

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia
February 15, 2010

Mailing Concerns

By Betsy Durrant, Editor

The monthly production of the newsletter is a group effort. I edit and compile the content, usually from numerous and varied contributions. I email the file to our printer (Printer's Mark) in Richmond. I usually get the file to the printer somewhere around the 3rd to 5th of each month. Registrar Lisa Bennett sends a file of addresses to the printer. The printer prints the newsletters, addresses, and adds bar codes. The newsletters are then taken to the post office by the printer and mailed, using their bulk rate permit.

Over the many years that we have used this system, we have had a few glitches, but "few" is the key word here. Generally, the newsletters are delivered the middle of the month. However, December and January newsletters have been later than usual. I received my December issue in a timely manner (prior to Dec 23), but I heard from others that they had not received the December issue by the second week in January. I am writing this on January 27 and my January issue has not arrived. I checked with the printer last week, and it has been mailed. I am not sure what the problem is, but I will follow-up with the printer.



Where's my newsletter???

Rule Change for Swimsuits

See page 3 for the full statement issued by the USMS Rules Committee. In brief, FINA has ruled that Masters swimmers will follow the same rules as Open/Age Group swimmers. This ruling bans the uses of "tech" suits for all meets held in meter pools, effective immediately. However, since USMS is the only Masters organization that competes in yard pools also, this ruling does not apply to SCY meets. The USMS Rules Committee recommended that the "tech" suits be allowed through the end of the season, which is May 31. The Executive Committee approved the recommendation of the Rules Committee. The reasoning is that the season is well underway and the change should begin with the new season.

More on Coaches' Chair

By Betsy Durrant

Last month I introduced **Jay Peluso** as our new LMSC Coaches' Chair. I asked Jay for a little background. Don't forget that Jay is interested in helping coaches organize and run coached workouts for Masters.

1. How long have you been coaching? How did you get started?

I've been coaching in one form or another since 1994. My first head coaching position was with a Rhode Island Summer League team of about 110 age-groupers. I then came to my senses. :)

2. You coach at ACAC in Richmond, right? How many workouts at ACAC? How many do you coach?

Yes I coach at the Richmond ACAC for Jim Miller. We have 11 workouts a week; doubles Mon-Thur

See **Jay** on page 3.



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

March 6-7: UMBC, Baltimore, MD
See Maryland website

March 20: Albatross Open, North Bethesda
Check PV website. SCM.

March 27: Duke University, Durham, NC
Check NC website.

April 10-11: Raleigh, NC
Information will be on NC website.

April 22-24: Zone Meet, George Mason U.
Entry will be in the newsletter when available. I believe online entries will be used also.

May 20-23: USMS SCY Nationals, Atlanta
Entry is in the current *Swimmer* Magazine and will be available online (usms.org).

Newsletter Editor

Betsy Durrant
211 66th Street
Virginia Beach, VA 23451
757-422-6811 (fax or phone, before 9:30 pm)
durrant6@cox.net

Graphics from www.swimgraphics.com

Check out:

www.usms.org/articles/articledisplay.php?a=236

This is an interesting article on teaching butterfly.



Virginia LMSC Website
www.vaswim.org

USMS Website
www.usms.org

Latest info on all levels of swimming
www.SwimmingWorldMagazine.com

Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: www.maryland@usms.org
Potomac Valley: www.PVMasters.org

Colonies Zone
www.ColoniesZone.org

LMSC Officers

Chair: Chris Stevenson
chrisstevenson@usms.org, 804-282-0124

Vice Chair: Alison Moore
swimbot@comcast.net

Secretary: Dave Holland
HenryDaFif@aol.com

Treasurer: Charlie Cockrell
Charles.Cockrell@alumni.virginia.edu

Registrar: Lisa Bennett
Swimlab56@msn.com, 804-379-5324

Sanctions: Judy Martin
Jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson
chrisstevenson@usms.org, 804-282-0124

U.S. Masters Swimming Statement on Swimsuits: Emergency Rule Change

January 20, 2010

EMERGENCY RULE CHANGE

Due to the change in Masters swimwear rules published by FINA January 16, 2010, and pursuant to Article 601.4.8, the USMS Rules Committee and the USMS Executive Committee have approved the following emergency changes to the USMS swimwear rules. These changes are effective immediately for short course meters and long course meters competition. The changes are effective June 1, 2010 for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer. The new swimwear rules will not govern the One Hour Swim being conducted January 2010.

Changes to the swimwear rules are underlined below.

102.14 SWIMWEAR

102.14.1 Design-The swimsuits worn for competition shall be nontransparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

102.14.2 Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed). Arm bands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

102.14.3 In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. Except for open water competitions, for men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.

