

Happy April Birthdays!

- Brian Smith 3rd
- Louis Covington 11th
- Michael Carmody 13th
- Terry Goel 13th
- Annie Reese 24th
- Mike Reese 30th
- David Pistilli 30th

Welcome New & Returning Swimmers

- Miguel Alvarez
- Jennifer Angelo
- Nona Dailey
- Ravindra Goel
- Mary Jordan
- Sandra Haynes
- Thea Moeller
- Richard Sams

Schedule Changes this month:

- None!!!

MMM Good—Denise serves it up good!

In case you missed it, we cooked up a great clinic on March 10. Our own Denise Cook, Registered Dietician, soccer mom, and all-around cool person provided us some great information about eating, good nutrition, and fueling habits during periods of intense training.

If you think you are too busy to eat properly, take it from a mother of two and independent business person that it is easy to eat well if you think and plan ahead. Denise described how you can plan your eating around your workout schedule and be sure to have already prepared and easily available foods to help you refuel and

satisfy your body's need for various types of nutrients—all without going overboard.

Denise provided us with a 12-question quiz at the beginning of the session and used that to review the essential points of optimal nutrition. For instance, carbohydrates are essential for proper fueling (sorry, Atkins) and fruits and vegetables—the darker color the better—are your best bet for including all of the vitamins and minerals that you need along with calories. Fats are also important, especially to help absorb the fat-soluble vitamins A, D, & K.



Speaking of calories, for those of us looking for a little more sculpting and having those pants fit a little better, it is wiser to maintain the calorie count and time meals better during the day rather than slash calorie intake.

Avoid the daily alertness coaster by limiting caffeinated beverages to two per day. Have a small snack mid-morning or afternoon to boost your energy.

To help with your nutrition knowledge, check out:

www.mypyramidtracker.gov

You can contact Denise at dcook20@juno.com, 393-9213.

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Don't Be a Dummy—Learn CPR on April 14

We have a great opportunity to have our own Jenna Turner provide us with CPR training on Saturday, April 14. Hopefully we will never need it, but it is a great skill to have just in case someone is in need of emergency care.

The course will cover the

essentials of adult CPR and include a reference book if you would like along with a certification card. We will do the class from 8:30 am to 12:30 pm. The course is \$25 to offset the charge incurred by the Red Cross for the certification.

If you would like to attend, please RSVP to info@redrivermasters.com and bring a \$25 check payable to the American Red Cross.





Safety Alert!!!

A safety concern for us all has recently surfaced. You might not be aware, but we are all often exposed to a powerful solvent called dihydrogen monoxide that is not regulated by the government by widely recognized toxicity standards.

It is amazing that this substance is not regulated! It was one of the leading killers following Hurricane Katrina in the chemical soup that filled New Orleans. As well, it has been identified as a significant component in acid rain. Apparently, as little as a tablespoon

of this stuff can kill you. Recent widespread reports indicated a woman was killed by this chemical in a very short time after ingesting this chemical as part of a publicity stunt.

There are concerns that this chemical can make its way into swimming pools and other places where people might come into intimate contact with it. Even though this chemical can be lethal and is an important component of other chemicals recognized as toxic, the government still has taken no action to regulate this to



protect the public.

If you are concerned about this, check out <http://www.dhmo.org/> and don't be afraid to take action. Perhaps Louisiana can become a leader in the effort to protect people.

Congratulations!

On March 24-25, SMS held their short course yards championships in Jackson, MS. Congratulations to Randy Patton and Linda and Bill Cleveland for some great swims.

Overall, RRM finished 5th of 12 teams with only 3 of the 44 overall participants in the meet.

Randy had best times in the 50 breast, 50 fly, 50 free and 100 IM. We are hoping to see even more improvements when the Sr. Olympics comes around in May.

Linda won each of her races in fine style. She swam the 50 and 100 free, the 50 back, 50 fly, and 100 IM. For Sunday's races, she developed a new and apparently very successful warm up strategy.

Bill had good showings in the 50, 100, and 200 free along with the 50 and 100 back, 50 fly, 50 breast, and 100 IM.

Full results can be found at:

<http://home.earthlink.net/~dixiezone/Results/0703sms.html>

Strokes other than Freestyle

We get a lot of folks that swim with us to prepare for triathlons. Many of these folks are primarily interested in swimming freestyle. This is logical because it is the fastest and most efficient way to propel yourself through the water.

