

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
December 15, 2012

Renew Your Membership!

Do not forget to renew your USMS membership. Unless you joined after November 1, your membership will expire at the end of the year. A paper registration form was in the November newsletter. The easiest way to join is to go to: usms.org. In the upper left hand corner, of the Home Page, under "In This Section" click on the "Join/Renew tab." The on-line process is very easy to follow and we encourage you to use this method to register.



Make Plans for the New Year

After the first of the year, there is always a lot going on in Masters Swimming. Plan ahead. Think about participating in some of the following:

January

- All month – The National One Hour Swim. See how far you can swim in an hour. Do it in your home pool. You need someone to count and record splits. Information is on the USMS website. Even better than doing it alone...ask your coach to organize a group swim. Everyone takes a turn swimming in one heat and counting for someone else in another heat.
- The only meet that I know of is in Charlotte, NC, January 19-20. A group from the Roanoke area usually goes. I understand it is a good meet.

February

- The VMST Winter Meet (David Gregg Memorial Meet) will be February 9-10. This is one of my favorite meets. We have a good turnout, and it is always good to catch up with old friends. Distance events are on Saturday; a great social is on Saturday

night; a full schedule of other events is on Sunday. The entry is in this newsletter.

- Tropical Splash Meet in Alexandria is February 3.
- Albatross Open is March 16.
- Zone meet is again at George Mason University on April 19-21. We usually have great participation from Virginia. VMST usually enters all the relays (200, 400 and 800). It's tiring, but fun!
- USMS SC Nationals is in Indianapolis May 9-12. Meets in Indianapolis are always well run and lots of fun. If you are going, don't wait too long to make hotel reservations.

More information on getting entries is on page 2. Seriously consider the Hour Swim and the meet in Richmond. For many years I counted for others on the Hour Swim and would not do it. I did my first one about 5 years ago. I can't say that it is fun, but it is satisfying to do it. The rest of the season seems easy after that.

Relay and Sprint Festival Results

From an article by **Chris Stevenson** on the LMSC website, vaswim.org.

On Nov 18, a handful of LMSC members attended the SCM Relay and Sprint Festival that was held at George Mason University. This was a different kind of meet: lots of relays, including "unofficial" ones like the 100 fly relay. Sounds like fun!

The unofficial results are now available on the website. Although only 16 members from our LMSC attended, they certainly swam well, setting 10 new LMSC records! **Edward Gaulrapp** led the way with three individual records, while VMST relays set five new marks. The complete list of new records is on page 3.



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

Jan 19-20: Charlotte, NC, www.ncmasters.org

Feb 3: Tropical Splash, Alexandria, VA
www.pvmasters.org

► **Feb 9-10: VMST meet in Richmond**
Entry is in this newsletter and at www.vaswim.org

Mar 16: Albatross Open, SCM
www.pvmasters.org

April 19-21: Colonies Zone Championships
George Mason Univ

May 9-12: USMS SC Nationals, Indianapolis
Make plans now! Online entry will be available.

June 5-13: Pan American Meet, Sarasota, FL

► **June 22-23: Colonies Zone LC Championship**
Richmond, VA

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Graphics from www.swimgraphics.com



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

ONLINE Registration for many meets:
www.clubassistant.com

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Owen Maher

Editor's Note: It's a hard decision about including obituaries in the newsletter. I am including this because Owen was very active in participating in meets. He lived in the western part of Virginia, but traveled to swim in Fairfax, Richmond, and Virginia Beach. He competed in Senior Games and occasionally in USMS Nationals. Many of our members knew him.

Owen Coyle Maher, 77, on November 30, 2012. Owen was born in Brooklyn, New York. He served in the United States Army and the Peace Corps before studying education at City College and Teacher's College at Columbia University. While completing graduate school, Owen met Juanita. They fell in love, and married in Puerto Rico. They returned to New York where Owen finished his studies and went on to become a devoted bilingual special education teacher, helping his students to become independent adults.

Owen was a lifelong athlete and student. He swam competitively and ranked nationally in Master's swimming. He played tennis with his friends at Lake Monticello several days per week. He loved to exercise at ACAC in Charlottesville, where he made many friends. He loved to read, learn new languages, and watch sports and stay engaged in the news. His greatest joys were spending time with his family and enjoying his wife's cooking.

Owen is survived by his loving wife Juanita and their seven children.



Owen and Shirley Loftus-Charley at Zones last April.

NEW LMSC RECORDS

W60-64, Shirley Loftus-Charley, 50 breast, 44.95
W70-74, Beth Schreiner, 100 back, 1:40.93
M70-74, Ed Gaulrapp, 50 breast, 46.21, 100 breast, 1:46.03, 100 IM, 1:43.97
Mix200+, 400 Free Relay, Shirley Loftus-Charley, Elizabeth Joseph, Stephen Joseph, Wayne Duncan, 4:48.93
Mix 200+, 800 Free Relay, same as above, 10:57.14
Mix240+, 200 Free Relay, Ed Gaulrapp, Robert Romo, Beth Schreiner, Shirley Loftus-Charley, 2:23.79
Men 160+, 200 Free Relay, Stephen Gomez, Stephen Joseph, Wayne Duncan, Kirk Clear, 1:57.59
Men 160+, 200 Medley Relay, same as above, 2:09.62

Many thanks to **Kirk Clear** who organized the relays. He obviously did a great job!



