

~ ~ ~ HWSA Dolphins Newsletter ~ ~ ~



May 9th, 2005 (Vol2 Issue 2)



Some Annoucements

- We are ordering new team T-Shirts & shorts for the Summer season for the swimmers, parents, siblings, and all other fans of the team. Orders are due in by **May 13th**. You will find order forms upstairs by the bulletin board. Prices are as follows: T-Shirts are \$6.00 and the mesh shorts are \$12.00. Both will have our team logo on it. Sizes for the shirts are YL, Adult S, M, L, XL and for the shorts are YM, YL, Adult S, M, L, XL. Checks are made payable to HWSA. You can call Lena Vallance if you have any questions 708-430-1109. You can turn in orders directly to her, put the order and check in Allie Vallance's folder, or Coach Tom's folder upstairs.
- Parent Meeting this Wednesday in the pool balcony this Wednesday from 7:00 – 8:00.
- Are entries were accepted for the Naperville USS meet May 21st & 22nd. Meet entries are posted on our website: www.hwsadolphins.org
- We are still waiting acceptance for the Notre Dame and St. Charles USS meet. Once accepted our entries for these meets will be posted also.
- Our first dual meet is only 2 weeks away against TPSC at home on 5/25.

Group 1 Contest

Group 1 will be having a contest starting Thursday May 12th. 2 swimmers from the 3 individual groups in Group 1 will be awarded a star. A total of 6 stars could be awarded each practice. Stars will be awarded by the coaches to the swimmers based on listening, learning, and practicing good. When the first 6 swimmers reach 10 stars, prizes will be awarded. The surprise prizes will be announced when handed out. Once 6 swimmers reach 10 stars, we will then start everyone from 0 and start the contest all over.

Schedule Change

There will be **no practice** this Saturday for all groups. Coaches will be attending a coaches clinic this Saturday and Sunday.

Upcoming this week

Monday:	Grp 1:	6:15 - 7:00			
	Grp 2:	6:30 - 7:20			
	Grp 3:	7:30 - 9:15	Thursday:	Grp 1:	6:15 - 7:00
	Dryland Grp 3:	6:15 - 7:25		Grp 2:	7:00 - 8:15
Tuesday:	Grp 1:	6:15 - 7:00		Grp 3:	7:30 - 9:15
	Grp 2:	7:00 - 8:15	Friday:	Grp 1:	6:15 - 7:00
	Grp 3:	7:30 - 9:15		Grp 2:	7:00 - 8:15
Wed:	Grp 1:	6:00 - 6:45		Grp 3:	7:30 - 9:15
	Grp 2:	6:45 - 8:00		Dryland Grp 3:	6:15 - 7:25
	Grp 3:	7:00 - 8:30	Sat.:		No practice
	Dryland Grp 3:	6:00 - 6:55	Sunday:		No practice
	Parent Meeting 7:00 - 8:00				

Check out our team's website: www.hwsadolphins.org

Dates to Remember

- May 11th:** Parent Meeting 7:00 – 8:00 in the upstairs pool balcony.
May 13th: Team T-Shirt/Shorts order are due.
May 18th: Decatur USS meet entries are due.
May 25th: HWSA's first dual meet of the season. Home against Tinley Park.

Stroke Tips

BREASTSTROKE - How Wide To Pull?

I have been asking our team here at HWSA to lengthen our pulls in breaststroke. Too many swimmers are too narrow. I ask our swimmers to pull out to 10 and 2, the numbers on a face clock. Many swimmers feel like they are pulling wide enough, but in actually they are way too short. Hopefully the below article will help.

When teaching breaststroke, or if you're just learning the stroke, it's best to start with a small, narrow pull. This helps you develop the correct rhythm and timing for the stroke. In the learning stage, if you pull too hard...or too wide...or too far back, it's difficult to get your arms back into streamline before the start of the kick, and this throws off your timing.

Your initial focus in breaststroke should be on your timing and on the rhythm of your body. Once you establish good rhythm, and once you progress beyond the learning stage, then, over time, you can begin to experiment with a wider, more powerful pull. Only when you have good rhythm and mature arm strength should you begin to focus on the width of your pull. And even then, it's good to start gradually and not overdo it. If you find that sending your hands wider makes it harder to maintain your turnover or body rhythm, then you're probably pulling too wide, and too far back.

Many elite breaststrokers use a very wide pull, and we have chosen Staciana Stitts to demonstrate this fact. Staciana, an Olympic Gold Medalist on the 400 Medley Relay in Sydney, is one of the best 100 breaststrokers in history, and her success is due to many years of hard work.

Pulling as wide as Staciana will take strength and training. It takes time to develop the power necessary to send your hands this wide AND to maintain your rhythm.

Why Do It:

The big benefit of pulling wide, is that you'll be pulling more water to move you forward. Also, the wider your arms, the more powerful levers you create to help you draw the hips forward during the insweep. Wide arms help you connect the movement of your arms to the motion of your hips and chest.

How To Do It;



1. Swim breaststroke as you normally would, setting up a comfortable, consistent rhythm. When you first start to experiment with the width of your pull, don't start out by swimming TOO fast. Just keep things at a relaxed pace.
2. As you swim, keep looking toward the bottom of the pool as you send your hands directly out toward the side walls. Keep your hands fairly HIGH, or close to the surface.



3. Try not to PUSH your hands out but, rather, use the momentum of your body to help SEND them out. You can see in the 2nd picture that Staciana's arms are pretty straight. If you try to get to this position by PUSHING, it may feel powerful, but it's not very pro-ductive. It's better to use the press of the body to SEND the hands out.



4. Prior to allowing her elbows to pass her shoulders, Staciana begins to turn the hands and sweep them down toward the bottom. This is where the REAL acceleration begins in her pull. It's here that she begins to draw her hips forward, and allows her chest to rise to begin her breath.



5. As her hands continue in, Staciana continues to accelerate her hands and draw her hips forward. With the hands starting wider, she is able to stay connected with the wa-ter through the entire process of drawing the hips, and sending the chest and head up to air.

How To Do It Really Well (the Fine Points):

By watching the short video clip, you'll see that by sending the hands out wider, Staci-ana is able to use her arms more effectively to bring her hips forward quicker, which means she's also setting up a more powerful kick.

Practice different widths for your pull. Make sure your coach is watching, and make sure you're not disturbing your rhythm. When you first try this, you may feel that by pulling wider, you get "caught" in the back of your stroke, and it's harder to recover quickly. This is one reason to keep thinking about keeping your hands high through the pull. Keep working on finding the perfect balance between how wide, how rhythmic, and how powerful your pull is.



----- Happy Swimming, Coach Tom