

The Wet Gazette

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

Laps for Nat Follow-Up

Last month I had an article about “Laps for Nat”, a swim the University of Richmond Masters sponsored to honor one of their swimmers, Natalie Lewis, who died in a tragic hot air balloon accident.

Chris Stevenson forwarded a link to some photos taken by John Murphy.



Link to photos is:

https://www.dropbox.com/sh/qd18vb7sy0v2m23/AAA_OuGWaEHOIELfnIQCrzhgia

Editor's Note: I belong to an internet discussion forum of swimmers in their 60s, 70s, and 80s. Jeff Farrell, 1960 Olympic swimmer, shared an excerpt from a book with us. I have used parts of what Jeff sent. These are direct quotes from Bruce Grierson's book “*What Makes Olga Run?*” Jeff Farrell has a book coming out in August, titled *My Olympic Story – Rome 1960*. It can be ordered from Vintage Team Press, 127 Olive Mill Road, Santa Barbara, CA 93108, or from Sales@VintageTeamPress.com.

Note from Jeff:

Olga Kotelko took up track and field at my age - 77. She went on to win hundreds of Masters medals and set many world records. She died three days ago at 95. Bruce Grierson wrote a book about her: “*What Makes Olga Run?*”

These are her rules of life, as noted by the author.

What Makes Olga Run?

RULE ONE: Keep Moving

Nobody moves continuously, or needs to. But we do need to move *continually*.

RULE TWO: Create Routines (But Sometimes Break Them)

Routines correlate with academic success and with accomplishing things. ...And they seem to matter more the older we get.

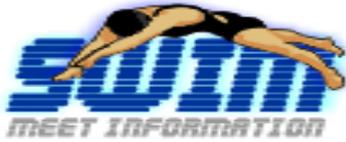
...But routines can also become ruts.

RULE THREE: Be Opportunistic

...Olga will tell you she tries her best at every competition she enters, but the results don't lie: it's at the big meets that she goes for it.

...Spend your precious energy wisely, then. A *time to run, a time to hit the hot tub*, as Ecclesiastes almost said.

See Olga on page 3.



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.

Aug 3-10: FINA Worlds in Montreal. Entries closed.

Aug 13-17: USMS LC Nationals in College Park, MD. Entries closed July 9.

Newsletter Editor

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New VMST Officers

Results of the VMST officer election:

President: Denise Letendre

Vice President: Val Van Horn Pate

Secretary: Debbie Jaeger

Treasurer: Betsy Durrant

Thanks to Elizabeth Cohen who served as President for several years.



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

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pmillerswmr@gmail.com

Vice Chair: Charlie Tupitza

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Treasurer: Charlie Cockrell

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Sanctions: Heather Stevenson

hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson

chrilstevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

Olga continued from page 1.

RULE FOUR: Be a Mensch

Kindness didn't use to have to be justified: it was an obvious virtue. ...Doing good doesn't just feel good, it *works*.

RULE FIVE: Believe in Something

...Believe in something, rather than nothing – while understanding that your belief may change tomorrow. Have a chip down on the table instead of in your pocket.

RULE SIX: Lighten Up

Managing stress is staggeringly important...

...But if exercise is the *best* way to shed stress, maybe the most underrated is a mental trick: the big-picture shift. Viewed from space, almost all our worries are trivial.

RULE SEVEN: Cultivate a Sense of Progress

We need to feel as if, somehow, we're improving. ...Without periodic doses of what Harvard Business School professor Teresa Amabile call "small wins," our morale is crushed and we stop trying hard.

The solution: move the yardsticks. Adjust your expectations for yourself...

RULE EIGHT: Don't Do It If You Don't Love It

In his book, *50 Athletes Over 50 Teach us to Live a Strong, Healthy Life*, Don McGrath found that the single most relevant thing his elite sportspeople had in common was their sense that ... this is fun.

... *Should* doesn't work. Only *want to* works.

But here is the weird thing. One day you may find yourself doing something tough, maybe because you like who you're doing it with, and you may realize you don't hate it. And so you come back. That's how it starts.

RULE NINE: Begin Now

Here is the good news for boomers who lost the plot, fitness-wise, but harbor hopes of returning to form. Not only is midlife *not* too late to embark on this, providing we rev back up slowly, in some ways it's the best time to go for it. We're rested, we're restless, we're ready. Out bodies from whom we have become estranged, are whispering to us:

Let's get back together.

So let's.

