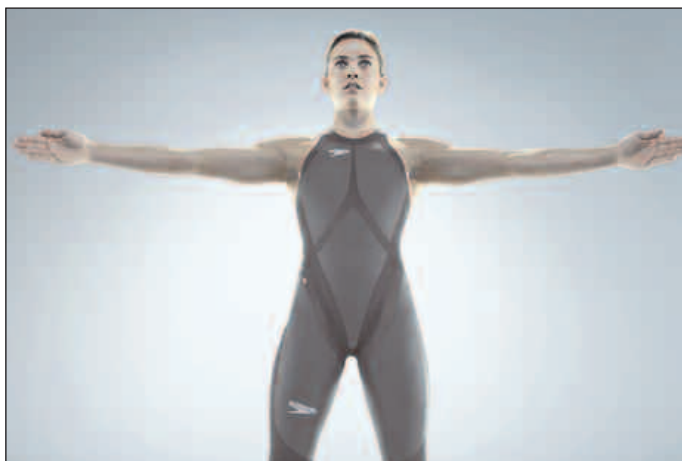


Swim Suit Debate

The 'new age', high tech swim 'costumes' worn by the elite swimmers in this year's Olympic trials and Olympic Games have caused quite the controversy. At the forefront of this debate is the latest and greatest Speedo LZR Racer. Released in early February and immediately supported by a handful of world record performances, the suit's popularity rapidly gained momentum. Although the LZR is among several other 'high tech' swim suits, the marketing genius of Speedo has played a huge role in the identification of this suit as the cause of the recent extraordinary swim performances. Because of their ability to advertise and the success of their sponsored athletes, Speedo seemed to have a strangle hold on the market and, as its competitors screamed, "an unfair advantage." In early May, TYR filed a lawsuit against the corporate giant on the grounds that they "engaged in a campaign of falsely disparaging the products of Speedo's competitors, including TYR, for the purpose of inducing competitive swimmers to refrain from doing business with Speedo's competitors" and that it was done in an "especially insidious and deceptive manner." While this lawsuit has important implications on the nature of the swimming apparel and equipment industry, perhaps more important is the threat to the purity of competitive swimming that the introduction of these swim suits present.

The sport of swimming has long been thought to be "pure" in the sense that the use of equipment to aid performance has been prohibited. The rules governing our sport essentially outlaw any equipment or element that aid performance or alter buoyancy. The newest generation of suits were judged to be "costumes"

rather than "equipment" and therefore the rule was determined to "not apply." For more than a century, the winner of a race was simply the first man to touch the wall. Man, under his own power, struggling to overcome the inherent resistance of a body moving through water. It now appears that the fastest man+suit combination will win the race. If the swim suit is truly a "costume" in that it does not



enhance performance, then the sport has not changed much in relation to its early years. However, there is now evidence that the latest bodysuits are indeed performance enhancing and even influencing the outcomes of the races. Unfortunately, the mere possibility of a swim suit (and an expensive one at that!) improving performance to such a degree is enough to threaten the very nature of the sport.

Recently, the United States Swimming House of Delegates took action against the new high-tech suits. The delegates voted to ban swim suits that extend beyond the knees and shoulders for 12 and under swimmers. Unfortunately, as the primary institution to provide governance and leadership to the national swimming community, USA Swimming has done little to address the real issue because of the inherent politics and money involved. Because this rule

only applies to a limited number of swim suit models, the new suits can, and will still be worn by swimmers of all ages.

Fortunately, a week later (early October), the Indiana Swimming House of Delegates made a much stronger statement and voted to ban swim suits that extend below the knees and above the waist for males, and below the torso and beyond the shoulders for females. Again this applied to 12 and under swimmers only. This legislation is much more reasonable and limits allowable swim suits to the brief and jammer for males and the traditional waist-shoulder for females.

