

The Wet Gazette

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

Message from Our New Registrar

From Shirley Loftus-Charley

I want to thank Lisa Bennett, our out-going (in more than one way) Registrar. She has done a wonderful job as Registrar and we hope she enjoys her move to the Sunshine state. Lisa is leaving very large flippers to fill; hopefully, they won't fall off too often!

All Clubs must register with USMS during the month of October. Existing clubs may renew their membership online using a credit card. The National Office will send renewal instructions to club representatives during the 1st week of October. New clubs and clubs paying by check must register through the mail. "Club Registration" forms are located on our VASwim.Org website under the "About" tab. Please print the Registration form, complete it in full and send it, along with your check, to the following address:

**Shirley Loftus-Charley, Registrar
65 Ledges Lane
Afton, VA 22920.**

Clubs must be registered prior to Individual swimmer registration that starts on November 1. If you have any questions please feel free to contact me at **VARegistrar@usms.org**.

*Our new
Registrar:
Shirley
Loftus-
Charley*



Randolph-Macon College Swim Teams Host Masters Meet

By Betsy Durrant

On September 29, the swim teams at Randolph-Macon College hosted a Masters Meet attended by approximately 56 swimmers. I believe it was a very successful meet. The credit for the meet goes to Dave Holland. Dave, the former RMC swim coach, worked with the current coach, Brent Kintzer, to put on the meet.

I think the size of the meet was great for a first meet. There were enough swimmers to have some good races and to have enough rest between events, but there was still plenty of warm-up space. I had heard that the pool wasn't so great, but I have to disagree. The air temperature was comfortable, and the water temperature was cool. There are only 6 lanes, so we used 5 for the meet and had one open for continuous warm-up/cool-down. In addition, there were 2 breaks of 20 minutes when you could use the whole pool. The scoreboard showed results for all lanes.

The college swimmers were great timers and also counted for most swimmers on distance events. There were swimmers from Lynchburg, Manassas, Alexandria, Maryland, Virginia Beach area, and of course from the Richmond area. The college is conveniently located in Ashland with easy access to Interstate 95.

Chris Stevenson, our LMSC Records Chair reports the following LMSC records from this meet.

90-94 Women, 50 Free 1:01.14 **Marianna Berkley**
90-94 Women, 50 Back 1:13.50 **Marianna Berkley**
90-94 Women, 100 Back 2:41.31 **M Berkley**
75-79 Women, 500 Free 8:42.61 **Johnnie Detrick**
75-79 Women, 50 Breast 47.56 **Johnnie Detrick**
30-34 Men, 50 Breast 26.59 **Vanja Rogulj**

Complete results and photos can be found at:
www.vaswim.org.



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

October 28: Sprint Classic at GMU

October 29: Charlotte, NC (SCM)

November 3: VMST SCM Meet, VA Beach
Entry information is in this newsletter.

May 9-12: USMS SC Nationals, Indianapolis
Make plans now!

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

Newsletter Editor

Betsy Durrant
211 66th Street
Virginia Beach, VA 23451
757-422-6811 (fax or phone, before 9:30 pm)
durrant6@cox.net

Read the Newsletter Online

If you would prefer to read the newsletter online instead of receiving a paper copy, notify Chris Stevenson (VAwebmaster@usms.org). The electronic version has photos in color.

Your LMSC BOD believes the newsletter is an important means of communication, but it is one of our largest expenses. Reducing the number of printed copies will save us money. It is your choice whether to read the online or paper version.

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

LMSC Officers

Chair: Patty Miller

pmillerswmr@gmail.com

Vice Chair: Charlie Tupitza

ctupitza@warrentonmasters.org

Secretary: Dave Holland

HenryDaFif@aol.com

Treasurer: Charlie Cockrell

Charles.Cockrell@alumni.virginia.edu

Registrar: Shirley Loftus-Charley

VAReisgrar@usms.org,

Sanctions: Heather Stevenson

hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson

chrisl Stevenson@usms.org, 804-282-0124

USMS Convention Wrap-Up

By Chris Stevenson

•Mark Kutz Wins Coaching Award •VMST Wins Bid for Long Course Zone Championship Meet



United States Aquatic Sports, which includes USMS as a member, held its annual convention in Greensboro Sept 12-16. There was some great news for our LMSC at the

Convention. First of all, **VMST was chosen to host the 2013 Long Course Colonies Zone Championship!** Mark your calendars: the meet will be held June 22-23 in Richmond at the GRAP Collegiate School Aquatics Center. This facility houses the same pool that was used in Omaha for the 2008 US Olympic Trials. Swim in the same pool that launched Michael Phelps' 8-gold-medal performance in 2008! Safe to say the waters will be churning with some fast swimming.

