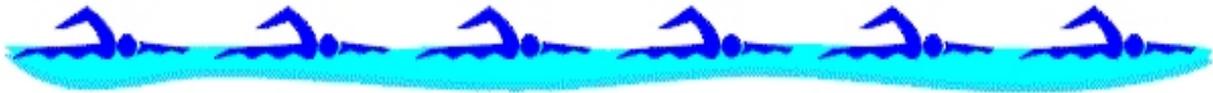

LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - November 15, 2006



New LMSC Officers

The Board of Directors for the LMSC met on Sunday, October 22, at St. Catherine's School in Richmond. New officers were elected:

Chair: Terry Sue Gault

Vice Chair: Chris Stevenson

Secretary: No candidates for this position

Treasurer: Mike Duignan

Topics that were discussed were:

- a) the USMS Convention
- b) the LMSC by-laws
- c) a new LMSC policy manual
- d) projects
- e) the budget

Again this year, \$500 was budgeted for clinics. Clinics may be for swimmers, coaches, or a combination. Last year, only \$250 was requested for a clinic in Virginia Beach. If any team or workout group would like help with a clinic, including a grant to help with expenses, contact Terry Sue Gault.

A volunteer or nomination is needed for the position of Secretary. The job entails taking notes at the annual meeting and writing up the minutes. Contact Terry Sue if you have a suggestion.

Terry Sue Gault
tsgvmst@aol.com



In this issue ...

Report on Nov 4 meet

Report on the Huntsman Games in Utah

Top Ten lists for SCY and LCM

“How do you know you have heart disease?”

Or why I didn't swim in LCM Zones.

by Ed Gaulrapp

I have been an active athlete for almost my entire life. I used to run everywhere when I was young. I swam competitively on the high school swimming team. In college I would swim three events each meet because we only had eight to nine swimmers on the team. I would swim the 200 IM, 200 Fly and 200 breaststroke. My summers during college were spent at Jones Beach in Long Island, NY as a lifeguard, swimming and running every day.

When I entered the Navy Pilot Training Program I was able to complete the distant run, obstacle course and mile swim sufficiently well to receive the award at the top of my class for physical fitness.



After becoming established in my position as a systems engineer with EDS I began running to stay in shape. I competed in many 5K and 10K races during a 20 year period and even completed 2 marathons including the Marine Corps Marathon in 1984.

In the late 80's I realized that my knees and back were beginning to have problems and returned to swimming at the Burke Racquet and Swim Club in Northern Virginia. I competed in a few short events like the 50 breaststroke and 50 Fly. As I started to swim more consistently I began to compete more frequently and increase my events to

See Gaulrapp on page 3.



December 2-3: SCM at College Park, MD
See the PV website.

December 8-10: Colonies Zone SCM
Trenton, NJ. See the Colonies Zone website.

December 10: 1000/1650, Catholic U in DC
See the PV website.

February 10-11: VMST SCY in Richmond
Entry will be in the December VMST newsletter
and in the January LMSC newsletter. It will
also be on the website vaswim.org.



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USMS Top Ten Times

You will find the 2006 SCY Top Ten Listing for Virginia starting on page 8. I meant to publish this in an earlier newsletter, but I don't see it in any back issues. I have also included the listing for LCM, although this is on the USMS website as a preliminary list. To find the complete Top Ten lists, go to www.usms.org. From the left column, select "Site Map." In the right had column at the Site Map, you will find "Top Ten Times."

Relay lists will be in the December VMST newsletter.

Graphics from www.swimgraphics.com



Chair: Terry Sue Gault
tsgvmst@aol.com

Vice Chair: Chris Stevenson
cstevens@richmond.edu

Secretary: ???

Treasurer: Mike Duignan
mikeduignan@cox.net

Registrar: Dee DeLong
deedelong@comcast.net

Sanctions: Judy Martin
jmartin240@cox.net

Records and Top Ten: Chris Stevenson



Web Sites

Masters Swimming in VA
vaswim.org

Information, entries, registration forms, and links.

USMS

usms.org

Results from Nationals, Top 10, articles.

SwimInfo.com

Latest info on all levels of swimming.

Nearby LMSCs

North Carolina: NCMasters.org

Maryland: Maryland@usms.org

Potomac Valley: PVMasters.org

Colonies Zone

www.ColoniesZone.org

Gaulrapp continued from page 1.

