

December 2009

# The Manatee Monthly

## Speedo Tip of the Month

### Warm Ups

This month's Speedo Tip comes from DAVID SWENSEN//Doctor of Chiropractic, Certified Strength and Conditioning Specialist

**“Warm-up.** A proper warm-up may do more than just increase body temperature, which makes the muscles more pliable, and brings more blood (and therefore oxygen and nutrients) to the muscles when swimming. It also appears that warming up helps improve the efficiency of the nerves that control your muscles. A study compared a group of swimmers who warmed up by actively swimming (active warm-up) compared to a group that warmed up by using a heated room, hot tub or hot shower (passive warm-up). The active warm-up group performed better than the passive warm-up group during their first event.

**What? No warm-up pool?** While it is best to actively warm-up for your race, your body will benefit from staying warm if you don't have access to a warm-up pool. One finding of the study may help you in between events when you have no access to a warm-up pool. The researchers found that there was a greater performance benefit to keeping the body warm in-between events. When there is no warm-up pool, this can be accomplished by taking a warm shower, or just wearing your team warm-ups.

**Warm-down.** Several research studies have looked at the effects of warming down. Resting after an event by just sitting or lying down is known as passive recovery. Active recovery is when you perform exercise during a recovery period, such as when you swim down after your event. Did you ever wonder how fast you should swim during your warm down? Researchers found that it is better to swim at a faster pace during warm down than to just cruise and splash around. It was found that warming down at a pace that is equivalent to your lactate threshold will help you recover more quickly and will result in better performance in your next event. If you don't have a high-tech lab at your pool to figure out how fast you have to swim to reach your lactate threshold, a good estimate of your lactate threshold would be to swim at the fastest pace which you could steadily hold for an hour.”

**MPSCPA Meeting:**

**No MPSCPA meeting  
in December.  
Happy Holidays!**



## Holiday Training

The holiday season is upon us! Time to put your best practice foot forward and swim for the **Merry Maniac Award**. Any swimmer that makes the following number of practices over the holiday season will receive a Holiday Training T-Shirt.

Blue - 9 practices

Orange - 11 practices

PreSenior - 18 practices

Senior - 19 practices

Senior Elite - 21 practices

Check the website under events for details on practice days and times.



[www.mountpleasantswimclub.com](http://www.mountpleasantswimclub.com)

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### *The Manatee Monthly Pg 2...*

#### December Birthdays

Andrew Borganti - 10	Kathryn Martin - 19
Karis Brown - 17	Benjamin Meyer - 11
Allie Buechele - 14	Mark Mulder - 11
Natalie Burton - 7	Chelsea Savage - 11
Courtney Fetchen - 14	Karyle Stackhouse - 15
Chase Heffron - 14	Savannah Vories - 9
Collin Heinold - 11	

#### Important Dates...

12/10/09-12/12/09 - Jr.  
Nationals

12/11/09-12/013/09 - Snow  
Flake Invite

12/19/09-1/2/10 - Holiday  
Training

12/24/09-12/26/09 - No  
Practice

1/1/10 - Polar Bear Plunge

#### 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 December are:**

**Blue** - Josh Adams

**Orange** - Carter Brzezinski

**PreSenior** - Laura Brotherton

**Senior** - Travis Morrin

**Senior Elite** - Jonathan Lierley

#### IMX Challenge

"The IMX Challenge, with its two components, IM Ready and IM Xtreme, is a motivational program where swimmers are scored on their performances in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming."

**49 MPSC swimmers have IMX scores so far this season.**

#### 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  
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