And VMST's **Mark Kutz** won a Kerry O'Brien coaching award!

Originally named the Grass Roots Coaching Award, it recognizes coaches who are building Masters swimming communities throughout the country. Mark coaches a tight-knit group of Masters swimmers at the NOVA Aquatics

Center in Richmond. Congratulations, Mark, on a well-deserved honor!



The [Virginia LMSC sent four delegates](#) to the meeting, and they were joined by 5 other LMSC members who were there in other capacities. There were many public committee meetings, discussions of strategic goals, officer elections, and the House of Delegates met to debate proposed rule changes and to approve the 2013 budget. A number of useful workshops were also offered.

Many of the main events are described on the USMS website, and in the committee meeting minutes. A new USMS promotional video was shown to the HOD for the first time. A link to the video is available at vaswim.org. Many of the proposed rule changes were also approved; Rules Committee chair Kathy Casey has summarized the most important changes and these are listed below.

PARTIAL LIST OF MAJOR RULE CHANGES FOR 2013

Starts:

- Swimmers starting in the water must have at least one foot on the wall and one hand in contact with the wall or starting block. (Articles 101.1.1 and 103.8.5)

Swimwear for Pool Competition:

- Medical identification items may be worn in competition. (Articles 102.12.1E and 102.13.9)
- Snorkels and neoprene caps are prohibited. (Articles 102.12.1E and 102.13.9)

Scoring:

- For non-standard meets the LMSC and/or meet host may establish the scoring point values to suit the format of the meet. (Article 103.19.3)

National Championship Meets:

- All bids for a national championship meet shall be submitted to the chair of the Championship Committee no later than July 1 (or the next business day if July 1 falls on a Sunday or holiday). (Article 104.3.4)
- The Championship Committee may limit participation in the 800/1000 or the 1500/1650 freestyle to only those who meet the national qualifying time for that event. (Article 104.5.3C[2])
- A swimmer shall notify the meet host of a valid club transfer prior to the first event in which that swimmer competes. (Article 104.5.4A[3])
- Eliminated the option of swimming two-to-a-lane in freestyle events over 200 meters.

Pool Measurement:

- Record applications and Top 10 submissions shall not be accepted unless certification of

course length accompanies them or is on file with USMS or FINA. USA Swimming verification of pool length certification will be accepted if it meets the USMS requirements for pool measurement. (Article 105.1.6A&B)

- Structural changes to a pool include resurfacing. (Article 105.1.6C)
- If a bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of FINA shall be the standard for events sanctioned by a FINA Masters member federation other than USMS. (Article 105.1.7E)
- If a bulkhead is used and the initial pool length certification for all lanes is on file, the measurement rules and policies of USA Swimming shall be the standard for Top 10 eligibility for events sanctioned by USA-S. The measurement rules and policies of USMS shall apply for dual sanctioned events. (Article 105.1.7F)

Facility Standards:

- Water temperature from 25 to 28 degrees Celsius (77 to 82 degrees Fahrenheit) shall be maintained for competition. [M*, NC] (Article 107.6)
- The rule requiring a line marking the midpoint of a long course pool has been deleted.

The Three R's of Efficient Distance Freestyle

by Scott Bay, Head Coach Team Blu Frog Masters, September 21, 2012

We've all heard about the three R's for academics: reading, (w)riting, and (a)rithmetic, and we have long been told they are the fundamentals of a good education. Similarly, we have three R's in freestyle swimming that are the fundamentals of good swimming.

Some coaches have defined the three R's as Range, Rhythm and Relaxation. We take a slightly different approach but are essentially talking about the same things. Some things are a matter of style

and some things are specific to the distance you want to swim. The analogy is one we can borrow from track and field. The way a sprinter runs the 100-meter dash is way different than the stride and technique used by someone running the Boston Marathon. Same sport but different technique. If you are a triathlete or fitness swimmer and looking to go the distance, here are some general tips to help you get the most out of each stroke.

Reach

Simply put, you are just trying to make sure you get the most out of each stroke. This means making sure you are as long as you can be from fingertip to toe tip before you initiate the pull. Make sure the hand enters in front of the shoulder and you make that the anchor point. The hand at full extension is what holds the water and you simply pull yourself over it. Once you start the pull it is important to not push straight down with your palm but rather get your fingers towards the bottom of the pool and the point of your elbow pointed up. Most refer to this as Early Vertical Forearm or EVF . It helps with rotating your shoulder to a nice place where you can swim with your core and not your shoulders.