While Indiana Swimming was right to take a stronger position, it still failed to address the issue in its entirety. The issues of cost and availability were influential to the rulings of our governing bodies. USA Swimming's Club Development Director Pat Hogan stated, "We're in a position where we want to grow participation in our sport," Hogan said. "We don't

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SPOTLIGHT



name: Veronica Fickel
age: 11
school: Binford Elementary
grade: 6th
swim level: Competitive Prep
favorite song: "No Air"
 Jordan Sparks

color: sky blue
stroke: Breaststroke
swimmer: Dara Torres

What do you want to be when you grow up? A veterinarian



name: Delaney Halloran
age: 12
school: St. Charles
grade: 7th
swim level: Age Group
favorite song: "Apologize"
 One Republic

color: pink
stroke: Freestyle
swimmer: Natalie Coughlin

What do you want to be when you grow up? A teacher



name: Sarah Paine
age: 6
school: Lighthouse Christian Academy
grade: 1st
swim level: Stroke School
favorite color: purple/yellow
stroke: Butterfly
swimmer: Michael Phelps
ice cream: Chocolate

What do you enjoy doing besides swimming? Run and bike/Triathlon

Swim-A-Thon

Last Thursday we had a great showing at our first CCiST Swim-a-thon. The kids had lots of fun and worked very hard to get in that extra lap! We had several swimmers attain goals such as "swimming a mile!" Pledges can still be obtained until October 17th. We would ask that the swim-a-thon envelopes be completed and turned in (with all money collected) in the same manner as meet entries (HPER mail slot, HPER Royer foyer) by October 17th. Do NOT turn these in to the coaches. Here are the individual results of the swim-a-thon so that 'pledge per length' totals may be calculated. Remember, one lap in a 50-meter pool is equal to 2 lengths in a short course pool. Swimmers were limited to a maximum of 200 lengths (although under a strict obscure Japanese rule some swimmers went well beyond this distance). After all of the money is collected, 50% will go toward CCiST hosting a USAS swim clinic led by two Olympians (<http://www.breakoutswimclinic.com/>) while the other 50% will be donated to World Swim against Malaria (<http://www.worldswimagainstmalaria.com/CCST>). Swimmers who took part in the Swim-a-thon will be given special consideration and credit for their participation when the clinic is announced.

| NAME | LENGTHS | | |
|--------------------|---------|------------------------|-----|
| Polansky, David | 100 | Cooke-Akaiwa, Abigail | 180 |
| Wen, Jackson | 94 | Stults, Drew | 140 |
| Westcott, Justice | 44 | Kapelsohn, Emily | 152 |
| Oeding, Jacob | 80 | Kapelsohn, Katie | 200 |
| Brown, Naomi | 52 | Nguyen, Andrew | 200 |
| Kincaid, Frannie | 60 | Cooke-Akaiwa, Benjamin | 200 |
| Scott, Graham | 62 | Catt, Bailey | 200 |
| Miller, Ben | 68 | Sipes, Alli | 200 |
| Boggs, Gillian | 20 | Webb, Matthew | 200 |
| German, Celina | 80 | Calvin, Brooke | 200 |
| Fickel, Veronica | 79 | Bright, Dave | 200 |
| Spencer, Sydney | 60 | Lamb, Mo | 200 |
| Nguyen, Alan | 79 | Crider, Courtney | 200 |
| Goodrich, Brantley | 66 | Jastremski, Logan | 200 |
| Johnson, Paige | 66 | Gifford, Charlie | 200 |
| Miller, Cassie | 64 | Stults, Shelby | 200 |
| Holden, Jimmy | 72 | Gifford, Kelly | 200 |
| Bright, Emmy | 76 | Blorstad, Haley | 200 |
| King, Creighton | 60 | O'Leary, Devan | 200 |
| Stults, Haley | 68 | Hodina, Phoebe | 200 |
| May, Nick | 64 | Haeberle, Scott | 200 |
| Wilcox, Wyatt | 62 | Shea, Adrian | 200 |
| | | Levy, Allison | 200 |

NOVEMBER 2008

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|--|---|--|---|---|--|
| | | | | |  | 1 |
| 2 <small>Daylight Saving Time Ends</small> | 3 |  4 | 5 | 6 | 7 Carmel Swim Club Fall Frenzie | 8 Carmel Swim Club Fall Frenzie |
| 9 Carmel Swim Club Fall Frenzie | 10 Boys High School Swim Season Begins | 11 <small>Veterans Day</small> | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 30 | 24 | 25 | 26 <small>Tentative Practice 4:00-5:00 pm for Age Group and Junior Nationals</small> NO PRACTICE for other groups |  27 NO PRACTICE <small>Thanksgiving Day</small> | 28 NO PRACTICE | 29 <small>Tentative Practice 8:00-10:00 am</small> Adv Comp Prep Age Group Junior Nationals |

Meet Schedule Change

The Indy Dolphins Meet currently listed on our schedule will be open only to those swimmers with at least one USA Swimming national "A" standard. This meet will be a great opportunity for swimmers to experience a higher quality of competition and it is highly recommended that swimmers who have these 'cuts' attend. These swimmers will be notified privately by their coach about registration for this meet. We will be sending a coach to this meet with our swimmers.

