

The Wet Gazette

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

LMSC Annual Meeting and Election

LMSC Chair Chris Stevenson has announced that the annual meeting of the LMSC will be **Sunday, October 3, in Richmond**. The time and exact location have not been determined at this time. The annual meeting is open to all registered swimmers. Voting members are representatives from each club (team), officers and committee chairs. Please check with your team to be sure there will be a representative present.

One of the most important items decided at the annual meeting is the budget. The budget determines which projects we will work on for the year. Your input is important. In addition, this year is an election year. The slate of candidates:

Chair – **Patty Miller**
V. Chair – **Charlie Tupitza**
Secretary – **Dave Holland**
Treasurer – **Charlie Cockrell**

Additional nominations can be made during the meeting.

Virginia's Incomparable Distance Swimmers

Virginia has some of the best distance swimmers in the country. Three notable swims took place in July and August.

August 14 was the annual 8 mile swim in Boston Harbor. Read about **Courtney Paulk's** swim on page 4.

The USMS 6+ Mile Open Water Championship was held July 17 in Noblesville, IN. The race course was 10 kilometers. There were 108 finishers. Adam Barley and Shirley Loftus-Charley had impressive swims. See page 4.

2010 USMS Convention

USMS will hold its annual national meeting in Dallas, TX, on Sept 15-19. Virginia is sending eight delegates. Three were appointed by the LMSC chair: **Lisa Bennett** (Registrar), **Pam Dameron** (Fitness chair) and **Charlie Tupitza** (WAVA coach and candidate for LMSC vice-chair). Another five delegates will be attending due to other positions in USMS: **Charlie Cockrell** (Officials Committee chair), **Betsy Durrant** (member of the USMS Board of Directors and member of the Finance committee), **Jim Miller** (Past President), **Patty Miller** (member of the Legislation committee), and **Chris Stevenson** (Records and Tabulation Committee chair). All the delegates are honored and excited to represent the interests of USMS and our LMSC at the meeting.

This year the House of Delegates will mostly be considering proposed changes to the rules of pool and open water competition. There are many proposed changes – well over 100! – so I am going to highlight the handful that are probably of most interest to our members (see page 3). But I encourage you to go to the convention website (<http://www.usms.org/admin/conv/2010/>) and look for yourself, if you are interested in more. There is, of course, no guarantee at all that these proposals will pass. Please contact me (chrisl Stevenson@usms.org) or any of the other delegates if you have positive or negative feedback about any of these proposed rule changes.

See Rules on page 3.

Inside this issue ...

Report on LC Nationals in Puerto Rico, page 6.

Report on LC Zones, page 3.



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

September 25-26: Smith Mountain Lake
www.lakeswim.net

October 16-17: SCM, Charlotte, NC
Go to NC website.

October 24: GMU Sprint Classic
PV website.

November 6: SCM in Virginia Beach
Entry was in August newsletter and will be in October newsletter. To register online:
www.clubassistant.com

Plan ahead ...

- SC Nationals** in Mesa, AZ, Apr 28-May1
- LC Nationals** at Auburn University (Alabama) August 3-5.

Newsletter Editor

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3000/6000 Yard Swims

I am trying to arrange for a pool to do these swims on Friday, October 23, or Saturday, October 24, in Virginia Beach. Because the pool is closing for maintenance, I am not sure at this time if it will reopen in time. Email if you want me to notify you when I know. The good news: the water will be cool if they have just refilled it!



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

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Graphics from www.swimgraphics.com

Rules continued from page 1

Pool Competitions

Proposal Summary of Proposal

- R10 During the backstroke flipturns, additional independent kicks and gliding are allowed after the swimmer rolls past vertical.
- R11 For SCY meets, your age group will be determined by your age on Dec 31 rather than the last day of the meet. This is the same as the current rule for SCM and LCM meets.
- R12-R13 The age group for SCY relays will be determined by the cumulative ages of the four swimmers, and will be grouped into the same age groups as meters competitions: 72-99, 100-119, 120-159, 160-199, etc. Currently SCY relay age groups are determined by the age of the youngest swimmer on the relay.
- R18 Swimsuit rule for SCY meets: anything is allowed, no restrictions on either coverage or material. All “tech” suits are allowed, as are wetsuits.
- R19 Swimsuit rule for SCY meets: only textile materials, but zippers are allowed and both men and women will be allowed coverage from knees to neck.
- R48 Allows for initial splits recorded with 3 buttons or 3 watches to count for USMS records or Top 10. Currently, FINA allows these to count for world records.
- R49 Allows swimmers to submit initial split requests for non-backstroke individual events up to 30 days after the meet.
- R54-5 Expansion on All-American status to top 5 times in individual events and top 3 times in relays. Currently only the swimmers with top-ranked times earn AA distinction.

