

The Wet Gazette

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

Make a Plan!!

By Betsy Durrant

To get the most out of your training time, each person should have a plan for the year. Think about what you want to accomplish in 2012. If you swim with a coach, let your coach know what your goals are.

Your goal can be in terms of yardage – how much you'd like to swim per week. Your goal can be a certain time that you'd like to do in a given event. Your goal could be to swim a particularly hard event or to enter a meet, to swim at Chris Greene Lake or at the Jack King Ocean Swim. There are various postal events that offer the opportunity to push yourself. The One Hour Swim in January is a good example. Just completing the swim is a major accomplishment. The Check Off Challenge is another event that encourages you to leave your comfort zone. The goal is to swim every event, in practice or a meet, over the course of the year. Finishing either of these events is a personal victory.

Not everyone will agree with me on this, but I try to avoid a goal that depends on other people. For instance, setting your goal to win a certain event at a given meet can lead to disappointment. You can't predict who (known or unknown to you) will show up for a given race, so accomplishing your goal depends on others. You can swim your very best time and be disappointed if you don't win because some unknown swimmer showed up. Rather, I like to set my goal as a time I think I can attain. Then, regardless of who else is in the event, I can be successful and attain my goal.

Some successful goal setting from the workout group in Virginia Beach:
Cathy Rotch completed the Check Off Challenge.
Carol McCammon and Nancy Speer increased their yardage by keeping track on Go the Distance.
A group, which we call Art's Club, stays after practice each day to swim at least an extra 500.

Make a plan – you'll be glad you did!

Virginia Swimmers Competing in December

I am aware of two meets where Virginia swimmers competed in December: The Last Chance Meet in DC and the NE Championship in Boston.

Last Chance Meet:

Amy Charley, 26, VMST
Alison Moore, 41, VMST
Shirley Loftus-Charley, 60, VMST
Beth Schreiner, 70, VMST
Chris Stevenson, 47, VMST
Richard Durham, 70, VMST
Samuel Fritz, 67, UNAT
Bob Pleban, 55, UNAT
Lee Robertson, 23, UNAT

NE SCM Championship:

Pam Dameron, 66, QMST
Betsy Durrant, 70, VMST

The New England meet at Boston University is a great event. It is a good pool, although warm-up/cool down is limited. It is well attended with subgroups of NE Masters competing against each other for a team championship. Both Pam (from Richmond) and I (from Virginia Beach) were able to get a non-stop flight to Boston on Friday. We swam Friday night, Saturday, Sunday and got return flights late afternoon or early evening on Sunday. Pam's husband Cliff was our driver, although we drove less than 40 miles for the whole weekend. I highly recommend this meet except for the proximity to the holidays

Virginia Swimmers in Rio

The 2011 Pan American Championship was held in Rio de Janeiro, Brazil, November 10-15. Two VMST swimmers, Jim and Patty Miller, competed in this meet. The 2013 Pan American meet will be in Sarasota, Florida.



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

January: One Hour Swim. Entry information is on USMS website.

January 28-29: Charlotte, NC

January 29: Tropical Splash, Alexandria

February 11-12: VMST meet in Richmond
Entry is in this newsletter.

March 3: Greensboro. This meet is in the pool where Nationals will be held.

March 17: SCM, Albatross Open
(in the DC area). See PV website.

March 25: Rockbridge County (Lexington)

April 13-15: Zone Meet, George Mason U.

April 25-29: USMS SCY Nationals in Greensboro, NC.

June 10-16: FINA World Championship in Riccione, Italy.

July 5-8: USMS LC Nationals in Omaha, NE.

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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

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Learning to Sprint Freestyle

By Betsy Durrant

I am always looking for ways to improve my freestyle sprinting. As a teenager, I was a good sprinter, but as an adult my stroke falls apart when I try to sprint. There was an interesting article in the July/August issue of *SPLASH* magazine. *SPLASH* is published by USA Swimming and sent to all members.

The article "Sprint Freestyle" was by Chelsey Walden Schreiner. Two drills were included that I thought were excellent. The first was from Adam Mania called "Perfect Stroke with Overkicking." Swim a 25 with a long and strong stroke, thinking about entry and pull through. Try to take only 12-13 strokes per 25. Use a 12 beat kick for each stroke. Do this 8 times for a total of 200.

The second drill is from Matt Grieviers. Essentially, "it's just kick-swim-kick-swim within a 25." Think of the 25 in 4 parts. For the first ¼, streamline kick, with a good effort. For the second ¼, add your arms without slowing down the kick. Then repeat the streamline kick for ¼ and finish with adding arms. Don't forget body position and body rotation.

