



# Terrapin Masters Newsletter, February 2010

Read online at [www.terrapiinmasters.org/newsletter.htm](http://www.terrapiinmasters.org/newsletter.htm)

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A welcome-back to Chris Bell, who is rejoining our team after a few years away from the pool.

## **Team & Teammate News**

A special “Thank You” to Laura Hartman, who is this month’s guest author. She has a great piece about shoulder injuries, which are (unfortunately) near and dear to us swimmers. See below!

Go the Distance 2010 has started! Please check the events section below for more information and link to the official USMS Go the Distance website. Nike is sponsoring the event and offering prizes this year. How far can you swim in 2010?

Michelle Faurot, Emad Elshafei, Charlie Hoffman, Bill Shipp and Yannick Van Heers represented Terrapin Masters at the MD Masters Swim Series meet at AOSC in Annapolis on January 17. All had some pretty fast swims, including a new 18-24 50 free record for Yannick (22.03).

Gretchen Ekstrom, Mollie Grover, Mike Doane, Bill Shipp and Jeff Strahota attended Alexandria Masters’ Tropical Splash meet on January 31. Despite the snow, all had a good time and had a chance to get in some good races early in the season, including Mike, who was testing out a “new” suit.

The Chesapeake Challenge 1 Mile Swim (aka “Baby Bay”) entries opened February 1, 2010 via [www.lin-mark.us](http://www.lin-mark.us). This event is a great way to obtain or maintain eligibility for the 4.4 mile swim, which does have qualifications. This race will fill up, so it is best to sign up sooner rather than later. Please see [www.lin-mark.us](http://www.lin-mark.us) for more info.

Find us on Facebook! To join our group, look at our website ([www.terrapiinmasters.org](http://www.terrapiinmasters.org)) and find the link under “Contact Us.”

There are some Basketball parking disruptions coming up – please check out the UMD Sports Info section below, and plan accordingly. We do have practice on those nights, but be mindful that your normal lots may be subject to parking restrictions (Men’s games are more likely to have more stringent and widespread restrictions).

\* If you would like to share your good news and event results with the team, please send a quick e-mail to Jeff and/or Meghan so we can include your news in our next team newsletter!

## **2010 Registration**

Beginning November 1, the 2010 Registration period is open. In order to swim with Terrapin Masters after January 1, 2010, returning swimmers must be registered with USMS. To register online, please follow this link: <https://www.clubassistant.com/club/usms.cfm?club=TERR>. For more information on the benefits of USMS membership, please visit [www.usms.org/reg](http://www.usms.org/reg).

Additionally, swimmers will need to register with Terrapin Masters. There is a small \$10 annual fee that covers team registration, website, listserv maintenance and other small team expenses. The form is available on the website ([www.terrapinmasters.org](http://www.terrapinmasters.org), click on Registration Info, and look under Team Dues for the link), and team registrar Jim Nealis will have forms available at practice. Dues-paying members are considered Members in Good Standing, have access to the list-serv and will also receive a Terrapin Masters swim cap annually.

This is a great time to recruit new members! If you have a friend, relative or coworker who may be interested in getting into the pool, please encourage them to try out Terrapin Masters. We have a pass they can use for three free trial swims, so they can test the waters without obligation. See the website (under the Join Us tab, click on "Trial & Drop-In Policy"), Jim Nealis or a coach on deck for more information.

## **Practice Schedule**

All practices at the ERC Natatorium

Afternoons: Monday, Wednesday, Thursday 6:30-8:00pm

Mornings: Tuesday, Thursday 6:15-7:45am

Saturdays: 10:30-noon

Upcoming Cancellations:

Saturday, February 6 (UMD vs Georgetown)

Saturday, February 27 (MD State High School Championships)

All cancellations for the Winter/Spring 2010 Academic Year are posted on the website, [www.terrapinmasters.org](http://www.terrapinmasters.org) on the "Schedule" page. For more info on Morning Swim Parking Permits, see the "Directions and Parking" page.

## **Guest Article – by Laura Hartman**

### **Common Shoulder Injuries and Preventative Strategies for Swimmers**

Swimming, the ultimate non-impact sport with tremendous cardiovascular and muscular benefits, may be too good to be true for some people. Just like runner's knees and ankles, swimmers deal with rotating bouts of low back, neck, and of course, shoulder pain.

