

The Wet Gazette

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

3000/6000 Yard Postal Event

Entries have closed for this event. The list of swimmers who have entered includes:

UC12 (Unattached)

Peter Lilehei, 41
Patricia Wells, 60

VMST

Jorge Cortina, 55
Betsy Durrant, 73
Stacy Hartman, 36
*Shirley Loftus-Charley, 62

QMST

Opal Brink, 19
Kristen Conner, 47
Alicia Dalton, 44
Pam Dameron, 69
Amy Howard, 50
Cleary May, 44

Mary Ann Peterson, 54
*Mitch Saks, 56
*Nancy Speer, 51
*Ralph Swiger, 58

*Shirley Loftus-Charley, Ralph Swiger, Mitch Saks, and Nancy Speer all did 6000 and will enter a relay.

Someone from QMST, let me know if you have a relay.

Everyone – let me know if I overlooked any names.

The results should be ready for the January newsletter.

The Hour Swim

Now is the time to prepare for the Hour Swim. This is also a postal event. Swim for one hour with a counter/timer. The timer records the split for each 50 and stops you at one hour. Swims can be done any time in January.

In Virginia Beach, we usually can get a few lanes reserved for the swim. We will swim 2 or 3 heats of 6 swimmers – 2 to a lane. A timer/counter records the 50 split for each swimmer. You need one timer for every two swimmers. We ask each swimmer to come early or stay late to time another heat. It always works out with enough timers. You need a watch for each lane.

VMST Winter Meet

“The David Gregg” Meet February 7-8

In the paper copy of the November newsletter, I had the date wrong. I corrected it for the online version. Note that the dates are FEBRUARY 7-8.

See page 5 for meet information. The complete entry is posted on the website www.vaswim.org, and will be in the January newsletter.

The Short Axis Strokes Breaststroke and Butterfly

By Ross Davis

Editor’s Note: Ross Davis is one of the coaches for Woodlands Masters. He is also a swimmer in the 45-49 age group. This article appeared in the Woodlands Masters newsletter.

"To be a better breastroker you must improve your body position." What? Not swim more breaststroke? It turns out that elite breastrokers maintain better streamlines in propulsive phases of the stroke. All three of these traits will reduce drag and improve speed.

- 1) Head in streamline (head & ears next to biceps) during the propulsive phase of the kick.
- 2) Keep your knees inside your hip and shoulder line.
- 3) Fast hands from the in-sweep to streamline position.

This simple drill can help with the first two problems. Hold the back of a kick board with your

See Short Axis on page 4.



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

Dec 12-14 Zone Smackdown, Manassas, VA, and Boston University.

January 31 and February 1. 41st Annual Sunbelt Championships SCY Meet, Charlotte, NC

February 7-8: VMST meet in Richmond
Information is on page 5. Entry is on the website.

February 20-21: North Myrtle Beach, SC

March 1: Greensboro, NC

March 28-29: NC Champs, Cary, NC

April 10-12: Zone Champs, George Mason U.

April 23-26: USMS Nationals, San Antonio

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www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone: www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

ONLINE Registration:

www.clubassistant.com

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Graphics from www.swimgraphics.com

← *Terry Sokolik and Judy Martin at the meet in Virginia Beach.*

Meet at Hargrave Military Academy

From Bud Swiger

Here is a picture from the rescheduled Halloween meet in Chatham at Hargrave. John Eife was the meet director and was wonderful. He's in the picture with the short sleeve Hargrave shirt (on the far right).

Our friend, Jamie Miller, from NC was there. Huge pool. 19 people were there [not all in picture]. John has offered to conduct more meets. He runs a lot of USA age group and high school championship meets. →



Meet in Virginia Beach November 8

This was the 34th Annual VMST Fall Meet. Again, the meet was held at the Bayside Rec Center in Virginia Beach. We had 92 entries this year, which is an increase over the last few years.

Betsy Durrant was the Meet Director again, but this year several of the swimmers from the Great Neck workouts took over a portion of the meet. Everything went extremely well. Cindy Hamilton was in charge of getting volunteers for the day of the meet: check-in, awards, safety marshal, etc. Donna McInturff and Sarah Taylor took care of the food for the officials and workers. Cheryl Benn lined up officials. Cathy Rotch ordered t-shirts and arranged for the sales. Torie Jones coordinated and entered relays for VMST members. Susan Marens offered her home for the social. Carol Delfaus and Nancy Speer were in charge of the food for the social. Many others were there to help as needed. As usual, the Rec Center staff did all of the set-up, ran the timing equipment and the computer.

There were a lot of good swims and LMSC records. One VMST relay set a new national record. The Medley Relay (280+) consisted of **Marcia Barry, Johnnie Detrick, Shirley Loftus-Charley, and Laura Walker.**

New LMSC Records set at the meet:
400 Free Relay (200+), VMST, **Tom Deppe, Mitch Saks, Greg Harris, and George Tripper**
W25-29, **Denise Letendre**, VMST, 400 IM
M50-54, **Greg Harris**, VMST, 100 breast & 100 IM
M55-59, **Phil Knobel**, SHYM, 50 free and 100 free
M55-59, **Mitch Saks**, VMST, 800 free
M55-59, **Jorge Cortina**, VMST, 100 IM
M70-74, **Warner Brundage**, VMST, 400 free and 200 IM
M90-94, **Calvin Barnes**, VMST, 1500 free and 200 back

Editor's Disclaimer: I did a visual search of new and old records. I could have missed some. If I did, let me know, and I'll make a correction in the next newsletter.

Thanks to all who entered the meet and all who helped with the meet!

Betsy Durrant

Photos on this page and back page from Nancy Speer.