Open Water and Long Distance Competitions

- LD6 One-event registrants will not be eligible to compete in OW/LD national championships.
- LD36 Changes swimwear rules for open water races. In particular, defines two categories of swimwear: category one swimwear complies with current FINA rules for pool competition, disallowing the faster “tech” suits, while category two swimwear will include tech suits and wetsuits.
- LD59 Allows swimmers to do certain postal swims in 25 meter pools and report the result as if it had been done in 25 yard pool.
- LD 78 Only swimmers in category one swimwear may compete in nationals championship events. Race directors have the option of allowing competitors in category two swimwear to participate but they will not be eligible for awards.

LC Zones College Park, Maryland

The Colonies Zone Championship Meet was held August 21-22. Some may wonder why it was held so late – after nationals. Pool availability is always the key. With so few 50 meter pools and so few weekends in the summer, the meet director has to be willing to adapt. Congratulations and thank you to Jeff Strahota for running a great meet, even though he was in San Juan the week before for USMS nationals!

There were 187 entries, with 36 from Virginia. Quest Masters and SNOW Masters had 1 swimmer each; Warrenton had 4; VMST had 30. As usual with VMST, relays were a big part of the meet. Chris Stevenson, with input from others, took on the responsibility of creating and entering the relays. He sent out emails the week before so most people knew what relays they were scheduled for.

The Women’s 280+ relay of Johnnie Detrick (75), Laura Walker (73), Beth Schreiner (69) and Betsy Durrant (69) broke 2 World Records previously held by a team from Mission Viejo, CA. This VMST relay team established World Records for the 400 and 800 Freestyle Relays for SCM in November in Virginia Beach. At this meet it was the same events for LC. In addition, Durrant and Walker teamed with Judy Martin and Shirley Loftus-Charley for the 240+ 400 Medley Relay. Shirley had looked up the record and told us at the meet that she thought our time was a record. It was not confirmed it until after the meet, but Shirley was right and the meet director was informed.

VMST once again won the team championship. Most teams had less than 10 entries. VMST’s love of relays brought out 30 swimmers.



Johnnie, Betsy, Beth and Laura

Distance Swimmers continued from page 1.

Adam Barley of Virginia Beach was second in the Men's 25-29 age group. Shirley Loftus-Charley was 1st in the Women's 55-59 age group.

<u>Name</u>	<u>5K</u>	<u>Avg</u>	<u>10 K</u>	<u>Avg</u>
Adam	1:06.56	1:21	2:17.00	1:23
Shirley	1:17.23	1:33	2:35.55	1:34

Boston Light Pictures

See article ►



Race rules forbid touching the boat, so feeding is done with the use of the pole.



Courtney Moates Paulk and her husband Matt after the swim.

There's Nothing "Light" About the Boston Light Swim

Courtney Moates Paulk

"The Granddaddy of American Open Water Swims," the Boston Light Swim is the oldest open-water marathon swim in the U.S. dating to 1907. Despite the name, there is nothing "light" about this swim. While the course has varied over the years, it has always involved the Boston Lighthouse in Boston Harbor - hence the name. Today, the 8 mile swim begins just south of the Lighthouse, winds its way past 7 of the Boston Harbor Islands and finishes in South Boston. On August 14th, I had the privilege of competing in this historic event. The entire swim experience was amazing as was my crew!

In the weeks leading up to any swim, I admittedly become obsessed with the weather and the water temperature. And, for this swim, I was particularly concerned about the water temp (it is in Boston!). About 2 weeks before the swim, the reported water temp was in the mid 60s. I thought, okay... I can handle that. This is historically a cold swim and no wetsuits are allowed. Despite prior reports, the morning before the swim the race director circulated an e-mail that the water temps being reported by the buoy were wrong. The water temp at the start was 59 eventually warming up near the finish. Yikes!

Swimmers and crew gathered the afternoon before the swim for a safety briefing and a pasta dinner. There was much discussion about the cold water temps! During dinner, each swimmer introduced themselves and talked about swims they have done. For me, this process was humbling. The field of 25 included many who have completed an English Channel crossing and some who have attempts coming up. One participant, Dori Miller, attempted a double English Channel crossing the weekend before this swim...and my friends think I'm crazy!

