

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia and West Virginia
November 15, 2011

Swim Camp

By Judy Martin

The 2011 High Performance Swim Camp held at Greensboro Aquatic Center, Greensboro, NC, August 27-September 1 was an experience of a life time. This camp is the first of its kind since the camps which were held at the Olympic Training Center in Colorado Springs. You really should consider attending this camp the next time it is offered. It's an investment in your health that will expand your knowledge of swimming technique, race strategy, seasonal planning, dry land exercise, nutrition, and time management. My mind is still swirling with all the things that I have been exposed to and all the friendship that have been formed. I have so much to share with my friends and team mates that it is difficult to think about where to begin.

The Greensboro Aquatic Center is a beautiful new aquatic complex where 2011 Masters SC Nationals will be held in late April. I am sure that Nationals will be as well run as this camp. Plan to attend Nationals.

Although the camp was only four days long, those days were packed full of activity from 6:30 am to about 10:00 pm every day. Most days began with a 6:30 breakfast, transportation to the pool and a 2 hour session at the pool for a combination of workout, testing, and dry land exercises. This was followed by about 2 hours for informative and exciting presentations. After that came lunch, then back for different classroom presentations, followed by another 2-hour in-pool session workout complete with phenomenal coaching and feedback. We were then transported back to the hotel for dinner and other presentations and finally to bed. (I was REALLY ready for bed.)

What was the best thing about camp? This is a difficult question because there were so many wonderful experiences. For me, I really appreciated Dr. G's (Genadijus Sokalovas) in depth stroke

analysis complete with specific drills to improve stroke faults (that I was not even aware of prior to camp) plus all of the technical tests that he ran on us. His explanations are awesome. The coaches - Kerry O'Brien, Stu Kahn, Frank Marcinkowski and Nadine Day - were great. They were professional, motivational, and knowledgeable. And, they made it fun. You never knew when you might be filmed underwater, shown your stroke and given precise correction. It was wonderful.

What did I learn? More than I can share here. From the nutritionist, I learned that I need to eat more protein. From the sports psychologist, I learned how to better manage my time. From the sport trainer, I learned new exercises to incorporate into my dry land exercise program. We were given a notebook with a multitude of references.

The hospitality and transportation proved by the camp director Hill Carrow was fantastic. From the time you arrived, you did not need a car. Hill, Molly Matthews and all his other helpers were so nice, efficient and fun to be with...true southern hospitality.

Was it worth its price? The price was \$1800, and it was worth more. Put this camp on the top of your "Bucket-List" today. I would like to go back again and hope to see you there.





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

- December 3-4:** Knoxville, TN
Jessica Hart. Phone: 865.974.2439. (day);
336.501.7186 (evenings) Fax: 865.974.1287.
Email: utmastersswim@gmail.com
- December 4:** Last Chance SCM in DC.
- December 9-11:** SCM in Boston
- January 29:** Tropical Splash in Alexandria
- January 28-29:** 2-day meet in Charlotte.
- February:** VMST Winter Meet, Richmond
- March 3:** Greensboro. Meet is in the new pool!
- March 17:** Albatross Open (SCM) Bethesda
See PV website
- March 25:** Lexington, VA
- April 13-15:** Colonies Zone Meet at GMU
- April 25-29:** SC Nationals, Greensboro, NC
Hotel information has been posted. Go to usms.org,
Competition, Nationals
- June 10-16:** FINA Worlds in Italy
Information avail at www.fina.org.
Look under events, Masters. There is a link to
meet information.
- July 5-8:** USMS LC Nationals, Omaha
Hotel information is available at usms.org

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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

Graphics from www.swimgraphics.com

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Sculling Drills

*by Scott Bay, Head Coach, Daytona Beach Masters
June 7, 2011*

Seated Sculling

On your back with your feet first and head out of the water almost as if you are sitting on a lounge chair. Keeping your hands in front and making sculling motions out in front of you to work your way down the pool.

What it does

You will definitely feel this in your forearms so it is great for strengthening but also holding the position requires a LOT of core strength too! Definitely enhances feel for the water and awareness of where the water is "slipping" off your hands in all strokes.

