



## NEWS RELEASE: October 30, 2012

### Ohio LMSC Board Meeting

**Open to ALL Members of the Ohio LMSC - November 10<sup>th</sup>** We will meet at the Miami pool from 10:30 AM to ~11:30 AM ... the day of the Miami Meet. Jen Wood has arranged for us to have the "Wet Classroom" right next to the pool area... it's to the left just before you walk through the 50 meter pool doors. People will probably be in the lobby area to give directions if needed. We plan to finish in plenty of time for people to deck enter if you're a procrastinator and haven't signed up yet... and in plenty of time for warm-ups.

### Back to the Basics --- *Good to know info*

**Freestyle** - It's estimated that over half of the success in sprint swimming depends on upper body strength. At distances from 50 to 500 yards, the individual with the greatest strength during the pull overcomes more of the drag created by his/her body. We tested the arm strength of 40 college and 60 Masters swimmers and found that we could accurately predict how fast they could swim the 50 to 500 yard freestyle events. See the whole freestyle article by Dr. David Costill at: <http://www.usms.org/articles/articledisplay.php?a=108>

**Backstroke** - Here's a drill that has multiple benefits for the backstroke. It will help with timing your arm strokes, getting you to rotate from your core, and keeping your kick steady. And the good news, it's an easy drill to master. You can do it with fins or not. If you already have a good kick, go without fins. If your kick needs work, don your fins. You'll ultimately benefit more without them. Check the backstroke video at: <http://www.youtube.com/watch?v=TaKl8b8NYSg&feature=youtube>

### Excellent Ohio LMSC News The Dayton Area Sharks annual swim meet produced 20 "Bobble-Head" winners on October 20<sup>th</sup>

If you weren't there, You missed a Great time! Congratulations to all the first-time competitors ... You were Awesome!

**Please** Send "Good to Know" Information or interesting articles for future News Releases to: [OHEditor@usms.com](mailto:OHEditor@usms.com).

### 2012 & 2013 *Coming Events*

<i>Date</i>	<i>Event</i>	<i>Location</i>	<i>**</i>	<i>More Information</i>
Nov 4	O*H*I*O Masters Pentathlon	Stow, OH	SCY	<a href="http://www.ohiomasters.com/meets/AkronGen12.pdf">http://www.ohiomasters.com/meets/AkronGen12.pdf</a>
Nov 10	<b>Miami Redfin Meet</b>	Miami University; Oxford, OH	SCM	<a href="http://www.usms.org/comp/event.php?MeetID=20121110MiamiRS">http://www.usms.org/comp/event.php?MeetID=20121110MiamiRS</a>
Nov 12	Carleton Hour of Power	Your program's home pool	SCY	<a href="http://www.carleton.edu/departments/publ/sportsinfo/HOP/HOP2012flyer.pdf">http://www.carleton.edu/departments/publ/sportsinfo/HOP/HOP2012flyer.pdf</a>
Nov 18	2012 Louisville Invitational	University of Louisville	SCM	<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1282&amp;smid=4206">https://www.clubassistant.com/club/meet_information.cfm?c=1282&amp;smid=4206</a>
Dec 8-9	O*H*I*O Masters	Hudson, OH	SCM	<a href="http://www.ohiomasters.com/meets/Hudson12.pdf">http://www.ohiomasters.com/meets/Hudson12.pdf</a>
Dec 1-31	400 Kick for Time	Postal Event	SCY	<a href="http://www.usms.org/comp/event.php?MeetID=20121201MEMO-1Y">http://www.usms.org/comp/event.php?MeetID=20121201MEMO-1Y</a>
Feb 9	<b>Miami Redfin Mardi Gras Meet</b>	Miami University; Oxford, OH	SCY	<i>(Coming soon)</i>
Mar 16	<b>Anderson Meet</b>	Anderson YMCA; Cincinnati OH	SCY	<i>(Coming soon)</i>
Apr 11-14	YMCA Masters Nationals	Ft. Lauderdale, FL	SCY	<a href="http://www.ymcaswimminganddiving.org/displaypage.asp?Cat=2013Masters">http://www.ymcaswimminganddiving.org/displaypage.asp?Cat=2013Masters</a>
May 9-12	USMS Spring Nationals	Indianapolis, IN	SCY	<a href="http://www.usms.org/comp/scnats13/">http://www.usms.org/comp/scnats13/</a>
Jun 5-9	Pan American Championships	Sarasota, FL	LCM	<a href="http://www.panamericanmasters2013.org">www.panamericanmasters2013.org</a>
Jul 21 - Aug 1	National Senior Games	Cleveland, OH	SCY	Age 50+ (Must Qualify in 2012) <a href="http://www.nsga.com">www.nsga.com</a>
Aug 7-11	USMS Summer Nationals	Mission Viejo, CA	LCM	<a href="http://www.usms.org/comp/nationals.php">http://www.usms.org/comp/nationals.php</a>

\*\* SCY = Short Course Yards (25 yard pool)    SCM = Short Course Meters (25 meter pool)    LCM = Long Course Meters (50 meter pool)

### Swimmers Hair

My hair is less than 2 inches long, but for years I have had a bad case of swimmer's hair. It was bleached to some strange color and very brittle and frayed. I tried chlorine removal shampoos, conditioner and leave in conditioner. Nothing worked. I saw a suggestion on the internet and tried it. Put about a teaspoon of baking soda in the palm of your hand. Pour a normal amount on shampoo on it and mix the baking soda and shampoo into a paste with your finger. Shampoo your hair with the paste. I no longer smell chlorine when I wet my hair before practice and my hair is healthier than it has been for years. ~Rick Haverland, [OHFitness@usms.org](mailto:OHFitness@usms.org)

### Let us know about your meet

If you are hosting a meet, let us know... We will advertise it in upcoming newsletters... If you want to have a meet or two in the coming year, now is the time to schedule them. Send an e-Mail to Jeff at [OHSanctions@usms.org](mailto:OHSanctions@usms.org) for details.