The morning of the swim I saw a news report about the closing of a local beach because a great white shark was hanging out in the water. I'm not usually worried about unknown creatures lurking below - but, really, not something I needed to hear. That was followed by a report about some other local beaches being closed due to high

bacteria. My husband changed the channel! We also knew that right whales were in the area. I headed to the start not knowing what to be concerned about...sharks, whales, bacteria or the freezing water temps!

We came equipped with a thermometer to allow us to track the water temp. After applying sunscreen and a truckload of Vaseline, we boarded our boat for the trek to the start. At the start, I told my crew that I did NOT want to know the temperature. Instead, I stuck my hand in the water ...not a good idea. I applied more Vaseline. Despite my instructions, I glanced over at the thermometer and thought I saw "57"... then tried to convince myself I really didn't see that. At the five minute warning, I discussed the final logistics with my crew for position of the boat, feedings, stroke rate, etc. At the one minute warning I mustered up all the courage I had to prepare myself to jump in. I stuck both feet in just to test it out...again, not a good idea. And, then, I thought about a dear friend who had recently passed away. She loved to run marathons and was fascinated by my swimming. Yes, jumping in was going to be incredibly painful...but, I was privileged and thankful to be able to jump into this a beautiful harbor, albeit very cold, below a stunning and historic lighthouse.

The horn blew, I took a deep breath and jumped. The shock of 57 degree water took my breath away...literally (I later learned that the water temp at the start was 57.7). I treaded water for about 30 seconds trying to catch my breath. Ironically, my skin felt like it was on fire. I knew I needed to start swimming right away and tried my best to do that. For the first 5 minutes I was unable to get a good breath or find my rhythm. Then, stroke by stroke I started to acclimate just enough for me to think that I could keep going.

I stopped for a short feeding 15 minutes in. My crew told me I was doing great. I was too cold to respond. My second feeding was 30 minutes in and the plan was to stop every 30 minutes thereafter. At 2 hours I was 4.5 miles in and I had started hitting some "warm" patches (about 61 degrees). At first, these were welcome. But, I realized that when I swam out of the warm patches the colder water seemed even *colder* and caused me to shake a bit more. Slowly, the water temp became more consistent (to what I later learned to be about 61) and it hovered there until the end. The stretch between 4.5 to 6 miles is the toughest part of the

swim...it becomes more choppy and the current begins pushing from right to left - so I was very thankful that at least the water had warmed up a little.

Just before 3 hours I was at mile 6. I could see white handball courts in the distance signaling the finish. I had warmed up just a little and had the finish in sight...I was going to make it well within the 5 hour cutoff! At the finish, there was a large buoy and I couldn't figure out where I was supposed to go. My crew said "go to the left of the buoy" and I guess moderate hypothermia was setting in because I couldn't figure out what they meant. Finally someone yelled ..."go that way" and pointed to the left of the buoy. My hands hit the sand, I stood up and tried to make my way up the beach as quickly as I could. The race director told me to run and I thought I surely will fall over if I try to run at this point. I crossed the finish line at 3 hours and 44 minutes!

I was 15th out of 25 (5 didn't finish) and was the 5th woman overall. Interestingly, both the winner and 2nd place finisher were women! While the distance is charted at 8 miles our GPS said I swam a little closer to 9. I was thankful to have finished, and pleased and surprised to have tolerated the cold - particularly given that my last open water training swim was in 87 degree water! Oddly, I had a hard time keeping my eyes open because I could feel the cold water going across my goggles...there is something disconcerting about having cold eyeballs! I am told I only got really cranky once ...about 6 miles in after going through a long patch of choppy water I explained that I was not feeling that great (with the use of a few expletives)!

The Boston Light Swim is a great event. It is very well run and the course is beautiful. All in all, it was a great day - even if I did shake uncontrollably for nearly 30 minutes after the swim under a bunch of warming blankets! I'm most grateful for my crew without whom I could not have completed this swim...my husband **Matt Paulk** and my dear friend **Chandra Lantz**. This type of open water swimming really is a team sport!



VMST in San Juan!

By Betsy Durrant

In 2007, Puerto Rico hosted the Pan American Masters Meet. Seven VMST members attended, and all raved about the wonderful pool, the weather (even over Labor Day weekend), and the good time they had. The only complaint was the traffic. When the same location was announced for 2010 LC Nationals, with a shuttle to and from the pool, I couldn't wait to sign up. The meet, the pool, the people, the weather, the scenery, etc. all exceeded my expectations.

The meet was August 9-12, with an open water swim on August 13. Sixteen VMST members made the trip. I think it is safe to say that everyone enjoyed the trip and swam well. Traffic was not a problem because the shuttle system was outstanding. There was a \$50 charge for the shuttle which was well worth it. We had air conditioned busses, with extra busses on standby so there was never a wait. When we went to dinner, we either walked or took a taxi.

