

# PACIFIC SWIMMING

ATHLETE NEWSLETTER

/ Summer 2013



## MAKE A SPLASH IN THE PACIFIC

BY JACK FERGUSON

I was one of those kids who was near, splashing, or submerged in water nearly every hour of every day for the first few years of my life. I've seen pictures of my dad holding a chubby chipmunk of an infant captioned "Dad with six-year-old Jack making splashes". By the time I was three, my parents were no longer in the pictures. I eventually took to floating on my back for hours upon hours, lulled nearly to sleep by the gentle waves in the pool.

"Where's Jack?"  
"Swimming."

That was always the answer. And I guess to a large extent it still is. I was fortunate enough to receive countless swim lessons and belong to a private club with a pool. And so I became "pool-safe" at three. But not everyone has gone through the same experience when it comes to learning how to swim.

70% of African American, 60% of Latino children & 40% of Caucasian children cannot swim. 10 people drown each day in the US.

**Drowning is the 2nd leading cause of childhood unintentional death for children under the age of 14.**

These are the main statistics used by USA Swimming's Make a Splash foundation to promote awareness for water safety among children. Make a Splash is an organization founded to equip children and parents with the skills and information to save lives in the water. The organization partners with USA swim clubs, YMCAs, summer league programs, and school districts to further its outreach to the national community. For the past two years, I have been involved in a local Make a Splash partnership with the Pacific Coast Marlins (of our own Pacific Swimming LSC) in San Rafael. We have recruited volunteer instructors from all different backgrounds, including swimmers from three different Pacific Swimming teams (Pacific Coast Marlins, North Bay Aquatics, Marin Pirates), summer leagues, high school teams, and even non-swimmers who just enjoy working with kids in the water! Charged with the task of teaching 40 kids from the canal district of San Rafael, many of which are underprivileged and

have no prior swimming experience, our instructors have leapt to the challenge.

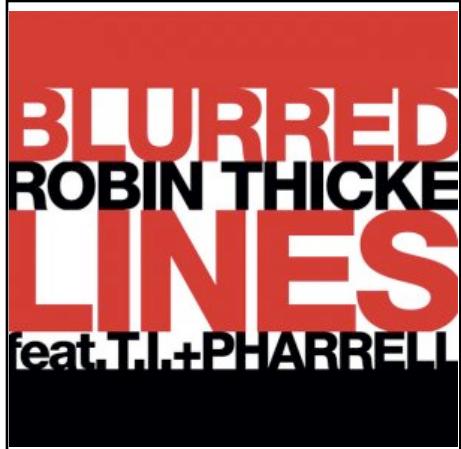
It really is rewarding work. I am able to pass on the knowledge of a sport that has been such a crucial part of my development as a young adult to the next generation, in the hope that they will be able to pass it on in the future. And we don't just teach the skills for swimming. We build confidence, perseverance, and mental character. Swimming is so much more than just propelling a body through water. It's about the improvement and the accomplishment. Watching Roy leave the wall on his own for the first time, Erik finally putting on his goggles and looking underwater, underwater dance parties with Christian, Leo's first full lap in a 25-yard pool. It's like reliving my childhood over and over again. So if you get a chance, Make a Splash. I guarantee it will be worth it.



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## TOP 10 PUMP UP SONGS OF THE SUMMER

BLURRED LINES - Robin Thicke feat. TI + Pharrell

GET LUCKY - Daft Punk

WE CAN'T STOP - Miley Cyrus

RADIOACTIVE - Imagine Dragons

CAN'T HOLD US - Macklemore & Ryan Lewis feat. Ray Dalton

CRUISE - Florida Georgia Line feat. Nelly

MIRRORS - Justin Timberlake

TREASURE - Bruno Mars

COME & GET IT - Selena Gomez

THE WAY - Ariana Grande feat. Mac Miller

### NEWSLETTER CONTRIBUTORS:

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## OPEN WATER

BY CATE MACGREGOR

This April, more than 30 swimmers braved freezing temperatures and strong currents of the San Francisco Bay to raise awareness for drowning prevention. Swimmers from all over California and Arizona grabbed their goggles, put on bright green caps, and donned wetsuits to swim either the 1.4 miles from Alcatraz Island to San Francisco Aquatic Park, or to swim 1.2 miles along the length of the Golden Gate Bridge.

Both of these daring swims were organized by the Foundation for Aquatic Safety and Training (FAST), an organization dedicated to promoting water safety and preventing drowning. The FAST Foundation was inspired by Arizona swimmer Braxton Bilbrey, who, at the age of 7, became the youngest person ever to swim the treacherous 1.4 mile stretch between Alcatraz and the shores of San Francisco. Since its creation in 2006, the FAST Foundation has organized numerous open water swims, where swimmers of all ages learn to escape their limits and do things they never believed were possible. In addition, all of the money that the swimmers raise by competing in these open water swims goes to outreach programs that teach underprivileged children valuable lessons to prevent drowning. At its core, the FAST foundation provides a way for all children to achieve their goals, no matter how impossible those dreams might seem.