Pacing

By Betsy Durrant

(This is my story based on my experience as a swimmer and as a coach. It is not a research based article).

As an age group swimmer, I was a freestyle sprinter. I loved 50s and 100s. 200s were my downfall. Every time I raced against a certain competitor, she passed me at 150. My coach kept trying to get me to slow down at the beginning, but I believed if I went fast enough on the first 100, she couldn't catch me. It never worked.

I started Masters swimming at 34. Sometime in my 40s, I figured out the importance of pacing. I knew about research that was definite stating that you can only swim at your fastest a limited amount of time. You can't swim at top speed for 4 minutes. Better and smarter swimmers established a pace that was as fast as they could go without crossing the threshold of not getting enough oxygen. And, they could maintain that pace for extended periods.

Aerobic exercise means you are getting enough oxygen. Anaerobic exercise means you are not getting enough oxygen. The trick to pacing is to find your anaerobic threshold – the fastest you can swim without going into oxygen debt. Proper training will help you reduce your threshold and allow you to get faster while still not in oxygen debt.

Below, I have included some sets that the group I coach have done lately. I remind them that going too fast at the beginning, makes the set painful toward the end. However, going too slow in the beginning and speeding up at the end, means you didn't get the right pace at the beginning and could have been faster.

I believe that all my swimmers have benefited from this emphasis. Those who enter meets are practicing their pace. Triathletes and open water swimmers are learning what the beginning of the race should feel like. I believe that interval training is essential so that you can check your pace and enhance your body's "muscle memory."

I hope those of you who swim alone can benefit from these examples.

Example 1. Interval for 10-15 sec rest.

*2 x 100 Swim, choice. Both 100s should be the same.

*4 x 100 Pull, free.

*3 x 100 Swim, free. Descend.

Example 2.

- *100 Swim, set pace you can hold. Get time.
- *200 (50 drill/50 swim) x 2
- *300 (50 non free/100 free) x 2
- *400 Pull
- *300 Swim
- *200 Pull
- *100 Swim, free. Compare time to 1st 100

Example 3.

- *400 as 2 x (2 x 50, 100). Try to do the 100 at the pace you set in the 50s. Rest 10-15 after each 50. . Rest 20 before repeating.
- *200 as 2 x 100. Choice. They don't have to be the same. Predict your time. Rest 20 between 100s.
- *100 I'll time each group. We will do this using 4 lanes, one lane open for swimming. Each lane will have a swimmer from a different lane. I want you to predict your time without depending on lane mates.
- *300 as 4 x (25K / 25 D / 25 S). Fins ok.
- ~Back to regular lanes~
- *300 Broken swim. 100 free, rest 10, get time. 100 choice, rest 10, get starting time for last 100 free. Try to make first and last 100s the same.
- *300 Pull.

Example 4.

- *200 swim, moderate, choice
- *150 as 3 x 50 descend
- *2 x 100 rest 20-30, don't wait. Predict your time.
- *1 x 100 Announce your predicted time to your lane. Go 10 sec apart. See if you are more accurate than last time.
- *150 as 2 x 75 (#1 - 25 non/25 free/25 non), rest 15, (#2 - 25 free/25 non/25 free)
- *3 x 100 Pull
- *300 Swim, choice

Example 5. (R10 is rest 10 sec)

- See chart for 300 pace. Decide your average per 100 for a 300 Freestyle.
- *3 x 50 at your chosen pace. On interval for R10.
- *2 x 100 at the same pace. On interval for R 10-15
- *1 x 300 Time yourself. Did you hold the pace?
- *50 easy swim
- Freestyle Pull.
- *1 x 300 Same pace?
- *2 x 100 Same pace?

Example 6.

- *3 x 100 free on interval for R 20. Aerobic.

- *100 (25 drill/25 swim)
- *3 x 100 free on interval above-5. Anaerobic threshold.
- *100 (25 non/25 free)
- *3 x 100 free taking 5 more sec off the interval. Should be challenging.
- *4 x 25, choice, count strokes.
- *(2-6) x 50 do in groups of 2. #1 easy, #2 pace for 200. Do #1, rest 15, then #2. Rest 20-30 to regroup and repeat for #3-4,...

Example 7.