For me, both of these drills are harder to do than it seemed. Maintaining a 12 beat kick is tiring and hard to coordinate with the arm stroke and body rotation. I am a firm believer that drills work, so I will continue to do these and look for some improvement.

The 25th Annual WALNUT CREEK MASTERS INTENSIVE TRAINING CAMP MARCH 2 -4, 2012 Walnut Creek, CA

- * This is the longest running Camp in USMS, and is a combination of extensive stroke work wrapped into an atmosphere of serious training.
- * With space limited to 50 swimmers, there is a 7:1 swimmer to coach ratio during training sessions.

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Registration News

Lisa Bennett

The 2012 registration has begun...and our LMSC is in full swing! As of January 1, we are just over a third of our last year's membership! Included in this stat are a host of new swimmers to our LMSC. Welcome to you all!

What I have also noticed is that the majority of you have registered on-line and have printed your own cards! Not only do you get your card immediately, but you are helping to keep our costs down. I also wish to thank so many of you who have donated to the Swimming Saves Lives Foundation as well as the International Swimming Hall of Fame.

If you know of swimmers who haven't registered yet, please let them know that they can register on-line or they can go to our website and download a copy of the 2012 registration form and send it to me. And if a copy can't be printed, please let them know that they can contact me (swimlab56@msn.com) and I will send them a form.

The best of swimming to you all this year!



Walnut Creek Coach

Kerry O'Brien

- * To celebrate our 25th year, special testing opportunities are available with Dr. Genadijus Sokolovas
- * For more information, contact Head Coach Kerry O'Brien at swim4wc@netscape.net or visit the Walnut Creek Masters web page at www.swim4wc.org

Why I'm Grateful for Swimming My Slowest Time Ever

by Terry Laughlin

Posted on December 12th, 2011

This article is from Terry's blog and is reprinted with permission. www.swimwellblog.com/1485

Last Saturday, during a Masters meet at Ithaca College, I swam the slowest 1000-yard freestyle of my life. It may have been as valuable a gift as any I've received from 45 years of competitive swimming. You see it provided perspective that will probably lead to almost limitless enjoyment of swimming—and competing—over the next 30 or more years, should I have the good fortune to swim that long.

Perhaps the greatest challenge faced by Masters swimmers, at least after age 40, isn't the difficulty of physically fighting back against the gradual slowing of one's times with age—it's being able to accept that inevitability with grace, and focus on all the positives that accompany being a goal-oriented athlete at a stage in life when many of your peers are easing off.

For over four decades, the 1000 has served as a key benchmark because I've swum it more often than any other race. Between 1968 and 1972, I swam it nearly 50 times in college dual meets. That familiarity drew me to it when I joined Masters at 38. It also had more emotional resonance for me than other races, because, as a 'mature' swimmer, being able to approach my college times was a great source of pride.

My lifetime record for the 1000 is 10:45, recorded in a dual meet in Dec 1970. But my speed that day was wildly improbable and even inexplicable (a story for another blog.) Most of those 50 swims fell between 11 and 12 minutes, shaped like a bell curve across four years of college. As a 17-year old freshman my best time was 11:59, after spending most of the season around 12:30. At 18 and 19 I swam consistently around 11 minutes. As a 20-year old senior, slowed by fatigue from overtraining, my times slowed steadily. By season's end I sometimes

struggled to break 12 minutes—a painful way to finish my once-promising swim career.

I began swimming again at age 38, after a 17-year layoff. During the next few years, I improved my 1000 times steadily from 12:00+ to a Masters best of 11:23, my split for the *final* 1000 yards of a 1650 race at age 41, faster than some races I'd swum 20 years earlier. Swimming that fast went beyond satisfying; it even *restored faith in myself* after finishing college in such disappointing fashion.

Between my mid-40s and early 50s, the pursuit of fast times took a backseat to developing TI as a method and business. I swam regularly, but used my pool sessions mainly as a laboratory to refine drills and skills in the TI curriculum. I swam often in open water races, but infrequently in pool meets. When I did swim the 1000 my times ranged between 12:30 and 12:50, which I considered respectable. At age 55 I decided to test the proposition of what 'high performance' could mean when I was well into middle age. As before, the clearest test would be how my time for 1000 yards compared to my younger days. The answer came in April 2006 at the Colonies Zone Championship when I swam 11:53 (neither shaved down, nor fully rested) a time that thrilled me as it was faster than I'd swum in 14 years—and nearly as fast as I'd swum 35 years earlier as a college senior.