Barbara Zaremski (73) led the way by winning all 6 of her events (50, 100, 200 free, 50, 100, 200 back). **Terry Sue Martin** (60) and **Richard Briesemeister** (85) each had four first place finishes! Richard was first in the 50, 100, 200 and 400 free. Terry Sue was first in the 200, 400, and 1500 free and the 100 fly. She was 2nd in the 50 fly. Other 1st place winners were: **Barbara Streater** (39) in the 1500 free, **Ida Hlavacek** (68) in the 800 free and **Sandy Galletly** (68) in the 1500 free.

Complete results with final times and split times are available at www.usms.org. In addition to the 1st place wins, a brief summary of how are swimmers placed:

Barbara Streater, 39, 2nd 400 free, 200 breast, 200 IM, and 400 IM.

Kelly Parker Palace, 49, 2nd 200 and 1500 free, 3rd 100 free, 5th 100 back

Kitten Braaten (55), 3rd 200 fly, 6th 200 back, 7th 1500 free and 100 fly, 9th 200, 400 free

Marcia Barry (62), 2nd 1500 free and 200 back, 3rd 400 free and 50 back, 4th 100 back

Betsy Durrant (69), 2nd in 1500 free, 50, 100 back, 50, 100 breast

Susan Marens (68), 2nd in 50 fly, 3rd 1500 free, 200 breast, 400 IM, 4th 100 breast, 100 fly

Ida Hlavacek (68), 2nd 400 IM, 3rd 200 back, 100 fly, 200 fly, 4th 100 back

Lee Lewis (37), 2nd 800 free, 4th 200 back, 5th 100 back, 9th 50 back

Mark Palace (37), 4th 1500 free, 200 breast, 5th 100 breast, 8th 100 free, 50 breast

Ralph (Bud) Swiger (54), 8th 200 breast, 9th 800 free, 400 IM

Chris Frogley (67), 6th 50 breast, 9th 50 free

Tom Woods (67), 3rd 800 free, 5th 400 free, 6th 200 free

Sandy Galletly (68), 2nd 400 free, 4th 200 breast

With 9 women and 7 men, our relay possibilities were limited, but we did well!

200 Medley Relay

W200+, 8th, Hlavacek, Streater, Braaten, Zaremski

W240+, 1st, Parker Palace, Durrant, Gault, Barry

M200+, 5th, Galletly, Palace, Lewis, Woods

Mixed 160+, 9th, Palace, Streater, Braaten, Lewis

Mixed 240+, 11th Barry, Swiger, Hlavacek, Frogley

Mixed 280+, 2nd Galletly, Durrant, Gault,

Briesemeister

200 Free Relay

W240+, 1st, Parker Palace, Barry, Gault, Zaremski

W240+, 2nd Marens, Hlavacek, Durrant, Streater

M200+, 5th Lewis, Palace, Woods, Galletly

Mixed 160+, 9th Palace, Streater, Braaten, Lewis

Mix 240+, 9th Parker Palace, Woods, Frogley, Martin

Mix 280+, 3rd, Zaremski, Briesemeister, Galletly,

Barry

Team Scores

The Women finished 2nd; the Men finished 12th; the Combined Team finished 7th.

1.5K Open Water

Marcia Barry was 2nd in the 60-64 age group.