*Swimmers from the Great Neck workouts:
Mitch Saks, Vic Mickunas,
Betsy Goode, Nancy Speer,
Tom Deppe. →*



Short Axis continued from page 1.

head down between your arms. Look back under your body and watch if your knees stay narrow during recovery. When taking a breath, use the kick board as support to keep the head and back in line while gently raising the chin to the water line for a breath.

To increase hand speed, use fins and a gentle flutter kick for balance (not speed, we are working on your hands!) Scull out to your in-sweep position, while keeping your elbows high, sweep the hands to streamline position quickly. You are trying to generate forward momentum with very little lift. Concentrate on the crown of head moving toward the end wall not the ceiling.

Since butterfly evolved from breaststroke it would make sense that they share traits of body position and timing. Most all non swimmers say butterfly is fun to watch and many swimmers use the 200 Fly as a benchmark of mastery! Kick in, kick out is a drill that can be used as either arm and/or both in any combination of strokes. Simply put, for every arm rotation there are two kicks that occur when the hands enter the water and when they leave. Kick your hands in, kick your hands out. Yes, Butterfly is that simple. Using fins for fly can help improve stamina and kick timing. As a one arm drill, leave one arm extended in streamline. Using a dolphin kick try to time and synch your kicks as your hands enter and leave the water. The breath is initiated between the two kicks after the catch. You may also do this on your side to feel where the breath occurs.

Since butterfly is very rhythmic, you can experiment with 1,2,3 etc. strokes on left side, then right, full stroke or combinations of each adding full strokes as you gain confidence in your new butterfly prowess!



VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center

February 7 and 8, 2015

**12207 Gayton Rd, Richmond, VA 23233
(804) 754-3401**

Sponsored By: Virginia Masters Swim Team

Meet Director: Nancy Miller (nancymillr@aol.com)

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. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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 **January 30, 2015**, or they will be considered deck entries.

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 7th. \$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.

Lodging: Courtyard by Marriott Richmond Northwest; 3950 Westerre Parkway, Henrico, VA 23233. (804) 346-5427. Twelve queen/queen rooms are being held for Saturday night at a rate of \$84.00 plus tax. Either call the local number or (800) 321-2211 to reserve a room, and reference the **VA Masters Swimming Room Block**. In order to get the group rate, reservations must be made prior to January 17, 2015.

Editor's Note: The complete entry is posted on the website at:
www.vaswim.org. It will also be in the January newsletter.

Order of Events for VMST David Gregg III Memorial Meet

Saturday, February 7

Warm-up 1-2 pm. Meet starts at 2:00 pm.

Event #s:	Event
1,2	200 IM
3,4	200 Fly
5,6	200 Breast
7,8	200 Back
9,10	1000 Free
11,12	1650 Free
13,14	400 IM

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.

Complete entry will be in the January newsletter, and is posted at www.vaswim.org.

Sunday, February 8

Warm-up 7-8 am. Meet starts 8 am.

Event #s:	Event
1,2	200 IM
3,4	200 Fly
5,6	200 Breast
7,8	200 Back
17,18	100 Free
19,20	Novice 50 Fly
21,22	50 Fly
23,24	100 Breast
25,26	Novice 50 Free
27,28	50 Free
29,30	100 IM
Break	
31,32	200 Free
33,34	100 Back
35,36	Novice 50 Breast
37,38	50 Breast
39,40	100 Fly
41,42	Novice 50 Back
43,44	50 Back
Relays	
45,46	200 Medley Relay
47,48	200 Free Relay
49	200 Mixed Medley Relay
51	200 Mixed Free Relay

Colonies Zone SCM Smackdown

The following swimmers have entered the Zone Meet (December 12-14).

VMST

Boslego, Barbara
Braaten, Kitten
Chang, Edward
Clear, Kirk
Dudley, Mariah
Durrant, Betsy
Harris, Greg
Kratzer, Jill
Letendre, Denise
Loftus-Charley, Shirley
Lyons, Thomas
Martin, Judy

Milner, Kristin
Romo, Robert
Rudnicki, Jim
Russo, Claire
Swiger, Ralph

CPYM

Deacon, Rebecca
Witt, Cherie

WAVA

Convis, Brad
Dawley, Scott
Harwit-Whewell, Stephen
Rathgeber, Drew
Tupitza, Charles

LTVA

Bentley, David
Tashjian, Greg

FAC

Cho, Andy
Chu, Jan
Fontana, Megan
Goins, Todd
Goldberg, Julie
McDonald, Erin
Shinaishin, Ahmed
Tanner, Maureen
Thoresen, Stephen

HRMS

Borden, Caroline
Burgess, Noelle
Fox, Zsuzsa
O'Neill, Patrick
Shiraz, Ashton

Workout

This workout was done in a 25 meter pool in one hour, 2800 meters. You can easily expand it for a longer workout by adding to each part.

Warm-Up (1000)

200 Swim, free

200 Pull, free

200 (25 swim/25 drill) Drill for 1st and 3rd: K3 front-K3 left-K3 front-K3 right-K3 front
Drill for 2nd and 4th: fingertip drag

200 Swim (25 free/25 non)

200 Pull, (25 back or breast/25 free)

200 Swim, choice

Main (1600)

2 x 100 free, even pace. On interval for 15 sec rest.

4 x 50 (2 free, 2 choice). Set interval for non-free with 10 sec rest.

2 x 100 free Same interval as above.

4 x 50 choice. Descend 1-2, 3-4. In order to descend, you may need to add 5 sec to interval.

2 x 100 choice. Add 15 sec to interval for freestyle.

4 x 50 free. Keep same interval or drop 5 sec

2 x 100 free pull

Cool-Down (200)

200 Swim

Local Masters Swim Committee Newsletter
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Workers at the November meet:
Torie Jones, Cindy Hamilton (back to Camera), Donna McInturff, Betsy Durrant. ↑