

SWIMMING SCIENCE



Swimming Science Newsletter

“Everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

– Viktor Frankl, *Man’s Search for Meaning*

While Viktor Frankl barely survived the horrors of the WWII concentration camps, lost his entire family, and was placed in a situation of no control and hopelessness...he still had one thing - **the power over his own attitude.**

No matter what we can *always* choose the way we respond to a situation.

“When we are no longer able to change a **situation**, we are challenged to change ourselves”

While we can't control the traffic, the line at the grocery store, or even our competition, we can control how we respond. Choose a positive response to any situation.

Injured?

You can either focus on the setback of a shoulder injury OR you could use this opportunity to become a better kicker.

Anything can be taken from you but your freedom to choose how you respond to a situation. *Ultimately, your attitude determines your happiness.*

What's something great that is happening in your day? How is the challenge you are facing actually a good thing?

What do you want to know? Questions you want answered? We want to hear it!

This Monday's

Move:
(or not!)



Swim Meet Massages

With taper time right around the corner it's important to make the most of the season's hard work.

Manual therapists are increasingly gaining popularity at the swim meet scene. Despite the peak fitness levels during this time, competition pushes swimmers past their physical

Menu:
Ice Cream



This is Bananas

Bananas have always been the classic go-to swimmer snack—easy to stomach, packed with potassium, and convenient.

Years of eating bananas can get old.

So let's switch it out..with **ice cream**

All you need is one ripe banana and a blender

Mind:
Injury Recovering



Mental Adaptations during Injuries

A great amount of time is spent focusing on the physical aspects of an injury – pain, exercises, treatment, etc. - however, more research is emerging suggesting the *mental* component is also important during the recovery.

limits. While the link between massages and improved soreness is unclear here is what we know:

1. Decreased Cytokine Production

During regular training, inflammation likely helps increase muscle mass and strength. However, during competition, reducing inflammation may help reduce soreness and discomfort, improving movement.

2. Increase Circulation

Soft tissue massage increases circulation which then reduces swelling and improves recovery

3. Reduced Nervous System Activity

By decreasing the H-reflex, a measure of motor excitability, massages can reduce the NS activity and allow the swimmer to recover before the next race

4. Reduced Pain

Massage can decrease stress hormone cortisol and increase serotonin and dopamine

5. Reduced Anxiety

The psychological component of pain is just as important and massages can reduce levels of anxiety and worry

While you may still be weeks out of your championship meet it is still important to maximize your training out of the water through massage techniques - learn more about massage for swimmers in Dr. John's [video](#) and [article](#)

- Cut the banana up into small pieces (perfect for overripe bananas that would get squished in your swim bag)
- Pop in the freezer until solid (ideally overnight)
- BLEND – the consistency will transition to a smooth, creamy, soft serve texture (for less powerful blenders, add a dash of milk or juice)

And just like ice cream, you got to have toppings!

This is an easy way to squeeze in some more *protein* – throw some protein powder into the mix, you could add some peanut butter, seeds, whatever you like!

Whenever we become injured, a mental adaptation occurs.

You begin to think more and more about this body part. At first, this will prevent you from making it worse, however once you begin recovery it is important to stop thinking about these areas as much.

Involving a larger motor area in your brain becomes problematic to the recovery – making you think more and more about the injury.

Once you are on the road to recovery, you don't want this region in the brain to keep growing and allowing this injury to be a focal point of your life. We need to start reducing that thought process once the pain is improving and moving forward.

Here's how: [Dr. John on the Mental Side of Injury Recovery](#).



The 5 Things to Know Going into This Week

1. [3 Gluteus Exercises to Wake up a Swimmer's Butt](#)

Recent research emphasizes the importance of gluteal strength and muscular activity in swimmers in order to reduce injury - here's how!

2. [Two Unique Approaches for Improving Swimming Starts](#)

If you believe the margin for improvement is narrowing for yourself or swimming as a whole, then focusing on the start can give you an opportunity for improvement when it seems nonexistent

3. [Swimming Science Research Review](#)

If you're trying to improve your knowledge of the sport but are having trouble finding the time, this is for you!

4. [Top 3 Core Exercises for Freestyle and Backstrokers](#)

Different core exercises are necessary for these stroke specifics, make sure. These are a few core exercises targeting those specific needs

5. [The Importance of Proprioception Training](#)

Dr. Jose Inacio discusses everything you need to know about proprioception as well as the effects it has swimming, injury prevention and your health

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