

April 2010

The Manatee Monthly

Speedo Tip of the Month

This month's Speedo tip comes from Kelsey Savage-Hays, Correspondent. "Of course the start matters, the turnover rate counts, and pace strategy shouldn't be overlooked, but in a head-to-head match, it's the finish that makes or breaks a race. Here are four do's and don'ts from Brian Brown, head coach of Asphalt Green Unified Aquatics, to help you hit the wall first.

Do anticipate. "The wall shouldn't surprise you," says coach Brown. A strong finish needs as much finessing as any other technique, and the best way to practice is by doing short sprints during workouts while memorizing your race-pace stroke count per lap. Work on reaching for the wall every time with a fully-extended arm.

Do Count. For perfect timing, coach Brown emphasizes that the first stroke sets up the last, so starting the breakout stroke with great form means you're more likely to match the stroke count you've practiced, giving you a better idea of where the wall will fall.

Don't breathe! Freestylers should take their last gasp before passing under the flags and then keep their head down until they touch the wall. Butterfliers, coach Brown points out, might end up inhaling between the flags and wall (depending on their natural breathing pattern), but they definitely shouldn't breathe on the finishing stroke.

Do make the last stroke count. Hit the touchpad energetically at the end of each race to stop the device and make your time official.

Don't Peek. "It's a common error for a swimmer who's in the lead to sneak a look at a close contender and end up placing second," says coach Brown. Instead of worrying about the final standings, tuck your head down and aim for the touchpad. Let the scoreboard announce who wins. "

MPSCPA Meeting:

When: April 12th,
7:30pm

Where: PW Program
Bldg

Who: All MPSC
Members



Open Water Swimming Opportunities

MPSC Swimmers have 2 opportunities to compete in open water swimming this Long Course Season. They are the Low Country Splash, a 2.4 mile swim through the Charleston Harbor, and the Clemson Open Water Swim. Senior Elite and Senior swimmers are expected to swim in the Low Country Splash. Pre-Senior swimmers who have completed the 1650 are encouraged to swim the race as well. The Clemson Open Water swim provides opportunities for swimmers of all ages. Safety tips for open water swimming can be found on page 2 of this newsletter.



April 2010

The Manatee Monthly Pg 2...

April Birthdays

Jeffrey Bobby - 13 Daniel Lowry - 18
Riley Conway - 10 Megan Lowry - 16
Erin Dibona - 13 Christopher Malanuk - 13
John Drennan - 14 Lucas Mayer - 17
Gabrielle Giles - 14 Anders Pittman - 9
Michael Jessup - 11 Doug Stieby - 15
Victoria Klein - 15

Important Dates...

04/17/10-04/18/10 – All State Banquet
04/21/10 – MPSC Banquet
04/24/10-04/25/10 – SMRT Long Course Invitational

Manatee of the Month:

A manatee of the month is someone

- ❖ who is a leader
- ❖ has good work ethic
- ❖ is committed to personal goals
- ❖ is a responsible teammate

The Manatee's for April are:

Blue - Jane Bunting
Orange - Millie Noury
PreSenior - Doug Stieby
Senior - Kylie King
Senior Elite - Chase Muller

Open Water Swimming

The onset of the long course season brings opportunities for MPSC swimmers to experience open water swimming. Regardless of whether or not a swimmer has familiarity in open water, there are several safety tips to keep in mind when swimming in places with no lines on the bottom.

- Wear sunscreen
- Drink plenty before swimming
- Swim with a buddy
- Look for landmarks
- Don't go too far out; swim parallel to shore
- Watch for other swimmers arms and legs
- Breathe from side to side

Sources - USA Swimming and About.com

MPSC Facilities and Contact Information

R.L. Jones Center
391 Egypt Road
Mount Pleasant, SC 29464
Phone: 843-884-2528

Park West Pool
1251 Park West Blvd
Mount Pleasant, SC 29466
Phone: 843-856-2536