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The purpose of this newsletter is to keep you abreast of what is going on with the Finals LTD., share ideas, and encourage your feedback and input.

FOR IMMEDIATE RELEASE: JAGER SIGNS WITH FINALS

The Finals Swimwear Company is proud to announce the recent signing of Tom Jager as an advisor and spokesman for the company. Jager, the "world's fastest swimmer", becomes the first active American athlete to sign on with a swimwear company through their recently created Olympian Performance Program.



TOM JAGER shows at an early age the form that would one day take him to the top.

Jager is the World and American Record holder in the 50 meter freestyle (22.23) in addition to being the reigning World and USS National Champion. Tom was a four year All American and NCAA Champion at UCLA. He has been a member of numerous USA National Teams since 1981 and has been elected captain of many of these teams by his fellow athletes. He was a member of the 1984 Olympic Team and will be aiming for Seoul in 1988.

Tom will be a very active participant in The Finals sponsored Winning Spirit Clinics and will serve as an advisor on product design, as well as, certain marketing and promotional projects.

INTERVIEW WITH TOM JAGER

by Dick Hannula

Tom, have you always been a sprinter?

"No, actually I made my first senior regional qualifying time in the 1500 when I was 12 years old. My best event was the 200 back until I was 14 or 15 years old. The 200 back was my first national Junior Olympics cut. I didn't really get into the 50 until after my high school swimming was over in my senior year. I swam my first shaved and tapered 50 yard free at the U.S. Swimming National Short Course Championship Meet in :20.00 at the end of my senior year of high school."

How soon should a sprinter specialize?

"I believe the way that I did it was best. I swam all strokes, all distances through my senior year of high school. I didn't do any weight training until my freshman year at UCLA. I was lucky to have enough talent to get a college scholarship without having to specialize too early, or to start weight training any sooner."

How would you characterize your swimming training?

Pre-season: "The sprinters train aerobically with the other team members during the pre-season phase. We do 7000 to 8000 yards a workout, but we only swim doubles on 2 days a week. Our weight training is extra. We do a lot of arm pulling, and distance swimming with sets like 3 x 800. The pulling is

hard pulling, and on difficult intervals. We do kick fast in pre-season training." Competitive season: "We sprint a lot. Sets like 20 x 75 with 3, 5, 7, and 10 fast over the two rounds. We also kick 2 sets that total 600 each, with at least 400 of the total 1200 of kicking very fast. When we start sprints, we begin to ease off on the weights, pulling, and distance swimming." Championship season: "About one month out, we begin to do less. Less sprints, less kicking, and more drills to improve stroke technique. We rest a lot. Coach Ron Ballatore wants us to be like cats -- sleep when we feel the need, and swim fast when we feel like it, but not overdo it. Sprint 12 1/2's not 25's when we get up close to the peak meet. We actually begin to cut back the number of hard swims at six to eight weeks out."

How often do you swim in fast training?

"We swim fast everyday, or try to swim fast. We do a hard kick set everyday, and intersperse a fast kick or swim someplace into every session."

How do you learn great starts and turns?

"It is 100% concentration. About 10 minutes before a race, I must concentrate on the start, and turn. I must be ready for the start, or I am done for in the race. We do 5 or 6 quality starts, 2 to 5 quality turns, and about 5 quality race finishes everyday."

What do you concentrate on at the turn?

"I asked Robin Leamy to help me at UCLA on my turns when I was an underclassman. He told me to swim as fast as you can into the turn, and as fast as you can out of the turn. Don't slow down, swim fast and the turn will be fast. This was great advice and I always try to keep my speed up through the entire swim and especially the turn."

What is your philosophy of sprint free?

"It is most important that you believe that you can win. It is mental, very mental. Mental preparation is most important. You must believe that you are going to win every time no matter if shaved, rested, or who your competition might be. Don't concentrate on the time, but to win."

How should the coach relate to the sprint free swimmer?

"I have had two very good coaches. Penny Taylor is great on stroke technique. Ron Ballatore is great on mental aggressiveness."

What is your weigh training program?

"This season we go two sessions per week of 1 1/2 hours each. Early season we go 3 session per week. We do power lifting, and we lift, like the UCLA football team linemen lift. Two a week: One session is 3 sets of 8 at each exercise, increasing the weight each set. The second weight session of the week is 8, 6, 4, 2, lifts to max out. Increase the weight each set, all hard, and hope you can lift the final set of 2."