Rotation

Letting your body drive your stroke takes a lot of strain off the shoulders. Let the hip and shoulder turn over as one piece. This also allows the hand to slip a little further forward before initiating the catch. Remember to get the face back in the water before initiating the pull so you can rotate the elbow and shoulder into that great EVF position. Be patient with this. The mental imagery we use is thinking of setting your hand in wet cement and then rolling your body onto that line rather than moving the hand through the water.

Relaxation

It is so critically important in distance swimming to make sure you do not recruit muscles to help you swim that don't really help you swim. What does that mean? A bunch of things: First is breathing. Don't hold your breath! Even for a second. It flexes all the muscles in the core and that actually takes oxygen out of the system.

See Distance Free on back page.

Virginia LMSC SCY Top10 Summary

Women

Elizabeth Shaw, 23, VMST, 2nd 200 fly
Danielle Myers, 27, VMST, 4th 1000 free, 5th 1650 free, 8th 100 breast, 5th 200 breast, 9th 200 fly
Kate Hibbard, 27, VMST, 10th 50 back
Amy Charley, 25, VMST, 6th 200 back, 10th 400 IM
Maura Bolger, 30, VMST, 3rd 200 free, 3rd 500 free, 3rd 100 fly, 3rd 200 fly, 4th 200 IM, 2nd 400 IM
Deanne Moosman, 33, STON, 10th 1000 free, 6th 1650 free, 8th 100 back, 5th 400 IM
Jocelyn Posthumus, 32, VMST, 10th, 200 back
Jenny deHart, 34, STON, 9th 200 breast
Shannon Summerlin, 39, VMST, 4th 50 back, 8th 50 breast, 8th 50 fly, 5th 100 IM
Melissa Tallent, 37, VMST, 10th 400 IM
Jenny John, 40, VMST, 7th 50 back
Donna Hodgert, 44, VMST, 7th 200 fly
Annette Patterson, 46, VMST, 6th 50 free, 5th 100 free, 4th 50 back, 7th 100 IM
Alice Phillips, 46, VMST, 10th 100 IM, 9th 200 IM
Patricia Miller, 50, VMST, 50 breast, 9th 100 breast
Lisa Bennett, 55, VMST, 7th 100 free, 10th 50 back, 9th 50 breast, 4th 100 breast
Shirley Loftus-Charley, 60, VMST, 8th 50 free, 3rd 100 free, 2nd 200 free, 2nd 500 free, 2nd 1000 free
5th 100 back, 2nd 200 back, 8th 50 breast, 6th 100 breast, 2nd 200 breast, 6th 50 fly, 3rd 100 fly,
2nd 200 fly, 6th 100 IM, 3rd 200 IM, 3rd 400 IM
Marcia Barry, 63, VMST, 8th 200 free, 5th 1000 free, 3rd 1650 free, 9th 50 back
Pam Dameron, 66, QMST, 6th 200 breast
Beth Schreiner, 71, VMST, 1st 50 free, 1st 100 free, 1st 200 free, 1st 500 free, 2nd 50 back, 1st 100 back
Betsy Durrant, 70, VMST, 8th 200 free, 8th 500 free, 2nd 1000 free, 3rd 1650 free, 7th 50 back, 9th 100 back,
6th 200 back
Lucille Griffin, 73, VMST, 9th 200 back, 4th 100 fly, 2nd 200 fly
**Johnnie Detrick, 76, VMST, 2nd 50 free, 1st 100 free, 3rd 300 free, 1st 50 breast, 1st 100 breast, 1st 200 breast,
1st 100 IM, 1st 200 IM**
Leslie Francis, 80, VMST, 8th 200 free, 7th 500 free
Miriam Tuovila, 86, VMST, 7th 50 free, 3rd 50 breast, 3rd 200 breast, 4th 100 IM
Marianna Berkley, 89, VMST, 7th 100 free, 5th 50 back, 4th 100 back, 5th 200 back, 7th 50 breast, 5th 200 breast,
5th 100 IM
Marie Kelleher, 99, VMST, 2nd 50 free, 2nd 100 free

