



## BARRACUDA BULLETIN

### **Club Records At Oregon State Games**

By Jim Butler

It seems I missed the club records broken at the Oregon State Games in all the excitement of summer swimming! But fear not. The results were sitting in the Aquamaster just waiting to be combed. And as usual, the combing dug up some gems for the Barracudas!

The outdoor 50 meter pool at Mt. Hood Community College is a popular venue for the swimmers who like swimming under the warm (hot this year) summer sun. And it often brings out the best in them. This year it produced 7 new Barracuda records.

Elfie Stevenin swam strategically to add three more new records to the 85-89 Women's section she currently owns all by herself. And it looks like she is going for every single record in the group! David Radcliff continued his consistent record setting ways by lowering his 400 free time and establishing a 1500 time for the 70-74 group while tuning up for the world meet. But Jon Stout was doing a little tuning up of his own, breaking one of Dave's records back in the 60-64 age group in the 200 IM. Kermit Yensen rounded out the day with a 400 free record of his own adding to his impressive list.

In the year or so since I started tracking this, the Barracudas have set new team records in every meet they have attended! And that trend seems likely to continue as some of our top record swimmers age up and some great new swimmers join the club. Should make for an exciting 2006-2007 season!

Women Long Course Meters: 85-89 age group  
 Elfie Stevenin 50 fly 2:34.02 7/06  
 Elfie Stevenin 100 fly 6:45.39 7/06  
 Elfie Stevenin 200 fly 15:37.46 7/06

Men Long Course Meters: 50-54 age group  
 Kermit Yensen, 400 free 5:22.86 7/06

Men Long Course Meters: 60-64 age group  
 Jon Stout 200 IM 3:13.94 7/06

Men Long Course Meters: 70-74 age group  
 David Radcliff 400 free 5:18.48 7/06  
 David Radcliff 1500 free 22:02.45 7/06

### **FLIP TURNS EXPLAINED**

By Jim Teisher

A few weeks ago at an evening practice we worked on freestyle flip turns. I went through the details how to do the turn, and we practiced it. But I think there are enough details that I thought I should write them down. It seems like most of the direction over simplify. The directions usually read something like this:

1. As you approach the wall swimming the freestyle, begin your turn

- about a body length out from the side of the pool.
2. Tuck your chin into your chest and flip over. Exhale to avoid getting water in your nose.
  3. Open your body back up and extend your legs to the wall.
  4. As you begin to push off the wall, you should be on your back, in a streamline position, and roll over to your stomach as you glide. Your upper arms should be against your ears, and begin kicking.
  5. Begin stroking just before your body reaches the surface. The recovery from the first stroke should be above the water.

These directions are correct, and very similar to direction that I found on the web, but I don't think there is enough detail to really do a good flip turn. Here is a list of things that I think about related to the flip turn.

\* When you flip over, don't try to roll at the same time. It is much quicker to flip straight over and do the roll as you are pushing off from the wall.

\* Have your hips and feet close to the surface when you start your turn. If your feet are low, you will spend the first part of your turn fighting to get your feet up to the surface. A little dolphin kick just before you start will help get your feet up to the surface.

\* Do most of the work of the turn with your abs, not your arms. You should be able to do a turn with your hands glued to your thighs. It won't be pretty, but you should be able to flip and push off on your back with arms on your thighs.

\* Don't bend your knees too soon. Get the flipping motion started before bending your knees. This is important. I think of trying to do a sit-up as fast as I can and slam my forehead into my knees. After I have gotten my head as far as I can, I then bend my knees, my feet come out of the water, and I use the muscles in my back to get my feet to the wall. This motion is exactly the same principle that a figure skater uses to do a spin. Figure skaters start their spin with their arms extended away from their body, and then accelerate in the spin by pulling their arms in close to the body. Doing a flip turn, initiate the turn with your legs straight, and then accelerate by bending your knees.

\* Try to push off the wall as soon as your feet touch. Pretend that the wall is red hot and you will burn your feet if you have them on the wall for more than just a fraction of a second. This means you will need to have your arms over your head, hands together in a streamline position, ready to push off, when you feet get to the wall.

\* Your hands should be at your thighs, fingertips pointing towards the opposite wall, as you start to flip, and stay pointing towards that opposite wall. The movement relative to your body is: they start off on your thighs, move straight up to your head, and a little behind your head. Don't be putting your hands out to your side to try to do a somersault. With your hands starting on your thighs, they are basically pointed in the direction you want them when you push off. Keep them pointing in that direction. The hands are used, but to me it seems to be mostly for stability. The real work is done with the abs and the back.

\* The flip turn depends on forward momentum. It is not a somersault. The action I do to flip turn will not get me over without forward momentum.

\* Keep your head down, and in a nice tight streamline as you push off from the wall. Don't look up to see where you are going. It will slow you down. Your upper arms should be pressing against your ears.

\* As you push off wall, be underneath the water you swam through coming into the wall. When you are approaching the wall you are moving a cylinder of water along with you. When you push off, avoid this cylinder of water by going underneath it. If you don't get underneath it, you will be fighting it as you push off. Don't go too deep or you'll lose time.

