



- New officer elections will be this month. Vote for who you think will *effectively* lead the team.

ANNOUNCEMENTS

- The new website is up. Jacob did a bang-up job on it, check it out! Thanks, Jacob!
- There is no practice on Thanksgiving Day
- November is Butterfly Month
- Sunfish dues go up December 1

NOVEMBER

(coaching schedule subject to last minute changes)

S	M	T	W	T	F	S
						1 4:30 ASU Coach: Marty Halloween Party K&K's
2	3 6:30 ASU Coach: Gary	4 6:30 Y Coach: Kim	5	6 6:30 Y Coach: Christopher	7 Entry Deadline for Ron Johnson Meet	8 4:30 ASU Coach: Michael
9	10 6:30 ASU Coach: Trevor	11 6:30 Y Coach: Kim	12	13 6:30 Y Coach: Marty	14 Ron Johnson invitational, Tempe	15 ASU 4:30 Coach: Gary Ron Johnson Invitational
16 Ron Johnson invitational, Tempe	17 6:30 ASU Coach: Kim	18 6:30 Y Coach: Trevor	19	20 6:30 Y Coach: Michael	21	22 4:30 ASU Coach: Christopher
23	24 6:30 ASU Coach: Marty	25 6:30 Y Coach: Michael	26	27 Thanksgiving No Practice	28	29 4:30 ASU Coach: Trevor
30	1 Dec 2009 Dues Increase	2	3	4	5	6

FUTURE EVENTS

12/5 - 7 SPMA Short Course Championship, Long Beach, CA

12/19 (Friday) - Annual Christmas Party (and Solstice), Brain and Jim's

EFFECTIVE TRAINING

If you come to one practice each week (and stay the entire workout), you will spend 78 hours in the pool this next year. On average, you'll swim 3000 yards in each workout, a grand total of over 88 miles.

All that swimming you'll want to make sure you're getting the most from your workout! And again, regardless of whether you're swimming to lose weight, or to be the next champion, there are some simple principles that will maximize your results.

- Warm-up thoroughly! For your muscles (including your heart) to work at an optimal level, it's critical that your joints, muscles, lungs, and brain are ready to go.
- Vary your workout. I can't stress this enough. When the coach gives you hard intervals, do everything you can to make them. When the coach asks you to swim slowly, *SWIM SLOWLY*. When asked to perform drills - focus on the drills and what your body is doing, not on getting to the other end first. Swimming the entire practice at a single pace is counter productive; you'll get little benefit to build on for the next workout.
- Be efficient in the water. Whenever it's harder on your hand or arm to pull you through the water, it means your stroke is being more efficient. This is good! Take the time to build the correct stroke with the extra force needed; in essence: Feel the weight of the water.
- Rest. Recovery phase is as an important part of training muscles as is the stress phase. When given a few minutes rest, use it all to lower your heart rate, yet stretch your muscles to keep them limber.
- Rapid Recovery. On those occasions in a set when you only have a few seconds rest before the next repeat, exhale fully and inhale fully, from the bottom of your lungs. This extra amount of oxygen in your system will help you get the most from your 3 or 5 seconds of rest.
- Focus on your stroke. If you're good, you can continually try to improve your stroke by just being aware of what your body is doing. When given a longer set or distance at a "moderate" pace make sure you get something out of it by focusing on one thing: hand position, kick, breathing, streamline, flip turns, finishing your stroke, etc. Remember to choose only ONE and keep focusing on it for the duration of the set; Choosing two will typically cause you to improve neither.
- Know your swim times! You should know what intervals you can and can't make for a set of 50s, 100s, 200's etc. You should also know what times you should accomplish when swimming at 50%, 60%, 70% etc of maximum. Note, these percentages reflect the *AMOUNT OF EFFORT*, not the % of time or speed. To make it easy, relate your effort level to your Exercise Level described in October's newsletter. In other words, 80% effort is pretty hard. 100% effort should leave you completely spent.
- Hydrate! Even indoors, even in the pool, you'll lose as much as a pint of water in an hour swimming. Keep a bottle handy to keep your fluids up.

WHO'S THIS NEW "ZACH" PERSON?

Rick spent some time with Zach this month and shares what he found.

Rick: So, here is the first question.... so, what IS a barista, anyway?

Zach: Technically, I believe it is someone who specializes in making espresso drinks. As far as Barnes and Noble is concerned, it's the person who works in the cafe. Also, I think too keep in line with the 'bookseller' idea, we're probably classified as 'cafe servers'. The barista title is mainly for show.

Rick: Well, to us, you are Zack, the swimmer. So, what is your favorite stroke in the pool?

Zach: It's actually Zach, but I'll forgive you. Backstroke, and my least favorite is breaststroke,

Rick: Sorry.. people call me Rich all the time.. and its Rick, so I apologize. anyway..... btw, does swimming have anything in common with math?

Zach: I'm not sure how to answer this question. I mean, I do math in my head while I'm swimming, like keeping distances with fractions and calculating the time necessary for each lap during a swim. I don't think swimming has something in common with math in that way, though. I guess I'll say no. Unless you go from swimming to physics and then from physics to math, but would be a just crazy.

Rick: Well, thx for the interview! See ya in the pool!

STRETCHING SIDEBAR

Cross Tricep-Hamstring. Standing 3-4 feet away, bend at the waist and grab a rail, counter edge, or other sturdy object at around the abdomen height. Straighten your arms and press your torso down to form an "L" with your vertical legs. Gently twist your torso and shoulders to the right, bending your LEFT knee forward. Feel the stretch in your left triceps and latissimus, and RIGHT hamstring. Repeat on the opposite side.

Calf Pull. Sitting on the floor, legs extended in front of you, grab the toes of your RIGHT foot with your LEFT hand. Gently lean backward. Then straighten your foot by pushing your toes away from you while holding on. Feel the stretch in your triceps and calf. Repeat the flexing motion, then repeat with your other hand/foot. This can also be done with a traditional hamstring stretch.

PHOENIX SUNFISH

Co-Captains:	Eddie Mylan Kim Pinch Eric Dykeman
Treasurer:	Brian Douglas
Secretary:	Gregg Smith

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