2010 USMS Top Ten SCY for Virginia LMSC						
Place	AG	Event	Name	Age	Club	Time
6	W18-24	1650 Free	Julie A Rechel	21	URMS	19:48.00Y
9	W25-29	50 Back	Kate Hibbard	25	VMST	28.22Y
3		100 Back	Kate Hibbard	25	VMST	59.21Y
1		200 Back	Kate Hibbard	25	VMST	2:07.06Y
4		200 Fly	Maura J Bolger	28	VMST	2:17.70Y
4		200 IM	Kate Hibbard	25	VMST	2:10.89Y
8		400 IM	Maura J Bolger	28	VMST	4:54.34Y
5	W30-34	50 Back	Deanne L Moosman	31	UNAT	29.92Y
10		100 Back	Deanne L Moosman	31	UNAT	1:04.84Y
5	W50-54	50 Free	Lisa A Bennett	54	VMST	26.35Y
9		100 Free	Lisa A Bennett	53	VMST	59.89Y
10		200 Free	Lisa A Bennett	53	VMST	2:12.06Y
8		500 Free	Lisa A Bennett	53	VMST	5:52.02Y
2		50 Breast	Lisa A Bennett	54	VMST	32.83Y
3		100 Breast	Lisa A Bennett	54	VMST	1:12.46Y
9		50 Fly	Lisa A Bennett	54	VMST	29.71Y
6		100 Fly	Lisa A Bennett	54	VMST	1:06.42Y
4		100 IM	Lisa A Bennett	54	VMST	1:06.15Y
9	W55-59	200 Free	Shirley A Loftus-Charley	58	VMST	2:16.25Y
9		500 Free	Shirley A Loftus-Charley	58	VMST	6:08.37Y
6		1000 Free	Shirley A Loftus-Charley	58	VMST	12:40.56Y
3		1650 Free	Shirley A Loftus-Charley	58	VMST	21:00.04Y
7		200 Breast	Shirley A Loftus-Charley	58	VMST	3:05.56Y
8		100 Fly	Shirley A Loftus-Charley	58	VMST	1:12.69Y
4		200 IM	Shirley A Loftus-Charley	58	VMST	2:35.70Y
5		400 IM	Shirley A Loftus-Charley	58	VMST	5:29.09Y
7	W60-64	100 Breast	Pam D Dameron	64	QMST	1:30.19Y
2		200 Breast	Pam D Dameron	64	QMST	3:11.72Y
1	W65-69	50 Free	Beth Schreiner	69	VMST	30.90Y
3		100 Free	Beth Schreiner	69	VMST	1:11.07Y
10		100 Free	Betsy Durrant	68	VMST	1:16.97Y
3		200 Free	Beth Schreiner	69	VMST	2:41.80Y
5		200 Free	Betsy Durrant	68	VMST	2:44.80Y
9		500 Free	Beth Schreiner	69	VMST	7:37.86Y
10		500 Free	Betsy Durrant	68	VMST	7:40.63Y
4		1000 Free	Betsy Durrant	68	VMST	15:35.80Y
9		1000 Free	Ida Hlavacek	67	VMST	16:22.23Y
4		1650 Free	Betsy Durrant	68	VMST	26:07.35Y
8		1650 Free	Ida M Hlavacek	68	VMST	28:11.87Y
7		50 Back	Betsy Durrant	68	VMST	41.20Y
6		100 Back	Ida M Hlavacek	68	VMST	1:30.45Y
8		100 Back	Judy Martin	67	VMST	1:32.38Y
9		100 Back	Betsy Durrant	68	VMST	1:32.54Y
8		200 Back	Betsy Durrant	68	VMST	3:19.76Y
10		200 Back	Ida M Hlavacek	68	VMST	3:23.83Y
5		50 Breast	Betsy Durrant	68	VMST	43.38Y
2		100 Breast	Betsy Durrant	68	VMST	1:37.49Y
4		200 Breast	Betsy Durrant	68	VMST	3:40.49Y
8		200 Fly	Ida Hlavacek	67	VMST	4:00.30Y
10		400 IM	Ida M Hlavacek	68	VMST	7:36.15Y

