



**ANNOUNCEMENTS**

- There will be no practice on Saturday, July 12 since the state meet will be going on.
- Thanks to Ron Houston for printing and mailing these newsletters!

**JULY**

*(coaching schedule subject to last minute changes)*

S	M	T	W	T	F	S
		1 6:30 Y Coach: Michael	2	3 6:30 Y Coach: Eric	4	5 4:30 ASU Coach: Christopher
6	7 6:30 ASU Coach: Trevor	8 6:30 Y Coach: Gary	9	10 6:30 Y Coach: Marty	11 AZ Long Course Champs @ Brophy Pool	12 <b>No Practice</b> AZ Long Course Champs @ Brophy Pool
13 AZ Long Course Champs @ Brophy Pool	14 6:30 ASU Coach: Michael	15 6:30 Y Coach: Eddie	16	17 6:30 Y Coach: Gary	18	19 4:30 ASU Coach: Trevor
20	21 6:30 ASU Coach: Gary	22 6:30 Y Coach: Christopher	23	24 6:30 Y Coach: Michael	25	26 4:30 ASU Coach: Marty
27	28 6:30 ASU Coach: Marty	29 6:30 Y Coach: Trevor	30	31 6:30 Y Coach: Kim	1 August	2 4:30 ASU Coach: Michael

**FUTURE EVENTS**

- Let me know about your August events. . .

**ACTIVITIES:**

- July 11<sup>th</sup> Team Unity Party (Carbo Loading and Shaving) at Bill's house 5501 N. Central (NE corner) 7 - 10pm. Pastas and Salads provided.

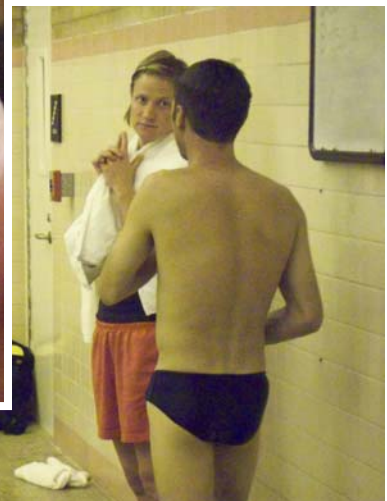


## Q & A WITH RAUL

By Susanna

One of our newer swimmers, Raul has been swimming since high school when he still lived in Spain. His favorite stroke is breast-stroke. One of the reasons he came to the US was to help with bilingual education in Texas. He then moved to Arizona and now works as a bilingual speech pathologist. This means his work entails a variety of issues- he mostly works in schools (and sometimes hospitals) with children (and adults) - and helps with such things as trauma, brain injury, voice disorders, swallowing disorders, and speech disorders.

Raul has been a student for quite some time! He achieved his undergrad, and first Master's degrees in Spain, and then his 2nd Masters was attained at Dallas, SMU. During an interview for a scholarship here in the US, they asked Raul, "Why should we give you this scholarship?". Raul replied, "Like L'Oreal will say, 'I'm worth it'!" So ends this month's interview!!!



## JULY IS BACKSTROKE MONTH\*

*\*Since so many of us are swimming in the state meet on the 11-13<sup>th</sup>, we'll begin backstroke month in earnest after that. Before the meet we're going to cover all strokes thoroughly.*

Similar to last month we'll look at some flexibility and strengthening that you can do on your own to help your backstroke.

One of the most critical muscle groups in swimming, and in particular backstroke, is the rotator cuff. Your rotator cuff is made up of four small muscles in the shoulder which perform, and control rotation of the upper (and entire) arm. It is particularly important in backstroke because of the high angles of your arm from your shoulders as we sweep our arm up, over and behind our bodies.

Weak or inflexible rotator muscles can be easily damaged in swimming (and *many* other sports). However, performing backstroke with proper hand entry requires full range of rotation of the arm as it passes over head in line with the shoulder. You can spot those swimmers with poor rotator muscles when doing backstroke - their arms will sweep up and suddenly sideways when along side the head and enter the water well to the side of the body. This greatly limits that arm's ability to pull once in the water.

