



Iowa City Eels Swim Club

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Holidays 2009 Newsletter

This stocked newsletter includes: 40 years of swimming excellence, Oct and Nov Swimmers of the Month, Girls High School Swimming State Meet results, Boys High School Swimming schedules, the Nutrition Corner, FINA-approved swimsuits, a description of short-course seasonal training cycles from Coach Spellman, and ICE swimmers with world record holder and Olympic Gold Medalist Ryan Lochte at the recent Minnesota Grand Prix meet!

ICE IS CELEBRATING 40 YEARS OF SWIMMING EXCELLENCE (1969 TO 2009) IN THE IOWA CITY / CORALVILLE AREA!

This season marks the 40th anniversary of the Iowa City Eels (formerly the Iowa City Swim Club) as the premiere swim club in the Johnson county area. Founded by a group of hard-working swimmers, knowledgeable coaches, and positive parents in 1969 the club has grown to become a powerhouse at the state and regional level under AAU and later USA-Swimming sanctioned competitions having produced numerous state qualifiers, Sectional and Zone level swimmers, Olympic Trials participants, and many swimmers who competed in college competition at NCAA Division I, II, or III institutions. We are currently in the process of setting up an ALUMNI page on our website which will feature quotes from people who were part of ICSC / ICE and helped create the club our current members enjoy today.

If you are a ICSC / ICE alum, parent of a former swimmer, or coached with the club in the past feel free to send an e-mail to Head Coach Donald P. Spellman (dspellman@iceels.org) about your experience with the sport while on ICE and what lessons / life skills swimming with the club has taught you (or any stories you may also remember). Those will be reviewed by the ICE Board of Directors and then certain quotes and testimonials will be added to the site.

Swimmers of the Month

October

Frost	Quinn Kopelman
Cube	Omar Karim
Waves	Mark McGlaughlin
Morays	Lily Doershuk
Senior	James Davis

November

Madelyn Luegering
Cameron Cook
Oliver Martin
Devra Flatte'
Kathleen Bowman

Swimmers of the Month selections are based on meet performance and training.

Girls High School Swimming State Meet Results

Eels swimmers were well-represented on the West High and City High girls high school swim teams, which competed at the Iowa State Swim Meet on November 7 in Marshalltown. The West High Swim Team took eighth place with 106 total points and City High took 13th with 74 points (Mason City won the meet with 275 points; the other 'local' team Cedar Rapids Prairie scored 14.5 points for 26th place). 36 high school teams scored points in this meet. ICE swimmers are listed below.

(all times are listed; place is listed if in top 16)

200 Medley Relay: City High (Eyanson, Olson, Davis, Yapp) 1:53.75 9th Place
West High (Weihe, Murray) 1:54.16 11th Place

200 Freestyle: Sarah Weihe (West) 1:54.92 3rd place
Kathleen Bowman (West) 1:58.11 9th Place
Lily Doershuk (City) 2:03.19

100 Butterfly: Beth Eyanson (City) 57.71 4th Place
Grace Murray (West) 59.94 7th Place

100 Freestyle: Margaret Yapp (City) 55.77 13th Place
Lily Doershuk (City) 57.21

500 Freestyle: Grace Murray (West) 5:10.45 4th Place
Kathleen Bowman (West) 5:15.71 6th Place
Allison Davis (City) 5:27.57
Sarah Noser (West) 5:37.68

200 Free Relay: City High (Yapp, Doershuk, Davis) 1:43.60 13th Place

100 Backstroke: Beth Eyanson (City) 59.15 3rd Place
Sarah Weihe (West) 1:01.51 10th Place

400 Free Relay: West High (Bowman, Murray, Weihe) 3:42.54 8th Place
City High (Doershuk, Yapp, Davis, Eyanson) 3:44.06 11th Place

Congratulations to all the High School Girls Swimmers! They have worked hard all fall and are now integrating into the Eels training schedule.

Boys High School Swimming

Just as the girls are integrating into the Eels schedule, the boys high school swim season is just getting underway. Just like the girls, there are many boys Eels swimmers well-represented on the high school swim teams. Get out and cheer on these young men!