However, we will be regularly including other strokes in our workouts. Why???

There are several reasons for this:

1. only swimming freestyle gets boring and we have folks that swim in competitive swim meets and for fitness that want the variety
2. Only swimming freestyle limits your understanding of the water. Learning other strokes helps you understand how to move
3. Swimming other strokes use other muscles and helps you increase your strength a more balanced way
4. If you are doing triathlons, you will use other strokes in the race such as backstroke and breast stroke as the need arises—learn how to do it right!

yourself through the water better.

Respect Our Facilities!

We are very fortunate to be able to use the facilities at LSUS and have worked hard to have a great relationship with them. Sometimes, especially at noon and the evenings, the parking lot gets very full. It is important that you follow these guidelines when parking:

Do park in legally marked spots only

Don't park in the faculty/staff spaces

Don't park in the fire lanes

Don't park in the handicap spots (unless legally allowed)



Please do not go into the pool unless the coach is present. It is important from an insurance standpoint that we have a coach on deck. It has been extremely unusual in the last 6 years that we have not had a coach present for workouts.



Nutrition Corner

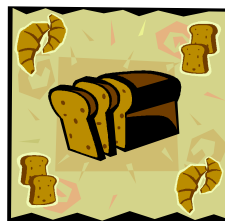
To eat well and support your training habit, it is important to have good food at the ready. It is not as hard as it sounds. Things like hard boiled eggs, nuts, cheese sticks, bananas, and other ready-to-go foods can help get the right food digesting at the right time.

Even if you are no Martha Stewart (or Martha Siskron—queen of baking), you can still probably whip together this delicious quick bread. Denise Cook provided this at the March 10th clinic and it is outstanding—even freezes well!

Whole Wheat Banana-Nut Bread

½ cup oil
 ½ cup brown sugar
 ½ cup honey
 1 tsp vanilla
 3 medium sized ripe bananas (mashed)
 2 eggs, beaten
 1 ½ cups whole wheat flour
 ½ cup wheat germ
 2 tsp baking powder
 ½ tsp salt
 ½ tsp cinnamon
 ½ cup walnuts, coarsely chopped

In a large bowl, mix oil, sugar and honey together. Add mashed bananas, vanilla and eggs. In a medium bowl, combine remaining dry ingredients and add to first mixture. Stir only until well mixed. Bake in well-greased loaf pan at 325 degrees. Bake for 1 hour, 10 minutes – or until well browned.



One Hour Postal Results

In January, we did the annual USMS One Hour Postal competition. Red River Masters had 11 folks enter this event out of the 14 that entered from Southern Masters Swimming. There were a total of 2,083 entries for this year's swim making it one of the largest swim competitions of all time. Our cumulative total distance swum was 48,850

yards which was the 36th furthest for any organization out of a total of 135 participating clubs.

Congratulations to:

Steven Carter	4,000m
Bill Cleveland	4,115m
Louis Covington	2,112m
Wellborn Jack	2,267m
Carolyn Parke	2,962m
Randy Patton	3,237m

Leah Ramoz	3,620m
Annie Reese	2,950m
Martha Siskron	2,650m
Karen Soileau	2,900m
Tim Winter	2,405m

To see the full results, visit

<http://www.maverickswim.org/>

This is an annual event each January—we'll look forward to your participation next year.



Upcoming Events & Schedule Reminder

We have a number of events planned for later this year—mark your calendar now if you are so inclined.

Firstly, thank you for spreading the word about Red River Masters. We continue to get new swimmers. We will have our normal schedule for the foreseeable future. Any changes will be sent out via email & posted on our website www.redrivermasters.com.

On **April 14**, we will have a CPR class taught by our own Jenna Turner.

We have 4 swimmers headed for an **open water swim** in Pensacola on **April 22**. If you would like to know more, contact Janet Martin, Annie Reese, or Martha Siskron.

On **May 12**, the **Senior Olympics** will be at **Centenary** for ages 40+. We also plan to have a 1,650 swim at this

meet that we expect to open to all masters swimmers.

On **June 23**, **Marcia Cleveland** will join us for an **Open Water Clinic**. We are looking into staging an **open water race** sometime in **September** (isn't this when the alligators are hungriest?)

August 10-13 the USMS Long Course Nationals will be at **The Woodlands, TX**.