We will be adding the BSC winter invite to our meet schedule. This meet is open for the entire team (including our High School swimmers!). There is no excuse for any of our swimmers to miss this meet. Our goal is 100% participation in the BSC Winter Invite held at CBAC in Bloomington. Please plan your schedules accordingly.

The Bloomington Swim Club Winter Invite will be held December 19-21, 2008, at the CBAC.

UPCOMING EVENTS

- October 17:** Swim-a-thon pledges are due!
- October 25:** CCiST Banquet at Wonderlab (6-8 p.m.) RSVP
- October 27:** CSC Fall Frenzie meet entry payment is due!
- October 27:** Girls high school swim season begins
Boys will practice from 5-7 p.m. at South
- November 7-9:** Carmel Swim Club Fall Frenzie
- November 10:** Boys high school swim season begins
- November 27-28:** Thanksgiving, NO PRACTICE

CCiST 2008-2009 Short Course Meet Schedule

| Events | Date | Pool |
|------------------------|-----------|--------------|
| CSC Invite | Nov 7-9 | IUPUI |
| Indy Dolphins Meet | Dec 12-14 | IUPUI |
| BSC Winter Invite | Dec 19-21 | CBAC |
| Mid-states Quad | Jan 10-11 | IUPUI |
| Donner Invite | Jan 16-18 | Columbus NHS |
| Fishers (prelim/final) | Feb 6-8 | Fishers HS |
| Divisionals | Mar 6-8 | Columbus NHS |
| Senior State | Mar 13-15 | IUPUI |
| Age Group State | Mar 20-22 | IUPUI |

Meet Registration

Payment (a check made out to Indiana University) for the Carmel Swim Club Fall Frenzie will be due **Monday, October 27**. Entries and payment must be received before a swimmer will be entered in a meet. Parents have three options for delivering swim meet entries and payment:

1. Bring the entry and payment to the Councilman Center, only if someone is at the front desk.
2. Drop the sealed envelope with the information and payment into the mail slot marked "HPER Mail Only" in the HPER foyer near the men's restroom. Be sure the front, outside of the envelope has "**Councilman Center, HPER 104**" on it.
3. Mail payment to the Councilman Center, 1025 E. 7th Street, 47405.

Payment example:

Chris wishes to enter in 5 events. Chris will make a check payable to Indiana University for \$22.50 (\$1.50 Indiana swimming + \$1.00 IUPUI surcharge + (5 events @ \$4.00)). On the back of the outside of the envelope write the swimmer's name and in which events that swimmer will participate. (*Note: Only the events which the coach and athlete agreed upon will be entered*). If payment is not received before the specified deadline, your swimmer will NOT be entered into the meet. We appreciate your cooperation as we work to make the process easier for everyone.

Please send newsletter questions and information to:
Chris Brammer
brammerc@indiana.edu

Parent Officiating

Next summer, in a partnership with Bloomington Swim Club and IU's division of Recreational Sports, CCiST will be co-hosting the Indiana Senior State Championships at the CBAC (Councilman Billingsly Aquatic Center). In anticipation of this, a goal of CCiST is to host an invitational swim meet earlier in the summer. If we are to be successful with these endeavors, we must first have the necessary qualified volunteers! Obtaining a full officiating crew is one of the biggest challenges facing host swim clubs. If you are interested in officiating at swim meets or are looking for something to do other than sit and wait for your child to swim, please consider becoming a USAS certified official. Becoming an official does not limit you to officiating at CCiST hosted meets. It is not uncommon to see many swim meets understaffed, and don't forget . . . officials are actually paid for their services. For more information on how to become an official or re-new current officiating certificate please visit Indiana Swimming online at: <http://inswimming.org/formspace.html>

Intrasquad Meet

First of all, the coaches really appreciate all support and help received from parents for this event. Without your help, we would not have been able to conduct such a successful inter-squad swim meet. Fifty four swimmers participated in the meet and everyone looked very good. For some . . . it was the first time off the blocks! Our kids have been practicing for about 4 weeks and we could certainly see that everyone's effort is paying off.

