



SQUID IGLA/Pride Fest News Letter, May 1, 2008

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News Flash!

“Pride Fest Float and Brunch” by John Hayden

On Saturday, June 7th, following practice, join the team for Brunch at John and Keith's, 2418 Champa Street. Veggie and Carnie fair will be served, even something for our diabetic team mates. In addition to Brunch we'll have a little fun planning the Pride parade and booth for Pridefest which is June 21st and 22nd, so get out those dancing shoes and make sure they are comfortable. It's a long way from Cheesman to the Capital. If you're interested in helping with the float or staffing the booth contact John Hayden at haydenpryor@msn.com

“IGLA 2008” by Wayne Lee, SQUID Co-Captain

If you are reading this and are not already registered for IGLA 2008 in Washington DC, Registration is at “the discretion of the Championship Director”.

We currently have 8 confirmed SQUID Swimmers registered! Bill Carlton, David Johnson, Eric Klamerous (Albuquerque), Andrew LeVasseur, Glenn Pflum, Wayne Lee, and two others (Jon Christianson and Ed, swimmers from the DU Team) are all ready and raring to swim for SQUID!

Apparently the College Park, Maryland Clarion is the place to stay as we have three swimmers staying there. The others are staying with friends or at a Bed & Breakfast. Wayne has rented a car for any locations to get to, other than by the DC Subway system.

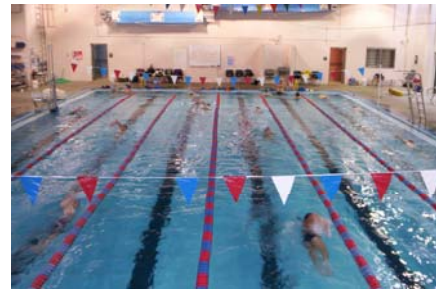
Co-Capt'n Wayne Lee and Team Secretary Andrew LeVasseur will be Delegates to the IGLA General Meeting. Please bring any items of discussion for IGLA to either Wayne or Andrew.

For those of you who have not yet been to an IGLA Swim Meet, this is a great way to meet and compete against other Lesbian, Gay and other swimmers from around the world. There are parties, dances and dinners to go to. There may even be some time left over to do some sightseeing in the nation's capitol city where all of the museums and most attractions have free admission.

For those of you who have been to an IGLA Swim Meet, it will be good to see familiar faces from years past and watch this year's Pink Flamingo Relay.

See you in DC.

Go SQUID!



SQUIDlings from a recent practice wishing you the best at Pride Fest and IGLA 2008 Washington DC!
GOOOOD Luck!!!!

“Open Water Swimming” by Keith Pryor

Summer is approaching and with it comes open water swimming. It is great to get out side and get into non-chlorinated water. What a unique way to enjoy the outdoors in our great state. The sport has been gaining in popularity over the years and many new venues have become available to meet the demand.

There is always our regular swimming hole just south of Chatfield reservoir in the Chatfield State Park. The permitted times are Monday and Wednesday from 4:30 to 7:00 and on Saturday morning from 7:30 to 9:00. There is a state park pass required to get into Chatfield, but many Squidlings carpool to help cut the cost. There is no fee for swimming in the pond.

The AQUAMAN swim series will offer 4 distance races (1/2 mile thru 2 mile) at Cherry Creek Reservoir this summer. There will be awards for the fastest cumulative time at each distance over four races. For more information about the races go to www.withoutlimitsproductions.net

Mile High Multisport is doing an open water swim and a masters swim program at the Grant Ranch Community Association (Bowles Reservoir) effective May 15 running through September 15. Both the lake and the pool are located in the Grant Ranch Community Association, Littleton off of Bowles (approximately 15 minutes from the intersection of Wadsworth and C470 or Santa Fe and C470). The 25 meter pool is outdoors and sessions will be run by Matt Beck, a 6 time All American swimmer from the University of Texas. The lake, which is located adjacent to the pool will have both a one mile and half mile course set. Masters swim/Open water swim: Will be M/W/F morning from 5:30 – 7 a.m. Cost is \$55/month or \$10/drop in fee. Tuesday evenings/Sunday mornings: Tuesdays 5-7 p.m. Sundays 7-9 a.m. Please note that on the following dates they will also have a 5k course established in which you can participate in a simulated race. No timing chips, no awards, just a swim/run in which you can swim either course and run a 5k in a group setting: 5/27,6/3,6/17,7/8,7/29. The simulated race will start at 6 p.m. Cost is \$130 for the entire summer (Tuesday/Sunday's only including the simulated races) or \$10/session. Besides the pool or the lake you have use of the club house locker room (swim before you go to work);The area is enclosed, the area surrounding the lake is professionally landscaped (grass, no more standing in weeds to change into your wet suit);

