

Federal Way Kings

C U R R @ N T S



M A S T E R S S W I M M I N G

MAY 2006

PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings,

Summer is just around the corner and we'll be starting our open water swims at Steel Lake soon. These sessions are great opportunities to get some fresh air while training for triathlons and/or swimming events.

There are a number of events coming up that I want to make sure everyone is aware of. There will be a long course meet at Titlow pool in Tacoma on June 17th. This has recently been added to the PNA schedule and should be a fun meet. There will also be a long course meet at South Kitsap pool in Port Orchard on July 8th. If you are planning to attend the XI FINA World Masters Championships at Stanford in August, these two meets will provide an opportunity to "tune-up".

There are also three PNA-sanctioned open water events coming up. Fat Salmon will be held July 15 in Seattle, followed by Lake Padden, near Bellingham the next weekend, on July 22. On September 9th and 10th there will be a series of open

(Continued on page 3)

COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

Spring is here and everyone is well into the swim of things! Also, we have several new members. Please take the time to introduce yourself to an unfamiliar face.

The weather is warming and Jay Burnham has been the official temperature recorder for the Steel Lake water temperature. The reading is up 5 degrees from last month to 60 degrees. At this point we will start the lake swims at 65 degrees with a wet suit requirement. Keep checking your e-mail for the first Steel Lake Practice.

May 20th we will start swimming outside at Marine Hills Pool (outside)! We will keep Saturday's at Marine Hills until Steel Lake warms up to 65 and then we will alternate Saturdays with a pool swim to a lake swim.

Here are the events I would like to see us attend as a team, please refer to Hugh's article and our web site to get information on these events.

(Continued on page 2)

VOL. 8, ISSUE 5

INSIDE

PAGE	
1	President's Letter
1	Coaches Column
2	Treating Common Fitness Injuries
2	Welcome New Swimmers
3	Hold The Pancakes
4	5 Steps To A Tighter Tummy
5	Calendar

TREATING COMMON FITNESS INJURIES

According to Debbie Hickey, an eFitness exercise specialist, there are good hurts and bad hurts. The good hurt tends to occur after a workout and feels like a dull ache in the muscle. The bad hurt, which generally signifies an injury, is usually sharp and in a very specific spot. It usually starts as a twinge, which you think will go away. Next thing you know, you are in full-blown pain!

There is a sure way to treat the good hurts that comes from exercise. RICE. No, you don't go out and eat bowls of RICE, RICE is an acronym which stands for R = rest; I = ice; C = compression; E = elevation.

Rest -- Avoid activities that aggravate your injury. Rest can mean the difference between a long recuperation (and possibly invasive measures) and just a few days off.

Ice -- Ice helps reduce swelling by restricting blood flow. 15-20 minutes, three to four times a day is recommended for as long as you are in pain.

Compression -- Put pressure on the injured site to help keep swelling down. You want to wrap it tightly enough to feel some tension but not enough to cause numbness or cut off circulation.

Elevation -- Elevate the injured area to reduce swelling.

What are the most common fitness injuries to watch out for? Here is a list of the 9 most common fitness injuries:

(Continued on page 3)

(Continued from page 1)

June 19th

Long Course Meet Titlow Pool (outdoor)

July 15

Fat Salmon @ Lake Washington

August 19th

Emerald City @ Seward Park

September 9th& 10th

Orcas Island Open Water Swim Series (travel)

Happy Swimming,

Wendy

WELCOME NEW SWIMMERS

Be sure to welcome the new members that joined up with us since the beginning of the year:

New Members:

Diane Boyer
Chris Clinghan
John Clinghan
Lauren Fejarang
Ingrid Hutchinson
Arina Ivanieva
Socan Khieng
Tom Lackey
Blaine Leick
Brad Scott
Elizabeth Scott
Valerie Stumvoll
Rick Zangrillo

Welcome back:

David Ducolon
Tom Leonard
Paul Stoermer
John Tacke

(Continued from page 1)

water events on Orcas Island. The event hosts are planning to provide transportation from the ferry terminal. Information and entry forms for all events will be available in The WetSet and at www.swimpna.org.

Another popular event for the past twenty years has been the Emerald City Open Water. This year's event will be held on August 19th at Seward Park in Seattle. Information and entry forms can be found at <http://www.ci.seattle.wa.us/parks/aquatics/openwaterswim.htm>. I hope that everyone enjoys the summer and stays fit.

Sincerely,

Hugh

HOLD THE PANCAKES

Can people swim faster in water than in syrup? Clue: intuition, in this case, does not win the day.

Professor Edward Cussler proved as much in his academic paper, Will Humans Swim Faster or Slower in Syrup? published in an esteemed periodical, which won him, and co-author Brian Gettelfinger, a 2005 Ig Nobel award for chemistry.

"Most people expect that the swimmers should go slower, but most engineering correlations predict that their speed should be unchanged," explains Mr Cussler, from his office in the University of Minnesota.

