

# The Wet Gazette

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

## VMST Winter Meet

The VMST Winter Meet, The David Gregg III Memorial, was held February 12-13 at the NOVA pool in Richmond. Meet Director Nancy Miller once again put on an outstanding meet. Nancy is quick to credit Diane Cayce and James Wolfle for their help in making this such a good meet. Diane is the contact with NOVA and gets her swimmers to time. James receives the entries, produces the heat sheet, and handles the results during the meet. Nancy brings it all together and makes it work.



This year there were 141 swimmers who participated, either unattached or representing one of 14 teams. The breakdown of swimmers by team:

- ACAM – Atlantic Coast Athletic Club – 1
- DCAC – District of Columbia Aquatic Club – 13
- FXCM – Fairfax County Masters – 1
- GAJA – Georgia Masters – 1
- MAC – Midlothian Aquatic Club – 4
- NCMS – NC Masters Swimming – 2
- QMST – Quest Masters Swim Team – 9
- RMST – Reston Masters Swim Team – 4
- STON – Stonewall Masters – 2
- TERR – Terrapin Masters – 6
- URMS – University of Richmond Masters – 1
- VMST – Virginia Masters Swim Team – 80
- WAVA – Warrington Masters – 1
- WMS – Winchester Masters Swimming – 1
- UNAT – Unattached (no team) – 15

## Meet Director Nancy Miller



Chris Stevenson, our Top Ten and Records Chair, reports that there were 31 new LMSC records set at this meet.

- Adam Barley (M25-29) 1650
- Calvin Barnes (M85-89) 200, 1000, and 1650 free  
*The 1000 and the 1650 were both on Saturday – a lot swimming for one day! Way to go Calvin!*
- Cayce Buscaglia (W45-49) 50 and 200 back
- Lucy Carrig (W25-29) 50 free, 50 and 100 fly
- Johnnie Detrick (W75-79) 50, 100, 200, 500 free, 50 back, 50 breast, 200 IM. *That's 7 new records for Johnnie!*
- Billy Gaines (M25-29) 1000 free
- Charlotte Hollings (W45-49) 1000 and 1650 free
- Scott Kauffman (M60-64) 100 free
- Lori Leitzinger (W18-24) 200 back
- Shirley Loftus-Charley (W55-59) 1000 and 1650 free, 400 IM
- Suzanne Newell (W50-54) 50 and 100 back
- Alice Phillips (W45-49) 100 free, 100 and 200 IM
- Richard Scott (M75-79) 200 fly, 400 IM

Note the new meet banner pictured above. **Richard Durham** made a donation to VMST in honor of his friend David Gregg. Richard's donation was used to help pay for the banner.

Complete meet results and all LMSC records can be found at [www.vaswim.org](http://www.vaswim.org).



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

**March 27:** Rockbridge County  
Entry was in the February newsletter.

**April 2-3:** Hillsborough, NC  
NC Championship meet.

**April 15-17:** Zone Meet, George Mason U.  
Entry is in this newsletter. Online entries at [www.clubassistant.com](http://www.clubassistant.com)

**April 28-May 1:** USMS SCY Nationals in Mesa, Arizona. Entry will be in *Swimmer Magazine* and will be available online (usms.org).

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Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)

### Freestyle Clinic

- Featuring Karlyn Pipes Neilsen
- June 11 (and possibly 12)
- Virginia Beach
- 4 ½ hours, includes video analysis
- Each session limited to 12
- Details will be in April newsletter



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)

Colonies Zone  
[www.ColoniesZone.org](http://www.ColoniesZone.org)

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## VMST News

### Colonies Zone Meet, April 15-17

Let me (Betsy Durrant) know if you are going to enter the Zone Meet at George Mason. As usual, I will get others to help make up some relays and will let you know the week before. If you want to be on a particular relay or if you do not want to swim a certain relay, let me know ASAP. Remember to check the relays when you arrive at the meet. They will be posted by our Team Flag. It is a new flag since last year – it's white with purple lettering.

