

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
August 15, 2013

Meet/Event Directors

If anyone is thinking about running a meet, a clinic, or an open water swim, please send me the date and information as soon as you know. I will list the event in the calendar on page 2. If you get the entry to me, I will publish it in the newsletter for two issues. There have been several events this summer that I just happened to hear about. If you want publicity for your event, you must send me the details and the entry!

Chris Greene Lake Swim

Bradley Phillips sets course record to win the Chris Greene Lake 2-Mile Cable Swim. UVA swimmer eclipses standard that had stood for 25 years.

Charlottesville, VA -- July 14, 2013

Defending champion **Bradley Phillips** took advantage of ideal conditions to set a new course record in the 37th annual 2-mile cable swim at Chris Greene Lake. The University of Virginia swimmer, the 2013 ACC champion in the 500 yd freestyle, surged into the history books on Saturday morning. The 8:30am race featured a field of 77 competitors who enjoyed partly cloudy skies, a light breeze, and water and air temperature both around 78 degrees. Phillips, 21, crossed the finish line in 38:25.18, breaking **James Kegley's** 1988 gold standard by seven seconds. His performance now represents the fastest time ever recorded in a sanctioned 2-mile cable swim.

In the women's 2-mile event, **Kate Stephensen**, 23, prevailed in 42:34.72, claiming her first title, while **Andrea Hunt**, 65, set a national

record of 57:12.63, breaking the former record by 3 minutes to win the 65-69 age bracket.

The 10:30am 1-mile cable swim consisted of a field of 94 finishers. **Jen Stringer**, 37, from Raleigh, NC, took the women's crown in 22:49.33, a new course record for women 35-39, while Charlottesvilleian **Rob Jones**, 48, was the male winner in 21:31.76, a new course and national record for men 45-49. Other course records were established by **Alice Phillips**, 47, **Patricia Miller**, 52, **Sean Stringer**, 37, **Mark Loftis**, 53, and **Jim McFarland**, 55.

The record-breaking swims took place at Chris Greene Lake in Charlottesville at the annual event hosted by Virginia Masters Swim Team. Athletes of all ages have been competing in the 2-mile cable swim on the second Saturday in July every year since 1977. Participants swim beside a "cable", a series of nylon ropes that are installed each year by staff from Albemarle County Parks and Recreation. The ¼ mile distance runs in a straight line between two permanent wooden pylons and was found to be within an inch of 440 yards when surveyed a few years ago, allowing the races to be eligible for national records.

Brian and Brad Phillips





If you do not have internet access and need an entry, contact me (address and phone below) and I will send you a copy. Betsy

Sept 14: Asheville, NC
Pool and Open Water Event

Oct 6: Peluso Open Water Swim, Richmond
2.4 and 5 Mile Events

Oct 27: George Mason University Sprint Classic

Nov 2: Tentative date for SCM in Virginia Beach

Dec 7: Germantown, MD

Jan 26: Alexandria Tropical Splash

May 1-4: USMS SC Nationals, Santa Clara, CA

Aug 3-10: FINA Worlds in Montreal

Aug 13-17: USMS LC Nationals in
College Park, MD

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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

ONLINE Registration for many meets:
www.clubassistant.com

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Records and Top Ten: Chris Stevenson
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Chris Greene Lake Age Group Winners

Two Mile Swim

Women

18-24 Kate Stephenson, UNAT
25-29 Christine Setness, OEVT
30-34 Lisa Chin, ANCM
35-39 Lesley Eicher, UNAT
40-44 Allison Klein, UNAT
45-49 Mary Grace McAlevy, UNAT
50-54 Caroline Kettlewell, UNAT
55-59 Sara Levine, UNAT
60-64 Shirley Loftuw-Charley, VMST
65-69 Andrea Hunt, ADMS
70-74 ---
85-89 ---

Men

Bradley Phillips, OEVT

Craig Charley, RCA
Wayne Duncan, VMST
Mike Henry, UNAT
Derek Raulerson, VMST
John Rogers, UNAT
Jim McFarland, VMST
William James, UNAT
Willis Braswell, DCM
Joe Kelleher, VMST
Calvin Barnes, VMST

ONE MILE SWIM

18-24 Katherine Cunningham, OEVT
25-29 Michele Macary, MASH
30-34 Claire Russo, VMST
35-39 Jen Stringer, NCMS
40-44 Allison Klein, UNAT
45-49 Alice Phillips, POWM
50-54 Patricia Miller, VMST
55-59 Karen Mickunas, VMST
60-64 Shirley Loftuw-Charley, VMST
65-69 Nancy Faux, POWM
70-74 ---

Chris Vail, OEVT

Joshua Karrasch, OEVT
Sean Stringer, NCMS
Jay Peluso, POWM
Rob Jones, UNAT
Mark Loftis, REDT
Jim McFarland, VMST
Howard Craddock, VMST
Willis Braswell, DCM
Art Smith, DCM

Special congratulations to Shirley Loftus-Charley and Jim McFarland who won their age groups in both the One and Two Miles Events!

