



- The pool at the South Mountain Y pool will be closed for 4 weeks beginning March 3 due to resurfacing. We will swim at Chris Town on Thursdays this month.
- Goal sheets. I've only received a handful of goal sheets yet. Please return yours to any coach.

- March is Breastroke Month
- We're doing a shot night at BS on Wednesday March 18. Come support your team!
- Your team captains are currently entertaining ideas for pride. Speak up!
- Volunteer at Pride this year and earn \$\$ for the Sunfish. See John Marshall for details.

**MARCH**

*(coaching schedule subject to last minute changes)*

S	M	T	W	T	F	S
1	2 6:30 ASU Coach: Gary	3 6:30 ChrisTown Coach: Trevor	4	5 6:30 ChrisTown Coach: Kim	6	7 4:30 ASU Coach: Michael <b>Emerald City Swim meet Seattle</b>
8 <b>Emerald City Swim meet Seattle</b>	9 6:30 ASU Coach: Christopher	10 6:30 ChrisTown Coach: Kim	11	12 6:30 ChrisTown Coach: Gary	13	14 4:30 ASU Coach: Marty
15 <b>Sun Devil Invitational Tempe</b>	16 6:30 ASU Coach: Michael	17 6:30 ChrisTown Coach: Christopher	18 <b>Shot night at BS in Scottsdale</b>	19 6:30 ChrisTown Coach: Marty	20 <b>Entry Deadline for AZ Champs</b>	21 4:30 ASU Coach: Christopher
22	23 6:30 ASU Coach: Marty	24 6:30 ChrisTown Coach: Michael	25	26 6:30 ChrisTown Coach: Trevor	27 <b>AZ Short Course Championships</b>	28 4:30 Open Swim ASU <b>AZ Short Course Championships</b>
29 <b>AZ Short Course Championships</b>	30 6:30 ASU Coach: Kim	31 6:30 ChrisTown Coach: Gary				

**FUTURE EVENTS**

- April 18 - 19 - Pride Weekend Phoenix
- July 25 - August 2 - IGLA Championships, Copenhagen, Denmark



## DROP AND GIVE ME 20!

*Odds & Ends on strength training... second in a series.*

Weight training makes you stronger. Heck, just getting off the sofa will make you stronger, but if you want to achieve something specific, you'll probably have to get off the sofa a little more often and go a bit farther than the remote control. You'll also need to do more than just choose the right outfit for the gym.

### Goals

As with EVERYTHING you do, make sure you have an objective, or goal. Strength training goals generally break down as any combination of:

- Visual Goals (bulk, definition)
- Use Goals (range of motion, endurance, raw strength)
- Well Being Goals (injury prevention, healing, weight loss)

You will likely have more than one strength goal. Some goals will complement each other, some are mutually exclusive... you just can't have lots of raw strength AND lots of endurance, well, not unless you're reincarnated as an ant. Notice that independent of your goals, you will likely see benefits across all the above groups. That's why it's important to stick with one or two simple goals.

If you fall into the following groups, you absolutely need to include the following goals: Anyone **35 and older** needs to consider "injury prevention" as one of their chief goals. Anyone **50 and older** needs to consider "range of motion."

Your strength goals are likely to cross categories. That's fine, as your training regimen will also include aspects of multiple techniques to suit you. Several techniques will be used in concert to achieve your goals, in many ways reflecting how the body's muscles work together to perform even seemingly simple tasks.

Once you've outlined a few goals, you need to figure what's going to help you with achieving them. That part is FAR more complicated than we can outline here. However we'll start with a few points.

### Techniques

*The following baselines are **relative**. These are guidelines only: refer to a professional or a useful guide book for proper training development.*

Notice that "fat burning" or "muscle tone" are not listed goals. Weight training is not an efficient way to burn fat, although that is a beneficial side effect; lots of things burn fat as a side effect. "Muscle tone" is a marketing term - there is no measure for how "tone" a muscle is: either it lifts the bag of groceries, or it doesn't.

All of the following techniques carry at least one common risk: **Improper form while exercising can lead to an injury.** Make sure you know how to perform an exercise or use a machine *before* using it.

Technique	Benefits	Goals	Risks
<b>High repetition</b> (> 13 reps), <b>Low weight</b>	Builds lean, long muscle; Can develop muscles through an entire range of motion	Endurance Healing Range of motion	Excessive repetition (especially early on) can contribute to joint stress.
<b>Low Repetition</b> (< 10 reps) <b>High Weight</b>	Builds bulky, short muscle fibers. Aids in definition. Good for boosting maximum strength	"Bulking" up Strength Injury Prevention	Continuing flexibility is difficult; potential for joint or tissue injury at heavier weights
<b>Isometrics</b> (static weight loading)	Strengthens joints, loads muscles without stressing joints	Endurance Range of Motion Healing	
<b>Isotonic</b> (range of motion weight loading)	Combinations of muscles are trained; more applicable to real life, and swimming	Injury Prevention Range of Motion	Improper form quickly leads to injuries
<b>Progressive Overload</b> (1 to 3 reps, successively lifting heavier weight at, or just below maximum)	Builds bulk rapidly	Bulk Maximum strength	Maximum lifts can cause extensive tissue damage if not performed properly

Specific exercises have been purposefully omitted. There are plenty of books (and websites) that can guide you through the exercises that focus on certain muscle groups. Exercises don't have to employ a machine; simple push-ups, curls with a dumbbell, lunges,

or squats can all be just as effective as a complicated machine. Whichever you settle on, you can apply the above techniques to achieve your goals.

### Strength Training and Swimming

Strengthening your muscles will give you a boost in the water. However since swimming fast is about 75% technique, you can only do so much muscle strengthening to make up for improper stroke technique. It can definitely supplement weak areas, such as the shoulders for butterfly!

No matter what you're looking to get out of weight training - this is not something you do for a few weeks or months. To really get benefit out of this, you need to build it into your regular routine (just like swimming), and stick with it for decades.

We'll explore that in a future installment!

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