

The Wet Gazette

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

Gazette Vignette – Alice Phillips

By Dave Holland

Alice Phillips grew up in Newport News and competed as a summer league swimmer for the James River Country Club “River Rats”. She now lives in Richmond and has been active with VMST since 1992. Over the years, she has competed at several USMS Nationals, and has finished in the USMS Top 10 in 25 individual events, as well as helping 19 relays to Top Ten. In 2004, she anchored the women’s 35+ 400 free relay at SC Zones, and their winning time of 3:59 achieved All-American status as the fastest in the country that year. Alice also stays busy on the dry side of the pool. This month she enters her ninth year as the Head Coach at Trinity Episcopal. Her women’s team has been the VIS state championship runner-up on two occasions (2006 and 2009), while the men were 4th in 2007.



Where do you swim and how often?

I swim predominantly at ACAC in Midlothian. It's a very nice gym plus we have an indoor 50m pool, an outdoor 25yd and a recreation pool. Everyone who's reading this from our group will agree that all things aquatic aren't perfect at ACAC, but when you get all the fitness classes and

See *Alice* on page 3.

Coaching Excellence

I read an article in the latest issue of the magazine put out by the American Swimming Coaches Association (*American SWIMMING*, The Magazine for Professional Swimming Coaches, Volume 2010 Issue 04) that was a speech by Mark Schubert from the 2005 ASCA World Clinic. In the speech, Coach Schubert recounts some of the important things he learned from working with other coaches. I picked out some parts that I hope are of interest to Masters swimmers, whether you are a coach or not. These excerpts may explain why your coach does what he/she does or why you should incorporate certain things into your workouts. I have taken things out of context, but I have quoted the article correctly.

“I was fortunate to work for four years at the University of Texas with Eddie Reese...I also learned from Eddie the importance of technique. I think as far as drills go – some drills are just very basic but always done very well.

...

I learned a lot from Larry Liebowitz. I had an opportunity to work on the same deck with Larry for many years at Mission Viejo, Mission Bay, and then later at USC...Larry had the greatest saying about rights on the pool deck. He used to say, ‘Swimmers have the right to complain.’ It is their right, and coaches have the right not to listen to it. And it is very true. If you are going to be somebody that is going to challenge an athlete to do something special, you can’t worry about their complaining about it. In fact, sometimes you need to smile a little bit, particularly when they get out of the pool afterwards with the big smile on their face because they accomplished something and they did something special. The other thing that Larry did so well was create challenging sets for specific individuals. He would create a set that would challenge the best swimmer on the team, and do a basic version of it for the rest of the team that would challenge them. But he would always be thinking

See *Excellence* on page 4.



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

November 21: SCY Meet in Chapel Hill
See NC website

December 11-12: NE SCM in Boston
See SwimNem.org

January: One Hour Swim

January 29-30: Charlotte, NC

January 30: Tropical Splash, Alexandria

February 12-13: VMST meet in Richmond
Entry will be in the Dec and Jan newsletters.

March 5 or 6: Tentative date for Warrenton

March 19: SCM Albatross, Open

April 2-3: Hillsborough, NC
This is the NC Championship.

April 15-17: Zone Meet, George Mason U.

April 28-May 1: USMS SCY Nationals in Mesa, Arizona. Entry will be in *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



Virginia LMSC Website
www.vaswim.org

USMS Website
www.usms.org

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

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

Colonies Zone
www.ColoniesZone.org

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Chair: Patty Miller
Patricia.m.Miller@altria.com

Vice Chair: Charlie Tupitza
ctupitza@warrentonmasters.org

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chrisl Stevenson@usms.org, 804-282-0124

Alice continued from page 1.

the weights and cardio equipment alongside your Masters swimming, it is a good value. I also like to swim with **Mark Kutz** and the NOVA masters, but they are across town from house and their practice starts even earlier than ACAC, so I have trouble mustering the discipline to go over there. I swim consistently three times a week, four or five if I am trying to train for an event.

Tell us about the coaches who have influenced you over the years.

Jim Miller has taught me tons about technique - things that I use with my own coaching regularly. **Diane Cayce** writes awesome workouts that inevitably add up to good yardage, offer just the right amount of challenge, and are generally fun.

Almost every time I have a workout with her, I go home and write it down in my workout log.

Honestly however, the most influential coaches I ever had were three high school coaches (swimming, field hockey and track), all of whom gave me confidence as a young woman that I could endure much more and achieve much more than I would ever think possible. Those memories are some of the fondest of my life.

What is your background as a swimmer and athlete?