Men

Justin Stauder, 24, VMST, 10th 100 free
Stephen Gomez, 24, VMST, 4th 1000 free, 5th 1650 free, 2nd 200 fly
Dan Gallagher, 24, VTAC, 6th 200 back, 4th 200 fly
Scott Beard, 23, QMST, 9th 50 back
Adam Barley, 30, VMST, 6th 500 free, 3rd 1650 free, 9th 200 back, 7th 200 breast, 5th 200 fly, 7th 200 IM,
5th 400 IM
Daniel Summerlin, 39, VMST, 3rd 50 free, 4th 100 free, 4th 50 fly, 2nd 100 fly, 6th 100 IM
Chris John, 39, VMST, 9th 200 free, 2nd 50 back, 4th 100 back, 3rd 200 back
Chris Stevenson, 47, VMST, 8th 200 free
***Chris Stevenson, 48, NCMS, 4th 500 free, 2nd 1000 free, 1st 50 back, 1st 100 back, 1st 200 back, 2nd 100 fly
6th 400 IM** *(Chris swam at nationals with NC to do relays with high school friends. He's back now.)

Rob Jones, 47, UNAT, 9th 200 free, 8th 500 free
 David Malsbury, 50, VMST, 4th 50 back, 6th 50 breast, 10th 100 breast
 Hank Mierzwa, 62, STON, 9th 200 breast
 Mike Duignan, 65, VMST, 10th 200 back
 Randolph Wise, 70, VMST 5th 50 fly, 7th 100 IM, 6th 200 IM
 Carl Russ, 77, VMST, 10th 1650
 Francis Hall, 85, 8th 50 free, 5th 100 free

Top10 Relays

Men 35+ 200 FR 5th VMST (John, Sprenger, Clear, Summerlin)
 Men 35+ 200 MR 10th VMST (John, Summerlin, Clear, Lewis)
 Men 45+ 200 FR 10th VMST (Harris, Throne, Malsbury, Kennedy)
 Men 55+ 400 MR 8th VMST (Miller, Swiger, McCorkle, Nelson)
 Men 55+ 800 FR 9th VMST (Miller, Swiger, McCorkle, Nelson)
 Men 65+ 400 MR 4th VMST (Beall, Gaulrapp, Novell, Sober)
 Men 75+ 200 FR 8th VMST (Hall, Lyons, Russ, Maher)
 Men 75+ 200 MR 3rd VMST (Newbury, Lyons, Maher, Russ)
 Women 25+ 200 FR 5th VMST (Hibbard, Bolger, Myers, Tudor)
 Women 25+ 200 MR 3rd VMST (Hibbard, Russo, Myers, Tudor)
 Women 45+ 200 FR 4th VMST (Phillips, Kellinger, Bittner, Patterson)
 Women 45+ 200 MR 2nd VMST (Patterson, Miller, Phillips, Kellinger)
 Women 55+ 200 FR 4th VMST (Barry, Braaten, Betts, Loftus-Charley)
 Women 55+ 200 MR 5th VMST (Betts, Loftus-Charley, Braaten, Barry)
 Women 65+ 200 FR 5th VMST (Walker, Durrant, Martin, Schreiner)
Women 65+ 800 FR 1st VMST (Martin, Schreiner, Walker, Durrant)
 Women 75+ 200 FR 2nd VMST (Detrick, Sokolik, Berkley, Averette)
Women 75+ 200 MR 1st VMST (Sokolik, Berkley, Detrick, Averette)
 Mixed 18+ 200 FR 10th VMST (Gomez, Charley, Bolger, Stauder)
 Mixed 25+ 400 MR 8th VMST (Moore, Mastropaolo, Barley, Harris)
 Mixed 35+ 200 FR 3rd VMST (Summerlin, John, Summerlin, John)
 Mixed 35+ 200 MR 2nd VMST (John, Summerlin, Summerlin, John)
 Mixed 45+ 200 FR 4th VMST (Malsbury, Patterson, Phillips, Harris)
 Mixed 45+ 200 FR 9th VMST (Kennedy, Bittner, Jaeger, Vaughn)
 Mixed 55+ 200 FR 7th VMST (Throne, Frisch, Barry, Loftus-Charley)
 Mixed 55+ 400 FR 3rd VMST (Loftus-Charley, Braaten, Swiger, McCorkle)
 Mixed 55+ 400 MR 7th VMST (Page, Swiger, Braaten, Nelson)
 Mixed 55+ 800 FR 4th VMST (Page, Swiger, Braaten, Nelson)
 Mixed 65+ 200 FR 5th VMST (Schreiner, Durrant, Woods, Wise)
 Mixed 65+ 200 MR 6th VMST (Durrant, Frogley, Wise, Schreiner)
 Mixed 65+ 400 FR 2nd VMST (Gaulrapp, Walker, Durrant, Sober)
Mixed 65+ 400 MR 1st VMST (Durrant, Gaulrapp, Novell, Walker)
 Mixed 75+ 200 FR 3rd VMST (Averette, Detrick, Lyons, Maher)
 Mixed 75+ 200 MR 3rd VMST (Newbury, Detrick, Maher, Averette)