Kirk Clear, relay enthusiast

One Fitness Swimmer's Path

by Linda Shoenberger

February 6, 2012

Dave Brancamp is a 50-year-old swimmer living in Reno, Nevada with his wife Tamie and son Chris. After he finished college at Fresno State University he became interested in triathlons. Thus began his journey into the world of fitness swimming.

At first he concentrated on the run and bike part of the triathlon. He could swim moderately well so he didn't put much emphasis on time in the water. Just once or twice a week of practice seemed ok to him. But when he moved to Reno at age 34, he found a group of fitness swimmers where he simply fit in. Does that sound familiar to anyone?

His draw to the pool became gradually more enticing until he found himself swimming five to six days a week and really enjoying it. Triathlons became a thing of the past as he began to discover that the longer he swam, the more he enjoyed it.

I spent some time with Dave and his wife and son at a USMS open water race in Bend, Ore. a few years back. While Dave and I warmed up and sped off for our races, Chris spent time playing in the sand and dipping his toes in the water. Tami was nicely set up with a chair, umbrella and a book. After we finished racing, Chris enjoyed a children's fun swim.

Dave chose open water racing because it gave him a chance to spend time on trips with his family. Since he had begun to prefer longer distances, it made sense to him to take the family along for the morning at the beach while Dad did his thing. Today they can be found enjoying the lakes and oceans where Dave competes in many USMS events.

His attraction to open water swimming has made him many new friends. Besides the swimmers at Reno's Sierra Nevada Masters where Coach Steve Lintz designates one or two lanes for long distance swimmers, Dave has begun to meet many new and interesting people out on the many beaches where he races.

With family in tow most of the time, Dave enjoys seeing old friends and hanging out with new friends at open water events. Tami and Chris have found friends out there too so it's never intimidating or boring for them to tag along. It beats pool racing in Dave's mind because his family gets to enjoy themselves at the beach for a few hours too.

Although he misses the relays he used to swim in pool competition Dave feels that open water racing is more conducive to his family's enjoyment. "I like the camaraderie of the sport," he says. "It's a chance to be with friends and family."

This year Dave teamed up with open water swimmers Lisa Hazen and Suzanne-Heim-Bowen for a Pacific Masters Swimming workshop on preparing for a 10-k swim. The workshop sold out quickly and swimmers were eager for tips.

Dave realizes that with each year of daily swimming and family outings to open water swims, he is always looking for a longer challenge. He is just beginning to toy with the idea of possibly swimming the English Channel. If he does I'm sure Tami and Chris will be riding along in the boat. We'll have to wait and see where his fitness swimming takes him in the future.

Editor's Note: This article came from the Fitness section of the USMS website. Linda Shoenberger swims with the Tamalpais Masters in northern California. She is a member of the USMS Fitness Committee and contributes many articles on fitness.

From Our Registrar Shirley Loftus-Charley

Virginia Tech Masters Swimming (VTMS) has just registered as a club.

The contact is;
Nigel Harris, nigelh@vt.edu, (540) 231-9917

Web Site: recsports.vt.edu/instruction/VTMS.

Their training facility is War Memorial Hall.

Backstroke Timing Drill

by Coach Cokie Lepinski, Swymnut Masters

October 9, 2012

Here's a drill that has multiple benefits for backstrokers. It will help with timing of your arm strokes, getting you to rotate from your core, and keeping your kick steady. And the good news is that this is an easy drill to learn and master. You can do this with fins or without. If you already have a good kick, go without fins. If your kick needs work, don your fins, but you'll ultimately benefit much more without fins.

We call it the **Quarter Arm Lift Drill**. Kick on your back with your arms down at your side. Get yourself rotating just slightly side to side, about every six kicks. As you rotate slightly onto your right hip, lift your left hand and arm about 30 degrees off your left hip—just about a 1/4 lift of a full-arm recovery. As you kick, to rotate over to the left hip, lift your right hand and arm up off your right hip in the same fashion. This helps you feel the timing of the beginning of your arm recovery.

Key points. Your side-to-side rotation is not to a full 90 degrees. Instead, rotate somewhere between 30–45 degrees. Keep your hands relaxed but arms straight. Never stop your kick—it doesn't have to be hard, but it should be steady. Keep your core engaged throughout the entire process (pull your belly button to your spine). Rotate using your core, not your shoulders. Some swimmers feel that if they concentrate on rotating from about 4 inches below the hip line, they get a better connection to their core.

Editor's Note: This article also came from the USMS website. I found it under the "Training" section. It first appeared in "Streamlines for Coaches."

Memorial Donations

To make a donation to the USMS Swimming Saves Lives Foundation, make the check to the Swimming Saves Lives Foundation and mail the check to :

Workouts Online

By Betsy Durrant

Do you train alone? Do travel and need a workout when you can't find a coached practice. Go to the USMS website (usms.org). On the upper right of the home page, click on "Forums." On the Forums homepage, click on "Workouts." Browse through the workouts, you should be able to find some you like.