I began competitive swimming when I was ten, and was not very good. The summer I turned twelve however, the coach I mentioned in the previous question, Dewey Stinson, gave me some lessons and I got a lot better. The next summer I was winning blue ribbons and breaking team records at our rec pool. My swimming history is limited to summer league, but I always played sports year round. Masters has allowed me to be the year round swimmer I never was as a kid. I have now been doing masters for about eighteen years. As an adult, I used to run a lot (back when I had cartilage) and I did a couple triathlons, but now I swim, practice yoga, hike/walk a little, and do weights.

What motivates you to participate in Master's swimming?

In my twenties and thirties I really had a lot still to prove to myself about what kind of swimmer I was. I was very motivated to see if I could be

faster than I had been as a kid and generally to participate in meets where I could test myself. So, I was basically competition driven, and still pretty type A as a person. Now, in my forties, even though it's fun to be fast, I am not as motivated to compete. It really might be the yoga that has changed my mindset (that and middle age). I really like the practice of swimming, the sound of the water, even the smell, the sense of anticipation about what the set will be today, the feel of the water when the swimming is easy, when it's not fighting back against you. Mostly I swim because I like to practice, I like to be in at least decent shape.

There have been times in my life when I have been stressed or seriously depressed or dealing something very difficult, and swimming has always had the ability to make me feel normal again. This is still true, and it's become much more important than breaking a team record or making top ten. Now, I try to approach competition with a sense of fun instead of making it about proving something.

Outside of the pool, who are you?

I have been married for twenty years and I have two kids, age 13 and 10. We just got a new dog about two months ago, so now I feel like there's a toddler in the house again! I teach biology at a high school where I also coach swimming (Trinity Episcopal in Richmond). I like to garden, cook, and read in my spare time. My son plays travel soccer, so I get to feed my competitive self from the sidelines of his games.

People might be surprised to know that...

I was voted most likely to succeed by my high school class and most likely to sweat on the salad bar by my college sorority sisters.

What stands out as your best moments as a coach and as a swimmer?

Since that type A person still lives in me, I can still remember some practice and meet performances that I am proud of - I think I will mention the time in my later twenties when Nationals was in Santa Clara. I had never been to CA, and wow, was it beautiful and I loved it there.

I remember swimming a 100 fly that was actually easy the entire time and I was really proud that all

See Vignette on page 4.

Vignette continued from page 3.

four of our 25-29 relay teams took first (though we got deked in one unfortunately).

Do you have a memorable Master's experience or "vignette" to share?

The most fun ever was the year Nationals was in Tempe. I did well enough in the meet, but it was the trip after to the Grand Canyon, Monument Valley, Mesa Verde and New Mexico that ranks up there among the best trips of my life. **Mary Adams,**

Molly (Dean) Bittner, Mark Gill, Clai Bolek, and Paula Jones and I rented a van and drove all over the desert. Of course we waited until noon each day before we opened the cooler (and that day's driver never partook) and yep, we all slept with Mark...not in THAT way, just you know, beside him.

Beautiful country, great friends and very good times! Honestly, the best reason to go to big meets is to go somewhere else in the world and make sure to make time for sightseeing and fun.

Excellence continued from page 1.

about once or twice a week coming up with a set that would challenge the best swimmer on the team – something that would be difficult, new, challenging, and exciting for that swimmer.

...
RICHARD QUICK

I think what I have learned from him is the importance of the little things. I think as a coach he is a master of details – starts, turns, push-offs, finishes. And he has his swimmers practice them over and over again. Details are important.

...
JONTY SKINNER

I the main thing that Jonty gave me was when he gave me advice that it is always important to do something fast in practice every day. Not necessarily 25's and 50's, but a 600 yard set of

three cycle sprints, and I think that was probably some of the best advice that I have ever had.

...

WALT SCHLUETER

Walt was a tremendous coach in the 50's and 60's, and I had an opportunity to work with him at Mission Viejo...I would watch him work with those swimmers – the key phrases, the drills, the things he would do with great swimmers, people that were already national champions, that would help them to get faster. I don't think you just teach stroke, I think stroke is like maintaining a Ferrari. You have to do it all the time. Because of the repetition of our sport, it is easy to slip back into bad habits, and he taught me the importance of individual attention in stroke technique.

JILL STERKEL

...taught me the importance of rest... We were never worried about our teams being out of shape, but Jill was always worried about our teams being rested enough. I can always remember in the last three weeks of the season her coming up to me...and she would say, 'Mark, we have worked really hard. We are in really good shape. Don't be afraid to rest them.' And I think it is important that we all remember that.

THE LAST PERSON I WOULD LIKE TO TALK ABOUT IS DOC COUNCILMAN.