Mail

In regard to Pan American Meet in Sarasota:

From Lynda Calkins: I just wanted to say that I attended the Pan American Games in Sarasota as well. I competed in the 3k open water swim and placed 6th in the 60 - 64 age group.

Editor: Thank you, Lynda. I finally checked the Open Water Results and found that **Adam Barley** placed second in the 3K for 30-34. **Derek Raulerson** also swam the 3K in the 45-49 age group.

This note went to Chris Stevenson in regard to the Chesapeake Bay Swim:

From Jim Miller: ... you missed my 15th Bay Swim!! It is the only race that I do that finishing is my goal and time is secondary. So, in many ways it is a different type of challenge. The ability to sprint gets me through currents and out of packs, so that part is fun. This year, I swam the first week of PanAms, flew back to Maryland, swam the Bay and then was back on the plane 4 hours later to get back to Sarasota for my 50 back the next day!

See Mail on page 4.

Mail continued from page 3.

Editor: I think it is important to list as many names as possible in the newsletters. I like to know what others are doing. Chris Stevenson is great about searching results for Virginia swimmers. However, whenever you make a list, there is always the possibility of missing someone. That's why I really appreciate the two notes above from Lynda and Jim.

On another subject:

From Bruce Summers: I have a question and request as an LMSC member but the first priority in writing this e-mail is to thank you for producing an engaging and relevant newsletter for our Virginia LMSC.

By way of background, I am an URMS member, although, I recently moved to Lexington, Virginia and have been swimming at the Community Pool, often with RCA. My experience has led me to reflect on membership "critical mass" and I am reminded of the table you published in the March 15, 2013 issue of *The Wet Gazette* listing all Virginia clubs with their respective numbers of members as of registration year-end 2012 (October 31) and year-to-date 2013. (Speaking to your "Lists and Numbers" comment in that newsletter, this reader for one thinks these data are both interesting and important -- please keep providing us with Virginia LMSC numbers.)

My question/request is, can you provide me with and/or publish an updated table showing actual club memberships, 2012 versus 2013 actual? I think these data will prove very helpful to club leaderships and members, in terms of evaluating membership potential, realized and unrealized.

Editor: Bruce, Registrar Shirley Loftus-Charley has provided the information. See page 7. When I was typing the age group winners for Chris Greene Lake, I was struck by the number of swimmers who are registered as UNATTACHED or have opted for OEVT (one event registration). I can't help but think clubs are not providing anything of value to open water swimmers. I hope to get some feedback from others on this subject.

A new club for out LMSC, making a total of 31.

From Registrar Shirley Loftus-Charley: We have a new club. Below is their information:

Name: Hargrave Aquatics Masters Swimming

Abbreviation: HAM

Contact: John Eife, Aquatics Director,
john.eife@gmail.com, (610) 908-5517

Training Center: Hargrave Military Academy,
Onishi - Davenport Aquatic Center, 107 Military
Drive, Chatham, VA 24531

MASTERS SPOTLIGHT

Dave Holland

*This article is from the NOVA Masters News by
Claire Russo.*



*Dave is pictured
with his kids,
Hank and
Abby, in VA
Beach this
summer. Both
kids swim at
NOVA.*

After years of putting together the NOVA Masters news, Dave handed over the responsibility to me (Claire). When I told him he was the next Masters spotlight, his fist went into the air in excitement and a huge grin spread across his face. Dave has been a fixture at NOVA for many years, is an avid meet participant and relay guru. He also provides some comic relief during practice and is always ready to "bring it".

When did you join NOVA Masters and how often do you swim?

I joined in the spring of 2006, I believe. Chris Stevenson told me about the group and I liked all of the people immediately. I usually make it to practice 4 x per week.

What is your background as a swimmer and athlete?

I started swimming at age 7, summer league, and progressed from there. I was 5'2" in the 8th grade, and just got hammered in football/basketball, so opted for soccer and swimming. I was halfway decent on the soccer field, but looking back, I'm pretty sure I was a ball hog. At some point, my mom was picking me up early from soccer practice and I was arriving late to swim practice, and both coaches were annoyed, so I "concentrated" on swimming. I swam year-round for a local team

called the Rams out of the VCU pool, in the cellar of the Franklin St. gym. Todd Bassett was there during that time, as was Mark. I spent six years swimming for that little team, until it folded in 1984, and then spent my senior year at Briarwood (now the AC-AC pool). I made some good progress in my senior year, dropping to a 53 in the 100 fly, and thought I was good enough to swim Division I. I swam at Indiana University from 1985-89 and although I was a small fish in a big pond, I made some progress, and the experience was very worthwhile.