Wall Sculling

On your front with your feet in the gutter or on the deck (place a towel or kickboard on the deck to prevent scraping up your toes) you lay on your front in the water and scull with your head out of the water and your hands in front of you. You maintain this position by sculling your hands out in front for a predetermined time (we use 15 seconds) then swim a hard 50.

What it does

This strengthens the core as well as parts of the shoulder and forearms. This is another one that seems easy at first but then ends up being a challenge a few reps into it. Good "feel for the water" drill as well.

***Coach Karen
Mickunas***



Fall Meet in Virginia Beach

By Betsy Durrant

Ninety-one swimmers entered the November 5th meet at Bayside Recreation Center in Virginia Beach. Twelve teams were represented as well as five "Unattached" swimmers.

Adirondack Masters – 1
Chesapeake Region Aquatic Blue – 1
Christopher Newport University – 11
Delmarva Aquatic Masters Dogfish – 1
NC Masters Swimming – 1
Quest Masters Swim Team – 2
Rockbridge County Aquatics – 1
South Hampton YMCA Masters – 5
Sunfish Masters – 3
Terrapin Masters – 1
Virginia Masters Swim Team – 56
Waikiki Swim Club – 1

Numerous LMSC records were broken. I'll have a count of records in the next newsletter. There were 18 relays this year, so I am sure there are also a lot of new relay records. Kudos to Karen Mickunas who coordinated relays with help from Judy Martin. Nancy Spear deserves special notice to becoming the "Relay Queen." Whenever there was a relay which needed another swimmer, Nancy was willing.

As usual there were a lot of local swimmers in their first Masters meet. In addition, I know of two swimmers from Lynchburg who were here for their first meet: Daniel Warner and Cheryl Ptak. Although both are from Lynchburg, they didn't know each other.

Sunfish Masters had 3 swimmers – family members Kim Thoresen (22), Steve Thoresen (51) and Christina Thoresen (24). There was some close competition among the "team."

Many local swimmers who didn't compete came to help out. And some who swam also worked between events. Bryan Martin, Kristen Barnes and Corky Robinette worked the check-in desk. Joan Averette and Cathy Rotch worked on awards. Carol McCammon, swimming in her first meet, brought her son to be our Safety Marshal during warm-up. Kay O'Reilly also helped as a Safety Marshal.

*See **Fall Meet** on page 4.*

Look What Where?

Coach Dennis Baker

Shake and Swim with “Bake”

I get so many questions about where to look when you are swimming that it's time for the annual “where to look” article. In Pool swimming and Open Water swimming, your eyeballs direct where your head goes and your head directs where your body goes. Sounds simple right? Here are some tips on where to look and where your head should be when swimming all four strokes.

1. Freestyle — Looking straight down at the black line is the key in Freestyle. This is one of the hardest things to do. Keeping the head as still as possible is so important. If you have the chance to get a snorkel I highly recommend it. Have your coach help you with the snorkel as it is the fastest way I know of to correct head movement.

When you breathe in Freestyle, make sure you are turning directly to the side or towards your armpit. This will allow your body to stay in line and go forward. Try not to roll the head around and forward. A good mental imagery to think of when you breathe in Freestyle is always look at the swimmer behind or right beside you, not the swimmer ahead of you. For the Open Water swimmer this proves to be a tough task as you have to sight yourself many times over. It is crucial that when not sighting that you use the tips mentioned above.

2. Backstroke — This is similar to Freestyle in that you should flip over and look straight up in the air. Again keeping the head as still as possible. A great drill for this is swimming Backstroke with a paper cup on your forehead. Try to keep the cup from falling off. Whichever way the cup falls is the way your head is moving too much. Slight glances to the lane lines are permitted while swimming Backstroke as not to run into them.

3. Breaststroke — When taking a breath in Breaststroke your eyes should be looking down at the water. This again will allow for the best body position to move effectively in a straight line. When

your head goes down in the water it is again time to look at the black line and streamline your body out. Minimal head movement is important as you should try and not use your neck too much in an up and down fashion. A lot of neck movement will tire you out quicker.

4. Butterfly — Butterfly is similar to Breaststroke in that you don't want to be lifting your head up and down too much with your neck. Fatigue will surely set in quicker. When breathing, look down at the water with your eyes. When you put your head under the water look at your old friend “the black line”. If you're a side breather in Butterfly see the Freestyle tip mentioned above.