How do the 50 yard and 50 meter differ?

"I breathe 2 times in both the 50 yard, and the 50 meter races. In the 50 yard race, I breathe about 7 yards out of the turning wall, and again 1/2 of the way back. In the 50 meter free, I breathe at the 25, and 40 marks. The 50 yard free can have more things go wrong. The turn is there, but if you have enough momentum, you can get through it fast. The 50 meter free is a pure swimming event. Build from the legs, and hold the legs into it as the arms get into the race."

Do you do any assisted sprint work -- fins, surgical tubing, etc.?

"At a national meet, I usually swim a 200 free, and 200 back. I do a finish, and easy 50, and an under-water 25. Then I loosen a little, play a little, relax and get a feel of the water for about 10 more minutes. I don't do any timed stuff prior to the race, except in a morning prelim to get going but never at full speed."

What would be your final advice to swimmers?

"Enjoy it! You swim best when you enjoy it. Do it for fun. Eliminate the pressure, take it for what it is -- a game."

WHY NOT WATER POLO? OR THE BEST KEPT TRAINING SECRET IN ALL OF SWIMMING

by Bruce Wigo

The success of Pablo Morales, Matt Biondi, and many others has created a lot of discussion in California over the past several years. The main topic being whether or not coaches should let their swimmers play water polo. As you know, these

swimming greats played water polo from mid August to December throughout their collegiate careers. Unfortunately, outside of California, with few exceptions, there is no debate, for there is no water polo. I have long wondered why. Why not water polo? I started looking for answers.

One coach told me he didn't believe in water polo because it ruined stroke mechanics.

I thought I'd ask Don Gambril, many time Olympic team swimming coach and himself a swimmer/water polo player in college, about this.

"I don't think there's any risk at all of ruining technique in water polo", he said. He told me that he has always used water polo for off season training. "The two sports mix well up to a certain level. It is especially useful in the development of young swimmer, it's fun, diversionary, and it gives some of the kids who don't yet excel in swimming an opportunity to feel like part of the team."

When I asked him why more coaches did not use water polo as a supplement to their swimming programs, especially on the age group and high school levels, he said: "I think coaches are afraid they will lose their swimmers to water polo. Let's face it, it's a lot of fun."

I asked Roy Saari about this. Roy, an ISHOF inductee, was a swimmer from the 1960's. He won his first national AAU title at the age of 13, won national titles in distances from 100 yards to three miles, including the 400 IM, was the first person under 17 minutes in the 1650 and is called by Buck Dawson at the ISHOF, "the greatest NCAA swimmer of all time". Like Matt and Pablo, Roy played water polo throughout his career and was so proficient at the sport he is also in the US Water Polo Hall of Fame.

"Coaches may fear losing swimmers to polo, but it's not a valid fear. Historically, from John Weissmuller, to myself, Tim Shaw and on to Matt and Pablo; anyone who has been fortunate enough to excel in both sports has consistently put swimming first. There is something about the individual challenge in swimming. The sense of accomplishment is more rewarding individually than in a team sport. I know my achievements in swimming were more rewarding for me, and I've talked to many track/football athletes who've told me the same thing. In 1964 I made the Olympic team for both swimming and polo, but I withdrew from water polo because I knew it would interfere with my swimming. It was an easy decision. But to get back to Don's comment, my experience was quite the contrary: the fact that my club played water polo actually brought in athletes to the swim team. After all water polo is essentially a sport for swimmers and to play better, they knew they would have to swim better."

When I asked him what his theory was as to why more swimming coaches did not employ water polo, he said: "Some coaches have told me that they fear their swimmers would lose physical conditioning by playing water polo. But on this I totally disagree. I believe I gained more from water polo than I could have from any dry land or

other "off season" training. Water polo is just so physically demanding.

"Coaches", Roy said, "are always looking for new ways to develop 'general athletic agility', 'lactate tolerance', 'mental toughness', as well as ways to 'improve the feel for the water". It's my opinion that nothing is more effective in developing these areas than water polo! I think my career proved it, and I believe the careers of Pablo Morales and Matt Biondi are proving it today.

