

# SportsForce Squad & Clinic Dates

## 2012 NZSCTA Conference Announcement

The Board of NZSCTA is pleased to announce that the 2012 NZSCTA Conference will be held at the James Cook Hotel Grand Chancellor in Wellington from the 10th to the 13th May 2012.

The conference will follow a similar pattern to the past two years, except next year it will go from a Thursday to a Sunday rather than a Wednesday to a Saturday. This will mean most attendees will be able to save a night's accommodation.

The first day (Thursday) will be the increasingly popular Swim School Management Day. The presentations on this day are aimed principally for an audience of swim school owners and managers. The main conference will start on the Friday.

### Piako/Tokoroa Squad - Matamata Indoor Pool, Lead Coach Graeme Laing

Date Sun 11 Sept 11

### King Country Squad - Trust Waikato Indoor Pool, Taumarunui, Lead Coach Graeme Freebairn

Date ???

### Hauraki/Peninsula Squad - Thames Pool, Lead Coach Sally Howe

Date Sun 4 Sept 11

### Country Squad - Waterworld, Te Rapa, Hamilton, Lead Coach Richard Sutton, Assistant Coach Lauren Taylor

Date Sun 25 Sept 11

### SportsForce Swim Camp

Date 14-16 October 2011 Venue Rotorua

**Please note:** All Waikato affiliated coaches are welcome to attend SportsForce Events. If you require further information please don't hesitate to contact me.

## SportForce Technique Clinics

### Start/Turns

**Peninsula:** 10am, Saturday 8 October 2011  
Whangamata Swimming Pool

To be confirmed subject to pool availability. Open to clubs swimmers from Coromandel, Mercury Bay and Whangamata Swimming Clubs.

**Hauraki:** 1.30pm, Saturday 8 October 2011  
Paeroa Swimming Pool

To be confirmed subject to pool availability. Open to swimmers from Ngatea, Thames and Paeroa swimming clubs.

**Tokoroa:** 10am, Sunday 9 October 2011  
Tokoroa Indoor Pool

Confirmed. Open to swimmers from Morrinsville, Te Aroha and Tokoroa swimming clubs

**King Country:** 2pm, Sunday 9 October 2011  
Te Kuiti Swimming Pool

Confirmed. Open to swimmers from Te Kuiti, Marlin and Piopio swimming clubs.

### Butterfly

**Peninsula:** 10am, Saturday 12 November 2011  
Whangamata

To be confirmed subject to pool availability. Open to swimmers from Coromandel, Mercury Bay and Whangamata swimming clubs.

**Hauraki:** 1.30pm, Saturday 12 November 2011  
Paeroa Swimming Pool

To be confirmed subject to pool availability. Open to swimmers from Ngatea, Thames and Paeroa swimming clubs.

**Tokoroa:** 10am, Sunday 13 November 2011  
Tokoroa Indoor Pool

Confirmed. Open to swimmers from Morrinsville, Te Aroha and Tokoroa swimming clubs.

**King Country:** 2pm, Sunday 13 November

2011  
Te Kuiti Swimming Pool

Confirmed. Open to swimmers from Te Kuiti, Marlin and Piopio swimming clubs.

### Backstroke

**Peninsula:** 10am, Saturday 10 December 2011  
Whangamata Swimming Pool

To be confirmed subject to pool availability. Open to swimmers from Coromandel, Mercury Bay and Whangamata swimming clubs.

**Hauraki:** 1.30pm, Saturday 10 December 2011  
Venue: Paeroa Swimming Pool

To be confirmed subject to pool availability. Open to swimmers from Ngatea, Thames and Paeroa swimming clubs.

**Morrinsville:** 10am, Sunday 11 December 2011  
Morrinsville Swimming Pool

Confirmed. Open to swimmers from Morrinsville, Tokoroa and Te Aroha swimming clubs.

**King Country:** 2pm, Sunday 11 December 2011  
Te Kuiti Swimming Pool

Confirmed. Open to swimmers from Te Kuiti, Marlin and Piopio swimming clubs.

### Breaststroke

**Peninsula:** 10am, Saturday 7 January 2012  
Whangamata Swimming Pool

To be confirmed subject to pool availability. Open to swimmers from Coromandel, Mercury Bay and Whangamata swimming clubs.

