

Stingray Strength by Dale J. Buchberger, PT, DC, CSCS

Stingrays Strength and Conditioning Philosophy

There is a simple rule in sports; you can't play if you are hurt. So my philosophy to strength and conditioning is simple, create programs for each age group that will strengthen the inherent weaknesses commonly found in swimmers of each particular age group. The second part of my philosophy is to keep it simple. We won't be making things overly complicated for the younger age groups (E's, D's and C's). The A's and B's will be asked to perform more volume and the degree of difficulty may be higher but the overall approach will be simple; find the weakness and make it stronger.

If there is one phrase I would like the swimmers to remember (mom and dad also) it is, "Guts and butts; wings and wheels". Translated means CORE (abdomen, back and hips) strength first, shoulder blade (scapula) and rotator cuff strength second and legs third. The foundation of each age groups "land" workouts will start with the CORE (abdomen, back and hips), progress to the scapular and rotator cuff muscles and then add in the legs (knee, ankle and foot).

What we won't be doing is trying to turn swimmers into body builders. This is a common mistake in strength and conditioning programs. Our goal is to have our "dry-land" training make the swimmers more efficient in the pool creating higher quality pool reps and hopefully producing better outcomes with fewer injuries. All too often "dry-land" training creates injuries. This is exactly what we will strive to avoid. In doing so our net product will be fewer swimming related injuries, improved performances and the kids being educated on how to keep themselves strong for their entire life.

As always if parents or swimmers have any questions you can get me in any number of ways. First feel free to approach me at the YMCA any time you see me. Second you can email me, which is usually the most efficient way to get me. My email address is rotatorcuff@rochester.rr.com. Lastly if need be my cell phone number is 315-730-0264.