100 Breast, 100 Fly and individual medleys. My first Masters Nationals was in 1999 when Dick Cheadle, a fellow Burke swimmer and VMST Master's swimmer convinced me I needed to attend because I was "aging up." As many of you know Dick has a long history in Masters swimming starting in the early 70's with DC Masters. The meet was quite an event for me and I swam the 50, 100, 200 breaststroke as well as the 100 and 200 fly.

I was then fortunate enough to swim with many of the VMST teams at Zones and LCM Nationals including the win at the Maryland LC Nationals. The SCY Nationals in Tempe was especially rewarding as I was able to compete in the 100 and 200 Breast, 100 and 200 Fly and the 400 IM and the team received the award for best small team. The last three years of Colonies Zone were outstanding because I was able to swim the 1000 Free and 400 IM as well as all the 200 Fly events each year usually competing in 10-12 events and 4-6 relays over the 2 ½ day schedule. This past year at the SCY Zones was no different except I was having some pain in my left shoulder. But by icing down Saturday night, as suggested by Jim Miller, I had no pain on Sunday as was able to compete.

Now I will finally get to the point of this article. About four to six weeks after the SCY Zone meet I started having pain in my left shoulder but also in my chest and left arm after about 1600 yards of the warm up on a Saturday morning. Because I was traveling on business during the week in June, I only swam each weekend and each weekend I would have the same pain in my shoulder and chest. I finally went to the orthopedic doctor and I told him I was having pain and that it probably was my rotator cuff. After an x-ray he confirmed some deterioration and prescribed an anti-inflammatory and physical therapy. About a month later I decided I was feeling better and I thought I would get in the water and kick a few laps. To my surprise after about 500 meters my chest started hurting again. This time I told the orthopedic doctor that I thought it could be Costoconitritis. With Costonconitritis there is only pain in the rib cage near the Costo (breast bone) region. It's an inflammation of the cartilage and I had this about five years ago. He said he wasn't sure it was Costonconitritis but he

gave me a prescription for steroids and suggested I see my internist.

The next weekend I was there for my full physical and EKG which didn't show any abnormality, but he suggested that I get a stress test as I had in 2004 when I did have castrocondritis.

Now the "rest of the story."

The stress test on Thursday showed some abnormality and consequently the cardiologist asked me to come in on Monday for a consultation. On Monday he indicated that the stress test showed I wasn't getting blood to one area of the heart suggesting one artery might have blockage. This could result in needing angioplasty or possibly a stent. Kind of a shock but nothing unusual for a normal 63 year old, after all VP Dick Cheney has had a number of these done.

So the Cardiologist scheduled me for a Wednesday afternoon Cardiac Catherization to confirm the findings. The procedure went very quickly, about 20 minutes once I was in the operating room, but didn't reveal the results expected. Instead I had severe heart disease requiring Quintuple by-pass surgery that was to be performed the next day at Fairfax Inova Heart and Vascular Institute.

The bottom line is that even a seasoned athlete who thinks he's in good shape physically can have heart disease and not know it. I was in denial complicated by rotor cuff problems, that anything was seriously wrong with me. If I had not been swimming and working out competitively I would not have known the situation because under normal circumstances I had no pain. I was fortunate to get to a cardiologist, to have the proper tests, procedures and operation to be able to write this article. The circumstances could have been different.

Listen to what your body tells you especially when it comes to chest pain.

I hope to be back in the water in approximately three months and I am looking forward to competing in next year's LCM Zone when I will have aged-up to the 65 – 69 year old age group. My best to all my VMST teammates.

VMST NEWS

VMST Fall Meet

by Betsy Durrant

Disclaimer: Since I was the Meet Director, this may not be an unbiased account of the meet.

From my point of view and from comments from swimmers, it appeared that the meet went very well. The only negative comment was about water temperature - a little too warm. We had 67 entries, which was an increase over last year. One national record was set: Nancy Brown from Maryland in the Women's 70-74 200 Backstroke.

Once again, the Bayside Recreation center staff did a wonderful job in setting up for the meet and in running the timing equipment. Janis Sweeney ran the computer and had results out in what had to be record time. Labels were printed so swimmers could put them on the back of their medals or ribbons. The Ocean Lake High School swim team provided the timers. They were extremely friendly and supportive and seemed to enjoy being there.

This meet could not have happened without the support and help of numerous team members. Pearl Cox helped out by providing doughnuts for the timers; my husband and granddaughter (Steve Durrant and Tori Jones) did the hard work of carrying in all the supplies and packing it back up to take home. Tori also helped out with timing and with getting the awards ready. Carol Downing was the gracious hostess for the social. Swimmers from the area helped out with food for the social. Harry DeLong got the results online in his usual efficient manner. Nancy Miller and Karen Mickunas worked the meet as stroke/turn judges. Forrest Sullivan was Safety Marshall for warm-up. Judy Martin helped with awards. Putting on a meet is definitely a joint effort!