For several years after, I again reduced my emphasis on pool speed. I raced the 1000 once each at 56 and 57, recording times of 12:40 and 12:50, times I felt satisfied with considering my age and moderate training. A year ago, on the verge of turning 60, I couldn't resist thinking about my familiar benchmark; four decades removed, how close could I come to my college times in the 1000?

On January 23rd I swam the 1000 for the first time in over three years. When I finished and saw the digits 13:29 next to my lane I was deeply disappointed—both that it was the slowest I could recall swimming in 45 years and at how far out of reach my sub-12:00 standard seemed. Still, as always, I practiced diligently and purposefully and

was gratified to swim the 1000 in 12:51 at Masters Nationals last April. Improving by 38 seconds in three months is a reason for celebration.

Because I'd been somewhat slowed last year by a recurrence of rheumatoid arthritis, an autoimmune condition that leaves you feeling feverish and out-of-breath from exertion, I felt I could reasonably set my sights on swimming faster this year than last—and perhaps approach the times I'd done as a raw 17-year old college freshman.

On Saturday, I mounted the blocks for the 1000 Free after having swum the 400 IM and 200 IM within a period of about 90 minutes. (In college, the idea of racing the 1000 following a 400 and 200 IM would have struck me as lunacy.) I thought my chances of beating last January's 13:29 were reasonably good, but when I finished, the display read 13:42.

What's to be grateful for? Simply that I looked at those numbers and thought of them as—in the lexicon of engineers—simply a 'data point.' The digits on the board no longer had a grip on my emotions or how I feel about myself. They were simply an objective measure of how I swam on Saturday.

On one level they fairly reflect the training I've done in the past two months, relatively leisurely, more focused on efficiency than speed. They also reflect that I'm a year older. But my most valuable perspective was to view them, essentially, *as a math problem* that I could spend the next several months solving, and from which I expect to derive many hours of enjoyment.

You see, my time of 13:42 represents a particular combination of SPL (stroke count per 25-yard pool length) and Stroke Rate—a combination that could *only* result in that time. As the phrase goes: "It is what it is."

By focusing on the math (deeper data points), I can set highly specific goals for improvement—save a few strokes here, a few hundredths of a second in tempo there—for practice between now and April. And throughout that period I will maintain unbroken focus on *improving the data* a tiny bit

each day—as well as optimism that I can find a way to improve even more this season than last.

It feels liberating, after 45 years of swimming competitively, to finally—and fully—accept a race result as simply What Is, then immediately turn my attention to strategies to make it Better. It shows me the way to maintain my passion for swimming for the next 30 years

I'll be back in the pool today eagerly working on the solution to this season's Math Problem. In my next post I'll explain how I'll use objective data from Saturday's swim to sharpen my focus.



GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There is no time limit for the distance milestones, except that they must be achieved in the calendar year 2012. Speed does not count - just the effort to attain whatever goal you set for yourself.

GTD is on the honor system - you track the distance you swim. Daily, weekly, or monthly, you enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, ranging from 50 miles through 1500 miles, you will be recognized on the U.S. Masters Swimming website and will receive special prizes from Nike Swim, our event title sponsor for the event.

There is no cost to enter GTD. You may register for GTD through your FLOG in the [My USMS](#) section of the website. Your FLOG allows you to track all your fitness activity, not just swimming, while simultaneously participating in GTD. Once you've entered GTD, your results are automatically included in the daily summary reports, and your milestone awards are sent directly to you.



VMST David Gregg III Memorial Meet

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

February 11 and 12, 2012

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 122-02.

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 3, 2012**, or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. 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. Lanes 1 and 2 will be maintained as continuous warm-up/warm-down lanes 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 11. \$8.00 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 02/11/2012 at a rate of \$79.00 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 28, 2012.

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 2/12/2012:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

SATURDAY, February 11

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 12

Warmups: 7:30-8:30 AM; Meet Starts: 8:30 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 (\$8.00/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
Lisa Bennett, LMSC Registrar
11812 Winfore Drive
Midlothian, VA 23113-2455

Prstd Std
U. S. Postage
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Richmond, VA
Permit #3022

USMS - Virginia LMSC

U.S. Masters Swimming (USMS) exists to promote fitness and health in adults by offering and supporting Masters Swimming programs. USMS was founded in 1970 and currently has over 54,000 members. It supports and encourages competition, but more than half of its members are fitness swimmers who do not compete. USMS is one of five organizations which comprise "United States Aquatic Sports", which is a member of FINA, the international governing body for aquatic sports.

LMSC Name: Virginia

Geographic Region: The Commonwealth of Virginia except the counties of Arlington and Fairfax and the Cities of Alexandria, Fairfax, and Falls Church. The state of West Virginia except the counties of Hancock, Brooke, Ohio, and Marshall.