There will be two marked courses in the lake all summer long (1/2 mile and 1 Mile) The buoys will be in place by May 20, Temporary markers will be in place until the race buoys arrive) ; Paved parking; The water is tested throughout the summer. More information can be found at <http://openwatercolorado.blogspot.com/>

Last but not least there is the Stroke and Stride at Boulder Reservoir. The dates are, Thursday, June 5, 12, 19, 26, July 3, 10, 17, 24, 31, and August 7 All Races Start at 6:00 p.m. The event offers area athletes a fun 1-lap 750 Meter Swim, or 2-Lap 1500 Meter swim in Boulder Reservoir, followed by a 5k run on the reservoir dam on 10 Thursday evenings throughout the summer. 200-300 participants enjoy the Stroke & Stride every week! For more information visit <http://www.racingunderground.com/strokestride/>

So there is now a greater choice for the ever growing open water enthusiast. Come on out and give it a try. Please contact Keith Pryor, John Hayden, Jamie Henderson, Glen Pflum or Kevin Thorn for more information and a personal testimony to a great swimming experience.

“Notes from Breaststroke Clinic” by Patt Chaiyaroj

I hope this summary will help you visualize a full cycle of breaststroke, with a lot of slow motion, pauses, and replays, so you can use as guidelines to analyze your own. Keep in mind that, it is easier to swim as we are familiar and used to. It will be up to you individually, to try and improve your own strokes. It may take some time to break the habit, if you need to, but the reward is worth it.

Posture and Line –

Your body is designed to be upright, gravity keep you balance while moving horizontally. But in swimming, you need to be balance horizontally while moving horizontally. And, your body needs to be less resistant to water to go faster. This means you need to adjust your body to become more suitable for swimming.

Start by straightening your spine. Suck, or press your stomach toward the spine to flatten your back. Align your neck bones to your spine. This will keep most part of your body tight. Flex your core muscle, to keep your bodyline, while you swim.

To move through water in a streamline manner also require you to be “small”. Looking straight at your head, perpendicular to your swimming direction, draw an imaginary boundary circle around your body and appendages while swimming. Keep this circle as small as you can.

It is also important that you manipulate, or “feel” the water. Think about it as ways to make the most of your moves in the water to propel you forward. But don’t forget the other swimming aspects. Think of the least energy used to move the most effective (fastest and furthest). Do more sculling drills, at least one length of the pool during warm up or cool down. This ability to “feel” water will be helpful for better swim.

Moving forward -

There are many ways to look at breaststroke swimming. At this moment, let’s put away what you know about breaststroke. Let’s look at it from a different angle. Imagine placing your hands as anchors and your body move forward, passing those anchors – with the least resistance you can make. We will focus on moving forward.

Effective “short axis” swimming takes advantage of body positioning and buoyancy of lung cavity (chest) below and above the water line. When your chest is below the normal line, water naturally reacts to your chest which is pushing you up. You, then, ride this lift to raise up pass the neutral line (this will require a little bit of your force). And while the gravity pulls you down, you lunge back pass the neutral line (with a little bit of force) to finish the cycle. Even though you are moving up and down, your body is actually propelling forward. The fact that you lead the momentum with your chest, which is on the front of your body, we can say that the undulation transfers the energy from head through feet. This results in the forward movement. Riding this kind of wave uses much less energy, and is much more efficient. That means you have more energy to spend on propelling yourself forward. With hands position and movements and an effective kick, both at accurate timing and rhythmic cycle, you will swim breaststroke with much more efficiency.

Let’s concentrate on using your hands to propel forward as much as you can. This will require a lot of sculling technique. There are three stages of your hands positions, anchor, sweep and recover. All three stages require different speed in comparison.

