



Ripples

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July 2009

Coming Events

Warragul Twilight Meet – 8/9 Aug

Morwell 14 & Under Meet – Sat 29th
Aug

Bairnsdale Meet – 13th Sept at Bairnsdale
Indoor

Warragul Junior Meet – 4th Oct at
Warragul

10 & Under Meet – 10th Oct at Churchill

Victorian Short Course Country C' ships
- 22nd-23rd Aug. at Wangaratta.

Morwell 14 & Under Sprints - 29th Aug

Victorian Age short Course C' ships
MSAC – 5th & 6th Sep.

EGWD Meet at Bairnsdale – 13th Sep

TRAINING

Training is back in full swing with good attendance at both morning and evening sessions. Remember to arrive early. Coaches need to get started on time and you as a swimmer need as much pool time as possible.

Saturday morning technique session from 9 – 10am has been revised to include all squads. This will allow all swimmers who want to improve their skills in starts, turns, finishes and stroke technique to attend. This is also an opportunity for club members to get to know each other.

COME & TRY NIGHT

The Come and Try Night was very well attended and a good percentage of new swimmers in attendance are now members of the club. A big thank you must go to the club swimmers, committee members and coaches who helped make the night a success. The club also appreciated the assistance provided by the pool staff on the night.

Oil City/Christopher Hirth Memorial Meet

The Oil City/Christopher Hirth meet was held last Sunday. There were approximately 160 competitors involved and the meet went off without a hitch. This was largely due to the club members who helped out setting up and assisting on the day. Congratulations to all the swimmers. Many PBs were broken and medals won. Caroline Lee won most outstanding swimmer of the meet. Congratulations Caroline. It was also pleasing to see a large contingent of swimmers from Kings Mornington Club in attendance.

Membership

If you haven't yet registered, get on-line and complete your registration. If you are not a registered swimmer then you are unable to compete and to train with the club. The Committee would like to get the registrations completed ASAP.

Swim Eats

Sandwiches – Lean meat/Ham/Chicken. Reduced fat cheese. Tinned fish – Tuna /Salmon. Egg (hard boiled).

Lots of Salad choices – Tomato/lettuce/grated carrot/sprouts/beetroot/coleslaw/cucumber/avocado/nuts/dried fruit/pineapple.

Desserts – Muffins (oat & honey), Fruit Muffins, Banana cake, Carrot cake, Fresh fruit.

Drinks – Water, Fruit Juice, Cordial.

Kicking – How to improve your kicking in swimming.

Better kicking = Faster Swimming

So what are the key things to think about?

1. **Loose Legs** - The key to fast swimming and fast kicking is to stay loose and relaxed. Too many swimmers think fast kicking is hard kicking. The faster you want to go, the more relaxed you have to be and this is especially true with swimming. Keep your legs loose and relaxed. Increase your foot speed but keep your legs loose and flowing.
2. **Strong Hips** - The real power in swimming is in your hips. These are your biggest muscles. The power starts at the hips and flows down to the feet and ankles. Start your kicking with a small but powerful movement of your hip, then allow the power to build as the muscles around your thighs, knees, shins and feet all join in to produce real kicking strength. How do you practice this? **Go for a walk.** You kick the way you walk. Think about it. Hips, thighs, knees, shins, ankles, feet all working in sequence – my walking is helping my kicking.
3. **Rhythm** – Rhythm is the crucial element in all efficient movements. Start simply. When kicking in Free or Back count 1,2,3,4,1,2,3,4,1,2,3,4, and so on to start to develop a consistent kicking rhythm. In Breast use a chant like “long and strong” – reach long, kick strong.
4. **Long Legs** – long legs can build kicking power more effectively than short legs. So you have two options (Plastic surgery or keep your own legs long(loose) when you kick. Its cheaper than plastic surgery. Aim to keep your legs as long as often as possible in the water. Point your toes without tension and stretch your toes towards the wall behind you with each kick.
5. **Flexibility** – flexibility allows you to get into efficient swimming positions with little or no effort. This is not only important for minimizing injuries but in terms of kicking, being flexible means you can keep your legs long, loose and build power in a flowing sequence from hips to toes. Great kickers have loose, flexible ankles.
6. **Practice Fast Kicks** – do some timed kick sets. Set standards and goals and try to achieve them.
7. **Underwater Kick off the Wall** – this is a critical area of starting well and swimming fast. In BF, BK and FS, there are three crucial kicking underwater techniques that must be mastered.
 - * Underwater BF kick needs to be fast and powerful with strong kicking in **both** directions. The kicks are relatively small.
 - * As you start towards the surface, keep kicking fast and powerfully. Do not just pop to the surface.
 - * Kick into your first stroke. This is the most important part of the underwater kicking process. You must kick with power and speed to explode into your first stroke.
8. **Get Stronger** – Great kicking is a combination of three things.
 - * Long legs – technique
 - * Loose legs – flexibility
 - * Strong legs – strength training

It is a combination of these three factors that makes a great kicker. Strong legs without flexibility will not work. Loose legs without power will not work. Why not ride bike more often, at least three times a week.

Do some legs exercises at home. But most importantly, do plenty of quality kicking with great technique in training all year round.