

Dolphin Doings

Championship edition

Upcoming news

Summer Break begins July 29th

Return Blue, White, Bronze, August 29th

Silver August 24th

Gold August 22nd

Young Olympian Stroke Clinic

August 29th – September 2nd

Team registration

September 12 & 13 4:30-6:30 PM

The championship season comes to a close the swimmers and the Dad's Club continues their tradition of excellence at the major meets. The following are highlights of the Championship season



USA Sectionals

Shelby Bottoms, Regina Aguilar, and Coach Emily Wetterauer made the assault on the University of Texas pool at the sectionals championship. Shelby qualified for the US Open in December in the 200 IM placing 3rd. She hit best times in the 100 & 200 free, 100 breast, and also scored in the top 8 in the 400 IM. Emily showed her sprinting expertise as she hit her best in the 50 free. Regina Aguilar hit season best times in 200, fly, back, and IM, the 100 fly & back, and the 400 IM. Congratulation to these swimmers for their outstanding performances.

TAGS 2005

The Dad's Club Swim team placed seventeenth at the 2005 Long Course Tags swim meet, lead by the 10 and under girls. Danielle Yoon led all swimmers hitting 100% best times. She scored in the 400 free, 100 fly, 100 free, 50 free, 50 fly, 200 IM, and 200 free. She combined with teammates Jackie Manley, Julia O'Loughlin, and Caliegh Gieser to place in the 200 free, 400 free, and 200 medley relays. Jackie Manley hit best times in the 50 breast and free placing 8th in the 50 free. Julia dropped 14 seconds - 400 free, also improved in the 100 and 200 freestyle events. Caliegh was the anchor on all three relays with strong performances placing them in the top 4.

Making huge contributions to the score was Hunter Bayley, scoring in the 100 and 200 back, 800, and 1500 freestyle achieving sectional cuts. Carleigh Kutac hit four best times in the 50 and 100 free, 200 fly and back events also qualifying for sectionals. Catherine Wagner placed in her specialty breaststroke events. She was 5th in the 100 and 7th in the 200. Jay Rockwell in his first and last tags sped to a 9 second drop in the 1500.

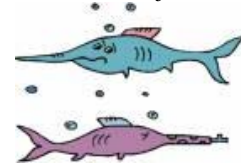
Congratulations to all swimmers for their outstanding efforts and team performance.

Senior Circuit Champs

Shelby Bottoms and Kelly Wannamaker represented the Dad's Club at the Senior Circuit Champ meet. Shelby had stellar performances in all her events. She finalized in the 200 back 400 IM, 400 free with a 14 second improvement, and her specialty 200 IM placed 7th - just missing the Junior National Cut.

Kelly Wannamaker sped to best times in the 50, 100, 200 freestyle, and 100 fly.

Great performances at this major meet.



Summer Champs

Dad's Club was well represented at the Summer champs held at Cy Fair. Beth Ballard swam to best times in 400 free, 20 free, and 200 back; Jean Beagle hit best times in both the 50 and 200 free; Travis Berk sped to a 5th place in the 50 back; Sarah Blackwell dropped time the 50 and 100 free; Zoe Bond had a major improvement in the 200 free and hit bests in the 100 free and breast; Becky Busmire improved in her 50 and 100 free events; Reagan Diaz dropped 8 seconds in the 400 free and was just off in the 200 and 100 free events; Dwayne Fortier placed in the 200 fly, and hit his stride in the 100 free; Ashley Giffen improved in the 100 and 50 freestyle; Sean Horacek cruised to best times in the 100 breast 14 second drop, 50 free – 5 second, and 100 free – 10 second drop; Katherine MacLean placed 8th in the 50 free breaking the 30 second barrier; McKenzie Moore did a great job in the 400, 200, and 50 freestyle events; John Mouton scored in both the 100 and 200 freestyle events with huge improvements totaling 17 seconds. Brian Rockwell improved in the 200 back, and 100 free, and was just off his best in the 50; Colin Rockwell placed in all events improving in the 50 fly, 200 IM, 100 back, 200 free, 50 free, 100 free, and 50 breast. Susannah Shoemaker hit her best in the 200 free, and 100 breast events.

Congratulations to all on a great summer season and great meet.



Gulf Champs

Gulf champs is the final tune up for tags, and a qualifying meet for the Southern Zone meet. Hunter

Bayley and Carliegh Kutac were selected to the Zone team for their tough performances.

Catherine Wagner hit six best times and scored in the 50 breaststroke; Julia O'Loughlin improved in five events, doing a great job in the 50 fly, and 100 free; Reagan Diaz cruised in her distance events - 0 free improving 7 seconds, and the 1500 improving 27 seconds. Carleigh Kutac began her winning ways improving in the 400 free, 200 free, and 100 free. Katherine MacLean dropped 24 seconds in the 800, and 8 seconds in the 400 freestyle events; Jackie Manley hit seven best times setting her up for a strong tags meet; Britney Morgan hit four best times with a strong swim in the 200 back; Susannah Shoemaker dropped 14 seconds in the 200 fly, also improving her 100 fly, 50 back and breast. Danielle Yoon again hit best times in all events placing 1st in the 50 fly, 50 back, and 100 free.