If you see some common threads with all the four strokes you are right on. Remember, head still, black line or straight up in Backstroke, and you will be well on your way to solving the LOOK WHAT WHERE Question.

Nov/Dec 2011

AquaMaster, Newsletter for Oregon Masters

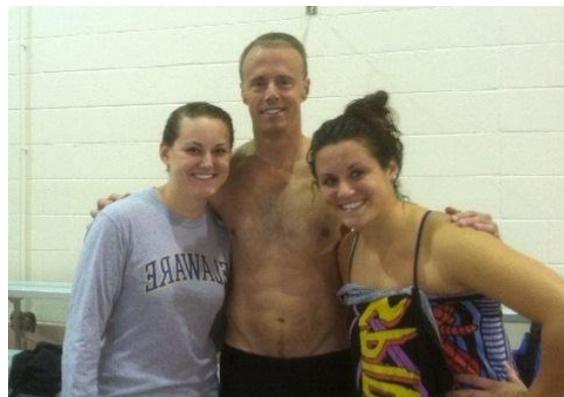
Fall Meet continued from page 3.

I especially want to thank Torie Jones, my granddaughter, for coming home from ODU to help with the meet. She also swam a relay.

Results with splits are posted at www.vaswim.org. There were 48 new [LMSC records](#) (39 individual, 9 relay), including *two new USMS records!* **Shirley Loftus-Charley** set a USMS record in the 200 breaststroke and the VMST foursome of **Marianna Berkley, Miriam Tuovila, Ida Hlavacek, and Jeanne Meredith** set a USMS record in the 400 Medley Relay for the 320-359

age group.

The Thoresen family of Sunfish Masters.



Training Hints for the One Hour Postal Swim

by Dr. Paul Hutinger

Start your training program by setting your goal. Use your time for the 500 or 1650 as a base. You should be able to be close to your 1650 pace for this swim. The chart below, will give you ideas on what kind of pace you would need for a specific time. If, for example, you would like to do 22:00, then practice on a 1:20 pace for a series of 20 x 100 yds. on 2:00. As you improve, decrease the rest time so you can do the 1:20 pace @ 1:30 (10 sec. rest) and increase the series to 40 x 100. This is an example of slow interval training. Use any of the distances and make up your own similar training schedules. You could do a set of 500 yd. repeats on the pace of 1:20 for each 100 yds. which would be a 6:40. Do 4 x 500 @ 8:00 and try to average 6:40. Increase the number of repeats until you can do 10 x 500 at an average pace of 6:40 every 7:00 (20 sec. rest between each 500). As you progress in your training, try a challenge swim of 30 min. and use this pace as a goal for your one hour pace time. This is an example of marathon training. This would give you 2250 yds. in 30 min. if you maintained the 1:20 pace, and give you a goal of 4500 yds. for the one hour swim.

Since this event is scheduled for your own pool any time in January, practice in a lane where you can see the pace clock and use that to keep track of your pace. When you swim for an hour, you must hold back on the first part of your swim, so you can maintain your pace for the total time. This pace may seem slow in the first 15 min., but as you get into the last 15 min., you will realize the importance of maintaining your pace. Many swimmers are coached on doing negative splits, so the last half of your swim would be faster than the first half. This is a more efficient way to plan your event and you will achieve a better performance if you avoid going into early oxygen debt. You need to maintain a pace that enables your body to supply the energy at a steady state, so the last part of the event can gradually be increased in pace. This puts you into an oxygen debt that can be paid back after your race.

In summary, the Master swimmer should use a variety of techniques for training. Set a goal time for yourself based on your best 1650 time. Establish a pace that you can maintain in a set of 40 x 100 yds. with 10 sec. rest or 10 x 500 yds. with 20 sec. rest. Take a 30 min. challenge swim to test yourself on your pace. Start training by Nov., so you have two to three months to get ready for this Postal Swim. Rest is an important aspect to top performance. Your last training swim, of one half your estimated goal, should be a week before your swim. Take the day off before you swim. **GOOD LUCK!!**