"But these are just the physical benefits of polo. I was in the water 12 months a year during my career and never felt "burned out". I thank water polo for keeping my mental outlook always fresh. On another level, water polo, gave me the opportunity to compete in a team sport, where I learned to rely on my teammates and they learned to rely on me. This two way reliance brought us much closer together as a team and gave us a real esprit de corps. It helped us grow up with a broader outlook than if we had just competed on an individual level. In my mind, having the opportunity to do both was fantastic from a personal growth standpoint."

"Frankly", he concluded, "I cannot understand why water polo has not caught on with swim clubs outside of California."

One swim coach I spoke to said he believed that it was the fear of injuries that kept USS clubs from playing water polo. Certainly water polo is a physical game. This objection sounded legitimate so I thought I'd call Cal-Berkeley to find out if Matt Biondi's coaches were ever worried about injuries.

"Not really", said Pete Cutino, Cal's polo coach. Pete started out as a swim coach and at one time coached both swimming and polo at Cal. "Kids do so many things outside the pool that are far more dangerous. Actually, I think the shoulder problems common to swimming are a far more serious concern. The kind of injuries you suffer in polo are minor, things like small cuts and bruises."

"Besides", he continued, "the advantages water polo offer swim programs far outweigh any potential risks. Take Matt for instance, he has said repeatedly, that were it not for water polo, he'd probably be playing basketball. He's a great athlete, but I doubt he would have achieved the same level of success in basketball that he has in swimming. Another case in point is Joel Thomas, he was burned out from age group swimming. Water polo kept him in the water and he went on to win a gold medal at NCAA's. Finally there's Alan Gresham. He had stopped swimming for over two years, Polo got him back in the water and on the swim team where he went on to be an NCAA finalist. In my opinion, attracting athletes to swimming and keeping them in the water is coaching's biggest challenge. If you can do these two things, you've got a shot at success."

"I think it's just crazy that more YMCA, USS and school swimming teams don't play water polo"

When I asked him for his explanation as to

why they don't, he replied: "The only reason I can think of is that they just don't know anything about water polo. They don't know the fundamentals, strategies or rules of the game and they would not feel confident teaching it. If they would just take the time to learn, to read a book or attend a water polo clinic, they would find out how much fun the game is to coach and how beneficial it can be to their programs."

Finally, one young coach I spoke to argued against water polo "because Mark Schubert doesn't play it". That's true, but not every coach has Mark's charisma, facilities and resources. And not all swimmers are capable of training 15,000 meters and more every day. This article does not wish to imply that water polo is the only way to help train swimmers in the off season, but it could prove helpful to hundreds of coaches and thousands of swimmers.

If you're interested in learning more about water polo, please write to:

United States Water Polo, Inc.
1750 East Boulder Street
Colorado Springs, CO 80909-5793

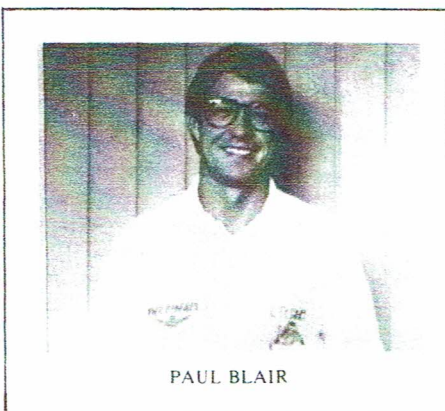
About The Author: Bruce Wigo is a former YMCA, AAU, prep school, and collegiate swimmer who also served as Head Coach of Philadelphia Aquatic Club and later the U.S. Virgin Islands National Team. He became a lawyer and appears in TV commercials while still remaining an active swimmer. He is currently writing a book on the history of swimming and water polo, serves as Region I Chairman of USWP, and contributes to a column in Water Polo Scoreboard. Finally, he is the father of a young swimmer who is one of this country's top USWP Junior Team members.

LRRC DOLPHINS SWIM TEAM CLUB ORGANIZATION

by Head Coach Paul Blair
MEMBER of THE FINALS COACHES ADVISORY STAFF

The success of the Little Rock Racquet Club Dolphins Swim Program has been fun, rewarding, hard, slow up hill climb. Achievement did not happen over night. It has taken eight years to develop our program. In 1979 we had 53 swimmers and no Junior or Senior National Qualifiers. We currently have 120 swimmers, 11 of whom have qualified for the 1988 Olympic Trials. In order to accomplish what we have, it has taken a commitment from our parents organization, community, television and press, corporations and the coaching staff. Setting goals is a very important part of the total success of the program, but the commitment must be made first. In order to market our program we divided our club up into two sections, priorities and goals. Our priorities in order include: academics, swimming, and a wholesome social life. Our goals are to become a good person, swim fast and have fun!