On the men's side Hunter Bayley hit 7 best times with a 17 second improvement in the 100 breast and 8 second drop in the 400 free. Jay Rockwell was hot in the 400 IM, and 200 free, but really sizzled in the 1500 achieving his TAGS cut in a great swim; John Mouton cruised to best times in the 100 & 50 back, as well as the 200 free. Brian Rockwell cruised to best times in the 800 free and 200 backstroke. Drew Piatkowski hit his best in the 100 breaststroke. These swimmers are preparing for the season ending meets.



Maintaining Fitness during the Swimming off-season

Swimming, a semi – seasonal sport. There are periods of preparation (pre-season), competition (in-season), and recovery (off-season). Pre-season and in-season training are the domain of the coach, but the off-season is often the swimmers responsibility. What you do in the off-season can impact the next season. The old coaching adage says "it is easier to stay in shape than it is to get in shape" is true, but most players have difficulty maintaining their fitness without a coach to supervise them. Proper planning of a year-round training program requires an understanding of the periodization of training concept.

Detraining



The first real work on detraining studied responses to bed rest and later studied people recovering from heart attacks, surgery or immobilization. Currently, there is a lot of work on detraining as directed toward zero gravity and space travel.

Training leads to two major adaptations in the body. First is the ability of the cardiovascular system to deliver oxygen to your muscle cells, and second is the ability of the cells to use the delivered oxygen. What research shows us is that the central cardiovascular system's ability to deliver oxygen to the muscles improves slowly while the muscle cells improve their ability to use the delivered oxygen pretty quickly. When training is stopped, the muscle cells lose most of what they have gained fairly fast (10 days to 2 weeks is the general range), but the cardiovascular system detrains slowly. You may have experienced this when you work out after being off for a short break. That first workout doesn't feel too bad. During that workout, the cardiovascular system takes up the slack from the cells that detrained so quickly. Lay off for a month or more, and you are starting back at zero in terms of endurance fitness.

Now, the question arises as to what can be done to maintain fitness: what is the least one can do and still keep most of their fitness? While you may not have thought too much about it, you know that training is a mixture of three factors: training frequency (days/week), training intensity and training duration (minutes/day). All three factors have been studied, and all three have to be considered when figuring out how to maintain fitness. Studies like this are difficult. First a group has to be trained, then one factor is changed while keeping the other two constant. One week of no training does not significantly reduce endurance.

Reduction in frequency: If you reduce training days by 1/3 or 2/3 (that is, from six training days per week to four or two days per week) and maintain the training intensity and duration (work as hard and as long as before), you can maintain your endurance.

Reduction in duration: If you reduce the minutes per session by 1/3 or 2/3 (or from 40 minutes/session to 26 or 13 minutes per session) and maintain the training frequency and training intensity (work as hard and as often), you can maintain your endurance.

Reduction in intensity: If you reduce training intensity by 1/3 or 2/3 and maintain the training frequency and duration (work as frequently and as long), there are significant losses of endurance fitness.

These results show that training frequency and duration can be reduced with little effect on overall endurance. However, when you train, you need to train at a training intensity similar to what you trained

at during the season. The quickest way to lose endurance is to reduce training intensity.

Other off-season considerations:



Calorie intake: During the off-season, if you reduce training volume (as days per week and/or minutes per day), you will be reducing the number of calories burned during exercise. To maintain weight (or to keep from putting it on too quickly) during a period of reduced training, you may need to reduce your food intake.

There are some swimmers who may need to lose weight to improve their performance. First, don't make this decision without some sound advice on whether weight loss is desired and get advice on nutrition and weight loss goals. Once this decision has been made, the season for weight loss is the off season, not in-season. Trying to lose weight in-season is a quick way to poor performance and possible injury. Save weight loss for the off-season.

Strength Training: Strength is one of the many factors that make up the concept of physical fitness, and most athletes can be better in their sport if they are stronger. Strength training does some things, but not others. For example, the stronger swimmer will be able to resist physical challenges better and be more resistant to injury, but strength training will not necessarily make someone. The off-season is the best time to improve strength and power. Once the season begins, the goal of strength improvement gives way to the goal of strength maintenance.

Rest: Rest is important, so take some time off - play Ultimate Frisbee, roller-blade, cycle, hike or any number of other activities - by being active, but be away from swimming. Both your body and you mind need the rest.



July
Beth Ballard
Caleigh Geiser
Gonzalez, Juan
Katherine MacLean
Claudia Mills
Harrison Robinson
Colin Rockwell
Jay Rockwell
Madeline Schlesinger
Susannah Shoemaker
Kelly K
Wannemacher

August
Regina Aguilar,
Jonty Bond
Miriam Cuellar
Yoon Jung,
Carleigh Kutac
Brittany Morgan,
John Mouton
Yifan Qin
Catherine Wagner