2	W70-74	50 Free	Barbara M Zaremski	72	VMST	33.18Y		
5		50 Free	Johnnie Detrick	74	VMST	34.26Y		
3		100 Free	Johnnie Detrick	74	VMST	1:17.85Y		
8		100 Free	Barbara M Zaremski	72	VMST	1:20.46Y		
3		50 Back	Barbara M Zaremski	72	VMST	44.45Y		
9		50 Back	Lucille Griffin	71	VMST	46.04Y		
5		100 Back	Barbara M Zaremski	72	VMST	1:38.54Y		
7		100 Back	Laura S Walker	72	VMST	1:39.04Y		
4		200 Back	Laura S Walker	72	VMST	3:35.47Y		
8		200 Back	Lucille Griffin	71	VMST	3:44.29Y		
7		50 Breast	Johnnie Detrick	74	VMST	48.28Y		
6		200 Breast	Johnnie Detrick	74	VMST	3:43.67Y		
7		50 Fly	Lucille Griffin	71	VMST	45.15Y		
4		100 Fly	Lucille Griffin	71	VMST	1:38.98Y		
1		200 Fly	Lucille Griffin	71	VMST	3:38.32Y		
8		200 IM	Lucille Griffin	71	VMST	3:43.19Y		
10		200 IM	Barbara Zaremski	72	VMST	4:08.05Y		
9	W75-79	100 Free	Lesley L Francis	78	VMST	1:40.90Y		
10		200 Free	Lesley L Francis	78	VMST	3:42.74Y		
7		500 Free	Lesley L Francis	78	VMST	9:44.51Y		
5		1000 Free	Lesley L Francis	78	VMST	19:59.53Y		
10	W80-84	100 IM	Terry Sokolik	82	VMST	2:34.55Y		
3	W85-89	200 Back	Marianna Berkley	87	VMST	5:25.88Y		
3		50 Breast	Marianna Berkley	87	VMST	1:07.61Y		
3		100 Breast	Marianna Berkley	87	VMST	2:33.35Y		
2		200 Breast	Marianna Berkley	87	VMST	5:36.39Y		
3		50 Fly	Marianna Berkley	87	VMST	1:33.02Y		
2		100 IM	Marianna Berkley	87	VMST	2:27.85Y		
2		200 IM	Marianna Berkley	87	VMST	5:50.05Y		
5	M18-24	1000 Free	Christopher C Stickle	19	UNAT	10:32.60Y		
7	M25-29	200 Free	Billy Gaines	29	VMST	1:42.74Y		
6		500 Free	Billy Gaines	29	VMST	4:46.28Y		
5		1650 Free	Adam S Barley	28	VMST	17:46.68Y		
10		50 Back	Kurtis F Blohm	26	UNAT	24.17Y		
9	M30-34	1650 Free	Pieter A De Hart	31	UNAT	18:38.79Y		
10	M40-44	1000 Free	Rob St Jean	42	CFYM	10:45.64Y		
4		1650 Free	Rob St Jean	42	CFYM	17:40.34Y		
9		200 Back	Rob St Jean	42	CFYM	2:03.31Y		
6	M45-49	200 Free	Chris L Stevenson	45	VMST	1:45.92Y		
1		50 Back	Chris L Stevenson	45	VMST	24.28Y		
1		100 Back	Chris L Stevenson	45	VMST	51.74Y		
1		200 Back	Chris L Stevenson	45	VMST	1:55.05Y		
2		100 Fly	Chris L Stevenson	45	VMST	51.36Y		
3		200 Fly	Chris L Stevenson	45	VMST	1:57.08Y		
4		100 IM	Chris L Stevenson	45	VMST	54.99Y		
3		200 IM	Chris L Stevenson	45	VMST	2:00.26Y		
2		400 IM	Chris L Stevenson	45	VMST	4:17.52Y		
6	M60-64	50 Breast	David J Frisch	61	QMST	32.23Y		
8		50 Breast	Hank S Mierzwa	60	UNAT	32.36Y		
8		100 Breast	David J Frisch	61	QMST	1:11.96Y		
7		200 Breast	Hank S Mierzwa	60	UNAT	2:40.38Y		
8		200 IM	Hank S Mierzwa	60	UNAT	2:25.70Y		

10	M65-69	1650 Free	Sandy Galletly	67	VMST	23:19.24Y		
9	M75-79	50 Fly	Owen C Maher	75	VMST	38.99Y		
8	M80-84	1000 Free	Norman B Rainer	81	VMST	24:47.09Y		
10		200 Breast	Norman B Rainer	81	VMST	4:49.17Y		
5	M85-89	500 Free	Calvin W Barnes	86	VMST	10:06.01Y		
4		50 Back	Calvin W Barnes	86	VMST	53.12Y		
7		100 Back	Calvin W Barnes	86	VMST	1:55.58Y		
4		200 Back	Calvin W Barnes	86	VMST	4:00.11Y		



Top left: Betsy Durrant, Kelly Parker Palace, Susan Marens, Barbara Streater

Above: Betsy, Sandy Galletly, Toni LeClercq (from PNA), Bud Swiger, Kitten Braaten, Lesley Galletly

Left: Terry Sue Gault

Below left: Sandy, Susan, Betsy, Lesley, Kitten, Bud

Below: Sandy and Tom

Photos from Puerto Rico taken by Bud, Terry Sue, Toni LeClercq.