In conjunction with body movement, while your chest is below the neutral line, from the streamline positions, press your hands sideways outward to the effective width (about a little wider than your shoulder). This position will be where you “anchor” your hands. Make this movement advantageous with small sculling motion. The speed for this stage is moderate.

At each corner, set your hand ready for the sweep. Sculling skill will be helpful to make this effective. Angle your hands so they will propel you forward. Continued from the first stage, your body will start to rise. Lift your chest up while you do the next stage.

Sweep your hands sideways, quickly inward; creating a motion of an arc, toward your chin. While your body is in correct line and posture, your shoulders and elbows will be almost still but rotating as needed. This movement requires very fast speed comparing to the first stage. At the end of this stage, your hands will be pointing toward your chin, palms toward your neck or chest, your elbows below your shoulder. Remember to angle your hands for the propulsion. By this time, your chest will be at the highest point on the undulating motion. On emerging, you will take a breath as you move on to recovery.

The speed for this stage is the fastest of all three. Lunge forward while pushing off with shoulders and elbows, in an explosive speed. Bring your hands together and streamline. Bring your arms to the line position as quickly as you can. At the same time, your body should be in the neutral position. At this time, you are back to the beginning of your stroke.

Remember to push forward only, not “down”. Because your body will be angled up and down, it is better to align your direction to the horizontal line, not your body.

The other important features that help your moving “forward” are hip and legs. Most of the time you swim breaststroke, your legs will be in the streamline position, as they appear to be riding along. As you come to finish stage two of the arms, and you are lunging forward, this is when your hip and legs come into play. When you are at the end of stage two, thrust your hip forward. At the same time, prepare your legs to kick. While your body is up (imagine a cobra readying to strike), pull your heels toward your calves and bend your knees. Allow your thighs to bend slightly only as needed. Keep the angle between your thighs and torso as open as possible to reduce the resistance. It will feel a bit awkward at first, but you will get used to it with practice. The knees should be far enough apart to give you stable source of propulsion, but not too wide. Lead the kick with your outer edges of the feet with big toes pointing a little bit inward. Direct your kick energy backward. Your legs will come together after the kick and stay in the line position. All these movements will have to be finish at the end of the recovery of your arms. Therefore, your kick will have to be the faster than your arms in the recovery stage. This brings us to the end of the cycle, and the start of the next one.

Timing –

Breaststroke swimming, like butterfly, gets better when swim with good rhythm. But breaststroke requires more accurate timing, because your body positions are more critical and prone to water resistance. Speeds of your arms movements will determine the cycle and rhythm. Breaststroke also requires you to have more endurance than other swim strokes. Your kicks will need to keep up with your arms to maintain the cycle, your arms will need to be effective and powerful, your body will need to be in posture and line all the time, and so on... It takes longer to swim breaststroke in the same distance, so you have to work more to reach the finish line.

Stroke cycles differ from one swimmer to another. Some keep their cycles short with faster rhythm. Some have long and stretch glide, then quick snap of hands sweeping, then glide again. Just like dancing, it looks good and easy, if all goes together well. Certain individuals have different body type, speed, and rhythm. Find your own. Keep practicing. Stroke clinics only suggest how to improve your strokes. Most people forget them as soon as the clinics are over. They will remain suggestions until you use them. Bring stroke clinics to your everyday practices.

Sequence

Timing and sequence of breaststroke can be broadly summarized below.

Breaststroke timing sequence

Chest position	Arms	Legs	Note
Neutral	Line	Line	Start before losing momentum
Press Down	Corner/Anchor	Line	
Release to Neutral	Sweep	Line	
Press Up		Hip thrust forward, knees readying for kick	Start kicking at end of sweep.
Drop	Lunge Forward (cobra)	Kick	Keep thighs angle open to avoid resistance.
Neutral	Line	Line	Glide with momentum

Current Happenings!

“Coach’s Reflections” by Coach Jess Lawson

Over the past year an a half it has been a pleasure watching swimmers come and go....and some back again. The variety of personalities and abilities makes every practice unlike the last. It’s a pleasure to end my work day at the pool and I am glad so many of you feel the same. Keep up the good work. I’ll see ya on the pool deck! ☺

“Captain’s Corner” by Patt Chaiyaroj and Wayne Lee, SQUID Co-Captains

It is hard to believe that it was just one year ago we were preparing for IGLA 2007 in Paris!

