

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
August 15, 2014

Summer Events

Commonwealth Games in Christiansburg June 21

Thirty-seven swimmers were entered in the meet, representing 5 teams. The teams:
CMAS – Christiansburg Blue Fin Masters
HAM – Hargrave Masters Swimming
POWM – Peluso Open Water Masters
VMST – Virginia Masters Swim Team
WVMS – Wytheville Masters Swimming

Results can be found on the Commonwealth Games Website: commonwealthgames.org. See page 5 for more on the Commonwealth Games.

Chris Greene Lake in Charlottesville July 12

(This article is from our website: vaswim.org)

On a gorgeous day for open water swimming, 140 athletes gathered on July 12 to participate in one or more cable swims at Chris Greene Lake in Charlottesville, VA. Eighty-seven of these swimmers were from our LMSC, with **Peluso Open Water Masters** leading the way with 24 of its members participating.

As usual, the meet was very well run and spectators were treated to some fast swimming. **Val Van Horn Pate** set a new course record in her age group in her 1-mile swim of 24:46.94, which also placed her in the top 10 all-time fastest women for the 1-miler. The overall winners for the 1-mile and 2-mile swims were **Rob Jones** and **Chris Stevenson**, respectively, for the men; **Maura Smith** achieved the impressive feat of being the overall fastest woman in BOTH 1-mile and 2-mile races. Wow!



The complete (unofficial) results have been uploaded to the website.

As usual, thanks go to race director **Dave Holland** and his crew of volunteers for putting on another successful event. Congratulations to all who participated, and we hope to see you again at **Lake Moomaw!**

More on Chris Greene Lake

The annual Chris Greene Lake cable swim is one of the longest-running open water events in the country. Masters swimmers of all ages, backgrounds, and corners of the globe have been flocking to Charlottesville, VA, to compete in the 2-mile race every summer since 1977. Beginning in 1980, Chris Greene Lake has also been a frequent site for USMS Open Water National Championships.



LC Meet in Goldsboro, NC June 7

Two swimmers from Virginia swam in this early LC meet. Susan Bricken from Christiansburg Blue Fin Masters and July Martin from Virginia Masters were both entered in the same age group, Women 70-74.

Other Events

If you have been in any other meets or in any open water swims, send me some information about the event.



If you need an entry and do not have access to email, call me and I will sent you an entry. Betsy

WAVA Postal Event, through August 31, 2014:
Butterfly is Not a Crime.

VMST Fall Meet – Saturday, November 8, in Virginia Beach. Entry and information will be in the September newsletter.

Newsletter Editor

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USMS Masters Certification for Coaches

September 5: USMS Levels 1 and 2 Masters Coach Certification Course in McLean, VA

The cost for the Level 1 & 2 certification is \$180, or \$160 if the participant has registered with USMS under a coach membership. Our LMSC is offering the following:

- Scholarships that will cover 50% of the certification cost for Level 1 & 2 certification for the Sept. 5 session in McLean
- To receive a scholarship, the applicant must meet the criteria for the course (e.g. USMS membership) and be registered for USMS through the Virginia LMSC
- Applicants do not need to be active coaches. Many people who are swimmers use the Level 1 & 2 certification to give them the knowledge and

See Coaching Certification on page 7.



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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Graphics from www.swimgraphics.com

USMS LC Nationals

August 13-17

U of Maryland, College Park

I did a quick visual search of the rosters and I came up with 55 swimmers from our LMSC in the meet.

POWM – Peluso Open Water Masters – 7

SUNF – Sunfish Masters – 1

VMST – Virginia Masters Swim Team – 40

UC12 – Unattached – 7

You can keep up with the meet by following Real Time Results on the USMS website which posts times for each heat as soon as the heat is completed. Final results are posted online as soon as they are official, also on the USMS website.



VMST Fall Meet

November 8

The VMST Fall Meet in Virginia Beach will be on Saturday, November 8. We usually have it the first Saturday in November, but logistics with USMS registration for 2015 made it impossible to have a meet on November 1.

