

# The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia  
July 15, 2011

## Clinics, Clinics, Clinics

By Betsy Durrant

Last month I reported on my experience at SwimFest, a clinic for swimmers and coaches. It was my first experience at a clinic as a coach. This month, I have a report from Kami Whitney of Warrenton (page 4) and Alice Phillips of Richmond, (page 3) who also attended SwimFest as coaches. Also, I saw John Bullard, of Richmond, recently and learned that he had attended SwimFest as a swimmer, just for the Saturday session. His experience was also very positive.

## Aquatic Edge Freestyle Clinic with Karlyn Pipes-Neilsen

The Aquatic Edge Freestyle Clinic was held in Virginia Beach on June 11 and 12. Twenty-four swimmers had the opportunity to participate in a 4 ½ hour clinic with Karlyn Pipes-Neilsen. There were two sessions which were limited to 12 swimmers each.

The clinic format was a combination of classroom and pool work. Each swimmer had two brief video shots – at the beginning and at the end.

The comments from participants were very positive. We hope to schedule clinics again in the spring – one for multi-stroke and one for freestyle.



*Karlyn and John Bullard*



## Jack King Swim June 26

The “Oldies but Goodies” ruled this year at the Jack King One-Mile Ocean Swim. **Jim McFarland**, age 53, was the first male and first overall. Val Van Horn Pate, age 48, was the first female. This is the 5<sup>th</sup> time that Val has been the fastest female (1989, 1992, 2001, 2005, 2011)!!

There were 143 finishers – 51 women and 92 men. Water temperature and air temperature were good, but the current was not with the swimmers. Complete results are posted at [vaswim.org](http://vaswim.org).

Swimmers who like open water events like the challenge of different conditions each time you enter a race. The winners of the race from 1984 to 2011 are listed on page 6. It is interesting how much the winning times will vary from year to year.



*Jim McFarland*





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

July: LC Meet at Hains Point in DC  
Online entries at clubassistant.com.

August 3-6: LC Nationals at Auburn University, AL  
Entries are closed.

August 6: USMS 5K Championship  
Coney Island Beach, NY

August 13: 2-mile Cable National Championship,  
Lake Placid, NY

October 30: GMUP Sprint Classic

October 29-30: SCM in Charlotte

November 5: SCM in Virginia Beach

November 10-15: Pam Ams  
Rio de Janerio, Brazil

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Virginia LMSC Website

[www.vaswim.org](http://www.vaswim.org)

USMS Website

[www.usms.org](http://www.usms.org)

Latest info on all levels of swimming

[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

Nearby LMSCs

North Carolina: [www.ncmasters.org](http://www.ncmasters.org)

Maryland: [www.maryland@usms.org](mailto:www.maryland@usms.org)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

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## Alice Phillips' Report on SwimFest

This year's SwimFest was held in Atlanta almost one year to the day after the 2010 Short Course Nationals.

Making the exact same trek brought up an ironic sense of contrast as my feelings of nervousness and anticipation operated on a much reduced level. However, I was still a bit apprehensive and uncertain what I would encounter and how fulfilling my visit would be. Thankfully Hotlanta does not disappoint.

Once I made it past the "pat down" at the Richmond Airport (how insane of me to put my boarding pass and ID in my pocket!!), travels went smoothly. I navigated the bowels of the Atlanta airport with just enough time to grab a sandwich before picking up the hotel shuttle. I met two very nice folks who were also catching the shuttle, one of whom I continued to hang out with off and on during the weekend and have since traded a few emails. The Dolce in Peachtree City is well outside of Atlanta proper so I was glad to let someone else do the driving.

The Dolce was wooded and quiet, perfect for our group. Unfortunately not much else was within walking distance (including both the pool and open water lake), but folks were generous with giving rides. Plus the hotel had good food and a nice bar with indoor-outdoor socializing. The only thing they really could use is quick counter service for when you really just want a cup of coffee or a snack.

On Friday I took the level I ASCA training (American Swim Coaches Association). I am not a head masters coach by any means, but I am in charge of a high school swim program. Masters and high school coaching have many similarities, so I enjoyed contemplating the ASCA training from both perspectives, though it focused on masters.

Mel Goldstein (Indy Fit Masters) and Scott Bay (Daytona Beach Masters) were great trainers with engaging and entertaining contrast in their teaching styles. Both are tremendously experienced and



generous in advice. I had only a brief break that day before coming back for Dr.G's incredible presentation of stroke analysis and underwater video. Dr.G is Genadijus Sokolovas, a well-regarded "consultant to the swim stars" as he has analyzed most of the recent greats. His software allows him to evaluate velocity and power throughout an athlete's stroke cycle and identify areas of strength and weakness. I would have to remark that some of his tips are not that relevant to Masters swimmers in my opinion, but many are.