Now we have double duty required as IGLA 2008 in Washington DC (June 18 to 22) will be wrapping up as Denver is celebrating Pridefest (June 21 and 22). We have a good number of swimmers who will be in DC and we need your help to make Pridefest work for the Team. This will be the first Pridefest in years that Co-Capt’n Wayne, Sect’y Andrew and Treasurer Glenn will not be marching in the annual Parade or be manning the SQUID Booth.

Graciously, Co-Capt’n Patt, John and Keith have decided to forgo the International Gay and Lesbian Aquatics Swim Meet this summer to champion our Parade and booth. Please sign up in the ‘Big Book’ for the Parade and just one session at the SQUID Booth. There you can meet and greet potential and new swimmers as well as encourage Colorado athletics. We have requested that our Booth be located adjacent to the Colorado Out Spokin bicycle group. Hopefully we will be grouped together such that we can coordinate the swimming and bicycle training that works together on Triathlons.

For those of you who are training for triathlons or those of you who just want to swim open water, the Chatfield State Park Gravel Pond is open for the season! You have to be registered with Colorado Masters Swimming Association (COMSA) and sign a liability waiver. Information is available at regular Practices.

Please remember to join us throughout the summer at the Hiawatha Davis Recreation Center (HDRC) for our regular Swim Practices with Coaches Jess and Andrew as well as the monthly Swim Stroke Clinics with Co-Capt’n Patt.

Later this summer, SQUID has a large contingent going to the annual Provincetown Swim For Life Charity Harbor Swim (September 6th the weekend after Labor Day). Sign up in the ‘Big Book’ of SQUID events that John has prepared and is always available at Practice. If you don’t know where Provincetown Massachusetts is, it is the eastern terminus of US Highway 6 on the tip of Cape Cod. Remember, if you want to find the Gay Beach Resort, just go to the end of the road!

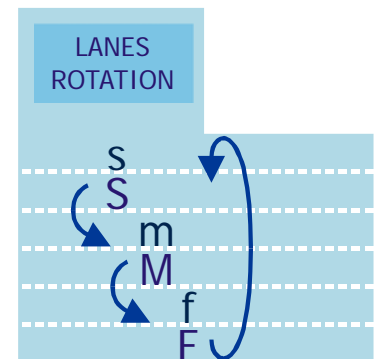
As always, SQUID needs your participation in the events that we and other Teams sponsor. Be it national, international, fitness, social or just even Thursday after Practice Dinners selected by Patrick, we want you to have fun swimming!

Swimmingly,

Patt and Wayne Co-Capt’ns



More SQUIDlings saying, “Come join us!”



“Yoga and Swimming” by Ed Popovitz



Yoga and Swimming:

Ed Popovitz is offering yoga classes on Tuesday's from 6:00pm to 7:00pm and Thursday's from 5:00pm to 6:00pm. Yoga and swimming are naturally compatible and mutually support each other as training regimens. Yoga and swimming both work on breathing, flexibility, core strength, and strengthening muscles in their lengthened state.

Breathing: Yoga focuses on extended deep breathing as the power to hold difficult poses and to refresh the body. Of course breathing is essential to the swimmer and a strong yoga practice will improve lung expansion and breath economy. Breathing also taps into the mind over matter principle. As the only autonomic nervous system function we can control, breathing can calm the body and mind. Just extending the exhale can slow the heart rate.

Flexibility: flexibility is just as important to the swimmer as it is to the yogi. Flexible well lubricated joints prevent injury and allow for better balance and mobility. Actually joints are not that flexible but the muscles they attach to bone are. By cultivating control over muscle contraction the swimmer can add more power to his kick and avoid cramps and spasms. Yoga helps by teaching yogis about the reciprocity effect. Essentially, when one muscle group is contracted, let's say the hamstrings; the muscle group that is directly opposite is relaxed, for example the quadriceps. Yoga is practice holding difficult poses by engaging certain muscles that support the posture and relaxing other muscles that allow for a deeper stretch. This type of flexibility is obtained by tricking the muscle into relaxing through breath and tension. While difficult to picture in your mind's eye, you can practice this with a partner to get it right. While one of you lies in a supine position on the floor with one leg lifted; allow the partner to push the lifted leg toward your torso. At first resist and then relax and after several cycles you will find a deeper stretch is possible. Learning to control muscle contraction can make your kick dramatically more efficient with less fatigue. This also relates to strengthening muscles at their lengthened state.

