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February 2010

Chuck Burr (817) 560-7665 chuckburr@sbcglobal.net Brian Miller (817) 714-2043 brianam_99@yahoo.com
Julie Jackson(817)263-0447jacksonk2k3@sbcglobal.netClaraPennington(817)676-7037clarapennington@aol.com
Amber Murphy (817)845-1808 ambermurphy1024@gmail.com

“The Hay is in the Barn”

When do you actually get the benefit of the hard work you put in training? From a technical perspective there is good research to say that it takes at least 10 days for you to get the positive effects of one hard workout. Working out is actually the process of breaking your muscles down, with proper combination of nutrition and rest the muscles grow back (fibers regroup) and you come back stronger. Does this mean you only have to swim hard 10 days before your next meet? Not at all, as a matter of fact this breakdown and repair idea is best taken advantage of in big chunks. The theory the WW2 coaches prescribe to is called periodization. That is to say, we want you to go through a 3-week phase of hard work followed by a 1-week period of less intense swimming so you can heal. When you start looking at a swim season in 4 week blocks (3 training, 1 recovering) then you realize the preparation for you most important swim meets needs to start about 3 or 4 months before the meet. That brings me back to the title of this article, the week before your big meet we are resting you for a reason, “the hay is already in the barn” or the hard work is already done. Good luck to the Gold Team as they head into their Regional and State competitions. You have put in the work!!!

News and Notes

- Make sure your USA Swimming paperwork is turned in; we cannot allow you to swim if you are not insured through USA Swimming. We still have the paperwork available.
- Watch for details on the first annual Open Water swim at Lake Benbrook coming on May 15th.

Upcoming Swim Meets

Feb 12-14, 2010	B/C Short Course Meet	Div 1 - SWAT - Duncanville HS Natatorium, Duncanville
Feb 19-21, 2010	A Short Course Championships	NTN - CISD Aquatic Center, Southlake
Feb 26-28, 2010	BB Short Course Championships	TRS - GCISD Swim Center, Grapevine
Mar 5-7, 2010	B/C Short Course Championships	LAC - LISD Aquatic Center, The Colony

We are Div 1.

All Swim Meet entries are due the Monday, two weeks before the meet. If you are not able to make it to a practice that entries are due, please contact Brian at the above phone or e-mail.

**Swimmer of the Month
Cameron Merrill**

There is something special about being the best swimmer at a swim meet. A Champion, that not only wins their events, but lifts up their teammates to perform better. I got to stand on deck at a high School district meet the other night and watch Cameron do just that. He refused to lose his individual events and then powered a 5th ranked relay to second place. Having known Cameron as a swimmer for the last 15 years, I was a very proud of him.