Like most swim coaches, I am really interested in the physics of swimming and how to help athletes be faster and more efficient. This session definitely fed that need.

On Saturday morning I took the level II training - Scott was back and joined by Lisa Dahl, a coach and still competing athlete from Seattle who brought even more to the training. In this session we watched more video (this time of mere mortals) and deepened our understanding of stroke, including starts and turns. One of the best components of the training was that the facilitators let audience members ask a lot of questions and invited us to share tips and stories. There was a lot of experience in the room, so it was challenging for the facilitators to allow enough time for us to take the actual certification tests, but we managed to fit it all in.

In the afternoon we enjoyed a pool session with all of the mentor coaches and participating athletes at the other side of SwimFest. Typical pool atmosphere, not to mention a spell of 90 degree days, made for sweaty shirts and froggy voices, but I really enjoyed putting what I had been learning into practice. I had a true moment of great joy when I helped a woman isolate what was lacking in her butterfly, suggested a modification, then watched her put it into practice with aplomb on the very next 25. I have swum enough 25's in my day to know this doesn't mean her stroke is changed for good, nor does it mean that my work as a coach is done, but it is truly exciting to employ a new stroke tip that addresses a common flaw.

That evening a large group of us enjoyed socializing at the bar and then a nearby Tex-Mex restaurant. As is the case with national swim meets and other Masters events, decompressing and comparing notes with adults who have diverse backgrounds yet a shared love of swimming is one *See Alice on page 4.*

*Alice continued from page 3.*

of the best fringe benefits. Also true to form, a somewhat smaller group of us committed to getting up early the next morning to pay our dues with a cleansing swim. We all met in the lobby at 6:45 to head over to Lake Lanier for an open water mile.

The water was perfect at about 80 and the sun was

peaking up over the treeline while we made our way across and back. This allowed me to clean out the cobwebs and even put into practice some of the freestyle tips I had picked up.

I didn't expect to enjoy the Sunday morning session as much as I did. Steve Munatones is truly an open water expert - if you're a novice or an expert yourself, check out [openwatersource.com](http://openwatersource.com).

He told fantastic stories and taught me tons about something I thought I already knew about. OW swimming is not my personal favorite, but I learned a lot of useful tips on training, race strategy and the psychology of success. Because I had to get back to Richmond for a late afternoon banquet, I did not go to the actual outdoor open water session on Sunday afternoon, which I heard was really great too. I made my way back to the River City this time with no pat down but a notebook full of helpful tips and a head full of ideas.

I want to thank the LMSC for helping to make it possible for me to attend, and I want to encourage all of the club members to try and go sometime. I myself would like to go back as an athlete. All things considered, the weekend is not expensive, especially if you can drive or get a relatively inexpensive flight. The experience is like Nationals in that you really get the satisfaction from realizing how Masters is defined and practiced all over the country, but without nerves or fancy suit you need for a competition event.

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## **Swim Fest**

by Kami Whitney

For one weekend in May, thanks to the support of our LMSC, I was able to participate in SwimFest presented by US Masters Swimming. Held at facilities in the Atlanta area, it featured a combination of class room, in pool and open water segments geared toward improving individual swimmer performance and providing coaches with

new skills and resources. In addition, the new USMS/ASCA Masters Coach Certifications were held.

The keynote speaker Gendadijus Sokolova, Ph.D. ("Dr. G") shared with the coaches the results of "Swim Power Tests" on elite athletes including Michael Phelps, pointing out where even Michael has room to improve. The process includes underwater videotaping of the swim, kick and pull of each stroke while attached to a power meter. The resulting graph, when synced with the video identifies areas where technique can be improved in a swimmers stroke.

Saturday's events consisted of classroom rotations and pool time. Cokie Lipenski, head coach of the Marin Pirates Masters Swimming program, presented her new e-book "There's a Drill for That," which I am sure will become an invaluable tool to all Masters coaches. Get your copy on Amazon or Lybrary.com. Alan Tyson, the head Physical therapist for SwimMAC, presented some dry land exercises and gave coaches tips on identifying possible muscle imbalances that affect strokes along with some simple stretches for all swimmers. Watch for Alan's new a.X.i.s (Amphibious Exercise for Improved Swimming) certification course.

In the pool, swimmers were able to try out some Finis equipment including the new Zoomer, mono-fin, SwiMP3 player and various paddles. Bobby Patten, Cokie Lepinski and Scott Bay provided three underwater video evaluations for each swimmer. Susan Ingrahm, Lisa Dahl, Cokie Lipenski and Bobby Patten took swimmers through their favorite drills while other on deck coaches provided individual instruction.

Sunday's events revolved around open water swimming with an in depth look at elite open water training and technique by "the world's foremost expert on open water swimming," Steve Munatones. His morning lecture was followed by technique and tactic practice at Lake Lanier. Attendees practiced sighting, pace lines, rollovers, blocking, turns and even tried some dolphining. Some swimmers enjoyed one and two mile swims after.