VMST Swimmers – all were in SCY Top10.
Back row: Kirk Clear, Clay Beall, Tom Lyons, Owen Maher
Front row: Debbie Jaeger (VMST Secretary), Judy Martin, Betsy Durrant (VMST Treasurer), Ed Gaulrapp.



Annette Patterson, Wilton Kennedy, Jenny Kellinger

Congratulations to all who are listed above – a nice accomplishment!

Special congratulations to Beth Schreiner, Johnnie Detrick and Chris Stevenson for multiple individual first places. Special congratulations also to those who were on 1st place relays: Judy Martin, Beth Schreiner, Laura Walker, Johnnie Detrick, Terry Sokolik, Marianna Berkley, Joan Averette, Ed Gaulrapp and Ken Novell.

Editor's Note: I know this is hard to read, but we are trying to hold each newsletter to 8 pages.

VIRGINIA MASTERS SWIM TEAM
32nd ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 3, 2012



Short Course Meters

Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

Facility: Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **Pool has been measured and certified for USMS records and Top Ten.**

Important Notes: Lockers require a quarter (25 cents). No glass containers in the pool area.

Directions: **From I-64**, take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area**, take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Director: Betsy Durrant

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #122-007.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2012. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org or be prepared to register with LMSC for Virginia on the day of the meet.** Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **All new registrations after November 1 will be valid through December 2013.**

ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

Men and Women will swim together. Back-to-back events are not a good idea.

- | | |
|--------------------------------------|---------------------------------------|
| (1) 800 m Freestyle | (12) 50 m Butterfly |
| (2) 200 m Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 m Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 m Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke | (17) 200 m Butterfly |
| (7) 50 m Freestyle | (18) 100 m Individual Medley |
| (8) 100 m Butterfly | (19) 50 m Backstroke |
| (9) 100 m Breaststroke | (20) 100 m Freestyle |
| (10) 400 m Individual Medley | (21) 200 m Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 m Free Relays (W/M/Mixed)* |

*** Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.

Entries: \$5.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event.** Swimmers may enter a total of 5 individual events and 4 relays.

Entry Deadline: In order to be seeded, paper-entries must be received by **Monday, October 29.** The easiest way to enter is on online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates. Online entries close on **Wednesday, October 31.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for 4th through 6th places.

Social: There will be a social immediately following the meet. Directions will be provided at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. There will be only one heat of each event. You must choose whether you are going to do a Women's, Men's, or Mixed Relay – they will be swum at the same time. Relay entry forms will be available at Check-In.

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
211 66th Street
Virginia Beach, VA 23451-2040

<p><i>Prstd Std</i> <i>U. S. Postage</i> PAID <i>Richmond, VA</i> <i>Permit #3022</i></p>
--

~VMST Fall Meet at Bayside Recreation Center in Virginia Beach, November 3~

The full entry was in the September newsletter. The first sheet of the entry (the meet information) is in this newsletter. To register online, go to www.clubassistant.com. If you need the second page of the entry for a paper entry and do not have computer access, ask your coach to print one from www.vaswim.org, or call me at 757-615-1661 and I will send you the complete entry.

Distance Free Continued from page 4.

Instead, exhale slowly and breathe rhythmically like in yoga. Relax the hands. The great debate over “spoons” or “paddles” is kind of moot. Try this: Make one hand rigid and use the other to feel the muscles in that arm. They are all flexed right? Relax the hand and try to hold the water. Same thing is true with pointing the toes. It makes the entire leg really rigid. The mental cue we use is to think of your knee and ankle joints being connected with a single rubber band. Leaving them looser allows for the stronger muscles to do the work and let the leg finish the kick. The kick comes from the hip.

So there you have it. Reach, Rotation, Relaxation ... the three R's of easy and efficient freestyle. Much of this takes methodical practice but once you master the movements, the swimming gets easier and faster! As always, an experienced coach will be able to help you pull it all together.

This article appears on the USMS website under Training/Stroke and Technique.