I got hooked on masters at age 30. I went to short course nationals in Indianapolis in 1998 and did better than expected, went 53 in 100 fly and finished in the top 10, I believe. That summer I went to long course nationals in Ft. Lauderdale and that was terrific fun. I finished 2nd in my best event, the 200 fly, by .02. Well, that really pissed me off, so I just decided I would train harder. I have a long history of second place finishes, all the way back to 1975, but really, it's been good for my physical health as I believe my large collection of red ribbons and silver medals has kept me in the sport.

When I turned 40 I took up running, and I've done 3 marathons. It's a nice alternative to swimming laps, as the scenery is better. I also like to do some hiking and mountain biking.

What motivates you to wake up and swim at 5:45am?

I really have no idea. I can't read the settings on the alarm clock any longer in order to change it, so I just get up when it goes off at 5:18am, and put my suit on. I will say that my day goes better if I swim first, and I do like the fun group and enthusiastic coach we have.

Outside of the pool, what occupies your time?

I work as a speech-language pathologist at Ginter Park Elementary, working with children ages 4-11. I also coach swimming during the summers at Ridgetop. Both of my kids swim at NOVA, so I spend a lot of my time outside of the pool... driving back to the pool!

Some people might be surprised to know that...

Mark taught me butterfly in 1976 at Southampton, when I was 8. He was 20 years old at the time, a strapping young stud, and we all loved him. I'll never forget the first meet where he signed

me up for a 25 butterfly. It was at Three Chopt and I just didn't have the guts to do it, so I hid behind a chair and made my mother tell him I wasn't doing it. I remember he just shook his head and walked away without a word. He still does that today, doesn't he?

Also, people might be surprised at my finesse in backgammon and foosball. Those skills have not declined over the years, and I'm pretty sure I can whip Bill and Chris and George and most of those other one-syllable old farts.

Favorite song Mark plays/sings and why:

It's hard to think of just one. I like it when he sings a familiar song by Elvis or the Beatles but modifies the lyrics to insert a swimmer's name. I have to say, his dancing is rather entertaining, and you gotta respect a guy who can throw down some moves on the pool deck.

Favorite Kutzism:

I like it, I love it, I want more of it.

Invisible Training

Not all performance improvements are gained in the pool

By Chris Ritter

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

Have you ever stopped to think about when improvement occurs in your training cycle? You may have never thought about this, but you should. Is it right after a hard workout? Is it 12 or 24 hours after a workout?

For most people, the benefits of the work done need time to transpire, and once the body has adapted, you start to see performance improvements. Some coaches even refer to this recovery period as "invisible training," less obvious than the actual workout, but vitally important. You may not be doing sets and reps, but when and how you recover determines how much you'll reap from your "real training" sessions.

Understanding when your improvement happens is crucial if you want to continue to improve your performance because the ability to

See Training on page 6.

Training continued from page 5.

recover is what changes most as you age. You do not lose the ability to increase strength or power as you age, rather your body slows down its recovery response rate. This cannot be overstated: your ability to recover from training is what changes as you age, not your ability to improve strength or power.

If you don't adapt your training schedule and intensity to match the biological changes that your body is going through, your training will not continue to produce the effects you seek.

Anyone can train hard, that's usually not the issue. Instead, it's whether or not you know when to train hard and when to back off to allow your body to fully recover. If you don't know when to retreat, you'll slowly drive yourself into a deeper and deeper hole. This is when sickness and sub-par performances take the place of feeling healthy and seeing improvements on a regular basis. Also known as overtraining, this is a lousy place for performance-focused swimmers to reside, and it happens to many Masters swimmers who may think that more training is always better.

Though this problem is common, the fix is simple. Shift your mindset. Realize that some benefits are gained not from training harder, but by recovering better. Intensify your recovery period, and you'll notice more gains. This might seem counterintuitive, but recovering effectively and consistently is a skill you can learn, and you'll probably have to experiment to find the best methods for your body.

Over the years, some of the athletes I train have found one or two strategies from this list that really help. Individual variation is an important component of applying these strategies. Experiment with these strategies to see whether your performance improves.

Recovery Strategies

- **Consistent and sufficient sleep.** Many people are chronically sleep deprived, and although it can be difficult to get enough sleep, it's vitally important to your performance not just in the pool, but across all aspects of your life.
- **Proper nutrition.** We all seem to be eating on the run these days, but take the time to eat properly and you'll likely see a performance increase when

your body has the appropriate balance of nutrients it needs to perform at the top level.

- **Stretching, foam rolling, and self-myofascial release.** All of these activities can help release lactic acid that accumulates in the muscles during a training session. When the body can efficiently flush these toxins out and repair the training-inflicted damage done to the muscles during a workout, you will likely see bigger gains from your work in the pool.