Finally, let's consider your core strength. Many swimmers think their power comes from their legs, i.e. their kick. While a strong kick really propels swimmers forward the real power of the kick originates in the core. In yoga we work to strengthen not just the "6-pack" muscles like the Rectus Abdominus but also the Transverse Abdominus, the Obliques and the muscles of the back, the Multifidus and the Erector Spinae. We also work the Psoas to build more power in the leg to torso contraction.

Come try out Yoga and see if it improves your performance.

Swimming Goals:

IGLA Washington DC

Colorado Pride Fest

Olympic Swimming Trials, Omaha, Nebraska

SQUID and The Center Swim-A-Thon

Providence Town, PA, Open Water Swim

June 18-22, 2008

June 21-22, 2008

June, 2008

July 12, 2008

September, 2008

(if you can swing it, this should be very fun)

(support your team at own pridefest)

(road trip, anyone?)

(get a work out and raise money)

(very fun!)

SQUID and The Center Swim-a-thon by John Hayden

On Saturday, July 12th, the SQUID Swim team will hold a swim-a-thon Fundraiser to benefit the team and the Center. The Center has provided community leadership and support services for over 30 years. Their commitment to Denver's GLBT community has helped thousands of youth and adults in our community. Both SQUID and the Center work hard to provide a safe, friendly and healthy atmosphere for Denver's GLBT community.

So come out and swim for a good cause. Pledge forms will be available May 30th at practice and online at squidswimteam.org. Each participant is asked to raise a minimum of \$25 for the Center with prizes for the top fundraisers. The event will occur from 10:30am to Noon on Saturday July 12th, during our regular SQUID practice time. The swim will be followed by Brunch. For more information contact John Hayden @

haydenpryor@msn.com

Travel Goals:



“Province Town Swim For Life” by John Hayden

A large contingent of SQUID's is planning a trip to Provincetown MA. this September to participate in the annual “Swim for Life” event. The event will raise money for breast cancer and HIV research and services on the Cape. Besides being a great cause, the swim is a lot of fun. Provincetown, the site of the first pilgrim landing, is a beautiful, historic, New England village with lots and lots of artists and gay and lesbian residents. A nice way to experience the town is to take the ferry from Boston and walk or ride a bike around town once you're there. It's small enough that you don't need a car to get around and enjoy yourself. The Swim, which will occur on September 6th, is 1.2 miles across the harbor. The rest of the time is free for bicycling, dancing, eating, shopping, relaxing on the beach or seeing a show. For more information contact John Hayden @ haydenpryor@msn.com



“Out Games 2009 in Copenhagen, Denmark” by Glen Pflum


Copenhagen is a little over a year away. It is time to start planning your trip abroad with SQUID. The venue will be at a 50 meter out door pool at a sports park where many of the other competitions will be held. The dates for Out Games are from July 25, 2009 through August 2, 2009. The web site is up and running. It is: <http://copenhagen2009.org/> Check out the web site as there are a lot of interesting items already posted. They are even taking advance registrations at this time.

“Gay Games 2010 in Cologne, Germany” by Glen Pflum

Like Copenhagen, the swimming venue for Gay Games in Cologne is at an out door 50 m pool at a sports park where many of the Gay Games events will be held. The outdoor pool and a closed pool nearby should be able to accommodate all of the IGLA events. They are also planning an open water swim which will use the same course as the triathlon swimmers. Cologne has long been a center of sports activity, training and competition in Germany. It has the accommodations and transportation needed to support the Games. Cologne is about the same size as Amsterdam and easy to get to from Frankfurt or Munich. The dates are from July 31 through August 6, 2010. The web site is up and running at: <http://www.games-cologne.com>

Happy Swimming!

	
<p>Don Steward COMSA Brute Squad</p>	


<p>Over the years I have helped many SQUID find great homes. If you're thinking of buying or selling, give me a call. I'd love to help. John Hayden, you're fellow SQUID member and Real Estate professional.</p>
<p>(303) 297-3994 haydenpryor@msn.com</p>
<p>Because the health of our community is the life of my business.</p>