I would like for each swimmer in CCiST to think about how you take one step forward before the next swim meet. Competition can teach a young athlete many things. However, because there are so many lessons one can learn from a swim meet, a swimmer may fail to follow up on everything. This is where the coach-athlete communication becomes critical. Remember to talk to your coach about your performance immediately after each race and any element of your swimming during or after swim practice. If you follow your coach's advice and keep an open mind, you too will be in top gear! — *Coach Kosuke*

BANQUET

Please join us for potluck as we celebrate the 2007-2008 season at the CCiST fall banquet. This year's banquet will feature IU's own **Kevin Swander**, Olympic trial finalist in the 100M breaststroke and top 10 in the World in 50M breaststroke. There will be a presentation of awards, lots of great food, and fun to be had by all!

What: **CCiST Team Banquet**

When: Saturday, October 25 6-8:00 PM

Where: **Wonderlab - 308 W. 4th Street**

FOOD ASSIGNMENTS:

If your last name falls between these letters please bring requested items.

A-F: Beverage **G-L:** Side Dish **M-S:** Main Dish **T-Z:** Desserts

Please RSVP by October 20 to mary@mrhpr.com.

Questions? 331-2737

(continued from page 1)

need to have false barriers to participation. The cost of those high-tech swim suits, for a young swimmer, doesn't really make sense. We've helped protect and create a level playing field in 12-and-under competition where truly the type of suit you wear doesn't make a difference." Although these issues are real and should be taken into consideration, the rulings ignore the fundamental belief that competitive swimming should be free of any external aids to performance. This debate will continue well into the future.

For the time being, our club policy will be to strongly support the ban on the use of these suits in competition. We do not feel it is in the best interest of Swimming – on any level – to promote the use of expensive technology to improve performances during competition. Our club will support hard work, commitment to goals, attention to details and personal effort to achieve personal swimming records.

Readers with further interest are directed to the following webpage http://www.indiana.edu/~hplab/ccss_predictions.html

FAST FOODS FOR A FAST RECOVERY

By Amy Schmid

Timing is Critical

The muscles are primed for quick restoration of their carbohydrate fuel reserves (glycogen) immediately after exercise, so don't wait to start eating foods and drinking beverages rich in carbohydrate. Fresh, dried or canned fruits, grab-n-go flavored milk, yogurt or go-gurt, and Triscuits, all contain lots of carbohydrate.

Carbohydrate is Best, but Some Protein Can't Hurt

During strenuous exercise, some proteins in the muscles are broken down. For faster buildup of muscle proteins during recovery, include a small amount of protein in your food intake. To combine both carbohydrate and protein, try ham and cheese, peanut butter or tuna salad sandwich, milk, cheese sticks, yogurt, or chocolate milk! They contain ample carbohydrate and protein to get your muscles on the road to recovery.

Sleep Well

A good night's sleep helps you get physically and mentally prepared for your next workout or competition. You can't perform at your best when you are not alert and are unable to concentrate on your sport. Some athletes can get by for a day or two with inadequate sleep and still perform well, but poor sleep habits will eventually lead to poor performance. So try to get into a routine of at least 8 hours of sleep each night to ensure full recovery from your last training session or competition.

Councilman Center Indiana Swim Team

Based on the teaching and coaching of the legendary James E. (Doc) Councilman through the Councilman Center at Indiana University, the Councilman Center Indiana Swim Team (CCiST) is a competitive swim team based out of Bloomington, Indiana for kids who have completed Level IV of the American Red Cross Swimming Classes.

CCiST Mission

Through close interaction with researchers and students affiliated with the Councilman Center, CCiST is dedicated to provide a quality competitive athletic experience and to encourage our swimmers to achieve their full potential as they become confident, competent, and caring leaders of the future.



<http://www.indiana.edu/~hplab/CCST.html>

Co-Head Coaches

Kosuke Kojima and **Chris Brammer**

High School Coaches

Matt Hinman and **Will Scofield**

Junior Nationals Coach **Chris Brammer**

Age Group Coach **Kosuke Kojima**

Advanced Competitive Prep Coach **Hsuan-Yu Wan**

Competitive Prep Coach **Aly Hottman**

Beginning Competitive Prep Coaches

Lizzy Brunett and **Amanda Burgoon**

Stroke School Coaches

Lizzy Brunett and **Amanda Burgoon**

Councilman Center Indiana Swim Team

1025 E 7th Street, HPER 001

Bloomington, IN 47405

Phone 812-856-7160

Councilman.Center@gmail.com