Complete results, with splits, are posted on the website: www.vaswim.org

VMST Team Meeting

The annual VMST meeting was scheduled for November 4 after the meet, toward the end of the social. However, no business was conducted.

The meeting was called to order, we started on the agenda, but concluded the meeting after a few minutes due to a lack of urgency. Those at the meeting were enjoying Carol Downing's hospitality, were mellow from exercise, food, and drink, were tired from the meet, and generally were not involved in the administrative side of the team. According to those present, things are going well and no suggestions were made.

We do have some business that has to be dealt with, mostly budget items. In the December VMST newsletter, a draft budget and action items will be proposed. For those interested, we will have a meeting in Richmond prior to the meet on February 10. The time and place will be published in the December newsletter. The meet entry is not yet available, but the meeting will probably be an hour before the start of warm-up. Stay tuned for more information and whip up some enthusiasm for taking care of business.

Our Grand Adventure

by Betsy Durrant

For many years, I have heard friends from Arizona and California talk about the Huntsman World Senior Games in St. George, Utah. Everyone raved about the beautiful area and the well-run meet as well as the opportunity to participate in other sports. This year seemed like the perfect time to enter the meet. I want to swim in the National Senior Games meet in Louisville in June of 2007. The Senior Games rules require that you qualify by swimming in a state Senior Games meet in 2006. USMS SC Nationals were the same weekend as the qualifying meet for Virginia (in Virginia Beach). Since Susan Marens, Laura Walker, and I went to USMS nationals, we decided

See Adventure on page 5.

Workouts in:

Norfolk/Chesapeake/Virginia Beach

From Jim Brinkman...

To: Masters/Triathletes

TAC, Tidewater Aquatic Club, is now offering multiple times and locations for workout opportunities each week. For only \$55 a month, you have your choice of the following coached workouts:

<u>Virginia Wesleyan</u>	<u>Fleet Rec Park</u>
M-W-F 6-7:30 am	M-W-F 6:15-8:15 pm
M-F 11-1:00pm	Sun. 7-9 am
Sat. 8-10 am	

If you are a YMCA member, you may also attend T-Th at Greenbrier Y, 7-9 pm.

If you have questions, check out the web site at <http://www.tidewateraquaticclub.com/community/>

From Betsy Durrant...

M-W-F 7:45-8:45 am Great Neck Rec Center
M-W 6:30-7:30 pm Seatack Rec Center
You must be a member of the Rec Center. Each workout is \$3 (punchcard used).

From Toni Shaw...

Our workouts at the Great Bridge/Hickory Family YMCA are on Tuesday and Thursday, 6:00 am – 7:00 am. We also have practice on Saturday, 8:00 am – 9:00 am.

Important note:

Please send me the schedule for workout in your area. I will include the schedules in future newsletters. Betsy

Adventure continued from page 4.

to check out the Huntsman Games, which is a qualifier for the National Senior Games.

After we mentioned this to others in Virginia Beach, we ended up with five from Virginia Beach (Terry Sokolik, Marianne Berkley, Al Newbury, Susan Maren, Betsy Durrant), one from the Eastern Shore (Laura Walker) and one from Charlottesville (Owen Maher). It was a

wonderful trip, a great meet, lots of fun, and we all recommend it.

Owen met us in Las Vegas. The other six were lucky enough to get reservations on the same flight. Las Vegas is just a 2 hour drive from St. George. We rented two cars, spent the first night (Monday) in Las Vegas, and headed to St George Tuesday morning. We swam Wednesday, Thursday, and Friday and headed back to Las Vegas on Saturday. While in St. George some of us attended the Opening Ceremony, where Mark Spitz was the speaker; some of us went to a western dinner dance; we all went to the awards dinner. We also had a chance to visit Zion National Park (briefly - more time there is a must on our next trip) and the Valley of Fire, a Nevada State Park.

In Las Vegas, we saw one of the Cirque du Soliel shows, "O". That show is a marvel of engineering (the stage is a pool, but the bottom moves up and down) and athleticism. It was fascinating!

From the St. George, Utah, newspaper, "The Spectrum and Daily News" (October 14, 2006)

"Bill Reeder, of Sparks, Nevada, was the oldest swimmer in the pool this week. At 96, he showed his kid a thing or two by winning four golds."