### USMS Nationals in Mesa, AZ, April 28-May 1

I have heard of a number of people who are planning to go. I will enter the relays, but those of you who are going need to tell me what relays we should create. All suggestions are welcome. The relays for each day must be entered the day before. The schedule for SCY Nationals:

- ▶ Thursday, Apr 28, 1000 and 1650. Relays for Friday must be entered on Thursday.
- ▶ Friday, Apr 29, Mixed Free Relay is at the end of the day.
- ▶ Saturday, Apr 30, Mixed Medley Relay, Men's Free Relay, Women's Free Relay are at the end of the day.
- ▶ Sunday, May 1, Men's Medley Relay and Women's Medley Relay are in the morning after the Men's 500 free.

**Paper entries are due March 17. Online entries are due March 24. DON'T DELAY!!**

### Team Logo Items

New VMST swim caps have been ordered. Supplies of yellow caps with purple logo and purple caps with white logo are being replenished. The caps are free to members. I'll have some at the Zone Meet. If you want some caps before then, please let me know and I'll mail them and let you know the amount for postage.

Heather Stevenson is looking in to a new t-shirt. When we get them ordered, I'll include a picture or description in the newsletter and the price per shirt.

## Are Drylands Really Worth It?

By Helen Thurlow

February 1, 2011

*Note: This article came from the USMS website (usms.org) under Training.*

Watch any age group swim team and the majority will moan when the coach says: "Okay, time for drylands." They fuss and are slow at getting out of the water. They even say under their breath, "I'd rather continue swimming."

If you thought I was talking about the little kids, you are right, but I was also talking about the big kids... Masters swimmers.

Why are dryland exercises important in swimming? Good question. According to Ian McLeod, the author of *Swimming Anatomy*, exercises that one does on land whether circuit training, traditional weight training, low-intensity aerobics and flexibility exercises, will directly benefit the swimmer. This allows being more specific in the dry-land exercises to target areas that are weak or less flexible.

Swimming is repetitive in nature, thus creating muscle imbalances. For instance, our quadriceps and hip flexors become strong while the back of the legs, the hamstrings and gluteal muscles become weak. How do you find that out? Touch your toes without bending your knees. How'd you do? Feel that stretch behind the leg? Not very comfortable is it?

Muscle imbalance leads to various imbalances such as strength imbalances and flexibility imbalances. It also leads to postural imbalances. Look at someone who doesn't exercise or whose definition of stretching is reaching for the remote control and look at their posture.

While predisposing the swimmer to injury, these imbalances can also lead to poor performance in the pool. So, how do we design a dryland routine? Oregon Reign Coach Dennis Baker describes designing a routine based on core activation and stretching. And for optimal performance, you don't need fancy equipment long hours prior to practice doing dry-land. "Keep it simple," says Baker, "You just need a mat and a wall" to do the exercises.

If you like to get technical and are into following a training schedule for your swimming events you can also focus on what is known as the

principle of periodization. Periodization allows the swimmer to break his or her season into various phases, each phase comprised with a different training goal.

But, keep it simple. If your team offers drylands, then go ahead and try the exercises that your coach lays out for you. Oregon Reigns' dryland routine is 30 minutes prior to practice on the weekends, but you can do these exercises at any time and on any day.

What exercises activate the core and allow for proper flexibility? One resource is the American Council on Exercise's website at [acefitness.org](http://acefitness.org), where you can find many different exercises and video demonstrations of them.

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## ***Duffel Bag vs. Backpack: An In-Depth Analysis***

by Eric Teske, Kast-A-Way Swimwear, Inc.  
January 1, 2011

*This article also came from the USMS website.*

When I think, "swim bag," there are really three types that come to mind: a mesh equipment bag, a classic duffel bag, and a large backpack. Mesh bags are great for holding wet kickboards, pool buoys and paddles, but are a lousy option for carrying dry personal items and clothing. That's where the duffel bag and backpack come in to play. But which is the best option for you?

Let's compare duffel bags and backpacks in terms of their size, accessibility, portability, and popularity.

### **Size**

Typically, duffel bags are larger than backpacks. My comparison of the dimensions of full-sized backpacks and duffel bags from Speedo, TYR, and Nike revealed an average expanded volume of 3390 cubic inches (in<sup>3</sup>) for the duffels, and 2399 in<sup>3</sup> for backpacks. If you want to get technical, Nike offers the largest bags in both types – but just barely.