102.14.4 Only swimsuits complying with FINA swimsuit specifications may be worn in any U.S. Masters Swimming sanctioned or recognized competition.

102.14.5 Exemptions to the foregoing restrictions may be granted to a swimmer, on a case by case basis, by the Chair of the Rules Committee or designee.

Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

A Procedures for applying for an exemption will be established by the Rules Committee and posted on the U.S. Masters Swimming website.

B No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

C The decision of the Rules Chair may be appealed only to the entire Rules Committee whose decision shall be final and binding on all parties.

102.14.6 Swimmers are not permitted to wear or use any device or substance or swimsuit to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

102.14.7 Advertising-Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

For any questions contact:
Kathy Casey, Chair
USMS Rules Committee
rules@usms.org

Jay continued from page 1.

and mornings on Fri-Sun. I'm mainstay on Monday nights and usually coach one Saturday a month.

3. Briefly, your background (real life).

I am an attorney with a concentration in criminal/traffic defense and domestic relations cases. jpeluso@peluso-law.com. I got my JD from the University of Richmond.

4. Did you swim as a kid? In college? Where?

I started swimming relatively late at age 13. I was a high school All-American in the 200IM and 100Br and swam collegially at UMass, Amherst, where I also played Varsity Water Polo. I was inducted into the Rhode Island Aquatic Hall of Fame in 2003 I am actively involved in the Richmond Triathlon Club as attorney, race director and host of an open water swim workout in the upper James River every other Friday evening during the season.

News from URMS

By Andrea Randle

University of Richmond Masters Swimming (URMS) is affectionately known as the Water Spiders!

There is a relatively new Masters Swimming Program at the Weinstein Center for Recreation and Wellness at UR. We welcome you to join in the workouts, the competitive (and non competitive) spirit, and team camaraderie in our commitment to a healthy community! Coach Danielle Hulick (Asst. Varsity swim coach) leads practices between 2200 – 2800 yards, depending on your ability.

Practices are held:

Monday 6:00 – 7:00 p.m.

Wednesday 6:00 – 7:00 a.m.

Friday 12:30 - 1:30 p.m.

We encourage UR Masters swimmers to register with the United States Masters Swim organization .

For info contact:

arandle@richmond.edu

dhulick@richmond.edu



Andrea Randle and Elizabeth Cohen

VMST News

VMST Website

*by Heather Stevenson,
VMST President*



Have you had a chance to look at the new VMST website (www.vmst.org)? If not, please take a minute and check it out. The website provides information about the team, about places to swim, and about upcoming events. It also has links to the LMSC newsletters, pictures of VMST members at recent meets, and links to swimming information that you may find helpful or interesting.

The "Upcoming Events" page includes local swimming events and multi-sport events with swimming legs and has links to entry forms, information about entry deadlines, etc. The "Pools, Locations, and Times" page includes addresses for places to swim along with contact information and dates and times for practices. And you don't want to miss the picture of Dave Holland encouraging new members to join VMST (see the "About VMST" page)!

This website is constantly changing. Let me know if there is a meet or a swimming event that you would like to have included on the website. Also, please let me know if the information for places to swim is incorrect or needs updating. I can usually make same-day updates. I will also start including information about practice schedule changes (for example, during holidays) for the various practice groups, so please feel free to email that information to me at hns@usms.org. And finally, I would love to hear suggestions for ways to improve the website. This is my first foray into creating a website and I am a novice, so all suggestions are welcome.

I look forward to seeing a lot of you at VMST's David Gregg Memorial meet this month in Richmond!

More from VMST on page 5.

More VMST News

VMST Top Ten Swims

By Chris Stevenson, Top Ten Chair

LCM Top Ten swims for our LMSC were published in the January newsletter. I did some number crunching for this newsletter.

If you “score” the top ten times (if you MUST know, I used a 12-10-8-7-6-5-4-3-2-1 point system to score the ten places; I did NOT include relays, though), VMST comes in 18th out of 196 clubs, which is pretty respectable. I didn’t try to differentiate between “regional” teams and the like. Here are the top 20 clubs if you want to try to separate them out yourself. I know SCM, TOC, SCAQ and maybe GAJA and a few others ahead of us are “local” clubs. (Though, to be honest, I’m not really sure VMST deserves that label, despite the current rules.)

