

Virginia Masters Swimming

Coaches Committee Newsletter of the Virginia LMSC of United States Masters Swimming

Welcome to the Coaches Newsletter



You are receiving this newsletter because you indicated that you are a USMS coach when you renewed your membership for 2011. First let me thank you for helping swimmers of all ages and all abilities enjoy the sport that we have come to love. This is my attempt at formalizing the communication between the LMSC Coaches Committee and you. Now at the moment, the Coaches Committee is a team of one so that means I need your help. Please send me articles, tips, practices, notices, *PHOTOS*, anything you would like disseminated to the Coaches of the LMSC or think might be of interest. An important note for this issue – keep an eye on the inset boxes which have information about stipends and scholarships for different events. If you have something of an urgent nature you can always post it on our forum by going to USMS Discussion Forums > LMSC Zone Forums > Virginia > LMSC Coaches Forum. (whew) Or just click [here](#). Of course you can always find information on our great new website at <http://www.vaswim.org>.

Jay Peluso

Virginia LMSC

Coaches Committee Chair

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All USMS programs are designed to help swimmers improve fitness and/or train for specific goals, and offer active support for a healthy lifestyle through friendship, and camaraderie.



SwimFest 11 - May 20 - 22

Come share the deck with some of the world's top Masters swim coaches in Atlanta, GA at the Steve Lundquist Aquatic Center. Join us for a weekend of interactive clinics and instruction in a friendly, non-competitive environment. For swimmers, whether you are looking to learn the basics, hone your skills or become a more efficient athlete, SwimFest is for you. All levels and abilities are welcome. For coaches, SwimFest is our interactive education platform. You receive classroom instruction from Mentor Masters coaches and the opportunity to put into practice what you learn in supervised on-deck coaching sessions. Friday, May 20 is a coaches-only round table. Saturday, May 21 is focused on pool swimming and Sunday, May 22 is open water swimming at Lake Peachtree. New for SwimFest 2011, USMS will be teaching Level I and Level II Masters coaches certification

[SwimFest 09](#) in The Woodlands and [SwimFest 10](#) in San Diego were both tremendous successes. Coaches and swimmers from all over the country came together to attend these national level clinics to be educated and to experience the best coaching USMS has to offer. In San Diego the attending coaches, representing 10,000 USMS members, learned the latest coaching techniques and discussed common concerns. Swimmers benefited from classroom discussions, dryland workouts and had the opportunity to be video taped and critiqued.



Presented by  U.S. MASTERS SWIMMING

ATLANTA, GA

It's great that this event will be held on the East Coast this year allowing more of our coaches to participate. To get a day by day recap of last years event along with a copy of the program click [here](#).

SAMPLE PRACTICE

*Warm-Up (700): 200 Swim; 200 alternate 25 catch-up/25 swim; 150 alternate 25 drill/25 swim (choice); 3 x 50, choice, count strokes, rest 15 sec between 50s

*Main Set (2100): 4 x 150 #1 freestyle 50 swim/50 3 Rt arm, 3 Lft arm/50 swim
#2 Repeat above backstroke or freestyle #3 free 50 swim, 50 change 3 w/ 3, 50 swim
#4 Repeat above back or free. (Change 3 with 3 is 3 kicks on side, 3 strokes, 3 kicks on other side.)

5 x 100 Pull. Set interval for 15 seconds rest. Paddles optional.
400 Continuous, 75 free/25 non-free
6 x 50 Pull. No paddles. Count strokes.
2 x 100, choice, descend. Set interval for at least 20 sec rest.
2 x 50 easy

*Cool Down (100-200)
100 choice (TM?) easv. 100 free easv

Thanks to Besty Durrant for this practice. You can find more of her practices at [Betsy's 1-Hr Workouts](#)

USMS Coach Level I and Level II Certification Class



Warrenton Masters in partnership with United States Masters Swimming is pleased to announce a two day Masters Coach Level I and II Certification Class.

Our team will offer up true Southern Hospitality at a Social Saturday night!

Our instructors will be Mel Goldstein and Scott Bay.

Scott Bay is an ASCA Level V Coach and has been actively coaching for 20 Years. He is currently the Chair of the Florida Athletic Coaches Association, Chair of the FHSAA Swimming and Diving Advisory Committee and Coaches Chair for Florida LMSC and Vice Chair for USMS Swimming Coaches Committee.

Mel Goldstein was the 2001 Speedo US Masters Coach of the year, Mel won the 1997 Ransom J. Arthur MD Award that goes annually to a person who best supports the objectives of masters swimming. It is the highest honor bestowed by United States Masters Swimming. He is a past President of USMS and USMS All American with 255 Individual Top Ten Achievements

For further details including registration information please click [[Warrenton Masters.](#)]

Costs: You must be an active USMS member. You must sign up to be an active ASCA member (\$70 for the year), The class fee will be \$100 and there will be a fee of \$12 for the Saturday Social that will be hosted by a graduate of the Culinary Institute of America featuring Home Brews from our Team Brewmaster. (Just in case the class doesn't thrill you the party will make it worth your while) Some LMSC's

and teams are providing financial assistance.

Housing: A limited number of rooms provided by our team will be available on a first come first serve basis. Otherwise I will post hotels on our web site soon. We hope to see you there.

If you have any questions about this please feel free to contact me.
Charlie Tupitza

Would you like your \$100 registration fee PAID FOR by the LMSC. No problem – be one of the first 10 coaches to contact [Jay Peluso](#) and you've got it. Just be sure you are actively coaching and are (or become) an ASCA Member

The Open Water Swimming Safety Conference

Protecting Athletes ... that is the theme of the Open Water Swimming Safety Conference at the [San Francisco Airport Marriott Hotel](#) on March 18-20, 2011.

Join [U.S. Lifesaving Association](#) experts, experienced administrators from Australia, Canada, Mexico, Japan and across America, and some of the world's top open water swimming and triathlon race directors in this timely topic.

The goals of this conference are to:

- *identify potential problems in the open water*
- *identify current issues in the sport*
- *share information, experiences and solutions*
- *learn about equipment, protocols, procedures and policies*
- *pinpoint proven and potential solutions*
- *understand the rules, regulations and traditions of the sport as it is currently practiced worldwide*
- *document a series of best practices used around the world*
- *discuss proposals, including minimum and maximum water temperature ranges for all ages*
- *discuss what-if scenarios, common injuries and tragic situations*
- *publicly post recommendations and findings*
- *network with safety professionals, vendors and race directors from around the world*

The goals of this conference are to help the sport understand how to best plan for and ensure safety in open water swims conducted in oceans, lakes and rivers for swimmers of all ages, backgrounds and abilities.

Conference attendees will provide a groundwork and catalyst for ongoing discussions and action plans in a sport that with one goal: safety for all.

Start Date: Friday, March 18, 2011 @ 5:00 pm
End Date: Sunday, March 20, 2011 @ 12:00 pm
Fees: U.S. Masters Swimming Members - US\$125
Non-U.S. Masters Swimming Members - US\$175
Fees increase US\$10.00 after February 28th
Deadline: Friday, March 11, 2011 - Register [here](#)

Questions: Email headcoach@openwatersource.com

Contact [Jay Peluso](#) if you are interested in attending this conference. The LMSC may be able to support you with a stipend.