Local Meets for the boys high school teams include:

Dec 8 6:00 PM	West vs. Waterloo West at Coralville Pool
Dec 12 10:00 AM	City and West in Dubuque Quadrangular at Coralville Pool
Dec 17 6:00 PM	City vs. CR Washington at Mercer Pool
Dec 19 11:00 AM	City and West in Mercer Invite, Mercer Pool
Jan 5 6:00 PM	West vs. Muscatine at Coralville Pool
Jan 12 6:00 PM	City vs. West at Mercer Pool
Jan 19 6:00 PM	City vs. Cedar Falls at Mercer Pool

The full schedules for the boys high school teams are at the following two links:

<http://www.iccsd.k12.ia.us/Schools/City/athletics/wintersports0910/boyswimming.pdf>
http://www.iccsd.k12.ia.us/Schools/West/athletics/sports/BoysSwimming/schedule_results.htm

Practice Cancellations due to high school meets are listed on the Eels website. Please note **On Sat. December 19th (Mercer Invitational Meet) all groups will have early workout times: Morays, Senior, and Waves will swim from 7 to 8:30 AM / Masters 7 to 8:15AM / Frost and Cubes at 7:30 to 8:30AM*



Sid McMillin with Ryan Lochte

Nutrition Corner

Information provided by BY KATHLEEN WOOLF, PhD, RD/USA Swimming Correspondent

As a swimmer, many of your practices start early in the morning. When you rise before the sun, there is less time (and desire) for eating a healthy breakfast. However, breakfast is *the most important meal* of the day and can influence performance in school and the pool. A healthy breakfast should include whole grains, fruit, dairy and protein. Having breakfast as part of your daily routine is a habit worth keeping.

Time after time, research supports the importance of a good breakfast for top school performance. Kids who eat breakfast study, listen and concentrate better. In other words, skipping breakfast leads to poor school performance. Breakfast-skippers have lower intakes of many vitamins and minerals compared to breakfast-eaters. Physical performance also improves on the days a healthy breakfast is consumed.

If you have an early morning practice, your breakfast needs to be split in two: a “pre-event breakfast” and a “recovery breakfast.” Your “pre-event breakfast” is the last opportunity to “top off” your fuel stores before practice. Having a pre-event meal will delay fatigue during exercise. Include foods that can be quickly digested and absorbed, such as cereal and/or toast, fruit or 100% fruit juice and low-fat milk or dairy. You can even plan to eat the pre-event breakfast in the car on the way to practice. Peanut butter sandwiches, yogurt drinks, fruit, string cheese and bagels are all great examples of healthy “grab and go” foods.

Right after practice, you should eat your “recovery breakfast.” After your workout, your body is primed to store more carbohydrate than at any other time during the day, allowing your body to replenish its carbohydrate stores so that you are ready for your next practice or event. Carbohydrate-rich foods and beverages, such as cereal, 100% fruit juices, low fat milk and yogurt should be the core of your recovery breakfast. Also, include some protein, such as peanut butter, cheese, lean meat, or eggs, to help repair and rebuild muscle. If you don’t choose wisely, you will have a difficult time during your next workout.

Make sure you “break the fast” so that you can swim faster!

Kathleen Woolf, PhD, RD is a registered dietitian and a member of the American Dietetic Association, the Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group, and the American College of Sports Medicine. She is an assistant professor in the Department of Nutrition at Arizona State University.

[FINA issues initial 2010 list of approved swimsuits](#)

This is an issue we have followed in past newsletters. FINA has issued its first list of swimsuits that have been approved for use in competition. **The 2010 List of Approved Swimsuits, available here:** http://www.fina.org/project/index.php?option=com_content&task=view&id=2688&Itemid=107 is not all-inclusive and is not the final list. As additional suits are approved, they will be added to the list. Please ask your coach if you have a question about a particular swimsuit.

Until such time as FINA publishes its final list, USA Swimming will allow all swimsuits meeting the criteria below, including those listed on [USA Swimming's Reference List for Allowable Swimsuits](#) in USA Swimming competitions:
<http://www.usaswimming.org/USASWeb/ViewNewsArticle.aspx?TabId=1&Alias=Rainbow&Lang=en&ItemId=2631&mid=2943>

The criteria for allowable swimsuits at USA Swimming competition, under Rule 102.9, is as follows:

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer; and
3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

Again, please ask your coach if you have a question or would like a recommendation for a suit.



ICE girls swimmers with Ryan Lochte in Minnesota!

[Short Course Seasonal Training Cycles for Senior Swimmers](#)

Dec. 1, 2009

For Intermediate and Senior / National level swimmers the short course season is usually broken down into 4 cycles for USA-Swimming Club teams. College programs use similar cycles with adjustments for periods of heavy dual meet and invitational competitions. While technique is the cornerstone of any good program there are different energy systems and training phases that are addressed at certain times in the season. The goal is to go through each phase healthy and with proper technique so the taper / championship season is not adversely effected. Since the typical short course season in the United States runs from September to March / April at ICE we use the following schedule for our Morays and Senior groups (and somewhat for Masters too).