The meet is scheduled for November because anyone who joins USMS on or after November 1 gets the rest of 2014 and all of 2015. This seems to be the best deal for new swimmers. However, no one can register online until November 1, so we wouldn't be able to verify registrations and many people prefer to use a credit card online rather than a check or cash at the meet.

Online registration for the meet will open in September. The November 1 date is for USMS membership. Meet information and the paper entry will be in the September newsletter.

USMS Convention

September 17-20, Jacksonville, FL

United States Masters Swimming is a unique organization in that the members make the rules and run the organization. Each year there is a convention to take care of business. Rules for the strokes and events and conduct of meets have to follow FINA (the international body) and abide by their rules. Everything else is run by USMS members like you and me. We now have professional staff in Sarasota who run the day to day operations. Our Executive Director is hired and evaluated by the Board of Directors (members elected at the convention). The Executive Director hires and evaluates other employees and contractors.

Fourteen Standing Committees and six Board of Directors Committees meet during the convention. The Standing Committees report to the House of Delegates (HOD). The HOD is composed of USMS members (officers, committee chairs, certain committee members, representatives from each LMSC). The Board of Directors (BOD) Committees report directly to the BOD.

The Standing Committees are: Championship, Coaches, Fitness Education, History and Archives, Legislation, LMSC Development, Long Distance, Officials, Open Water, Recognition and Awards, Records and Tabulation, Registration, Rules, Sports Medicine and Science. The BOD Committees are: Audit, Compensation and Benefits, Finance, Governance, Investment, Swimming Saves Lives Fund.

Our LMSC is entitled to three delegates in addition to those with automatic delegate status. We will be represented by:

Chris Stevenson (Vice President, Local Operations)

Patty Miller (Legal Counsel)

Betsy Durrant (Finance Cmte)

Heather Stevenson (Legislation Cmte)

Charlie Cockrell (Rules Cmte)

Jim Miller (Past President)

Shirley Loftus-Charley (LMSC Delegate)

Charlie Tupitza (LMSC Delegate)

Ginger Cyganiewicz (LMSC Delegate)

The USMS Convention is part of the US Aquatic Sports Convention. Meeting at the same time are: USA Swimming, Diving, Water Polo, and Synchronized Swimming.

Three Reasons Why Swimmers Should Strength Train

Prevent injuries, improve performance, and introduce variety

By Chris Ritter

As a Masters swimmer your time for training is often limited. So it's legitimate to ask, "Why is it important to find time to strength train?" There are plenty of reasons why strength training has value in your limited training program, but let's focus on the three most important:

1. Injury Prevention

Although there are four different competitive strokes, swimming as a whole is a repetitive sport with regard to the movements that are performed. As a result, overuse injuries are common. For example, a great way to combat overuse injuries to the shoulder is by strengthening your mid and upper back, along with the backs of your shoulders.

If you're performing a properly balanced strength program (see related article *Strength Training: A Balanced Approach*), you can give your body the strength to continue training in the overuse pattern that swimming demands. Essentially, an effective strength-training program can mitigate the negative effects of a repetitive sport.

When some people "strength train," they mimic bodybuilding routines and perform exercises that focus on what can be seen in the mirror: chest, arms, shoulders, and quads—many of the same areas already activated in swimming. For balance, swimmers need to focus on the opposing areas, which means movements that incorporate mid and upper back, backs of the shoulders, glutes, and hamstrings.

This type of balanced strength training aligns your posture and reduces the potential for injuries. Overuse injuries, by nature, get worse and develop faster with poor posture. The optimal type of strength training program helps you stand taller and swim longer.

2. Performance Enhancement

When you're moving through water, there's no force production against hard surfaces, except for turns and starts, so you may wonder why getting stronger can help you swim faster. One of the biggest ways is that the stronger a muscle is, the

more resistant it is to fatigue. This means you'll be better able to keep up your technique while swimming faster and farther than if you weren't as strong.