(Note: Bill Reeder's son, Robert Reeder, 71, won three gold medals.)

"He posted victories in the 50, 100, and 200-meter backstroke races and topped it off with a win in the 50 meter freestyle.

Of course, there weren't too many other swimmers in the 96-100 age group. In fact, there weren't any. But what the heck. If, at 96, you have the energy to wiggle into a skimpy Speedo and swim a 200-meter backstroke plus three other races, you deserve more than just a medal."

Results and information can be found at the Huntsman World Senior Games website: www.hwsg.com

Chocolate Chip Bran Cookies

from Bronwyn Lewis

1 c each unbleached flour oat bran whole wheat flour 2 cups chocolate chips
1 teas each salt, soda vanilla extract $\frac{1}{2}$ c egg beaters
1 c butter 1 c dark brown sugar
 $\frac{1}{2}$ c Splenda

Mix dry ingredients together, set aside.

Beat butter till soft, gradually add sugars, beat till fluffy. Add eggs and vanilla and beat till well blended. Gradually add dry ingredients. Stir in chocolate chips. Drop 1 inch balls of dough onto greased cookie sheet. Bake in 375 degree preheated oven approx. 9 mins.

Statement from USA Swimming Executive Director Regarding Change in Beijing Swimming Schedule

New schedule will feature prelims in the evening and finals in the morning local time in Beijing

Statement from USA Swimming Executive Director Chuck Wielgus regarding the IOC decision to change the swimming schedule in Beijing:

“This is a great opportunity for our sport to be showcased to the North American television audience during the first nine days of the Beijing Olympic Games. The live prime time exposure is something that can only benefit the sport of swimming, and enhance the public profile of our sport’s top athletes.

The IOC’s decision to announce this nearly two years prior to the Olympic Games ensures a level playing field for all athletes. No matter what the schedule, our athletes will be ready to swim their best when their best is needed.”

Successful Swimming

by Wayne Goldsmith

Note: This newsletter article contains excerpts from an article in the October 2006 issue of SwimmingWORLD magazine. To subscribe, go SwimmingWORLDMagazine.com or call 1-800-511-3029.

“Peaking and tapering are important concepts for

coaches to understand if they want their swimmers to be successful. Peaking is about training swimmers to swim at their best. Tapering is ensuring that the swimmers can produce their best on a specific day following a period of rest, recovery and regeneration.

Coach Goldsmith uses the following acronyms:

“PEAK = Preparing Each Athlete’s Kapacity (capacity) to perform at his or her best.”

See *Peak and Taper* on page 7.

Peak and Taper continued from page 6.

“TAPER = Training Activities that Provide Excellence after Rest.”

“There are six key principles that actually work when it comes to tapering:

1. Decrease the **VOLUME** of training in the taper period.

The biggest improvement in performance during the taper period is due to a significant decrease in training volume. As training volume decreases, so, too, does residual fatigue—meaning, the swimmer begins to feel light, fast, energetic and strong in the water.”

“2. Maintain the **INTENSITY** of training in the taper period.

...Hint: Include a small amount of specific race pace work at every session during the taper. This should include race-specific dives, starts, turns and finishes and breathing patterns—race speed plus race quality technique and skills.”

“3. Maintain the **FREQUENCY** of training the taper period.”

“4. Make the taper **SWIMMER-SPECIFIC**. Everyone responds differently to a taper.”

“5. Don’t introduce anything **NEW**.”

“6. Don’t **OVERCOACH**.”

“Wayne Goldsmith is the former sports science coordinator for Swimming Australia and currently a High Performance Swimming Consultant.”

Top Ten Lists for Short Course Yards and Long Course Meters

Please note the number of swimmers who achieved Top Ten times this year. For SCY, we have swimmers from Blacksburg, Virginia Masters, Charleston (WV), SwimQuest, as well as some Unattached.

A number one listing in the Top Ten qualifies the swimmer as an All American. From

Virginia, All Americans are: **Lisa Bennett** in the 50 and 100 yard Breaststroke; **Johnnie Detrick** in the 50 and 100 yard Breaststroke; **Chris Stevenson** in the 100 and 200 yard Backstroke; **Beth Schreiner** in the 50, 100, and 200 meter Freestyle; **John Calvert** in the 400 and 800 meter Freestyle, 200 meter Backstroke, and the 200 and 400 meter IM.



Pearl Cox, Betsy Durrant, Marcia Barry (back), Laura Walker, and Susan “Butch” Henley at LC Zones at GMU in August.



Neal Sween at LC Zones at GMU in August.