1. September to mid-October – Preseason period (7 weeks) – The items in training we focus on include a lot of technique work (drills and easy to build swimming) and a gradual increase in volume the first four to five weeks. There is a little speed work mixed into the workouts but it is usually around 30% or less of the overall yardage for the workouts. There is little specialization training done during this time – the focus is on developing solid technique in all strokes and establishing an aerobic base to train and race off of later on in other phases of the season. Drill work and technique based sets done at speeds lower than race speed make up to 50% of the workouts. Kicking is done frequently with various levels of intensity each week. Dryland work is gradually introduced into weekly training patterns as well.

2. Late October to early December – In season phase #1 (6 to 7 weeks) – This time period has the focus shift to more speed work and specialty work while mixing in days devoted to aerobic work and technique work. Cross training is also a big component of this time period (with a lot of sets devoted to off or secondary events and IM work in order to train supporting muscle groups). Usually two days per week are set aside for swimmers to work on their main events (with ICE that is on Tuesday and Thursday nights and sometimes Saturday mornings if high school dual meets get in the way during the week.). This is also when early season meets come into play and swimmers are looking to establish times in certain events at the Senior and National level. In early December there is also a short taper (or mini-taper) phase for certain swimmers who attend USA-S National Championship meets. Both Jr. and Sr. Short Course Nationals meets take place in early December on the new USA-S schedule introduced under current national team director Mark Schubert during the last Quadrennial Plan (2004 to 2008). This is also a time period in the state of Iowa where female high school swimmers typically come back to the club setting and most males in the state join their high school teams for training due to the timing and placement of the high school seasons.
3. Mid-December through January – In season phase #2 (8 weeks) – During this time period there is a break in meets around the holidays when swimmers focus on getting in a big batch of aerobic work and technique work. The intensity of training also picks up a bit during that time period as swimmers do not have to perform in a meet setting for a few weeks. Most college programs schedule a training trip during this time (usually to somewhere sunny and warm) and get the swimmers and coaches away from distractions of school and home and increase training ratios for all swimmers. They usually schedule a dual meet or two (and/or novelty meet) in during this time period as well. At ICE we focus on offering increased training for our top swimmers and make the attempt to offer consistent practice options for our other groups. The end of this cycle includes some high level meets (USA-S Grand Prix and Midwestern All-Stars) along with typical club invitational meets around the area. IM and mixed stroke sets are usually done two to three times per week in the Senior group with an emphasis on fast turns and breakouts. Intense and speed focused kicking sets are mixed into workouts up to four days each week.
4. Early February to taper meets – Championship & Taper phase (4 to 5 weeks depending on level and date of competitions). This phase leads an athlete into Championship season when they focus on the main events that they will compete in at meets they have qualified for during the season. Swimmers in the Morays and Senior groups generally aim their training and preparation work for ISI Senior Championships and USA-S / Speedo Sectional series meets and aim tapers at two to four events in particular. The first three to four weeks of this phase involved both high intensity and skill work with an eye on a few

more recovery days mixed in than the prior two phases. Technique is always a priority during the short course but is the highest priority during this phase and adjustments are made to daily and weekly individual training schedules if technical problems creep into main sets. Resting away from the pool becomes a big priority for older swimmers about 16 to 10 days out of main competitions and morning workouts are either cut down or totally done away with at that point of the season. Distance swimmers will frequently do sets at pace or a bit faster than a pace aimed for certain races (mainly the 1000 and 1650 Free). Distance swimmers will also do a few more AM workouts later into the taper phase although the volume will decrease a bit. Sprinters will alternate between short sets of intense work and recovery / technique based sets. Dryland work is tapered as well with only reinforcement work done the last 8 to 10 days before the big meets. Generally the last five days of tapering yardage totals are based off meet warm-up durations and projected volumes at main meet sessions. At certain times up to five different types of workouts will be conducted at practices from mid-February to mid-March in the Morays and Senior groups. This is a very critical time period for both swimmers and coaches to communicate and monitor all areas of training AND recovery. The Masters group (which is mainly a fitness oriented group) is generally about 3 to 4 weeks behind in this phase since the Iowa Masters Championships are held in mid to late April each year.

For the ICE age-group program these phases generally fall within similar time periods but since the athletes are less specialized in the events they swim and less physically mature all workouts are aimed to work on technique and skill development over training certain energy systems. Those systems will be developed naturally over time with consistent training and natural physical growth by the athlete. By the time an athlete is 13 to 15 years old they will show some tendencies as to what their main events will be in the future. Since championship meets for swimmers over 13 are held in a prelim / finals setting the sport will usually drive most athletes to start picking a few main events in their early teens. Most swimmers (Mr. Phelps and Ryan Lochte being notable exceptions) specialize a bit more during their high school years or while in college programs.

If you have any questions about training schedules or meets make sure to contact Coach Adam or Coach Don (depending what group your swimmer(s) are currently training in for this season).

See ya at the pool!

Donald P. Spellman