Communication and education are very important parts of our program. We communicate



PAUL BLAIR

to the athletes and tell them what, how, when, where, and why to do something. Most importantly we educate the parents with the same implementation. The process in which we do this is through: our team hand book, pamphlet, and brochure; monthly newsletter; weekly agenda (called the "Dolphin Flyer"); bulletin boards through our facilities; team meetings; and written monthly reports to the Parents Board.

Team builders which develop the pride, dedication and motivation for swimmers and parents are used throughout the year. These would include: workers of the week, swimmers of the month with an award for each programming group. Names of qualifiers who are posted for different national qualifiers for age group and seniors, top ten all time swims by age group, top 25 all time best swims for seniors, socials, big brother/big sister programs, clean up day at the LRCC, parents socials, and coaches cook out.

Programming at the LRCC is designed to cater to the needs of our total community. Swim school or group swim lessons, private learn to swim lessons, private swim lessons (stroke improvement), swim clinics and Big "D" are all to enhance stroke development and stroke improvement. Competitive programming includes: White Team groups I and II and Green Team I and II which are age group programs. Senior and National Teams which accommodate senior swimmers. Masters swimming is offered which trains fitness swimmers, master competitors and triathletes.

It is very important that parents serve as committee heads to administer our development. Our committees include: banquet, by-laws, entries, best times, hand book, meet directors, officials, publicity, long range planning, recruitment, fund raising, and travel. The more good people you get involved helping you go and grow the more time you are able to spend on the coaching of athletes.

The motto of our organization is "Believe The Dolphin Difference". In order to have the optimum level of success there needs to be a difference.

We continually are searching for new ideas and projects to improve the quality of all the above areas. Remember: commitment, set goals, then priorities.

CLUB ORGANIZATION

PRIORITIES: ACADEMICS, SWIMMING, WHOLESOME SOCIAL LIFE

GOAL:

1. BECOME A GOOD PERSON
2. SWIM FAST
3. HAVE FUN!

CLUB DEVELOPMENT - LRRC DOLPHIN SWIM TEAM:

1. BOARD OF DIRECTORS / SWIM COMMITTEE
2. PARENTS ORGANIZATION
3. DOLPHIN BOOSTER CLUB
4. CLUB STAFF
5. DOLPHIN COACHING STAFF

COMMUNICATION AND EDUCATION:

1. TEAM BROCHURE
2. TEAM INTRODUCTION PAMPHLET
3. TEAM HANDBOOK
4. MONTHLY NEWSLETTER
5. WEEKLY AGENDAS - DOLPHIN FLYER
6. BULLETIN BOARD
7. TEAM MEETINGS
8. MONTHLY REPORTS TO SWIM COMMITTEE & PARENTS BOARD

COMMITTEES:

1. BANQUET
2. BY-LAWS
3. ENTRIES
4. BEST TIMES
5. HANDBOOK
6. OFFICIALS
7. SOCIAL
8. MEET DIRECTORS
9. SWIM MEET
 - A. MEET DIRECTOR
 - B. TIMERS
 - C. COMPUTER OPERATION
10. PUBLICITY
11. LONG RANGE PLANNING
12. RECRUITMENT
13. TRAVEL
14. FUND RAISING

TEAM BUILDERS:

1. WORKER OF THE WEEK
2. SWIMMER OF THE MONTH
3. QUALIFIERS
4. ATTENDANCE
5. RELAY RECORD BREAKERS
6. TOP 10 ALL TIME SWIMS BY AGE GROUP
7. TOP 25 ALL TIME SWIMS
8. SOCIALS - BIKE RIDES, FLOAT TRIPS, CAMP OUTS, LOCK-INS, POSTER PARTIES, ICE SKATING, SLEDDING, BASKETBALL
9. BIG SISTER - LITTLE SISTER
10. BIG BROTHER - LITTLE BROTHER
11. CLEAN UP DAY
12. PARTIES
13. PARENTS SOCIALS
14. COACHES COOKOUT
15. FUND RAISING

ARTICLES WANTED

Each issue will feature articles from you, our readership. If interested in contributing please contact us at the address listed within.