As a swimmer and a new Masters coach, the wealth of information presented and the knowledge of the coaches is unsurpassed! If you get the chance to go next year, TAKE IT!

## ***USMS Annual Convention***

The 2011 USMS Convention will be held in Jacksonville, FL, September 14-18. USMS is a unique athletic organization because the members, not parents or coaches, make the rules. For metric events, technical rules are determined by FINA, but everything else is decided at the convention. Some examples:

- a. Budget. The cost of programs for our members has to be balanced with income.
- b. Elections. We elect officers to oversee the operations. The Officers and other members of the Board of Directors set policy and work with paid staff to implement programs.
- c. Rules and Legislation. How our organization is run is determined by proposals voted on at the convention. All rules and legislation are incorporated into the Rule Book.
- d. Competition and other programs.
- e. Coaching

Based on our membership, the LMSC for Virginia is entitled to three delegates. This year's delegates are Lisa Bennett, Pam Dameron, and Charlie Tupitza. Note that the three delegates represent three different clubs. In addition to the three LMSC delegates, Virginia has five other swimmers who have delegate status. They are Charlie Cockrell (Chair of Officials Committee), Chris Stevenson (Chair of Records/Tabulation Committee), Patty Miller (member of the Legislation Committee), Betsy Durrant (member of the Finance Committee), and Jim Miller (Past President). Virginia will be well represented.

If you have any concerns or questions, contact one of the eight delegates listed above.

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## ***Note from Sunfish Masters***

A barbeque was held on Sunday, June 19, to mark the beginning of summer practices.

Long course practices are:

- 5:00-7:15 am on Tuesday and Thursday  
7:30-9:00 pm on Tuesday and Thursday  
8:00-10:00 on Sundays.

## ***Reston Lake Swim and Chesapeake Bay Swim***

Both of these are excellent events and have a lot of participants from Virginia. Unfortunately, the results do not list the team so it is hard for me to pick out our local swimmers.

If you participated in either of these swims, let me (Betsy Durrant) know. Also, send me names of others you know who participated. Best of all, I'd love an article and/or pictures for the next newsletter.

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## ***USMS 25K National Championship***

Jim McFarland sent me a report about the 25K Championship held in Noblesville, Indiana, on June 18. Three Virginia swimmers entered: Amy Charley, Shirley Loftus-Charley, and Jim McFarland.

There was a two hour delay in the start due to weather. The event originally had a 10 hour cutoff for finishing. Due to the weather and the late start, the cutoff time was reduced to 8 hours. The race is 5 laps of a 5K course. Anyone who did not complete 4 laps before certain time was pulled and given credit for a 20 K swim. Twenty-seven swimmers completed the 25K, and 28 completed the 20K.

Amy and Shirley swam the full 25K, winning their age groups. Amy (25-29) finished in 7:18.35. Shirley (55-59) finished in 6:46.35. Jim (50-55) was stopped at 20 K with a time of 5:59.46. He was 4<sup>th</sup> overall for 20K swimmers and 6<sup>th</sup> in his age group for the total event.

Jim's comments: "I was right over the limit, hampered by really choppy conditions that suddenly arose in the 2<sup>nd</sup> half of my 4<sup>th</sup> 5K. Up until then, I was right at (or under) a 7:30 pace for the whole 25K (I was at 5 hours at the 17.5K according to my watch). As the weather changed things, it took me way too long on that section, and I was not in the least bothered by stopping at 20K. Farthest I've ever gone – I've done 15.3 K on one workout while training for this event."

Congratulations to Amy, Shirley, and Jim. It's a great accomplishment!!!