**Flexibility** - *Stretching the rotator muscles are difficult at best, and hazardous at worst. Only do any stretching to the point of feeling the stretch in your UPPER arm; if your elbow hurts, stop at once.*



**Arm-wall** - Standing in a doorway or at an outside corner, bend your arm 90° and place your palm and forearm against the wall. Keeping your elbow close to your side, gently twist your torso away from your hand and forearm, pivoting at the shoulder.



Feel the stretch across the front of your shoulder.

**Floor/table** - Kneeling on the floor, place both hands as far in front of you on the floor, palms down, thumbs close, (or even touching or overlapping.) Keeping your hands in place, gently slide your torso rearwards, stretching the underside of your shoulder. Allow your arms to twist slightly to lengthen the stretch. For a more advanced stretch, place hands on a coffee or dining table while kneeling on the floor.

**Towel** - Grasp a towel behind your back with one hand above and behind your head, the other at the buttocks, palm away from the back. Gently pull up with the upper hand, raising the lower hand higher up the back. Allow yourself to roll your shoulders forward at first. After getting comfortable, try to keep your shoulders from rolling forward.



**Strengthening** - Your health club may have a machine that is specifically designed for rotator cuff muscles. A pulley machine or resistance tubing can also offer very good and targeted strengthening. The rotator cuff muscles are VERY delicate, designed for aligning the arm and not for the heavy lifting the surrounding muscles can do. **Always use light weights (less than 10lbs) and relatively high(er) repetitions when exercising the rotator cuff.**

**External lifts** - Lying comfortably on your *right* side, back perpendicular to the floor, situate your *left* arm and elbow along your body, bent 90° at the elbow. Grasp a weight (water bottles of varying volumes work well) and gently raise it up as high above the body, keeping your elbow at your side. Lower and repeat.



**Internal lifts** - Lying on your *left* side, extend your *left* forearm from your body, bent 90° keeping your elbow at your side (against the floor or bench). Grasp a weight and gently raise your hand up and into your abdomen. Lower and repeat.

Repeat internal and external with both arms.

**Arm twists** - While standing or sitting, extend your arms directly in front of you. Smoothly twist your hands and entire arm as if opening a doorknob or screwing a light bulb. The key to this exercise is twisting the entire arm from the shoulder, not just the wrist. Repeat in multiple arm angles (in front, straight up, sideways, etc). Add light weights when comfortable.

**Scapula** - The scapula keeps many of our shoulder motions stable, and seats the arm bone so that it can move freely in its socket. Standing comfortably, bend both arms 90° keeping the elbows at your sides. Gently squeeze your shoulder blades together and down. Relax and repeat. Gradually add resistance by doing Rows or with resistance tubing.

**PHOENIX SUNFISH**

Co-Captains: Eddie Mylan  
 Kim Pinch  
 Eric Dykeman

Treasurer: Brian Douglas

Secretary: Gregg Smith

**IGLA CHAMPIONSHIPS**

Congratulations to Gary, our sole representative at the IGLA Championships hosted by the DCAC team in Washington DC in June.

50 Meter Fly	36.64	12 <sup>th</sup>
200 Meter IM	3:03.63	7 <sup>th</sup>
200 Meter Free	2:42.63	6 <sup>th</sup>
100 Meter IM	1:23.69	9 <sup>th</sup>



**STRETCHING SIDEBAR**

**More Shoulder Stretching**

**Cross Arm** Standing up, cross one arm in front of your chest, just above the pectoral muscles. Grasp that arm just inside the elbow with the opposite arm and squeeze into the torso. Bend your stretching arm to vary the stretch.

**Overhead shoulder** From a standing or kneeling position, grasp a towel in both hands in front of the body, elbows straight. Smoothly raise the towel up, over and behind your body, keeping the arms straight. Feel the stretch at the front of your shoulders.

**Finger press** From a standing position, interlock your fingers, palms facing away from you. Smoothly press your hands forward and away from your torso. Feel the stretch in between the scapula muscles. Vary the stretch by pressing hands directly overhead.

**Upper trapezius** Sitting on a chair or standing, lean your head to the side trying to bring your ear towards your shoulder without lifting your shoulder. Exaggerate the stretch by gently pulling your head by reaching over your head with the opposite arm.

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