1	ARIZ	1068
2	SDSM	962
3	MICH	923
4	WCM	896
5	FLAQ	875
6	NEM	847
7	IM	822
8	OREG	766
9	ISF	741
10	GOLD	737
11	FACT	660
12	CMS	619
13	TOC	619
14	FMM	530
15	NCMS	494
16	SCAQ	450
17	GAJA	419
18	VMST	414
19	MVN	390
20	WMST	389



The VMST 65-69 women are the best in the country, though: here are the top five for that age group:

VMST	128
SDSM	124
STAN	96
ISF	82
MOST	63

And of course there was VMST’s impressive showing in the relays. I think it was 1 WR and 2 USMS records, correct? Not bad, considering we didn’t even have a LCM meet in our LMSC.

Editor’s Note:

USMS now scores nationals in two divisions: Regional Clubs and Local Clubs. The definition for Regional Clubs is any club that competes locally as individual workout groups and competes nationally as one team. On their registration card, there are two designations – the workout group and the larger club. Several LMSCs have gone to this type of club so that when they compete at national events they have a larger team. All other clubs are considered Local Clubs.

VMST is considered local club. All swimmers in the LMSC do not belong VMST; we have over 20 teams in the LMSC. While we have multiple workout groups, we always compete as one team.

Arizona (ARIZ), Michigan (MICH), Illinois (IM), Oregon (OREG), Florida (FACT), Georgia (GAJA), New England (NEM) and North Carolina (NCMS) are Regional Clubs. Walnut Creek (WCM), Fort Lauderdale (FLAQ), Indy Swim Fit (ISF), The Olympic Club (TOC), San Diego (SDSM), Gold Coast (GOLD), Florida Maverick Masters (FMM), Southern CA Aquatic Club (SCAQ) and Woodlands (WMST) are considered local teams. Who knows if it makes sense or not, but that’s the current groupings.

Zones and Nationals

Are you ready to make a commitment yet about swimming in the Zone meet or at Nationals in Atlanta? Either or both will be a great experience. If you have doubts about nationals, ask me or someone else who has been. It’s great fun. **Betsy**

3000 and 6000 yard Postal Swims

USMS conducts a 3000 yard and a 6000 yard Postal National Championship. Six swimmers from Virginia entered the 3000 yard event and six entered the 6000 yard event.

Results for Virginia swimmers:

Women's 3000 Yard:

Nancy Speer, VMST, 45-49, 47:16.99
Betsy Goode, VMST, 50-54, 48:12.99
Barbara Boslego, VMST, 55-59, 49:59.90

Men's 3000 Yard:

Mark Rush, VMST, 45-49, 1:00:57.99
Howard Craddock, VMST, 55-59, 44:55.10
John Shrum, VMST, 60-64, 39:46.32*
* John was 4th in his age group.

Women's 6000 Yard:

Barbara Streater, VMST, 35-39, 1:31.56.99*
*Barbara was 5th in her age group.
Lisa Bennett, UNAT, 50-54, 1:18:95.50*
*Lisa was 3rd in her age group.
**Shirley Loftus-Charley, SMAM, 55-59,
1:19.46.53. Shirley was 1st !**

Men's 6000 Yard:

Adam Barley, VMST, 25-29, 1:10:22.45*
Craig Charley, SMAM, 25-29, 1:12:23.23*
*Adam was 2nd and Craig 3rd .
Ralph (Bud) Swiger, VMST, 50-54,
1:37.06.74

In addition, Sean Carter of Maine Masters was 3rd in the 30-34 age group with 1:15.02.17. Sean did the swim in Virginia Beach while visiting his aunt, Barbara Boselgo.

Matt Livsey

Matt Livsey, Masters swimmer and active volunteer for Virginia Swimming and ODU swimming died on

January 14. Matt suffered a massive heart attack after finishing a workout with his wife, Sandy. Both Matt and Sandy were former ODU swimmers.



Everyone Needs a Little Quality: Swimming Better; Not Swimming Longer by Mark Gangloff

This article came from the USMS website and was dated November 12, 2009.

Swimming lap after lap can make us better; it can get us into physical shape, it can increase aerobic capacity and it can teach us perseverance. However, swimming long distances is not always the recipe for success. Often, after too many yards, our stroke technique breaks down, our bodies wear out and we can get bored with our training. Though swimming long distances can be challenging, I have found that there are just as many challenges in a practice with shorter, faster efforts. Many swimmers and coaches are making a complete transition to shorter, faster, workouts while other are merely marrying the two schools of thought to produce well-rounded athletes. All athletes, no matter what their end goals may be, should include high intensity, quality workouts into their routine once in a while.

It has always been my goal in swimming to go as fast as I can. I started competing as an age-group swimmer, progressed through high school and college and now swim professionally. I have trained as much as 13,000 meters and as little as 3,000 meters in one practice. Each workout had its own purpose, but as I continue through my career, I know it is not how many laps I swim, but rather how well I swim each lap, that is going to make me better. In 2003, I swam under the 1:01 barrier in the 100-meter breaststroke and it took me five years to break the next milestone of under 1:00. Yes, you read that correctly, five years to take off one second. What I learned during that time, is that in order to become a better swimmer sometimes ... less is more.