\* Put some effort into your push off. Try to get as far as you can.

\* Kick while you are in your streamline. I have heard that you should do 3 dolphin kicks and then go into your flutter kick, but dolphin kick sucks, so I just flutter kick.

\* Try to be completing your second arm stroke when you take your first breath. I know this sounds like a long time without air, but it really makes a difference. Taking two strokes before breathing really helps to keep your momentum off the wall up. I have trouble doing this in a distance race, but through a 200, I can do it. When you first try it, it is going to seem impossible, but stick with it. Try

doing it in warm-up for awhile before you try it in a main set.

\* You need to exhale while you are doing the turn or you will get water in your nose. If you exhale too fast, you will run out of air before you complete the turn. It needs to be a slow exhalation. You can tell when it is too slow. You will get water in your nose.

Occasionally I will use a long swim to practice my flip turns. I will swim very slow and relaxed, and focus on the turns. I think of the turns as the work and the swim as the recovery.

I hope you will find this helpful. A flip turn is one of many things in swimming that has many subtle points to it, and as with most subtle things, no two people describe it the same way. I have shared with you my view of it.

Our club has many swimmers with much more experience than me. If you are one of those people, and you have some thoughts to share, please consider writing an article for the newsletter.

### **THB OCTOBER – NOVEMBER BIRTHDAYS**

October 12	Anna Casey, 30
October 16	Jed Cronin, 58
October 18	Mary Crowe, 59
October 20	Christopher Cox, 45
October 22	Jan Jeddelloh, 51
October 26	Heather Forsberg, 27
October 31	Jeanne Teisher, 55
	John Weinbrecht, 59
November 1	Michael Liu, 36
November 2	Francesca Genouese-Finch, 32
November 8	Greg Jablonski, 40
November 11	Krista Dittman, 28
November 12	Roy Lambert, 60
November 27	Nancy Helget, 58
November 28	Brad Elliot, 58
	Richard Kieburtz, 73

### **Postal Swim Session Scheduled**

Barracudas,

There is an opportunity for all THB swimmers to do the 3K or 6K Postal Swim at our pool on Saturday 11/11/06 from 7AM-9AM. We will pair up 3K swimmers to count for each other. 6K swimmers will need to bring their own counter as time will be limited.

Anyone needing information on how to participate in a postal event or if you have any questions, feel free to contact me. I can assist you in attending if you have never swum in an event of this type. It is also a great opportunity to meet some of your teammates who attend other practices.

See you Saturday!

Jon

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### September 9 Patriot Games Results



Laurie Chesler Warming Up (?)



Gary Wallis

Chesler, Laurie, 43

2<sup>nd</sup> 50 SCM Freestyle 33.46  
1<sup>st</sup> 100 SCM Freestyle 1:16.01  
1<sup>st</sup> 100 SCM Breaststroke 1:42.16

Stevenin, Elfie, 85

1<sup>st</sup> 50 SCM Freestyle 1:39.77  
1<sup>st</sup> 50 SCM Backstroke 141.92  
1<sup>st</sup> 50 SCM Breaststroke 2:30.25  
1<sup>st</sup> 50 SCM Butterfly 2:11.28  
1<sup>st</sup> 100 SCM IM 4:18.45  
Sprint Pentathlon Total: 1<sup>st</sup> 12:21.67

Karyukin, Andrei, 41

4<sup>th</sup> 50 SCM Freestyle 30.84  
4<sup>th</sup> 50 SCM Backstroke 37.99  
3<sup>rd</sup> 50 SCM Breaststroke 38.79  
3<sup>rd</sup> 50 SCM Butterfly 31.49  
3<sup>rd</sup> 100 SCM IM 1:16.21  
Sprint Pentathlon Total: 2<sup>nd</sup> 3:35.32

Wallis, Gary, 53

4<sup>th</sup> 50 SCM Freestyle 30.68  
4<sup>th</sup> 50 SCM Backstroke 39.75  
4<sup>th</sup> 50 SCM Breaststroke 39.18  
4<sup>th</sup> 50 SCM Butterfly 35.36  
4<sup>th</sup> 100 SCM IM 1:18.14  
Sprint Pentathlon Total 4<sup>th</sup> 3:43.11

Cronin, Jed, 58

1<sup>st</sup> 50 SCM Freestyle 30.36  
1<sup>st</sup> 100 SCM Freestyle 1:12.50  
1<sup>st</sup> 50 SCM Butterfly 34.15

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*Masters Swimming since 1981*

**Pool Meets**

November 18-19 Zone SCM, Federal Way, Washington

December 3 MAC Short Course Meters

**Postal Championships 2006**

Sept. 15- Nov. 15 3000/6000, USMS

**Web resources**

Tualatin Hills Barracudas <http://www.barracudas.org>  
Oregon Masters Swimming <http://www.swimoregon.org>  
United States Masters Swimming <http://www.usms.org>