Although there are plenty of shoulder injuries, and other body injuries, which may be incurred by swimming, the most common injuries are those caused by overuse. Overuse injuries generally occur when there is a muscular or skeletal imbalance that results in compensatory movement that is mechanically disadvantageous. This causes improper stress or wears on the body that result in tissue tearing and inflammation...a very angry shoulder. Common symptoms of overuse include: pain in a certain range of motion (ROM), like overhead or rotational movements, burning pain, stinging pain, point tenderness, painful clicking or popping, or severe or unusual soreness.

When preventing shoulder injuries, or recovering from them, one has to ask WHAT is causing the pain. Straps and chiropractors can alleviate the immediate pain, but without fixing the cause the pain will return. With severe pain one should always refer to one's trusted sports medicine professional, be it orthopedist, physical therapist, primary care, chiropractor, or athletic trainer.

Swimming and the shoulder primarily go one way – shoulder comes up overhead, forward and down past the trunk. The shoulder extends, moves towards the body (adduction), and internally rotates. Even in the backstroke this is the basic movement. To maintain balance, one must reverse the process to work the opposing muscles – flexion, movement away from the body (abduction), and external rotation.

So what can be done to keep balance?

- 1) Stretching. With all that forward movement, stretching is often forgotten. Opening up the chest and stretching the posterior of your shoulder are most important. Place your hands in a doorway and step forward to stretch your chest. Place your hands higher near your head, at shoulder height, and just below chest height to hit the majority of your chest muscles. Bring your hand with elbow straight across your chest to stretch the back of your shoulder, or with elbow bent with hand behind your head, placing a gentle pressure with your other hand on your elbow to slide your hand down between your shoulder blades. My favorite posterior shoulder stretch is the “sleeper” stretch. Lie on your side with arm outstretched, like you are sleeping on your upper arm. Bend your elbow so your hand is pointing towards the ceiling. Now try and put your hand, palm flat, on the ground. Use your other hand to assist. You should feel a stretch in the back of your shoulder. Do not over stretch! Try different angles with your shoulder, like up, at head level, or pointing down towards your body. Each angle stretches a different part of your posterior shoulder. Compare to your other side and note the difference.
- 2) Exercises. Without a doubt, shoulder stabilization exercises are among the most dull and boring. Because the muscles are small, light weights are used (rarely more than 5 pounds if dumbbells are used), and because they are stabilizer muscles, high repetitions are done per set (15-20 repetitions). I believe this is why most people don't do them, or “forget” to do them. When doing shoulder exercises, one must remember to squeeze the shoulder blades together, and imagine your shoulder blades (scapula) moving back and down. One should feel a muscle burn between your shoulder blades and in your back. One basic program is the American Sports Medicine Institute's “Thrower's 10”, found here:

<http://www.asmi.org/asmiweb/throwers10.htm>

<http://www.asmi.org/SportsMed/throwing/thrower10.PDF>

The wrist exercises are not as applicable. When performing the exercises at 0 degrees of abduction, it is best to place a rolled-up towel between the arm and body to maintain proper shoulder position. Also, when performing exercises at 90 degrees of abduction, the elbow does not need to be parallel with the shoulder. Scaption, the plane of the scapula, with the elbow in towards the body at about 30 degrees, is better, more functionally appropriate (see position of elbow in “Scaption, Internal Rotation”). Any rowing exercise, like the seated row, standing dumbbell or barbell row, or 1 arm dumbbell row are also beneficial to develop shoulder and back stability. The lat (short for latissimus dorsi) pull-down, used to develop the back and mimics the pull-up, is also a beneficial exercise.

There is an endless variety of both stretches and exercises that benefit the shoulder. This is only meant to be an introduction to basic causes and preventative strategies for shoulder injury. Every body is different, and every injury is slightly different, so if something isn't working, re-assess the problem and modify your exercises or stretches as needed. Mild overuse injuries can often be prevented or treated with rest, ice, non-steroidal anti-inflammatories like Ibuprofen or Naproxen Sodium, and activity modification. Severe injuries that cause changes in activities of daily living should always be assessed by a physician or sports medicine professional.

Swim strong, friends!

- Laura Hartman, MS, ATC, CSCS

Sources:

Houglum, PA: Therapeutic Exercise for Musculoskeletal Injuries, Second Edition. Human Kinetics, Champaign IL, 17: 555-644, 2005.