...He would take the time to watch great swimmers for the keys to their success. Probably on six occasions when I was at Mission Viejo he would show up unannounced on the pool deck at practice and just ask me if he could go down and use the underwater window. He would ask if a certain swimmer could swim in a certain lane so he could film them. He wanted to know what they were doing. He wanted to know what made them special. ...that guy was paying attention to the people that were swimming fast all the time.

...Let's never forget that a great coach is somebody that gives people a great experience."

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VMST News

Nancy Miller

Nancy has been a stalwart of Virginia Masters Swim Team and the LMSC for Virginia from the beginning. She served as Register and as LMSC Chair. She hasn't competed in a few years, but swims when she can and is meet director of the Richmond meet in February. Nancy was the original meet director of the Richmond meet and has continued each year to run an excellent event.

I asked Nancy if she was coming to Virginia Beach for the November meet. Her reply: *“Thanks for the invite, and I would love to come. But...I'm being inducted into my college Athletic Hall of Fame that day! There are four of us being inducted, and our old coach is coming up from Florida to make the presentation. Should be fun, though it came as a total surprise...”*

I asked about her college; it's Hood College in Frederick, Maryland. I looked up the Athletic Department on the internet and found the following.

Hood College Announces Athletic Hall of Fame

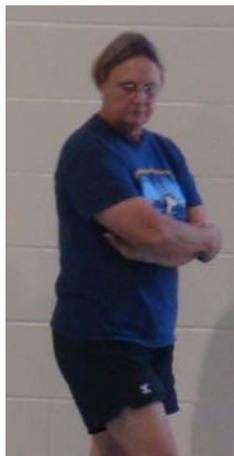
Hood College has a rich history of promoting and valuing athletics at the intramural and intercollegiate levels. The Athletic Hall of Fame recognizes and honors this tradition. Athletes, coaches, friends, faculty, administrators, and others who have supported the athletic programs at Hood College are eligible for consideration.

It is the intent of the Hood College Athletic Hall of Fame to celebrate the past, present and future of Hood College athletics and those who have made significant contributions to the Blazers' athletic tradition.

Eligibility for Nomination:

- Alumnae and alumni athletes who competed in one or more intercollegiate or intramural sports.
- Coaches, faculty, administrators, friends, and others who have developed and supported athletic programs at Hood College.

This is great honor for Nancy, who has continued her support and love of the sport from college to USMS.



Both of the pictures above are from a clinic in Virginia Beach in October 2009. The first is serious Nancy helping with the clinic. The second is the real Nancy with big smile.

VMST Members

Are You Interested In Holding A Meet?

VMST hosts two meets (Virginia Beach and Richmond) and two open water events (Virginia Beach and Charlottesville) each year. It would be nice if the team could host additional events.

A group of current and past meet directors (from all teams in the LMSC) are working on a step by step manual of how to run a meet. It can be arranged to have someone work as a mentor with a new meet director.

This particular article is addressed to VMST members because you should know that the team will help you set up the meet, make a budget, set fees, and make seed money available. There are always expenses that need to be paid before entry fees are collected. The team will help you work this out.

If you do not break even, but have planned well, the team will absorb the loss. If you make a profit, 20% of all meet profits goes to support the LMSC; the rest goes to VMST but you can make a donation to a cause or to your local group to buy needed items. Contact Heather Stevenson or Betsy.

SNOW News

SNOW is a team in Loudon County. Last month I reported that Matt Haupt swam in LC Nationals in San Juan and won both the 100 and 200 fly. I had two readers send me additional information that I had overlooked.

From Matt's teammate Stacey Russello:
The blurb about SNOW Masters on the back page - very cool since this is my teammate - did leave one detail out. If memory serves, Matt Haupt set a new world record in the 200 LC fly.

From Jeff Roddin, Registrar for PV:
In the last issue when you said you neglected to mention that Matt Haupt not only swam in Nationals but won first place - he also broke a long standing world record in the 200 fly.

The previous record was set in 1995 by Bobby Patten, 2:03.85. Matt's new record is 2:03.76.

News from FAFF

FAFF is Fredericksburg American Family Fitness. Joni Briganti, who trains there, sent me some information about three of their swimmers who took part in the Chesapeakeman Endurance Festival. Events include:
ChesapeakeMan Ultra Triathlon - 2.4 mile swim, 112 mile bike, 26.2 mile run
Aqua Velo - 2.4 mile swim, 112 mile bike
SwimFest - 2.4 mile swim
Skipjack Triathlon (new in 2010) - 1.2 Mile Swim, 64 Mile Bike, 10 Mile Run

Joni Prodoehl-Briganti, Danielle Beach and Rob Allen participate in the 2.4 mile swim. The report from Joni:

“We were trying really hard NOT to think about the eight foot long bull shark that was just caught in the Potomac. But how do you NOT think of something? Joni Prodoehl- Briganti (1:18:10, 4th place, OVERALL; 1st Age Group, 50-54), Danielle Beach (1:41:39, 2nd Age Group, 35-39) and Rob Allen (1:39:35, 2nd Age Group, 35-39) braved the dangers of the deep, in the 2.4 mile open water Chesapeakeman Swim Fest. They are teammates

on the American Family Fitness Masters swim team, in Fredericksburg, Virginia.

