some of my pre-hire requests were to allow me more pool time (now up to 13 practices per week including early mornings, afternoons, and evenings) and to open up the practices to all eligible (older than 18) swimmers. I've been able to increase membership from about 45 to 120. This includes Rutgers student body, Rutgers faculty and the general public.

The newest group to join the team is the employees of J & J Pharmaceuticals. I reached out to this local corporation explaining to them the benefits of masters swimming. We came up with a real win-win-win agreement for both the employees, the company and the masters program. The fee is \$175 per semester and for every ten J & J employees who sign up, there is a \$10 discount per person.

I allow anybody interested in joining the group one free practice with me to see if my style of coaching is something that they want to experience on a regular basis. It sort of puts the pressure on me to perform, but I love it.

The Masters program proved to be not as easy a coaching task as I had hoped. There are many practices where I have four different levels of ability and only me to coach. I have, over the years, been a staunch advocate of fiberglass flex fins in training. These have been a real benefit. Those who needed the confidence to help them get across the pool with the various strokes got it from the fins. Those who wanted to swim and train even harder were able to do so with the fins.

With this varied type of membership, I had to come up with ideas to maintain their interest in swim training. I offered several swim clinics, each focusing on a different topic. These seemed to provide a welcomed addition to the day-to-day training. As is my style the clinics followed a consistent format. We begin with a classroom presentation analyzing the stroke and watching Olympic quality swimming on videos. This is followed with a discussion of the stroke and then

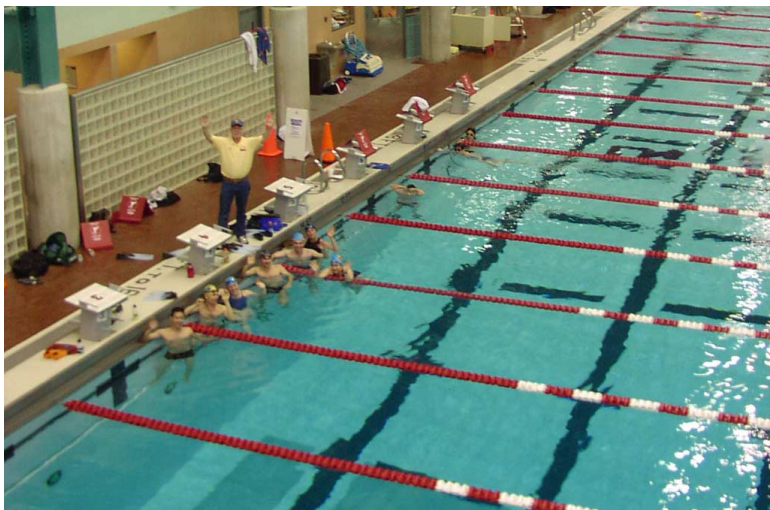
in-pool practice. We finish with a video session of the swimmers themselves. Each video was analyzed in front of all participants.

The student body (non-varsity swimmers) asked to have an intramural swim meet, and Rutgers provided one with various Speedo goodies as awards. My next project is to have a faculty/student body swim meet with relays and short individual events.

Any extra funds raised from the clinics and the increase in membership are used to pay Rutgers for extra pool time and coaching staff.

As a "thank you" to New Jersey Masters Swimming, Rutgers has graciously allowed the whole Garden State Masters (550 swimmers) to swim 100x100's (long course) to start the New Year off, which is also a community service program raising funds for food for the disadvantaged.

Rutgers has continuous scuba classes, and twice each year a "celebration" trip is planned to some gorgeous island. The Masters swim team is always invited to tag along and enjoy the beautiful blue at very reasonable rates.



USMS Coaches Committee Programs

USMS Snooper® Video Camera Loan Program

The USMS Snooper video camera is a color underwater camera on a pole (reverse periscope) which can be plugged into any video camera, TV or VCR that has "Video Input." Several teams have already had amazing results using this equipment. Purchased new from D-Zign (Marty Hull), the camera retails for about \$1,000. This may be too expensive for many teams to afford. Therefore, the USMS Coaches Committee purchased two color units to rent to USMS registered teams or LMSCs.

The Coaches Committee's goal with this project is for more teams to benefit from underwater video analysis. This is a *break through* way to make improvements in stroke technique. Both swimmers and coaches will be motivated by what they see during underwater videotaping. We recommend holding several Video Analysis Clinics for your swimmers over the 20- to 25-day rental period. By charging a reasonable fee, you will be able buy *your own* Snooper.

To request a camera, fill out the application (see www.usms.org/coach/

snooper.shtml). Attach a rental check for \$75 and a security deposit check for \$250 (both payable to USMS) and return everything to Paul Windrath. Requests will be filled on a first-come, first-served basis. Priority is given to teams using the camera at a USMS Clinic. The security deposit check is cashed and then refunded when the Snooper has been returned in a safe & timely manner.

Written instructions are included with the equipment. The Snooper *does not* include a video camera nor a TV. You must provide those pieces of equipment.

For further information on the Snooper rental program, contact:

Paul Windrath
2612 Eunice Ave.
Red Wing, MN 55066
Phone: (651) 388-8524
Fax: (612) 332-7774
E-mail: pwindrath@usms.org

For more information on this and other USMS coaching programs, see the coaches committee pages at www.usms.org

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