LEARN MORE ABOUT THE  
FAST FOUNDATION AT  
[THEFASTFOUNDATION.COM](http://THEFASTFOUNDATION.COM)



### OLD AND NEW FACES AT THE PHILLIPS 66 NATIONAL CHAMPIONSHIPS

BY CLARA GRAY

*At the 2013 Phillips 66 National Championship meet, many swimmers claimed titles and qualified for the upcoming World Championships. Among these swimmers are veteran and London athletes as well as new faces that may become our next generation of Olympic swimmers.*

· **MISSY FRANKLIN** swam brilliantly, and hasn't lost her spark since the London Games. She claimed titles in the 200m freestyle and 100m freestyle. She also won the 200m backstroke, breaking the meet record in the process with a time of 2:05.68.

· **RYAN LOCHTE**, despite his lack of training this year, still swam well. He won titles in the 200m freestyle and 200m backstroke. He swam the 200 back with the third fastest time in the world this year. In addition, Lochte just missed the World Record in the 200 I.M.

· **KATIE LEDECKY**, reigning Olympic gold medallist in the 800m freestyle, qualified for World Championships in the 200, 400, 800, and 1500m freestyles, solidifying her dominance not only as a distance swimmer, but as a mid-distance freestyler as well..

· **EUGENE GODSOE** qualified for his first FINA World Championships team by winning the 50m and 100m butterfly in Indianapolis. Although he had a slow start in his 50, he finished first with a time of 23.29. **MATT GREVERS** finished right behind him in second place with a time of 23.50.

· **TOM LUCHSINGER** also made an impressive swim in the 200m butterfly, narrowly beating **TYLER CLARY** in the last 15 meters.

· Two-time Olympian, **ANTHONY ERVIN**, was present at the meet. He qualified for the World Championships in two events - the 50m freestyle and 400m freestyle relay. This will be Ervin's first relay team performance for the USA in nearly a decade.

· Many teenagers came to the meet either making or nearly making it for Worlds. Some of these young faces include **JACK CONGER**, **RYAN MURPHY**, **CHASE KALISZ**, **KENDYL STEWART**, and **SIMONE MANUEL**. Manuel swam impressively in the 50m freestyle, placing second behind veteran swimmer, **NATALIE COUGHLIN**. These are names to watch out for as the 2016 Rio Olympics approach.

### OLYMPIAN PROFILE



**KATHLEEN GENEVIEVE LEDECKY** (born March 17, 1997) is an American competition swimmer and Olympic gold medalist. In her Olympic debut at the 2012 Summer Olympics as a 15-year old, Ledecky won the gold in the 800-meter freestyle with the second-fastest performance of all time. She is the current American record holder in the 800-meter freestyle.

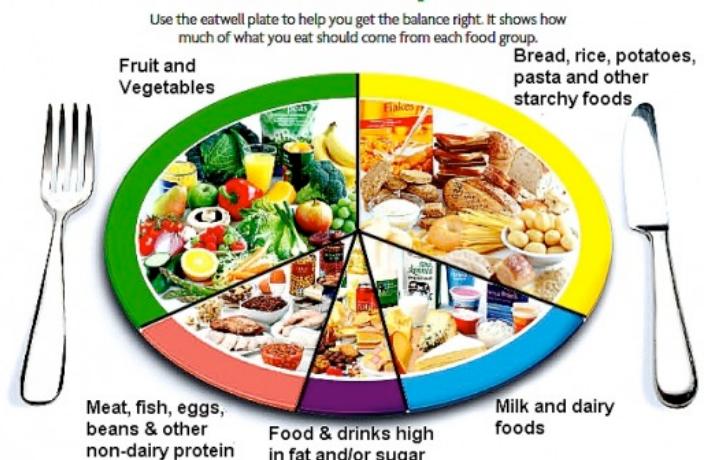


### NUTRITION

BY MICHALA ROAN

The idea of eating healthy is very important to competitive swimmers. In order for a swimmer to do their best in a meet or even just their everyday practice; they need to fuel their bodies properly. For example if an athlete were to only eat McDonalds before they exercised, their performance would lack. On the other hand if they had a balanced diet consisting of all food groups, they would be able to compete at the level they desire. Before practice it is vital for swimmers to have a snack to keep their energy level up enough to keep them going through the workout. Carbohydrates (found mainly in veggies and grains) are good for a pre-workout snack. Equally as important as fueling your body before practice, a swimmer must also replenish and recover after practice. Overall, just as doing your best in practice will make you a better swimmer, so will eating healthy and taking care of your body.

### The eatwell plate



### HYDRATION

By MICHALA ROAN

What is one thing that all swimmers love? Water of course! It is not only something for us to swim in though. We need to stay healthy and to do great in the pool. Dehydration is a big issue especially during the hot summer months. It is important to make sure that you bring a water bottle to practice with you are continually drink it throughout. Symptoms of dehydration include dry, sticky mouth, sleepiness or tiredness — children are likely to be less active than usual, thirst, decreased urine output — eight hours or more without urination for older children and teens, few or no tears when crying, dry skin, headache, constipation, and dizziness or lightheadedness. To avoid dehydration, continually drink water throughout the day and even more while you are exercising. It is not only good to drink water to prevent becoming sick there are many other benefits that come with it. For example drinking water increases the chance of having a healthy heart and kidneys, improves metabolism, filters out toxins, restores energy, maintain a healthy body temperature and many other things. Based on those examples I don't know why anyone wouldn't want to indulge in a tall glass of water.