To gain this type of strength you need to work in a gravity-based environment and produce force. This is where your strength-training program allows you to activate the highest level of muscle recruitment, since water doesn't allow gravity to be much of a factor. Greater recruitment results in greater strength. Remember that increased strength doesn't equal bulk. Bodybuilders train for bulk; swimmers need to train for strength.

Strength training also increases athleticism, which will translate into faster swimming, as your increased muscle coordination will transfer throughout the movements of different strokes.

3. Training Variety

Swim training doesn't offer much variety—that black line can quickly get pretty boring. Strength training can give you a much-needed mental break.

Whenever you train in the same manner over and over, the body responds less and less to training over time. By varying your training both in and out of the water you'll get more out of each training session.

Often the best way to get better at something is to take a short break from it and come back to it again. Strength training can be your short break and help you become energized for your next swim workout.

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 diverse abilities, ranging from beginners to Olympians. Follow him on Twitter [@RITTERSP](#) or like his [Facebook page](#) for updates and training tips.

This article and the following article are from [usms.org](#).

Strength Training: A Balanced Approach

Incorporate pushing and pulling to help prevent injuries

By Chris Ritter

Movement and muscle imbalances cause the majority of chronic injuries, and swimming is an imbalanced sport. Think about how much all of the competitive strokes use similar muscles and movements, especially in your upper body. Add to that the repetitive nature of swimming, and over just a short span of training, you can develop some type of pesky injury.

Oftentimes that injury occurs in the shoulder. If your strength-training program incorporates a lot of push-ups and dips but includes few pulling movements to counterbalance the pushing in those exercises, your shoulders will likely suffer.

Strength training is a great way to combat the negative effects that swimming can have on your posture and function. To get the benefit, though, you need to shift your thinking about your body. Many people still think of strength-training workouts in terms of “chest day” or “leg day,” an archaic approach that’s only really useful for bodybuilders. Instead, start thinking about training *movements* instead of muscles or body regions. To maintain a balanced program, make sure you aren’t pushing more than you’re pulling over the course of your training. Basic movements can be broken down into four categories:

- Pushing (such as push-ups or dips)
- Pulling (such as pull-ups or rows)
- Knee-dominant (such as squats or lunges)
- Hip-dominant (such as deadlifts in either a single or double-legged position)

A simple workout should focus on just **one exercise from each category**. Once you have that part down, the next step is to develop a balanced strength-training program.

For swimmers, I recommend a slightly imbalanced program that emphasizes more pulling than pushing to help offset the negative posture and function effects of swim training.

When strengthening the lower body, it’s important to balance knee- and hip-dominant movements. Most people will focus too much on knee-dominant movements and neglect hip-dominant ones. If these moves aren’t practiced proportionally, you may experience hamstring or other lower body injuries.

The best way to avoid injuries is to stay ahead of them with a preventative strength-training program. However, without proper instruction, you can get injured doing strength training. Be sure to use good judgment when learning new movements. All four of the categories: pushing, pulling, knee- and hip-dominant, include many exercises that vary in difficulty. Consulting with a fitness professional will help you decide which ones are best for you.



More on the Commonwealth Games

I asked **Shirley Loftus-Charley** about the meet. Her report:

What I remember most about the meet was going for national relay records. Before the meet Johnnie (Detrick), Marcia (Barry), Beth (Schreiner) and I e-mailed each other and decided that this might be a good meet to try to set some national relay records. Christiansburg offered all five relays and it's a fast pool. We had broken the 400 free record, in the 280+ women's category, at last year's Richmond meet. So we thought we would go for the other four records (200 Free, 400 medley, 200 Medley and 800 free). When we added up our times it looked like we had a good shot at three out of four of the records. Our times were a little slow for the 400 medley record but that wasn't going to stop us from trying.