Joni and Rob are in training for their first Ironman Triathlon, and they thought this would be a great training event. Danielle had a great experience with her first open water event, and learned that swimming in open water is very, very different then swimming in the pool.

The Swim Fest is part of the Chesapeakeman Endurance Festival and took place on Saturday, September 25th, 2010, in the Choptank River, Cambridge, Maryland.



Joni Briganti and Danielle Beach



Danielle, Joni and Rob Allen

News from all Clubs and Workouts is always welcome. Send your information and pictures to the Editor. Please identify the people in the photos.

Follow-Up on Convention: Rule Changes

From the monthly **Streamlines for Coaches**, published by the National Office:

The following major changes were made to USMS rules at the USMS convention in September:

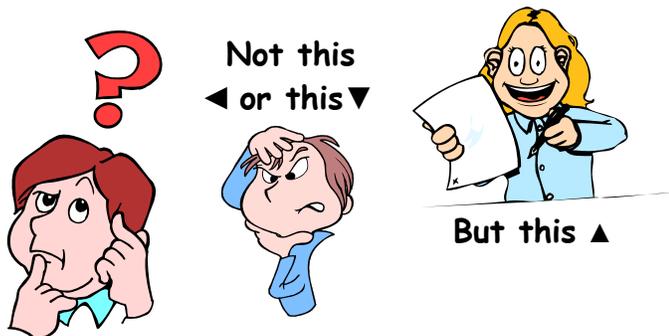
1. Initial splits and relay leadoff splits can be recorded by a minimum timing level of two watches for USMS Top 10.
2. Applications and supporting data for national records must be submitted to USMS within 90 days of the end of the season.
3. When a moveable bulkhead is used, the length of the course must be confirmed prior to the start of the meet.
4. An adjustable setting back plate may be used on a starting platform.
5. Three new schedules of events have been selected for Nationals.

For any questions about rules contact Kathy Casey, USMS Rules Chair (Rules@usms.org).

Running a Meet

If your team or workout group would like to run a meet and would like some help, please contact **Betsy Durrant**. A group of current and past meet directors (from all teams in the LMSC) are working on a step by step manual of how to run a meet. It can be arranged to have someone work as a mentor with a new meet director.

We hope the manual will answer questions and let you know what needs to be done before, during, and after the meet.



Where to Find Information

If you have access to a computer, it is very easy to find the information you need.



First Stop:

www.vaswim.org

You can find Team (with contacts), Upcoming Events (with entries), Results, LMSC Records, LMSC Business. Chris Stevenson has done some interesting things with Mythical Champs and Rating Calculator. Take a look. You will also find links to other sites (NC, Potomac Valley, USMS, Colonies Zone, etc).

Next Stop: www.usms.org

A wealth of information!!

- Home page – articles.
- Competition – Nationals, Records, Top Ten, Event Rankings and more. Nationals and Top Ten information goes way back. It's fun to look.
- Discussion Forums – a place to get questions answered. This includes the Workout section and Blogs. USMS pays 4 coaches to write workouts. In addition, there are other workouts posted. Some people publish their workouts in their blog.
- Administration – Meeting minutes, Rule Book, Operations Manual. There are forms and directions for all kinds of USMS business, including insurance for events.
- Link to Club Assistant to register or register with USMS.

Another place to look:

Club Assistant (www.clubassistant.com) handles online registration for USMS. As a meet director I find it extremely useful to be able to print out a list of everyone in the LMSC. For privacy reasons, you don't get personal information, just a list of who is registered and their number. Club Assistant also handles meet registration for some meets. A list of meets starts on the home page. You can check to see who has entered any meet, although it may not include paper entries, just online entries.

Local Masters Swim Committee Newsletter
Lisa Bennett, LMSC Registrar
11812 Winfore Drive
Midlothian, VA 23113-2455

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It's that time of year again – time to register for another year.

All 2010 registrations expire on December 31. Renew now.

Don't wait until the last minute. For online registration, go to

www.usms.org. Click on the Join/Renew

button. Or, ask your coach for a paper form

(the paper form will be in the next newsletter).

