



**ANNOUNCEMENTS**

- In Eric's absence Trevor has graciously offered to step back into the coaching circle a few times each month. Thank you, Trevor!
- Thanks to Ron Houston for printing and mailing these newsletters!

**JUNE**


*(coaching schedule subject to last minute changes)*

S	M	T	W	T	F	S
1 June	2 6:30 ASU Coach: Eric	3 6:30 Y Coach: Kim	4	5 6:30 Y Coach: Eric	6	7 4:30 ASU Coach: Trevor
8	9 6:30 ASU Coach: Eric	10 6:30 Y Coach: Michael	11	12 6:30 Y Coach: Gary	13	14 4:30 ASU Coach: Marty Going Away Party for Eric
15	16 6:30 ASU Coach: Marty	17 6:30 Y Coach: Christopher	18	19 6:30 Y Coach: Trevor <b>IGLA Champs</b>	20 <b>IGLA Championships</b>	21 4:30 ASU Coach: Michael <b>IGLA Champs</b>
22 <b>IGLA Championships</b>	23 6:30 ASU Coach: Eddie	24 6:30 Y Coach: Gary	25	26 6:30 Y Coach: Michael	27	28 4:30 ASU Coach: Christopher <b>Sun Devil Invitational Mona Plummer Pool</b>
29	30 6:30 ASU Coach: Gary	1 July 6:30 Y Coach: Michael	2	3	4	5

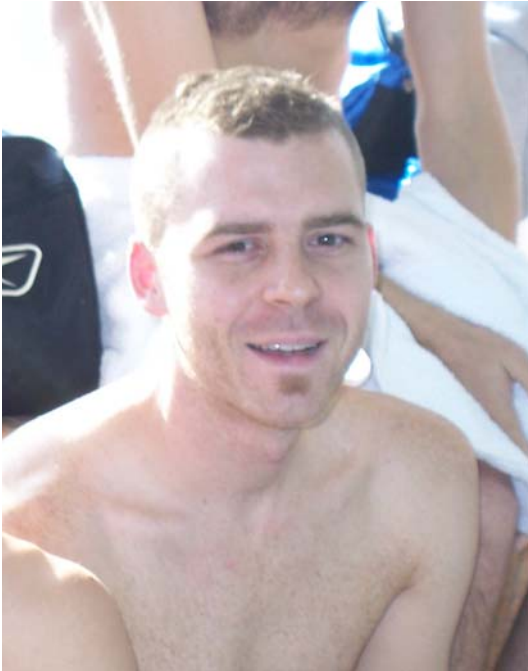
**FUTURE EVENTS**

July 25-27 AZ Long Course State Championships. Brophy Pool, Phoenix

**ACTIVITIES:**

- June 14<sup>th</sup> Going away party for Eric - Gary's house 331 W. Kaler Phoenix 85021 after practice, 7pm. Check your email for what food item to bring.
- June 18-22 IGLA Championships, Washington DC 

**Q & A WITH ERIC**



Eric, our ever present PHD and regular Monday night coach is leaving us this month for two years across the pond. Susanna interviewed Eric and shared the results with us here!

**Susanna:** When did you start swimming?

**Eric -** I started swimming in Oct. 2004. Have been swimming 4 days a week since (except for injuries and sickness of course)

Once I get enthralled with something, I tend to be pretty focused.

**S.** What's your favorite stroke and why ?

**E-** Tough question...I love to swim Fly... its deff. the most fun to swim but hard to master... still working on that. I like Breast stroke too....

**S.** During a Saturday stretch session at ASU, I noticed you are very limber and you've mentioned that you do yoga. When did you start with yoga and which movements/stretchers do you think help most in the pool ?

**E. -** I started doing yoga about a year ago. I've been pretty consistent going once a week. The best Yoga moves are (in my opinion) downdog updog cat/cow the wheel or bridge, I also like "the wrap" as my yoga instructor calls it.

**S.** I seem to recall you enjoy cooking when not swimming or doing yoga. Can you tell us one or two of your favorite dishes to cook?

**E. -** Any dessert lol. (just ask Marty ... lol ... I am serious btw)

**S** What other activities do you enjoy?

**E.** Anything outdoors..... I hike, run, rock climb. Also enjoy classical music and playing the piano. I'm working on my next piece for Christmas party BTW

**S.** You are off to a place near Leeds soon! (Which I understand is about 400 miles north of London) Why are you going there? How long will you stay? Any cute boys ??? Keep us posted!

**E.** Actually I am off to York, North Yorkshire UK which is about 30 km from Leeds and 200 km from London (2 hour train drive). I will be there for about 2 years.

## JUNE IS BREASTROKE MONTH

Back in March we broke down breaststroke into Drag and Propulsion. We also broke the stroke down into its basic motions. This month we're going to focus on strengthening your breaststroke through drills and dry land exercises.

