



Howdy and welcome to the Next Level Newsletter, Volume III Issue VI, brought to you from sunny and really, really hot Florida.

Straight to athlete news:

- Robin Williams takes 2nd AG at the Baldwin Park Triathlon
- Carey Kosson takes 3rd AG and Bri Gaal takes 1st OA at the Madeira Beach Triathlon
- Coach Marty takes 2nd OA at the Madeira Beach Triathlon
- Jeff Zipperer takes on the Xterra Southeast Champs in Alabama
- Bri Gaal takes 1st OA at the Subaru Women's Sprint Triathlon
- Julie Wisdom takes 4th AG at Crazy Dick's World Famous Triathlon
- Jeff Brady goes top 10% overall at Escape from Alcatraz
- John Hack PRs at the Mooseman Half-Iron
- JD Strickland takes 2nd AG and Chris Scott takes 4th AG at the Tri-America Clermont Olympic
- Jamie Doyle takes 8th AG with a 5:15 at his first half-IM, the Georgia Rock-n-Roll Man
- Matt Thibodeau takes 8th individual at the grueling Desoto American Triple T (3 day triathlon)
- Cyndi Hulin and Torry Armor conquer their first Iron 70.3 at the Disney Half-Ironman

Related news:

OSB Athletes by proxy are riding across the country!

Matt Thibodeau's parents, Rick and MaryEllen, started their journey a few days ago in Oregon and are making their way across the country to celebrate life and to help raise money for charity. Definitely worth checking in on them – [here](#).

OSB Assistant Coach

Melissa Hall is joining One Step Beyond as an assistant coach! Melissa is a former aeronautical engineer turned licensed massage therapist. She has probably worked on a few of you! Melissa has competed in marathons, cross country and 24-hour mountain bike races, adventure races, and triathlons. Melissa recently attended the USAT Coaching clinic in Colorado and will soon be taking on athletes. She will also be a regular contributor to this newsletter.

OSB Triathlon Clinic

The June 3 clinic went very well! 14 athletes from around Florida attended and had some fun with Marty, Bri, and Marc. A couple of pictures are [here](#) and [here](#). Here's a bit of the feedback we received:

"Well organized: in such a short lap of time there was almost no time to practice anything but oral presentations were key. The balance between both was really well done. Oral presentations were well structured and well presented, with visual and technical hands on. As usual, the coaches stayed at our fitness and skill level for their presentation."

"You guys did a great job. I'm so glad we're training with you. I feel like my training has improved a lot and I'm excited to see how much stronger and faster I can become."

Thanks for attending, we are checking dates to host another 1-day clinic in late August or early December, so stay tuned!

Picture of the Month – West Coast, New Zealand, South Island



Training tips – Open Water Swimming

Swimming in open water is a bit different than pool training and racing. This is why it is so important to get out to an open water venue and practice. Here are a few tried and true rules for open water racing.

- Always sight your course every 5-10 stroke cycles. Going off course is the quickest way to add time to your split.

- In flat water, use a high elbow recovery and a long stroke extension that is very similar to what you would use in a pool.
- In rough water, swing your hands a bit higher than normal on the recovery in order to get over the choppy waves. You may also want to shorten your stroke extension in order to increase your turnover slightly in rough conditions.
- Use dolphin diving to gain an advantage on any course where you run from the beach into the water. Dolphin diving is the art of lunging forward and pushing off the bottom. Definitely practice this prior to the race.
- Go under any breaking waves during the start and under any big swells during the swim. Only go over big swells in order to sight properly.
- Tuck your goggles under your cap to keep them secured to your head.
- Use swim drafting to your advantage. A good draft can be found directly behind or off the hip of a slightly faster swimmer than you.
- Don't panic or overreact if someone swims into you or bumps you. In all probability they are just doing their best to swim a straight line. A gentle nudge will usually send them in the right direction.
- Use a wetsuit if it is legal. It is faster than swimming without.
- Always, always practice open water swimming with a partner for safety's sake.

That's all we have time for this month, see you at the races!

Enjoy your sport,
Marty Gaal
One Step Beyond
marty@osbmultiposport.com
www.osbmultiposport.com
A Joe Friel's Ultrafit Associate

[Newsletter archive](#)

To unsubscribe from this newsletter, describe a Mandelbrot set in three words or less.