Regular Schedule:

Morning

Monday-Friday 5:30-6:30 am

Saturday 6:30-8:00 am

Noon

Monday, Wednesday, Friday 12-1

Evening

Monday, Wednesday, Thursday 6-7 pm



We all Count— Some Just Count more than others

Social justice and swim training—just don't really have too much to do with one another. So what is this about counting? This is all about keeping track of where you are in your swim. It is particularly important in longer swims. You will note that in competitive swimming, anything 20 lengths and over the competitor can have a person on deck put a card in the water with the appropriate length number. So even experienced swimmers can get "lost" in longer races.

Personally, I like to stick with shorter swims—it is hard to lose track of where you are in a 50. However, those with a preponderance of slow-twitch muscle fibers likely prefer something an order of magnitude or more greater than this distance. So the quandary is, how do you keep track of where you are in your swim, knowing that it is quite natural for the mind to wander while you are training.

There are a number of ways to keep count and a couple of other tricks to help you keep track of where you are in longer swims. From the integral approach to the cumulative approach, pick something that works for you.

The first approach to counting is simply counting up the lengths 1, 2, 3, 4, 5, 6, etc. throughout the swim. This will necessitate that you calculate any distance-based repeats into number of lengths. This really isn't so hard if you know that there are 4 25s in 100.

One of the tricks with this method is keeping track accurately of where you are compared the

previous length. This can be deceptively difficult. You can always try to keep track of this using your fingers and toes, but it is not too long until you run out of appendages. As well, if you are trying to count anything else like the number of strokes in a length, strokes in the breathing pattern, or the number of hair balls on the bottom of the pool, you can quickly become confused.

There is a distance-based corollary to this method. It is possible to count 25-50-75-100, etc. This faces a similar problem to 1,2,3,4,5... in that it can be easy to lose track of where you are when you count so much.

As strange as this seems, counting often has a "less is more" return. For swimming in a 25 yard or meter pool, counting by 50's is often optimal. If you use the integral approach, this would be 2,4,6,8... and if you use a distance-based approach, this would be 50,100,150,200... In a 50-meter pool, counting by 100s makes even better sense since most distances are broken down by 100s for the ultimate distance such as 200, 400, 800, and 1,500.

Using this sort of approach frees up your internal calculator to count your strokes, the number of times you are passing someone else, or focusing your attention on some other critical part of your training.

Once you figure out how you want to count, then it is important to use some strategies to keep you on track. It is so easy to let the mind wander. For me, I like to count by 50 and distance. I use the 50-100-150-200... method. Usually at each 100 I take a peek at the pace clock either coming into our

going out of the turn. Not only does this help me keep count by using the pace clock, it helps me to know if I am at the desired pace or not. It takes a little practice to know when and where to look for the clock; however, the rewards can be great. If you do open turns or are swimming breast stroke or butterfly, there can be a good chance to take a look over at the clock. Swimming freestyle you have to time your last breath into the turn or first breath out of the turn to coincide with a clock-peek.

If you don't want to look at the clock because your eyesight doesn't allow for it or you have trouble figuring out your time even when standing still—don't fret—there is still hope! Another way to keep track of your distance over longer swims is to alternate something about your swim throughout the distance. For instance, if you always breathe to one side, do a 50 breathing to the left and then a 50 breathing to the right. Then you will know when each 100 is done when you go back to breathing on the left. If you prefer alternate breathing, you can breathe every 3 for a 50 and then every 3-2 for a 50 and switch back and forth.

Another way to help count which is useful for those who do open turns (and also for sets with lots of 50s or 100s) is to use the lane rope buoys as an abacus. For each distance completed, move one buoy across to account for it. When you get to the appropriate number moved across, then you are done! A couple of caveats with this method: first, make sure that those around

you are not also using that lane rope to count their distance swum. As well, some lane ropes are completely packed with buoys and there is no space to move the buoys across.

Hopefully using some of these techniques will help to keep you on track, especially on longer swims.

Save Money!

We recently started accepting bank drafts to pay your monthly dues. This is a great way to save \$5 a month. Members using bank drafts pay only \$35 per month versus \$40 per month with a check or cash.

To sign up for bank draft, complete the form at our website or get a form at the pool. We will do one \$0 transaction to ensure all the numbers were entered correctly. Each month, the \$35 dues will be debited from your account in the first 5 days of the month. We will send out a notice each month as a reminder.



RRM SPLASH

Is an irregular publication from an irregular bunch.

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**"The only discipline that lasts is self-discipline."
- Bum Phillips**