Bigger isn't always better when it comes to airline baggage, and if you want to avoid checking

your swim bag, you should consider a backpack. According to their carry-on policies, most popular airlines limit carry-on dimensions to 45 linear inches (add up the length, width, and height). All of the full-sized duffels exceed 45 linear inches, with an average seam length of 47.5 inches. However, even the large backpacks would fit comfortably, with an average linear seam length of 41.5 inches. If you pack your duffel to the brim, you can still fly AirTran, Continental, or Southwest because these airlines allow carry-on dimensions of 50+ linear inches.

### **Accessibility**

The horizontal and vertical orientations are important to consider, because the orientation denotes packing order and accessibility. When I pack a backpack, I always shove the towel into the bottom first and pile the smaller items on top. Sure enough, the first thing I come looking for after a workout is the towel – hidden at the bottom of the bag. I end up getting my clothes, wallet, and cell phone wet while digging for the towel. One solution (other than re-learning how to pack) is to pack the items next to each other in a duffel bag. The backpack is invariably a top-down packing system.

### **Portability**

Another thing the backpack has going for it is ease-of-carry – two straps with weight evenly distributed across the back. All of the duffel swim bags come with a shoulder strap, but depending on how you stuff your bag, this may cause some uneven pressure on your back. Backpacks seem to be more manageable for smaller swimmers as well.

### **Popularity**

The winner, in terms of sales, is clearly the backpack. In spite of what the duffel has to offer, teams seem to prefer a backpack – usually a Speedo Pro Backpack or TYR Alliance Team Backpack II, depending on team contracts.

*A wide variety of swim bags are available for purchase from Kast-A-Way Swimwear at [kastawayswimwear.com](http://kastawayswimwear.com) along with other merchandise from top competitive swimwear brands such as Speedo, TYR, Nike, and Dolfin.*

## ***Perfecting Your Breaststroke Glide: The Hanging Streamline Drill***

by Chris Colburn, Academy Bullets Masters  
January 6, 2010

In all my years as a swimmer and coach, I found that one very simple skill was more important to breaststroke than any other. Holding the body in as tight a streamline as possible throughout the stroke enables you to make gains with very little effort. Keeping the entire stroke streamlined reduces frontal and lateral drag, and enables a longer, faster stroke.

The streamline is most important, though, during the glide, so keep the arms straight and head tucked tightly, while pointing your toes and keeping your knees straight and together. By developing discipline with this simple skill, even non-breaststrokers can make significant improvements.

Though the streamline position may seem easy to accomplish, even the best swimmers in the world continue to practice and train themselves to master the technique. There are many simple exercises that can assist you in mastering the streamline position. One simple drill actually takes place on dry land; the Hanging Streamline is straightforward and can be practiced alone or with a partner.

- First you must find the perfect hanging streamline position.
- Hang from a pull-up bar by your hands
- Reposition your hands so that they are touching in a close grip
- Shrug shoulders up to squeeze your ears
- Position head in a neutral position with eyes pointing up towards your hands
- Tuck hips and bottom under and hollow out your midsection
- Straighten your legs and point your toes

- Once you have adjusted yourself into the perfect streamline position hold the position for 10 seconds and then relax (you should feel contracting).
- Repeat finding and holding a perfect streamline three times.
- You can use a training partner to provide feedback and even gentle body position adjustment.

By training yourself to understand, feel and be able to recreate a perfect Hanging Streamline, you will be able to apply this position to the water to improve your starts, walls and your breaststroke glide.

**Editor's Note: Thank goodness for the USMS website! I was away of vacation at the end of February when I usually put the newsletter together. When I returned, I had to scramble to get this March newsletter done and to the printer. The article on this page and the previous two articles came from USMS website ([usms.org](http://usms.org)).**



***Paula Jones and James Wolfle working at the Richmond Meet.***

***Thanks to Heather Stevenson for arranging for the food at the meet and to Billy Gaines for hosting the dinner on Saturday night.***