First was the 200 Free Relay, we just squeaked by and broke the record by just .16 seconds. Next was the relay we were worried about the 400 medley but we broke that by 2.73 seconds, no problem. Then came the 200 medley relay and we crushed that by 7.70 seconds. After the 200 medley relay there was supposed to be a long break, 1,500 free, however all the swimmers scratched so we only had 5 minutes to get ready for the 800 free relay. Although we predicted that we could easily break the record we only broke it by .42 seconds. Needless to say we were all pleased and we had accomplished our goal for the meet! At the moment we own all LCM National Records in the Women's 280-319 Age group!

USMS National Records

Women's 280-319 Long Course Meters Relay Records

Event	Team	Swimmers	Date	Time
200 Freestyle Relay	VIRGINIA MASTERS SWIM TEAM	<u>Johnnie Detrick</u> , <u>Laura S Walker</u> , <u>Marcia L Barry</u> , <u>Shirley A Loftus-Charley</u>	06-21-14	2:38.36
Old record:	NEW ENGLAND	Clara Walker, Billie Burrill, Petey Smith, Diane Reed	08-11-96	2:38.52
400 Freestyle Relay	VIRGINIA MASTERS SWIM TEAM	<u>Marcia L Barry</u> , <u>Johnnie Detrick</u> , <u>Laura S Walker</u> , <u>Shirley A Loftus-Charley</u>	06-22-13	5:45.80
Old record:	VIRGINIA MASTERS SWIM TEAM	<u>Barbara M Zaremski</u> , <u>Beth Schreiner</u> , <u>Laura S Walker</u> , <u>Betsy Durrant</u>	08-08-09	5:53.62
800 Freestyle Relay	VIRGINIA MASTERS SWIM TEAM	<u>Shirley A Loftus-Charley</u> , <u>Laura S Walker</u> , <u>Johnnie Detrick</u> , <u>Marcia L Barry</u>	06-21-14	13:30.52
Old record:	VIRGINIA MASTERS SWIM TEAM	<u>Betsy Durrant</u> , <u>Laura S Walker</u> , <u>Barbara M Zaremski</u> , <u>Beth Schreiner</u>	08-08-09	13:30.94
200 Medley Relay	VIRGINIA MASTERS SWIM TEAM	<u>Marcia L Barry</u> , <u>Johnnie Detrick</u> , <u>Shirley A Loftus-Charley</u> , <u>Laura S Walker</u>	06-21-14	3:02.23
Old record:	ARIZONA	<u>Nancy Kinney</u> , <u>Gail Roper</u> , <u>Sally Bolar</u> , <u>Edie Gruender</u>	08-15-05	3:09.93
400 Medley Relay	VIRGINIA MASTERS SWIM TEAM	<u>Marcia L Barry</u> , <u>Johnnie Detrick</u> , <u>Shirley A Loftus-Charley</u> , <u>Laura S Walker</u>	06-21-14	6:54.11
Old record:	SAN DIEGO SWIM MASTERS	<u>Betsy T Jordan</u> , <u>Anne H Williams</u> , <u>Barbara G Dunbar</u> , <u>Marilyn A Ramey</u>	07-22-12	6:56.44

Note that 3 of the records broken were already held by VMST swimmers. At Nationals in Maryland, only the 200 Free Relay and 200 Medley Relay are offered. Shirley won't be at the meet, but Terry Sue Gault will be on the relay team which will try to lower the records again. At Maryland, we will have Terry Sue Gault, Marcia Barry, Beth Schreiner, and Johnnie Detrick. The sum of the ages has to equal at least 280.

Coaching Certification continued from page 2.

confidence to become Masters coaches.

•Scholarships limited to 8 and will be awarded on a first come first served basis for anyone who meets the criteria above, except no more than two scholarships per club.

Registration for the Certification Course is at clubassistant.com.