### Drills:

- 1) **Pulling** (without pull-buoy) AKA Breast with a dolphin kick. Move your arms normally but instead of doing the typical kick, just let your legs follow your hips and torso naturally. They should fall up and down in time with your head, opposite your hips. This drill is tough on the forearms, but builds great strength over time.
- 2) **Kicking Arms Up**. Using your arms as a kickboard, elbows straight, thumbs locked together or hands overlapped out in front of you, kick normally. **IMPORTANT: BREATHING: don't use your hands to lift your head out of the water.** The head will lift **naturally** when the knees and hips fall, during the normal cycle of the kick. That means you'll be breathing when the body is moving the slowest through the water, just before the legs fire rearward.
- 3) **Kicking Arms Down**. Push off the wall, glide, and pull your arms to your side, hands alongside or just above the buttocks. Each time you bring your legs up to kick, touch your fingertips to the middle of your calf (on the corresponding leg). *If you're touching your ankles, then your hips **need** to sink more on each kick cycle.* Breathing is the same as with arms in front, at about the same time you touch your legs, your head rises (and you breathe).
- 4) **Sculling**. Any position, head or feet first, face up or in the water. Most of breaststroke pulling is sculling! Sculling is like tacking on a sailboat - you'll move your hands sideways through the water to produce a rearward push and forward motion. When moving hands outwards (away from the body) make sure your hand is angled against the water so that the pinky-finger is up. When moving inwards (towards the body) make sure you're hand is angled so the thumb is higher. **IMPORTANT: don't cup your hand beyond just a tiny bit - - sculling works better with a big surface area on the hand.**



- 5) **Cobra.** This is a (mostly) stationary drill. Face down in the water, legs and arms extended; smoothly scull your arms sideways in a normal stroke. When you begin squeezing your arms back together, accelerate the speed of your hands, and instead of pressing them forward, point them straight up towards the sky (ceiling). Keep your arms straight up and let your body sink almost vertically as your legs should be underneath your torso, knees bent. If your body doesn't sink vertically (aligned), then you'll need to exaggerate lifting your shoulders out of the water (and rearwards) during the scull out while arching your back.

#### Exercises:

- 1) **Curls.** Pulleys, weights or surgical tubing is all useful.
- 2) **Tricep Extensions.** You can use pulleys, weights, surgical tubing, or even a water bottle for resistance.
- 3) **Flys.** With a Machine, or Lying face down. Begin with arms extended in front of you, shoulder level. Smoothly sweep arms back (or to the side and up if you're lying down) to the "T" position.
- 4) **Reverse Flys.** With a machine or lying on your back. Begin with arms in the "T" position, and squeeze them together as close as comfortable. Use surgical tubing or light weights if you're lying down. Can be done straight arm, or with elbows bent 90°.
- 5) **Leg Adduction.** Best with a machine at the gym, but pulleys or lying on your side can work too. This exercise strengthens the inner thigh muscle, the one that squeezes the water from between the legs. It is the strength of bringing legs that are spread apart closer together. To do this at home, try lying on your side, bend your higher leg in front or behind and place it firmly on the floor. Smoothly raise the lower leg as high as possible (into the space the upper leg would have been). A video is at: [www.coopersguns.com/videos/exercise-encyclopedia/inner-thigh/lying-leg-adduction/](http://www.coopersguns.com/videos/exercise-encyclopedia/inner-thigh/lying-leg-adduction/)



**PHOENIX SUNFISH**

Co-Captains: Eddie Mylan  
 Kim Pinch  
 Eric Dykeman

Treasurer: Brian Douglas

Secretary: Gregg Smith

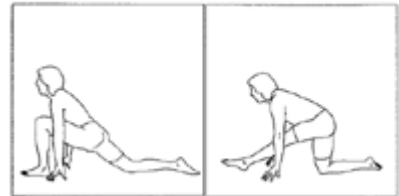


**STRETCHING SIDEBAR**

These stretches focus on the hamstring, the backside of the thigh.

**Hamstring Stretch.** Start by sitting upright on the floor, both legs extended in front of you. Bend one leg and pull the foot into your groin area, placing the bottom of the foot against the opposite inner thigh. Lean forward.

**Isolated Hamstring.** From a standing position, take a giant stride forward bending the forward leg into a "lunge" position. Place hands astride the forward foot for stability. Slowly straighten the forward leg, bending the back leg and lowering the knee to the ground. Feel the stretch in the



forward leg hamstring.

**Advanced Hamstring.** From the "lunge" position above, place both hands on the right side of the left (forward) foot, (or opposite for the right foot.) Straighten the back leg and press the hips closer to the ground, supporting your weight on your hands. Lower to the elbows if possible. Good as a buttocks stretch too.

**Inner Thigh.** Stand with the legs spread wide, about 2 ½ times shoulder width. Slowly bend one knee and lower to that side, stretching the inside of the both thighs.



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