# Jack King Ocean Swim Winners 1984-2011

1984	Kirk Johnson, VAM	no time	Tory Neff, VAM	no time
1985	Perry Lange, VAM	26:25	Bonnie Mosbrook, VAM	37:29
1986	Perry Lange, VMST	18:43	Mary Dowlen, CM	21:22
1987	Perry Lange, VMST	19:38	Pam Locke	21:32
1988	Gary Antonick, VMST	17:50	Mary Dowlen, CM	21:09
1989	William Fitzhugh, UNAT	21:54	Val Van Horn, VMST	24:49
1990	Bill Kloppe, VMST	20:42	Debra Moore, VMST	21:16
1991	Lange/Kloppe (tie)	17:38	Karen Farnsworth, EMP	18:25
1992	Perry Lange, VMST	22:36	Val Van Horn Pate, VMST	23:47
1993	Scott Robinson, VMST	17:33	Katy Arris, UNAT	<b>*17:31*</b>
1994	Parker Neff, UNAT	27:23	Denise Ware, DCM	27:25
1995	Jerry Smith, VMST	17:36	Denise Landers, DCM	18:46
1996	Robbie Allen, RMST	18:33	Katrina Poplawski, DCM	19:24
1997	Robbie Allen, RMST	26:41	Valerie Nellen, VMST	29:37
1998	Robbie Allen, GLD	22:59	Kelly Parker, VMST	28:34
1999	none	-	none	-
2000	Robbie Allen, GMUP	18:04	Katrina Poplawski, UNAT	19:33
2001	Rod Gallagher, VMST	26:26	Val Van Horn Pate, VMST	27:32
2002	Matt Meyer, VMST	18:58	Debbie Reed, VMST	19:00
			Katherine Arris-Wilson, UNAT	20:29
2003	Matt Meyer, VMST	20:09		
2004	none	-	none	-
2005	Andy Farrell, RAM	21:06	Val Van Horne Pate, VMST	22:26
2006	Chris Stevenson, VMST	19:09	Shandra Johnson, RAM	20:18
2007	Matthew Baxter	18:58	Lisa Bennett, VMST	20:30
2008	Chris Stevenson, VMST	26:57	Katy Arris-Wilson	28:54
2009	Travis Deckert	25:20	Katy Arris-Wilson	28:07
2010	Chris Ross	20:20	Meagan Madden	21:30
2011	Jim McFarland, VMST	24:34	Val Van Horn Pate, VMST	27:30

### \*Masters Course Record\*

## Notes

- Jack King was an ardent open water swimmer. After Jack, Forrest Sullivan, and Mike Hechtkopf participated in an ocean swim in Ocean City, NJ, they began discussing organizing a swim in Virginia Beach. Jack was diagnosed with liver cancer in November of 1983. The first ocean swim was in June of 1984. Although Jack was undergoing treatment, he swam in the inaugural event. By August of 1984, Jack was not doing well. Mike Hechtkopf suggested that the swim be named for Jack. Forrest, Mike and Betsy Durrant discussed it with Jack who was delighted to have the swim named for him. He died in February, 1985, at age 38.
- The team abbreviation for Virginia Masters was VAM in 1984 and 1985. It was changed to VMST by the summer of 1986.
- The year that Katy Arris (Wilson) set the course record, she and Scott Robinson, the men's winner, were right together. When they were knee deep in the surf and stood up, Katy took off for the finish line and Scott hesitated.
- We have been extremely lucky that we have cancelled the race only twice in 28 years. At least once, we probably should have cancelled but swam anyway in very difficult conditions.

## *VMST News*

### **LC Nationals at Auburn University**

It's that time again...  
If you are going to nationals, let Betsy Durrant or Chris Stevenson know what relays you are interested in swimming.

### **Thanks to June McDaniels**

Once again, June did a super job as Race Director for the Jack King Ocean Swim. Tee shirts are great and the awards are unique.

### **SC Championship in Greenville, SC**

Judy Martin and Betsy Durrant traveled to Greenville, SC, for a LC meet on June 25-26. It's a long drive, but there are very few two day LC meets.

Judy and I have been to this meet before and were not sure about attending again. In previous years, the pool was shallow, and it got very hot on deck even though it is indoors. What made us go again was to check out the new pool. What a nice facility! There is an 8 lane 50 meter pool and a 5 lane 25 yard pool. The water in the 50 m pool was cool and great for racing. The building is not air conditioned, but 3 large bay doors are across the starting end, 3 more on each side and two more at the far end by the 25 yard pool. It was very pleasant even on a hot weekend; there was always a cross breeze. Some swimmers went out in the sun to warm-up.

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## *Old Friends at Zones*

One the most enjoyable aspects of going to meets is the opportunity to run into old friends. At the Colonies Zone meet at George Mason in April, I was very pleased to have the chance to visit with two former VMST members.

Trish Seubert Buswell and Margaret Gale were both swimming for Alexandria Masters. Margaret's husband Andy also swims with Alexandria and was meet director for the Tropical Splash meet in January.

## *National and International Meets in 2011-2012*

November 10-15, 2011: Masters **Pan American Meet** in Brazil.

April 26-29, 2012: **SC Nationals** in Greensboro, NC. This is too close to miss – an easy drive from Virginia.

June 4-12, 2012: **FINA World Championship** in Riccione, Italy. The schedule is on FINA website, fina.org. Everyone who went to Riccione in 2004 had a wonderful time.

July 5-8, 2012: **LC Nationals** in Omaha  
Nationals are early because of coordination with the US Olympic Trials. We will be using the same pools as the trials and will start 2 days after the completion of the trials.



*Trish, Margaret and Margaret's son at GMU, 2011*



*Buswells and Gales at GMU, 2004. Margaret is pregnant with twins.*

*Local Masters Swim Committee Newsletter*  
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June McDaniels, Race Director for Jack King Ocean Swim



Dave Holland, Race Director for Chris Greene Lake Swim