Starkey, C, Ryan, J: Evaluation of Orthopedic and Athletic Injuries, Second Edition. F.A. Davis Company, Philadelphia PA, 13: 424-489, 2002.

### **Terrapin Masters Team Apparel**

We are looking into placing an order for some more Terrapin Masters team apparel, most likely warm-up jackets. The cost is yet to be determined, but would probably run \$45-60. Please email Jeff if this is something you would be interested in purchasing.

### **Terrapin Social Life**

It is Terrapin Masters team tradition to go out for breakfast after Saturday morning's workout. Please join us at either Bagel Place or Plato's Diner on Route 1 just south of campus. See Allyson Adams on deck at practice for location.

If you have any suggestions for social activities, please email Allyson at allysonmarieadams AT yahoo DOT com.

### **Board Activity**

In light of the recent earthquake in Haiti, Terrapin Masters donated \$500 to the Red Cross. The board has been talking about the team hosting a couple of swim meets in 2010 – more details to follow.

## **Upcoming USMS Event Schedule**

To see a full listing of events, including non-USMS sanctioned events, road races and multi-sport events, surf over to our website at [www.terrapinmasters.org](http://www.terrapinmasters.org) and click on "events."

January 1-December 31, 2010 – USMS Go the Distance 2009

Track your mileage at all your swims throughout the year and see how many miles you can swim through the year! Prizes from Nike are available based on mileage milestones, and access to an online Fitness Log (FLOG) is available through your USMS Membership to help you keep track of your exercise.

[www.usms.org/fitness/content/gothedistance](http://www.usms.org/fitness/content/gothedistance)

February 13 – MD LMSC Swim Series Meet, Severna Park, MD

[www.mdusms.org](http://www.mdusms.org) for more info

March 6-7 – Maryland Masters Winter Meet at UMBC

[www.mdusms.org](http://www.mdusms.org) for more info

March 20 – ANCM Albatross Open, Bethesda, MD

[www.ancientmariners.org](http://www.ancientmariners.org)

## **UMD Sports Info**

Swimming – The UMD Swimming & Diving teams are in the home stretch. Senior day is Saturday February 6 in a meet vs. Georgetown, and then it's off to UNC for the ACC Championships Feb 17-20 (women) and 24-27 (men). This will be coach Patty Descenza's last hurrah as a NCAA swimmer and we wish her well! Please consider coming out to support the team in the stands or on deck as a timer or official.

<http://www.umterps.com/sports/m-swim/md-m-swim-body.html>

<http://www.umterps.com/sports/w-swim/md-w-swim-body.html>

Basketball – Both the Terp Men and Women are off to a good start and in the middle of conference play, looking to build strong momentum leading up to the ACC and NCAA Tournaments.

Men's Basketball games have caused a very limited amount of parking disruptions for us again this season, but they're all coming up. There will be parking conflicts for Wed. Feb 10 (vs. UVA), Sat. Feb 20 (vs. GA Tech), Wed. Feb 24 (vs. Clemson) and Wed March 3 (vs. Duke). One of the biggest Women's home games is Mon. Feb 8 (vs. UVA), and while most games don't offer disruptions, there will probably be either a few more lot closures or many more cars than usual.

<http://www.umterps.com/sports/m-baskbl/md-m-baskbl-body.html>

<http://www.umterps.com/sports/w-baskbl/md-w-baskbl-body.html>

Water Polo – The Women's Water Polo competition season will begin in February. The Terps spend most of their early season traveling and will have several matches and tournaments at UMD later in the spring. Stay tuned for more info!

<http://www.umterps.com/sports/w-wpolo/md-w-wpolo-body.html>

### **TM Newsletter Info**

Thank you for reading the Terrapin Masters newsletter, compiled and edited by Jeff Strahota & Meghan Gibbons. Please pass along your news and requests for stories!

Thank you to Laura Hartman for her Guest Article contribution to this month's newsletter!

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Read online @ [www.terrapinmasters.org/newsletter.htm](http://www.terrapinmasters.org/newsletter.htm)

If you wish to be removed from the Terrapin Masters Listserv, please contact team webmaster Cheryl Wagner via email at cherylw AT crosslink DOT net.