**Hauraki:** 1.30pm, Saturday 7 January 2012  
Paeroa Swimming Pool

To be confirmed subject to pool availability. Open to swimmer from Ngatea, Thames and Paeroa swimming clubs.

**Morrinsville:** 10am, Sunday 8 January 2012  
Morrinsville Swimming Pool

Confirmed. Open to swimmers from Morrinsville, Te Aroha and Tokoroa swimming clubs.

**King Country:** 2pm, Sunday 8 January 2012  
Te Kuiti Swimming Pool

Confirmed. Open to swimmers from Te Kuiti, Marlin and Piopio swimming clubs

### Freestyle

**Peninsula:** 10am, Saturday 4 February 2012  
Venue: Whangamata Swimming Pool

To be confirmed subject to pool availability. Open to swimming clubs from Coromandel, Mercury Bay and Whangamata swimming clubs.

**Hauraki:** 1.30pm, Saturday 4 February 2012  
Paeroa Swimming Pool

To be confirmed subject to pool availability. Open to swimmers from Ngatea, Thames and Paeroa.

**Morrinsville:** 10am, Sunday 25 February 2012, Morrinsville Swimming Pool

Confirmed. Open to swimmers from Morrinsville, Tokoroa and Te Aroha swimming clubs.

**King Country:** 2pm, Sunday 25 February 2012, Te Kuiti Swimming Pool

Confirmed. Open to swimmers from Te Kuiti, Marlin and Piopio swimming clubs.

### Individual Medley

**Peninsula:** 10am, Saturday 17 March 2012  
Whangamata Swimming Pool

To be confirmed subject to pool availability. Open to swimmers from Coromandel, Mercury Bay and Whangamata swimming clubs.

**Hauraki:** 1.30pm, Saturday 17 March 2012  
Paeroa Swimming Pool

To be confirmed subject to pool availability. Open to swimmers from Ngatea, Thames and Paeroa swimming club.

**Tokoroa:** 10am, Sunday 18 March 2012  
Tokoroa Indoor Pool

Confirmed. Open to swimmers from Morrinsville, Tokoroa and Te Aroha.

**King Country:** 2pm, Sunday 18 March 2012  
Te Kuiti Swimming Pool

Confirmed. Dates and venues to be confirmed subject to pool availability and interest. Open to swimmers from Te Kuiti, Marlin and Piopio swimming clubs.

# Coaches Corner...

## Shoulder Injury in Competitive Swimmer

The following is an email from a swim coach in Australia. His question and my answer may be of interest to coaches working with talented teenage swimmers with shoulder pain.

At present I have a 14 year old girl who is starting to develop shoulder pain. Unfortunately she is the most talented of all my swimmers. I think she has the potential to be quite a good distance swimmer. Her freestyle pull is near textbook perfect. She maintains the highest elbow at catch and pull through of any swimmer I have seen (this may actually be exacerbating the problem).

I may be panicking too early, however, having gone through my own shoulder problems as well as sharing the heartache and frustration another swimmer felt through her injury/recovery, I want to be sure Jenna is looked after early.

The pain has come and gone before. There does seem to be some correlation with yardage increases pain. The last few weeks we have been covering a little more fly as well which in the past has led to her shoulder pain flaring up.

Below is a summary of when and where she feels pain:

- Right shoulder only (she does breathe to both sides, however she definitely favours the left side)
- Freestyle – pain during recovery
- Back – not too bad, however sometimes pain at end of recovery and start of pull
- Breast – pain at start of pull through (not too bad though)
- Sometimes upon picking a heavy object up or by pushing herself up off the ground she feels like she is “pulling freestyle” i.e. the pain?
- The pain is a dull ache and lasts all day. It is not sore to touch. Physios suggested to her that there was weakness in stabilizers of scapula. She does have quite hunched over posture. She is a slender girl. Basically just from looking at her I get the feeling she is a prime candidate for shoulder probs. Her mother is a local MD. She is keen to read some literature on this.

Any advice or help would be greatly appreciated.

### My answer:

Short version of the shoulder story (I'll go into more detail later):

90% of these problems are from impingement. The symptoms you describe are consistent with this. This can be reduced by some simple stroke modifications.