My definition of a quality practice is swimming EVERY lap with a purpose that is physically and/or mentally challenging. Quality is important to me because I am trying to shave hundredths of a second from my time. But, again, whether your goal is to go fast or simply remain injury free and improve your stroke, quality is key.

Here is an example of a workout I recently enjoyed:

Warm-up (1500 yards)

- 400 free
- 4 x 75 descend 1-4
- 300 kick
- 16 x 25 with fins – Odds 12.5 yards under water and 12.5 yards swim; evens 12.5 yards swim and 12.5 yards under water. All of the underwater is fast and all the swimming is good technique
- 100 easy

Main Set (1200 – 2000 yards depending on how much easy swimming)

- 48 x 25 ALL OUT!!!
- 6 x (8 x 25) Sets 1,3, and 5 are your best stroke other than free; sets 2,4, and 6 are free Decrease intervals by 5 seconds per round (e.g. :45, :40, :35, :30, :25, :20) 100 to 200 easy between each round
- 1 x 50 off the blocks FAST!!!

Warm Down (300 yards)

- 300 easy

Total (3000 – 3800)

This practice allows for swimmers to push themselves physically, mentally, and technically without having to swim anything over 400 yards. By deconstructing the workout, swimmers are able to push each effort to the physical max. It allows enough time on the wall for swimmers to receive stroke technique feedback from coaches and make the required stroke adjustments.

Below are a few of the benefits associated with swimming quality (not quantity) workouts.

Perfecting Each Lap

- **Gain awareness of stroke.** By decreasing the length of each effort in practice, swimmers are able to better focus on stroke technique. Swimmers can gain a more conscious awareness of each stroke; they will feel head position, kicking imbalances, hold on the water and other inconsistencies.

- **Get instruction from coaches.** In quality workouts, swimmers will often have more time between efforts creating an optimal environment to take time for feedback from coaches. Often times what you feel and what you are actually doing are two completely different things. Coaches can objectively see what you are doing and provide feedback before your next effort.
- **Make changes.** With shorter efforts, swimmers have more opportunities to make changes, receive additional feedback and adjust accordingly. It is hard to make changes to technique; often when swimming long distances swimmers revert back to their old technique instead of making the necessary changes.

Increasing Speed

- **Swim at race pace in practice.** For swimmers that compete, swimming at race pace during practice not only boosts confidence, but also provides swimmers with the chance to chart progress with each in-practice effort.
- **Set the bar.** As a competitive swimmer, the goal is to maintain efficient and effective strokes throughout a race. By increasing the speed of efforts within a practice, swimmers can simulate a perfect race with perfect technique.
- **Work hard.** For those athletes that do not compete, understand that you will still get a great workout by swimming shorter, faster efforts in practice. Working hard and swimming far are not always synonymous.

Having Fun and Swimming Fast

- **Swim against the clock.** Shorter, faster, efforts allow swimmers to watch and race the clock multiple times during a practice. Swimming against the clock can be fun, encouraging and lead to the accomplishment of multiple goals within a single practice.

See *Quality* on back page.

*LMSC for Virginia
Lisa Bennett, LMSC Registrar
11812 Winfore Drive
Midlothian, VA 23113-2455*

*Prstd Std
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Richmond, VA
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Quality continued from page 7.

- **Compete with teammates.** Shorter, faster efforts in a workout set athletes up for a little friendly competition. Shorter, faster efforts and the opportunity to race your teammates, can often times help break up the monotony of swimming lap after lap. Challenge your teammates to swim the practice above and see how much you can push one another.
- **Build camaraderie.** Swimmers can not only track their own progress during quality workouts, but swimmers will also have opportunity to watch, cheer for and encourage their teammates. Shorter efforts and longer recovery is the perfect combination to help build up one of your teammates. As you build up others, your performances will increase as well.

Different swimmers swim for different reasons. There is a time and a place for long workouts, short workouts and everything in between. Swimming shorter, faster workouts has many benefits and all swimmers are encouraged to give it a try. Grab your stop watch, put on your game face, invite a teammate and give a quality work out a try.

Mark Gangloff, 27, a USMS member, is a 2004 and 2008 Olympian (100m breaststroke and 4x100 medley relay). Gangloff has earned two Olympic gold medals and currently holds the American Record in the 50m breaststroke. He lives and trains in Auburn, Alabama. Gangloff's next race will be at the Dual in the Pool next month.

Ashley and Mark Gangloff ►

