

Greenville Splash News

Splashing Accomplishments

Josh Roach had a fantastic race at the Caine Halter Triathlon 300 yard swim, 9 mile bike and 5k run with a time of 1:01.23. He was 22nd overall in the swim! **Robyn Bylenga** also had a great race in this triathlon.

We had 3 swimmers participate in the Death Valley Open Water Swim at Lake Hartwell. **Bobby Nachman** did an outstanding job in his first 5K swim with a fifth place finish, **Steve Stewart** was as strong as ever at his home course with a 2nd place finish and **Leslie Scott** enjoyed the peaceful tranquility of lake swimming with a 3rd place finish. Thanks to Jim Keogh for volunteering his time to be the open water meet referee.

Steve Stewart and Mark Kothe competed at the Long Course State Championships at Westside Aquatic Center. Steve got PR's and first place finishes in both the 50 and 200 breast. Mark will not tell me how he did because I called him "old school" in the last newsletter!

Heather Haley got first place overall in the Athena division and 3rd place in her age group at the Greensboro triathlon. Her first thought after finishing the swim was..."Where the heck IS everyone? Thank goodness for the bike." Heather you are showing remarkable improvement and if there is anything lacking in your swim ability you make up for it tenfold in your fun attitude!

Leslie Scott got fourth overall at the 5K Ridges Open Water Event. The swim starts at Lake Chute in Hiawasse, Ga and finishes at Clay County State Park in North Carolina. This is a beautiful swim with mountain views and crystal clear water. This year I had 2 personal kayak escorts both **Doug and Sally Long** offered to kayak. Doug had his little dog Abby on the top of the kayak leading the way. I got the wonderful opportunity to stay at Doug and Sally's mountain home in Franklin, NC. Between Doug's coaching tips and the wonderful hospitality all weekend I had the best swim ever! Let's take more swimmers next year, Doug and Sally have plenty of room!

Open Water Practices

Paris Mountain State Park has open water practice sessions Thursdays through the rest of the summer from 4-5pm. The swims are held at Lake Placid (the one with the paddle boats). Cost is \$5.00 at the gate. Sponsored by Go Tri Sports. Buoys will be set up and refreshments provided.

Lake Hartwell swims continue on Wednesdays through October start times are 5:30 and 6:15pm.

Upcoming Events

July 8 - Upstate Triathlon Meeting 7:00pm at Caine Halter YMCA. Guest speaker will be Greg Spindler who will discuss Structural Energetic Therapy

July 16 - 18 Total Immersion Swim Clinic at Caine Halter YMCA - Friday night at 6:00 pm will be a 1 hour free introductory session explaining the TI method. Saturday will be the easy swimming clinic with 4-5 hours of in and out of water swimming instruction including video taping, cost is \$150. Sunday will be the advanced easy swimming clinic, cost \$100. Slots are limited and there are only a few left. If interested please email Jeff Dishner at jeffdishner@charter.net.

July 17 - Open Water Championships Georgia State Games, Lake Acworth

Announcements

Congratulations to **Kelly and Anthony Kent** for their new baby boy! **Ryder** was born on June 18 at 8lbs, 5oz.

Welcome Our Newest Member: **Camp Wynn**

The noon workout is canceled for the remainder of the summer, we will try to pick it up again in the fall.

Leslie's Coaching Tips (Attention all Tri-Athletes!!!!)

Everyone knows kicking is important to Olympic swimmers and those that compete in meets. The fastest swimmers have excellent kicking skills. Unfortunately, there are many myths out there about not needing to kick in open water events in order to save the legs. *This is Not True.* A good kick is very important to all triathletes and open water swimmers. Kicking is more about core work, stability and balance in the water than leg work. By doing kicking in proper form, a swimmer will achieve faster results with less energy and effort. Swimmers need to incorporate kicking sets into their workouts to aid their overall swim technique and body position. A good kick begins at the core. Kick mainly from the hips, allow your knees to yield slightly to the pressure of the water, and keep your ankles loose. Keep your kick small and rapid right beneath the surface of the water. A good kick also takes pressure off your shoulders and makes you faster. Beginner swimmers tend to spend huge amounts of wasted energy on kicking when swimming. The main reason for this is that they are trying to lift the butt and legs to the surface. This can be fixed not by kicking harder but by getting in balance, press down on your buoy, make sure your head, spine, and body are all in line. Many beginners have poor ankle flexibility, make sure your toes are pointed, use fins to help, yes I said fins. Also practice stretching. When sitting at your desk use your foot to roll a tennis ball or can of soda. Or, Sit back on your ankles by sitting on your knees and bending backwards. Then there are the beginners that use incorrect leg motion such as bicycle kicking or kicking from the knees. Remember to start your kick from your core, pretend that your legs and feet are together and kick like a mermaid. That is how to start the kick. Too wide of a kick can be an overcompensation for poor balance. The best drill for kicking is vertical kicking in water that is over your head. This will cure those dreaded poor habits faster than anything else I know. Survival instincts will take over and allow your neuromuscular system to quickly figure out how to keep your

head above water. Vertical kicking can be done with fins until your skills improve. When I was in Florida a few weeks ago, the Masters coach there had swimmers kicking with tennis shoes on in order to keep a high cadence to be propulsive. (And some of you complain about our kicking sets!) Once you can use your core to motor your kick in a relaxed fashion you can save your legs on those open water events. For more help and information on kicking technique, ask one of our coaches for help. Happy kicking!!!!

The aerator is producing water temperature that has been absolutely perfect, so come on out and enjoy the summer workouts. I look forward to seeing everyone at the pool...

Leslie Scott
Masters Coach
Greenville Splash YMCA Masters

"Make a splash in life, swim!"

Contact info:
Phone: 864-283-1328
Website: www.greenvillesplash.com