Two causes (besides technique).

1. **Bad bone anatomy.** Big or down sloping or spurred acromion (bone you feel when you clap yourself on the shoulder) or else thickened coracoacromial ligament (runs from the lateral tip of the acromion to a little boney knob in the front of the scapula to which the short head biceps tendon attaches). Diagnose this with an MRI (14 year old girls can have poorly ossified acromial head which can be difficult to see on a plain xray).
2. **Lax/hypermobility joint.** Humerus held up against scapula by ligaments called the joint capsule. Most good swimmers are very flexible (because their joints capsules are loose). Have her hold her arm straight ahead while standing up... elbow down, palm up. Look at the angle between the (upper) arm and forearm. Is it 180 degrees? Then she very well may be hypermobile. Problem with hypermobility is that the head of the humerus can migrate upwards, smashing the superior rotator cuff (supraspinatus) tendon against the “roof” of the shoulder (acromion and coracoacromial ligament). This is worse during the stroke...usually worst right at the very start of catch and pull through. This is because when downward/rearward pressure is applied, the head of the humerus is forced upward.

Oftentimes, swimmers have both problem #1 and problem #2.

Tests for #1 type impingement (in addition to MRI to define anatomy):

### Neer Test:

Raise arm overhead, pointing straight up. Rotate hand so palm is outward. Dr/Coach then presses against palm, forcing hand over the top of the head. Does this hurt? If so, it is a positive test. Note that this is a position commonly advocated for swimmers. Swimmer on the side, hand reached straight forward, palm down. Is there any wonder that swimming causes shoulder problems when some swimmers are taught to swim by performing a Neer test on themselves with each stroke?

### Hawkins Test:

Arms at side. Lift elbow up to the side, so that (upper) arm is at shoulder level, parallel to ground, fingertips pointing straight down. Now, rotate thumb backwards, while securing wrist to keep fingers pointing straight down, while examiner forcefully pushes shoulder forward. Pain? Positive test. Note that this position can be achieved also during the swimming stroke, with certain types

of high elbow recoveries. Or think a butterfly recovery, with elbows slightly bent and thumbs down and slightly more easy to clear the water this way. But about 35% of elite flyers do recover palms down, thumb leading, so it is not incompatible with fast fly swimming. While your kid is actually having pain (not just trying to prevent pain), she might even tilt her thumbs slight upward during recovery, to completely avoid internal rotation. Internal rotation being bad because it rotates the vulnerable supraspinatus tendon right underneath the most narrow part of the acromion and coracoacromial ligament (where there is the least space and where the tendon gets squeezed the most).

### In brief, what else to do?

Oh, one more thing. Rule out that the pain is being caused by epiphysitis. Have the kid's mom tell you about something called Osgood-schlatter's syndrome. This is a very common problem in 14 year old land athletes (soccer, basketball, running). The lower patellar tendon attaches to the top of the tibia right over a growth plate (epiphysis). Traction of the tendon against the growth plate can hurt like heck. Cure is aging enough so that the growth plate closes. Same thing can happen in the shoulder, where the acromial epiphysis can get inflamed from repetitive motion. This is very easy to diagnose. Put two fingers on top of the acromion, right near the (“drop off”) end of the top of the shoulder bone (where you'd clap your mate on the shoulder in a pub watching your favourite rigger, say “The Bulldogs, “while exclaiming “How bout them dawgs!” immediately after a try). Anyway just press firmly on the top of the bone with two fingers and see if you can force her to the ground, not with pressure, but by eliciting pain. If this doesn't happen (i.e. you can't force her down with pain), then you have ruled out epiphysitis as a cause. If you can force her down, write back and we'll talk about what to do about it.

Presuming the problem is garden variety impingement syndrome, here's what to do.

1. Kicking lane until she is having no more pain. My daughter's team had a 15 year old girl with a nearly identical problem who kicked for about 12 weeks straight last winter, but, 10 weeks after resuming full stroke swimming, swam a 4:47 400 IM LCM. Will it take 4 or 8 or 12 weeks? I don't know. But definitely do this; your swimmer is only 14 and a stitch in time saves nine.
2. Posterior rotator cuff strengthening (to strengthen active stabilizers...i.e. the rotator cuff itself...to keep the

(continued next page)