2010 USMS Top Ten SCY Relays for Virginia LMSC

Place	AG	Event	Club	Time	Swimmers (Age)	
5	M18+	800 Free	VMST	8:04.33Y	Marck F Jaeger (18) Billy Gaines (28)	Boyd A Orr (24) Jorge I Bohabot (35)
5	M65+	200 Free	VMST	1:55.84Y	Warner F Brundage (67) Kenneth M Novell (67)	Sandy Galletly (67) Harry M Sober (67)
3	M65+	200 Medley	VMST	2:11.46Y	Sandy Galletly (67) Harry M Sober (67)	Warner F Brundage (67) Kenneth M Novell (67)
5	M65+	400 Free	VMST	5:11.15Y	Harry M Sober (67) Edward H Gaulrapp (67)	Kenneth M Novell (67) Richard O Cheadle (72)
4	M65+	400 Medley	VMST	6:26.51Y	Harry M Sober (67) Edward H Gaulrapp (67)	Thomas F Lyons (76) Owen C Maher (75)
10	W25+	200 Medley	VMST	1:58.87Y	Kate Hibbard (25) Alice W Phillips (44)	Claire C Russo (26) Alison B Moore (39)
5	W45+	800 Free	VMST	10:08.65Y	Kitten Braaten (54) Debbie K Jaeger (47)	Lisa A Bennett (53) Shirley A Loftus-Charley (58)
1	W65+	200 Free	VMST	2:17.20Y	Betsy Durrant (68) Beth Schreiner (69)	Ida M Hlavacek (68) Barbara M Zaremski (72)
1	W65+	200 Medley	VMST	2:51.84Y	Judy Martin (67) Ida M Hlavacek (68)	Betsy Durrant (68) Barbara M Zaremski (72)
4	X18+	800 Free	VMST	8:40.99Y	Boyd A Orr (24) Sam M Neuhaus (18)	Debbie K Jaeger (47) Marck F Jaeger (18)
6	X25+	400 Medley	VMST	3:56.65Y	Kate Hibbard (25) Adam S Barley (28)	Claire C Russo (26) Billy Gaines (28)
2	X35+	400 Medley	VMST	4:32.09Y	Alison B Moore (39) Dave Holland (42)	Alison S Meehan (38) John J Facciola (37)
7	X45+	400 Medley	VMST	5:21.35Y	Debbie K Jaeger (47) Kitten Braaten (54)	Voytek Jeruzal (51) Ralph B Swiger (53)
2	X45+	800 Free	VMST	10:06.51Y	Robert A Romo (52) Kitten Braaten (54)	Ralph B Swiger (53) Lisa A Bennett (53)
10	X55+	400 Free	VMST	4:51.44Y	Shirley A Loftus-Charley (58) Laura S Walker (72)	Bill L Nelson (57) Alvin Richardson (59)
4	X55+	400 Medley	VMST	6:01.00Y	Kathryn L Page (61) Lucille Griffin (71)	Clifford N Arnold (56) Bill L Nelson (57)
2	X65+	200 Free	VMST	2:07.92Y	Barbara M Zaremski (72) Sandy Galletly (67)	Harry M Sober (67) Ida M Hlavacek (68)
2	X65+	200 Medley	VMST	2:20.95Y	Betsy Durrant (68) Harry M Sober (67)	Warner F Brundage (67) Beth Schreiner (69)
3	X65+	200 Medley	VMST	2:26.47Y	Judy Martin (67) Kenneth M Novell (67)	Susan E Marens (68) Sandy Galletly (67)
1	X65+	400 Free	VMST	4:46.63Y	Beth Schreiner (69) Betsy Durrant (68)	Kenneth M Novell (67) Harry M Sober (67)
1	X65+	400 Medley	VMST	6:31.21Y	Judy Martin (67) Kenneth M Novell (67)	Edward H Gaulrapp (67) Laura S Walker (72)
3	X75+	200 Free	VMST	3:26.91Y	Lesley L Francis (78) Calvin W Barnes (86)	Owen C Maher (75) Susan A Henley (77)
2	X75+	200 Medley	VMST	3:44.47Y	Susan A Henley (77) Owen C Maher (75)	Thomas F Lyons (76) Lesley L Francis (78)
4	X75+	400 Free	VMST	7:57.74Y	Owen C Maher (75) Susan A Henley (77)	Lesley L Francis (78) Calvin W Barnes (86)
1	X75+	400 Medley	VMST	8:40.38Y	Susan A Henley (77) Owen C Maher (75)	Thomas F Lyons (76) Lesley L Francis (78)

KICK IT UP!

By Karlyn Pipes-Neilsen

This article appeared in the August 2010 issue of SwimmingWorld Magazine. To subscribe, go to [www. Swimmingworldmagazine.com](http://www.Swimmingworldmagazine.com).

In July of 2008, I had a *dream* vacation – in Omaha, Neb.

I spent an amazing week watching all 15 sessions of the USA Swimming Olympic Team Trials. It was an unforgettable experience I hope to repeat when the Trials return to the Quest Center Omaha from June 25 to July 2 in 2012.

Besides admiration for every athlete who competed – including 40-year-old Susan Von der Lippe – I came away with three observations that changed the way I swim and teach.

1. Freestyle arm recovery – anything goes.
2. The breaststroke pull and kick is very compact.
3. To be a REALLY good swimmer, you must also have a REALLY strong, fast, sustainable kick.