- **Proper warm-up and cool-down procedures.** Similar to stretching, warming up and cooling down before and after a tough training session prepares your body appropriately for the work that's coming and helps the body process the work after it's been completed.

- **Icing, cold plunges, and contrast baths.** Though chilly, these methods can help reduce inflammation in the body after a workout, which also helps flush out toxins and improves your body's response to a training session.

- **Massage and chiropractic adjustments.** Keeping everything limber and in alignment can also help your body work smoothly and may enable you to get more out of your training time.

How to Test Your Recovery Strategies

- **Check your resting heart rate in the morning.** A lower heart rate is better, as that indicates your body is adapting to the work you've asked it to do.
- **Use a heart rate variability monitor or smartphone app.** Though tracking your heart rate via monitors and phone apps is relatively new, it's based on the old science of keeping tabs on your heart rate and understanding how your body responds to work and stress. These tools can be especially effective in helping you stay on top of this important biofeedback.
- **Take a vertical or broad jump test.** As it sounds, this simply means measuring your jumping capacity and tracking your results over time. Over time, you'll discover your average jump distance; a below-average score indicates you're not fully recovered.

See Invisible Training on back page.

CLUB	Name	2012 Members	2013 Members thru February	2013 Members thru July
VMST	Virginia Masters Swim Team	376	296	322
UNAT	Unattached	335	204	306
POWM	Peluso Open Water Masters	68	139	196
SUNF	Sunfish Masters	52	22	41
LTSM	LetSwim Masters	36	9	26
QMST	Quest Masters Swim Team	30	19	21
BMS	Blacksburg Masters Swimming	30	15	17
WAVA	Warrenton Masters Swim Team	22	15	16
WVM	WV Masters Swimming	0	14	14
ACAM	Atlantic Coast Athletic Club	13	9	13
LAMS	Leesburg Area Masters	12	10	13
CNU	Christopher Newport University Swim Club	21	12	12
RCA	Rockbridge County Aquatics	20	8	12
BWST	Blue Wave Swim Team	10	7	11
WMS	Winchester Masters Swimming	10	11	11
VTAC	Tidewater Aquatic Club	8	6	10
MAC	Midlothian Athletic Club	5	8	9
SHKS	Sharks Swim Team Masters	0	9	9
STON	Stonewall Masters	7	7	9
FSYM	Four Seasons YMCA Masters	14	8	8
URMS	University of Richmond Masters Swimming	14	7	7
VTMS	Virginia Tech Masters Swim Team	0	4	7
HAM	Hargrave Aquatic Masters	0	0	5
FAFF	Fredricksburg American Family Fitness	6	4	4
WCMS	RMH Wellness Center	0	0	4
CFYM	Charleston Family YMCA	17	3	3
CPYM	Crozet Parc YMCA Masters	0	0	3
MAMS	Monarch Aquatic Masters	0	1	2
SHYM	South Hampton YMCA Masters	5	1	2
STEC	SwimTec, LLC	1	2	2
WVMS	Wytheville Masters Swimming	3	2	2
SNOW	SNOW Masters Swimming	5	1	1
DVM	Dominion Valley Masters	4	0	0
FIN	FIN-ATICS	2	0	0
MRTY	Martinsville YMCA Masters	1	0	0
NRBB	New River Black Bears	0	0	0
NSSC	Norfolk State Swim Club	0	0	0
SMAM	Shenandoah Marlins Aquatic Club Masters	8	0	0
	TOTAL	1135	853	1118

Local Masters Swim Committee Newsletter
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Invisible Training continued from page 6.

- **Swim a specific set regularly.** Do the same set over a period of days or weeks and track your performance. You can then use this set to regularly gauge your ongoing performance level. Deviations from normal can indicate whether you're overtraining or if you're registering performance gains.
- **Keep an eye on your pee.** What color is your urine? Does it change over time or in relation to your training schedule? Urine color indicates hydration level and can show whether you're hydrated properly. Too dark and you're probably not drinking enough. Too pale and you may be overhydrating.
- **Keep a recovery journal.** Use this journal to record how you feel after each training session on a zero to 10 scale with zero meaning no fatigue felt and 10 indicating maximum fatigue. After you've charted some data, look for trends and places where you can make a change to recover more when you're experiencing more fatigue.

Remember, improvement does not come strictly from actual training sessions. You improve during your recovery, that space in between training sessions when your body does important repair, adaptation, and improvement functions.

About the Author—Chris Ritter

Chris Ritter is the founder of RITTER Sports Performance online training programs and the author of the e-book, SURGE STRENGTH, which details how to strength train specifically for swimming performance. Ritter, a swimmer himself, has a degree in kinesiology and exercise science and he specializes in training athletes of