To request a scholarship, please send an email message to Patty Miller, Virginia LMSC Chair (pmillerswvr@gmail.com), copying Shirley-Loftus Charley, Virginia LMSC Registrar (charleys@cfw.com), with the following information:

- Name
- USMS membership number
- USMS club, if any
- Whether you have registered as a USMS recognized coach (not required)

Note: The McLean clinic is limited to 40 participants, so act fast. Registration for the clinic is separate from requesting a scholarship from the LMSC.

Getting to Know Coach Mark

Editor: If you are not from Richmond, you may not know **Coach Mark Kutz**. At the Richmond meet in February, Mark is there as coach, facility manager, and swimmer. This is an abbreviated article from the NOVA team news.

Mark plays a key role at NOVA, keeping the facility running and coaching Masters and some of our older swimmers. Even if you do know him, we bet you don't know his coaching career spans 40 years or what other NOVA coach he's known since his first job out of college. Keep reading to learn more.



Bravest question first: kindly unwind for us all the long chain of your coaching pedigree?

I started coaching clinics my freshman year at VCU in 1974. In 1975, I started my first summer league coaching job. My US Swimming coaching career started with helping to coach the CAC Rams at VCU while in college. When I graduated, I landed a job with the Tritons of Petersburg as an assistant under **Dudley Duncan** and with a young first-year coach named **Diane Cayce!** I then coached for the CAC Rams again for a couple of years with Bob Johnson. Then, I went to work for BRAC at Briarwood (now ACAC) for Doug Fonder. I became Head Coach there in 1988 – the same year my son Ian was born! We then formed Poseidon Swimming, and I coached for them for several years before retiring for a few years to be at home more with my young children.

In the mid-nineties I got back into coaching, first with TRAC and my old friend Tony Barney, and then for many years with the Richmond Racers with Mike Hodges. Geoff had asked me on several occasions if I had any interest in coming to coach at NOVA while servicing the pool with my business, The Pool Guy. I started helping in the morning with Leigh Robbins in the early 2000s, and my position has developed into what I do now at NOVA.

The Pool Guy – please explain for those who don't know you.

I started my own swimming pool service company back in the late '90s and called it The Pool Guy. It has grown from a little part-time business, with me going around to a few pools, to a business that keeps me, my son and my new son-in-law hopping nearly year- round. We do weekly service for residential and commercial pools as well as repairs for both.

Pace Man – what is this nickname about?

The name has evolved over several years of specific training and my duties as warm up guy at the major meets like Tom Dolan, Senior Champs and Nationals. I help the kids get ready for their swims by getting them to “pace” prior to their swims. The Paceman name just stuck after many people began calling me that. I have come to like the name!

See Coach Mark on back page.

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Coach Mark continued from page 7.

Have you ever given splits to some strange swimmer by mistake or told someone to go faster?

I have taken splits for other swimmers in the warm up lane at Nationals and/or Senior champs if their coach wasn't able to come help them, and I wasn't too busy with NOVA kids.

Can you share a few brief anecdotes or “did you know that?” items from your swimming career?

My best swimming years were age 10 and under, where I was undefeated in several events and nationally ranked in those as well. I swam for the Asbury Park YMCA for a couple of years in high school and my senior year for Central Jersey Aquatic Club – the #1 team in NJ back then. They dominated NJ swimming then like NOVA does Virginia swimming today! I swam for VCU from 1974-1978 and was team captain my last two years. I enjoyed college swimming and hated for it to end. I got faster every year in college!

How do you best waste time?

Probably looking at meet results on the computer.

Cartoon character you most resemble or would most like to be?

I have no idea???? How about **Underdog**? Here I come to save the day!!!

What mentor, family friend or former coach do you value most after so many years coaching?

My first coach, **Bob Ballou**, was my inspiration to become a coach. I have missed him greatly since his early death from a fall at 38 years old in 1975.

Link to full article:

http://www.teamunify.com/SubTabGeneric.jsp?team=vsnva&_stabilid_=105059&utm_source=NOVA+Community+News+Spring+2014&utm_campaign=2014+June+Newsletter&utm_medium=email