Kicking used to be a great way to give the eyes a break from the massive amounts of chlorine in the pool or to catch up on the latest gossip. Not anymore.

“From a propulsion standpoint, I think the kick is critical in every stroke, but I also believe that the best kickers are more balanced swimmers,” says Kelly Kremer, co-head coach of the University of Minnesota women’s swimming team.

“We do a variety of kicking and kick-oriented drill sets, and often the kick set is our primary set of that practice,” Kremer says. “For me, the fun comes in finding creative ways to provide new challenges for our swimmers.”

Does it work?

“There has been a noticeable improvement in our team’s ability to kick over the past several years with a direct correlation to their performance. And we have broken every school record during this same time frame,” says Kremer, who won the women’s Big Ten Championship title in 2008.

What is the No. 1 benefit to becoming a better kicker?

“Faster swimming!” Kremer says.

Here are some suggestions and ideas if you decide to add more kick to your training.

- Use your whole leg when you flutter kick, but the action is in the ankles. Think “long legs, loose ankles” or “floppy feet.” Maintain a tight kick by pointing your big toes inward and continuously tapping them together.

- The dolphin kick starts in the chest and rolls through the body like a wave ending with a snap of the ankle/foot. Since 75 percent of the propulsion comes from the ankles, your kick will improve if you increase flexibility.

- For breaststroke kick, track your knees about hip-width apart and press the water back toward the wall behind you. No need to “finish” the kick, as slamming your feet together may cause you to stall and lose momentum.

- It is perfectly OK to use a kick-board, especially as a mental break. However, try to balance it with kicking without a board in a streamline position on your back or side.

- Depending on the time of year, about 20-40 percent or more of your total training volume, should be devoted to kick, kick with fins, kick/swim sets, drills, vertical kick, underwater work and test sets to chart your progress.

- Include kick in your warm-up. My favorite is 100 freestyle, 100 non-freestyle (swim or drill), 50 kick. Repeat.

- Work on a quick tempo kick and catch-up swimming at the same time by focusing on “fast feet and slow hands.” Start each length with an exaggerated kick, then gradually add the pull with a long extension up front.

- Open water swimmers need a strong kick to accelerate quickly or to shake off the jerk that keeps hammering your toes.

- Do interesting and challenging kick/swim sets. Coach Kremer’s favorite set is 15 x 100, alternating 2 x 100 (50 kick/50 swim) with 1 x 100 kick ALL OUT. Subtract five sections every round of three.

- Your legs will take longer to rest when tapering. “Depending on the individual swimmer, we back off of the legs as much as four weeks out,” says Coach Kremer.

World Masters Swimmer of the Year Karlyn Pipes-Neilsen of Aquatic Edge offers swim technique clinics and camps worldwide. For more information, please visit www.aquaticedge.org or email Karlyn at aquaticedge@hawaii.rr.com

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Tech Suit Survey (LMSC for Virginia)

Summary

On Aug 20, 2010, an electronic survey was administered to 1312 USMS swimmers who were registered in the Virginia LMSC in the years 2009 and 2010. The purpose was to get some notion of their reception to allowing technical suits in short-course yards (SCY) competitions. The survey consisted of four multiple choice questions and one open-ended question inviting comments. There were 184 responses to the survey. Of the respondents, 15% approved of the idea of allowing the suits in SCY meets, while 76% disapproved; the statistical margin of error in these numbers is about 7%. The disapproval rate is virtually identical among swimmers who identified themselves as regular or prospective participants in USMS competitions. The survey results do not support the notion that allowing technical suits to be used in SCY will increase participation in our LMSC; in fact, the tentative conclusion is that participation will probably decrease.

Here are the results of the survey:

	Allow Tech Suits in SCY?			More/less likely to compete?			Enjoyment of sport?		
	Yes	No	No opinion	More	Less	Neither	Increase	Decrease	Neither
<i>All reponses (n=184)</i>	15%	76%	10%	8%	43%	49%	8%	49%	42%
<i>Currently registered (90%)</i>	14%	75%	10%	8%	43%	49%	8%	50%	41%
<i>Competes regularly (48%)</i>	17%	76%	7%	8%	43%	49%	11%	56%	31%
<i>Would like to compete (29%)</i>	17%	76%	7%	11%	41%	48%	7%	43%	50%
<i>Does not compete (21%)</i>	8%	71%	21%	3%	42%	55%	3%	37%	61%

The full report is available at

<http://www.vaswim.org/TechSuitSurveyReport.pdf>

The survey questions and process, as well as the sources and potential effects of survey sampling bias, are discussed in detail in the full report.