1650 SWIM PACE

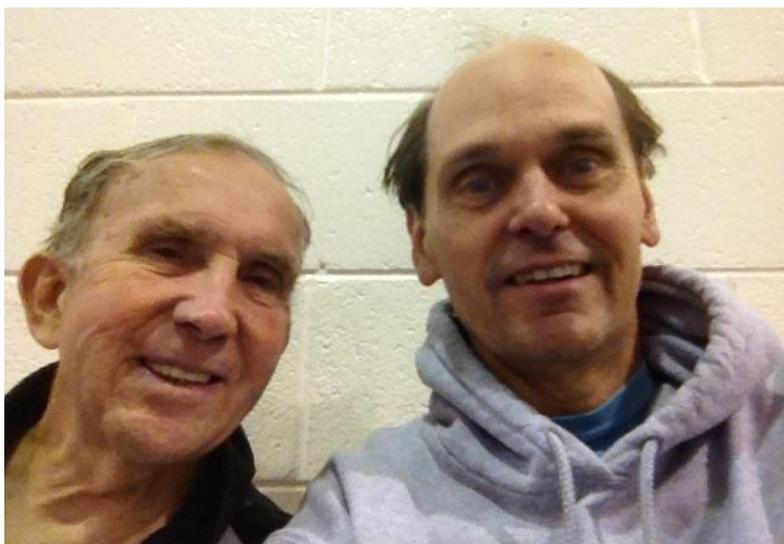
	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
100	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
200	2:00	2:20	2:40	3:00	3:20	3:40	4:00	4:10	4:30	5:00	6:00
300	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:15	6:45	7:30	9:00
400	4:00	4:40	5:20	6:00	6:40	7:20	8:00	8:20	9:00	10:00	12:00
500	5:00	5:50	6:40	7:30	8:20	9:10	10:00	10:25	11:15	12:30	15:00
600	6:00	7:00	8:00	9:00	10:00	11:00	12:00	12:30	13:30	15:00	18:00
700	7:00	8:10	9:20	10:30	11:40	12:50	14:00	14:35	15:45	17:30	21:00
800	8:00	9:20	10:40	12:00	13:20	14:40	16:00	16:40	18:00	20:00	24:00
900	9:00	10:30	12:00	13:30	15:00	16:30	18:00	18:45	20:15	22:30	27:00
1000	10:00	11:40	13:20	15:00	16:40	18:20	20:00	20:50	22:30	25:00	30:00
1100	11:00	12:50	14:40	16:30	18:20	20:10	22:00	22:55	24:45	27:30	33:00
1200	12:00	14:00	16:00	18:00	20:00	22:00	24:00	25:00	27:00	30:00	36:00
1300	13:00	15:10	17:20	19:30	21:40	23:50	26:00	27:05	29:15	32:50	39:00
1400	14:00	16:20	18:40	21:00	23:20	25:40	28:00	29:10	31:30	35:00	42:00

	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
1500	15:00	17:30	20:00	22:30	25:00	27:30	30:00	31:15	33:45	37:30	45:00
1600	16:00	18:40	21:20	24:00	26:40	29:20	32:00	33:20	35:00	40:00	48:00
1650	16:30	19:15	22:00	24:45	27:30	30:15	33:00	34:22	36:07	41:15	49:30
HOUR	6,000	5,150	4,500	3,950	3,600	3,300	3,000	2,850	2,700	2,400	2,000

Paul Hutinger is the coach of the Florida Maverick Masters, based in St. Petersburg, FL. He holds numerous national and world records, including the Hour Swim in 1986. The Mavericks sponsored the One Hour Postal National Championship in 2002, and again in 2007.

From the Meet in Virginia Beach

Pictures from Karen and Vic Mickunas



Carl Russ and Vic Mickunas



Christina Flannery, Betsy Goode and Nancy Speer (Relay Queen)



Joan Averette and Cathy Rotch at Awards Table



Top Left: Chris Sharver with his wife Kelly and daughter Riley.

Top Right: Laura Walker and Johnnie Detrick.



Middle Left: Marianna Berkley, Carol Downing, Ida Hlavacek

Lower Left: Miriam Tuovila and Terry Sokolik.



Swimmers from Great Neck workout on page 8:

Front Row: Nancy Speer, Carol McCammon, Larus Isfeld

Back Row: Carol Downing, Cheryl Benn, Betsy Goode

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

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Swimmers from the Great Neck workout group. See page 7 for names.