There was only one way to find out for

(Continued on page 4)

(Continued from page 2)

1. Lower Back Pain—80% of American adults suffer from this; be sure to use proper form in your workout to minimize this, ice and gentle stretching can help.
2. Strains and sprains—from over-stretched or torn ligaments or tendons; apply ice for the first 24-48 hours (15 minutes 3 or 4 times a day)
3. Achilles Tendonitis—a common injury for runners; stop for a few days, use ice and avoid stretching or putting pressure on the heel.
4. Knee Pain—caused by repetitive activities, stair climbing, cycling, jogging and jumping, use RICE and cross train to strengthen the knee.
5. Rotator Cuff—controlling the shoulder joint, swimming is the big culprit here; ice and compress the shoulder, and work on form and technique to avoid incorrect motion
6. Tennis or Gold Elbow—inflaming the tendon on the outside of your elbow; don't lock elbows during workouts, strengthen wrists and triceps.
7. Stress Fractures—common among long distance runners, hairline breaks in the bones of the foot; this requires a trip to the doctor
8. Neck Pain—sore neck, inability to rotate to the left or right; stretch front to back or side to side, never in a 360 degree circle
9. Chafing—Skin irritation from friction of clothing, including swim suits; ensure your suit fits comfortable, use "glide" or another skin treatment to minimize rubbing.

(Continued from page 3)

sure - well, two ways in fact, but the generous offer of 20 lorries-full of free corn syrup had to be vetoed for fear it would clog up sewage pipes. Instead, the pair filled a swimming pool with water containing a thickening agent and Mr Gettelfinger, an elite swimmer, dived in.

Turns out he could swim every bit as fast in the syrup-like solution as in ordinary water.

So now you know.

**2006 Champ Photos are
on the Website!
Be sure to check them out**



*Wendy accepts the first place plaque
from Steve Peterson*

TEAM OFFICERS

President	Hugh Moore
Vice President:	Gregg Metzler
Secretary:	Judy Williams
Treasurer	Holly Bork
Membership:	Kim Hicks
Webmaster:	Dan Smith

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PO Box 24083
Federal Way, WA 98093
<http://www.fwmasters.com>**

5 STEPS TO A TIGHTER TUMMY

- 1 Eat smaller portions. When you begin eating smaller, more balanced portions of food, you can significantly change the way your belly looks. One of the reasons that doing 100 sit-ups never results in a flat belly is because the gut is too full. By eating smaller portions, you can finally get the smaller belly you desire.
- 2 Exercise the whole body. Overall body fat contributes to how lean the belly looks. The body's fat compartment is one system. Doing leg exercises actually burns five times more body fat than doing sit-ups. Exercising the whole body is really the best way to burn fat off the belly. The notion that sit-ups burn fat off the belly is just a myth.
- 3 Exercise the ab muscles twice a week. Believe it or not, exercising the ab muscles twice a week is plenty. Muscles become stronger and firmer through the process of adaptation. You stress the muscle, and then it recovers and comes back stronger and better. Muscles need ample time to recover.
- 4 Use proper posture. Most people don't realize that their posture impacts the tightness of their abdominal muscles. Weak abs cause you to lean forward and your shoulders to sag. Practice healthy posture by keeping your shoulders up and your back straight when you walk, sit at your desk and exercise. Using proper technique when you exercise helps flatten the belly as well.
- 5 Do crunches and leg lifts. Two highly effective ab exercises are crunches and stability ball leg lifts. These exercises work the most muscle fibers to help you get the best results quickly. Using a stability ball causes you to use virtually every muscle in your upper and lower abdominal region. The whole midsection core has to work in order to pull off the crunches and leg lifts.



Local and Regional Events Calendar					
Date	Event	Type	Contact or Link	Location	Entry Deadline
Apr 28-30, 2006	Northwest Zones	SCY	208/365-1166 dee@bigskytel.com Entry Form	YMCA & Boise Aquatic Center	04/10/2006
June 3, 2006	Tualitin Hills Sizzlin'	LCM	Entry Form	Beaverton, OR	05/19/2006
June 17, 2006	Long Course meet	LCM	Pending	Titlow Pool, Tacoma, WA	Pending
July 8, 2006	Long Course meet	LCM	Pending	South Kitsap High School	Pending
	Fat Salmon	Open	Pending	Madison Park,	Pending
Sept 9-10,	Orcas Open Water	Open	http://www.islandathleticevents.com/water-	Cascade Lake	Pending
Sept 10, 2006	OMS Pentathlon	SCM	Pending	Camas, WA	Pending
Sept 23, 2006	9th Annual Oak	SCM	Pending	Oak Harbor, WA	Pending



National and Postal Events Calendar					
Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 to Dec 31, 2006	USMS Check-off Swim Challenge	POSTAL	Hugh Moore Entry Form	POSTAL	12/01/2006
Jan 1 - Dec 31, 2006	2005 30-Minute Fitness Swim Challenge	POSTAL	www.usms.org/fitness/swim30.shtml	POSTAL	12/31/2006
May 11 to 14, 2006	USMS Short Course Nationals	SCY	Michael Lohberg, 12241 Royal Palm Blvd., Coral Springs, FL 33065, 954-345-2121, mlohberg@aol.com	Coral Springs, FL	04/06/2006
May 15 to September 9, 2006	USMS 5k and 10k Postal Championships	POSTAL	Neil Salkind, 785-841-0947, njs@sunflower.com	POSTAL	pending
Aug 4 to 10, 2006	2006 XI FINA world Masters Championships	LCM	Michael Moore, 350 Wayland St., San Francisco, CA 94134, michael@2006FINAmasters.org	Palo Alto, CA	pending
Sep 15 to Nov 11, 2006	USMS 3000/6000 Yard Postal Championships	SCY	Max Veltman, 915-584-0227, max_veltman@yahoo.com	POSTAL	pending