The following workout came from "Betsy's One Hour Workouts." I coach 2 groups that have only an hour of pool time. The fastest lane usually gets in 2800 meters or 3000 yards. This workout was from the Monday after the Thanksgiving weekend when a lot of swimmers had been out of the water several days.

Warm-Up (1200)

200-300 Swim

300 (6 x 50 drill/swim), choice. Rest 10-15.

300-400 (3-4) x 100 Pull. This is still warm-up so set an easy interval with 15 sec rest. Increase effort on each.

200 as 4 x 50 Swim, descend 1-3, #4 is easy.

Main (1300-1500)

Intervals are for 25 meter pool. Lanes range up to one lane with 80-90 year olds.

200 as 2 x 100 free on 1:30, 1:50, 2:00, 2:05, 2:20

200 as 4 x 50 choice on :55, 1:00, 1:05, 1:10, 1:30

200 as 2 x 100 free on 1:25, 1:45, 1:50, 1:55, 2:15

200 recovery as 100 Kick, 100 D/S by 25. Fins ok

200-400 as (1-2) x 200 free on 3:00, 3:15, 3:40, 4:00, 4:30

100 recovery as (4 x 25 easy, good stroke)

200 as 4 x 50 choice. Off each wall, good push-off and swim hard 1/2 way, then easy

Cool-Down (100-300)

Easy swim

USMS, Swimming Saves Lives Foundation

Attention: Susan Kuhlman

655 North Tamiami Trail

Sarasota, FL 34236

More information is at usms.org.



VMST David Gregg III Memorial Meet

**NOVA of Virginia Aquatic Center
12207 Gayton Rd, Richmond, VA 23233
(804) 754-3401**

February 9 and 10, 2013

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 123-S001

Meet Director: Nancy Miller (nancymillr@aol.com) **Meet Referee:** Bob Rustin

Location: NOVA of Virginia Aquatic Center. Address: 12207 Gayton Road, Richmond, VA 23233. Telephone number: (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$4.00 per individual event plus a \$7.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. **NOTE:** The 200-yard event entered on Saturday by the swimmer may not be repeated on Sunday. The results of heats swum on Saturday and Sunday in each of these events will be combined, and results will be published on Sunday.

Entry Deadline: Entries must be received no later than **February 1, 2013**, or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Awards will be given for first, second, and third place in each individual event. No awards for relays.

Results: Results will be posted on our website at www.vaswim.org. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Social: Join us for our Masters potluck after the meet on Saturday, February 9th. \$10.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

Nearby Lodging: Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300
The Holiday Inn is at the Gaskins Rd South exit off I-64. There are 10 double/queen rooms being held for the night of 02/09/2013 at a rate of \$75.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 25, 2013.

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete. I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING UNITED STATES MASTERS SWIMMING, INC, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Fill in the following information:

Date:		Signature:	
Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 2/10/2013:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

SATURDAY, February 9

Warmups: 1-2 PM; Meets Starts: 2 PM

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
9	_____	1000 Free	10	_____
11	_____	1650 Free	12	_____
13	_____	400 IM	14	_____
15	_____	500 Free	16	_____

SUNDAY, February 10

Warmups: 7-8 AM; Meet Starts: 8 AM

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
17	_____	100 Free	18	_____
19	_____	Novice 50 Fly	20	_____
21	_____	50 Fly	22	_____
23	_____	100 Breast	24	_____
25	_____	Novice 50 Free	26	_____
27	_____	50 Free	28	_____
29	_____	100 IM	30	_____

BREAK

31	_____	200 Free	32	_____
33	_____	100 Back	34	_____
35	_____	Novice 50 Breast	36	_____
37	_____	50 Breast	38	_____
39	_____	100 Fly	40	_____
41	_____	Novice 50 Back	42	_____
43	_____	50 Back	44	_____

RELAYS RELAYS RELAYS RELAYS

45	_____	200 Medley Relay	46	_____
47	_____	200 Free Relay	48	_____
49	_____	200 Mixed Medley Relay	50	_____
51	_____	200 Mixed Free Relay	52	_____

ENTRY FEES

Total Events (both days) _____ x \$4.00:	_____
Surcharge:	\$7.00
Social (\$10.00/person):	_____
(number attending social: _____)	
TOTAL AMOUNT ENCLOSED:	_____

**Make checks payable to:
Virginia Masters Swim Team**

Questions? Contact Nancy Miller – (804) 338-1540 or nancymillr@aol.com or James Wolfle – (804) 272-2485 or wolfle@aol.com

Mail Entry To: James Wolfle
3109 Williamswood Road
Richmond, Virginia 23235

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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Photo taken by Betsy Goode at November Meet in Virginia Beach



Steve Myran, Susan Marens, Francis Hall (back), Owen Maher, Arlien Steiner, Al Newberry, Carla Heoker, Marianna Berkley, Jeanne Meredith