

# USRPTIA NEWSLETTER #10

An Irregular Publication

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Dear Members:

One of the aims of the USRPTIA is to procure purchasing discounts for items that would be useful for the conduct of USRPT programs. This newsletter explains a discount that is available on the *SportCount Stopwatch* (<http://www.sportcount.com/>).

Glenn Gruber, wrote about using this stopwatch as a simple solution to timing swims when using a Sprint-USRPT format (<http://coachsci.sdsu.edu/swim/bullets/59Self-timing.pdf>). It is particularly useful for USRPT and Sprint-USRPT situations in which there are no or insufficient pace-clocks or viewing one or more pace-clocks is difficult.

Glenn and I want to recommend the use of a *SportCount Stopwatch* for timing and keeping track of USRPT sets. One should peruse the six models and select the one that best suits the purposes for which the stopwatch is intended. All models are worn the same way and only require one-handed operation. The thumb activates the stop button when the stopwatch is worn on the index finger adjacent to the thumb. The stopwatch provides objective data about the duration of every repetition. It is much more accurate than eyeballing and processing a visual clock. It allows the rest period between USRPT repetitions to be used for preparing for the next repetition without the distraction of a cumbersome visual-timing requirement.

This timing-device benefits swimmers who train without a coach and it benefits coaches who are coaching multiple swimmers and want accurate times for swimmers' performances. This frees up the coach to coach technique rather than being concerned with the performances of squad members.

One of the recommended features for USRPT is that swimmers should keep logbooks/journals of all training swims (e.g., when first failure occurred, fastest, slowest, and average repetition times), so that all aspects of swimmers' training responses can be evaluated on a day-to-day basis. The *SportCount* red-watch provides adequate information about a set that should be logged (e.g., total repetitions/laps completed, total elapsed-time, fastest, slowest, and average repetition/lap times, and up to 200 individual repetition/lap times). When multiple USRPT sets are to be completed at a practice, upon completion of every set it is necessary to record the information from the *SportCount* stopwatch before proceeding to the next repetition set. A diver's slate is an inexpensive device upon which a swimmer can record the information from several USRPT sets (e.g., <http://www.divers-supply.com/8-1-2x11in-jumbo-divemaster-slate-split-ring.html>).

I encourage swimmers and parents to consider the benefit that can be gained from this easy and convenient method for timing repetitions. I can imagine a *SportCount Stopwatch* being very useful for any swimmer. To my way of thinking a stopwatch would be a very useful present for birthdays, achievement rewards, etc. Before purchasing, I would recommend parents ask a swimmer's coach if it would be okay for their swimmer(s) to have one of these timing devices.

Check out the *SportCount Stopwatch* website (<http://www.sportcount.com/>). When purchasing a watch or any kind, a \$5.00 discount can be obtained by entering **SportCountUSRPT** in the Promotion Code box on the checkout page. A special offer is also available for team/volume purchases of 10 or more *SportCount* products (contact the *SportCount* people directly at phone: (301) 961-5940, Fax: (301) 961-5943, or Email: [info@sportcount.com](mailto:info@sportcount.com)) to obtain further information. I hope that this newsletter will suggest a reasonable solution to those of you who have difficulties with timing USRPT repetitions.

Best wishes to all,

Brent Rushall

(Chairman, USRPTIA Steering Committee).

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The yellow *SportCount Stopwatch*. All *SportCount* watches are of a similar size and appearance. Only the colors are altered for each product. The stopwatch is triggered by the thumb to start and stop which is very convenient for USRPT swimmers. The recognition, interpretation, and analysis of the recording are totally internal functions of the swimmer. That contrasts with other products that are imprecise, or compute interpretations of a swimmer's repetitions that are external to the swimmer and do not develop the level of self-control capacity that is possible through the use of a *SportCount Stopwatch*.