- I. This set is meant for working on holding a set pace on the way up the ladder while focusing on good technique. Choice, but those with * must be same stroke. This workout was adapted from one of Laurie Hug's workouts on the USMS website Workout section.
- 1 x 25* - focus on tech, get time R5-10s
- 1 x 25 easy free R5s
- 1 x 50* - aim for double the time from the 1st 25, R5-10s
- 1 x 50 easy free R10s
- 1 x 75* - aim for triple the time from the 1st 25, R5-10s
- 1 x 75 easy free R15s
- 1 x 100* - aim for 4x time from the 1st 25, R5-10s
- 1 x 100 easy free R20s

Can change stroke here, but 75[^], 50[^], 25[^] should again be one stroke.

- 1 x 75[^] - Get time, divide by 3 for 25 average. R5-10s
- 1 x 75 easy free R15s
- 1 x 50[^] Should be faster than double 25 average. R5-10s
- 1 x 50 easy free R10s
- 1 x 25[^] Should be faster than average for 25. R5-10s
- 1 x 25 easy

Example 8.

And of course, there is my all-time favorite of 10 x 100 or 18 x 100 or any other number of 100s. I find that if I can maintain an even pace on all 100s with 10-15 sec rest between, I can swim 800 or 1500 meters in a race at virtually the same pace. Part is conditioning; part is muscle memory; part is confidence



The Cone Drill

Visualize swimming through a cone

David Marsh | October 1, 2013

To put it simply, if you want to swim faster, you need to reduce the drag you're creating in the water. There's an endless number of technical drills one can practice to improve body position, timing, and technique to reduce drag.

But there are also mental or visualization drills that swimmers should incorporate into their practices. One of my favorites is the cone drill. In essence, visualize the recovery of your stroke—any stroke—as if you're trying to squeeze your entire body into a streamline position to swim through a cone, from the large end to the small end.

For example, if you're swimming breaststroke, during your hand recovery, your biceps should be tight to your ears and your head in a streamline position as you extend forward, swimming through the imaginary cone. For freestyle and backstroke, extend each recovery stroke as far forward as possible, allowing your body to find a streamline position and squeeze through the imaginary cone.

For swimmers who may not be able to rely as much on pure strength to power through the water and cover stroke flaws, improving body streamline when swimming and when pushing off the wall will reduce drag and lead to more efficient and faster swimming. Next time you are swimming, visualize that you're trying to streamline your way through a cone, from the large end to the small end.

About the Author—David Marsh

David Marsh is the CEO and director of coaching at SwimMac Carolina, a team comprising age groupers, elites, and Masters swimmers. Marsh is the former head coach for SEC and NCAA powerhouse Auburn Swimming and Diving, and has been an assistant Olympic team coach for three Olympic games.

Editor's Note: Both the previous article and the following article came from the USMS website (usms.org) under the Training section.

Better Posture, Better Balance

Tone up to stand up straight and tall

Chris Ritter | June 3, 2014

Swimmers are seldom models of perfect posture. Countless hours spent swimming back and forth encourages slumped shoulders. In addition, swimmers are often believed to be clumsier than land-based athletes. But even for these seemingly systemic problems, there is a simple solution: Strength training.

Posture and balance are indicators of muscle efficiency and strength. If either your balance or posture is poor, it can be improved by increasing your strength. This simple solution may seem curious to some—for good reason—swimmers are strong athletes. However, weakness can occur in specific areas and movement patterns that swimming never uses.

Fix Your Posture

For postural issues, most swimmers need back and shoulder strengthening. Specifically, the muscles that line the spine from the hips to the neck need to be strengthened to help hold your torso in its preferable, straight and tall posture. Sitting for long periods of time and other societal factors can also hinder these muscles from developing appropriately.

Swimmers also need to maintain strong shoulders to avoid overuse injuries. Specifically, strengthening the back of the shoulders to help bring the head of the humerus into a more neutral position, instead of tipping forward, helps greatly to reduce injuries in the shoulder.

To accomplish better posture and improved shoulder strength, simply execute more pulling exercises (rows) than pushing exercises (push-ups). I virtually eliminate any type of pushing exercises for many of the swimmers I work with and give them a heavy dose of pulling exercises instead. Nearly 100 percent of the time, their shoulder complaints disappear.

*See **Posture** on back page.*



Lake Moomaw 1- Mile Open Water Swim Alleghany County, Virginia, Saturday, August 2, 2014

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc. Sanction #124-W001.

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at WWW.VASWIM.ORG

Your credit card will be charged to "ClubAssistant.com Event Billing"

EVENT: There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet and turn counter-clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer's left. A 2x3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 30 seconds apart, to prevent congestion.

Warm-up begins at: 7:45am **Check-in Closes at:** 8:45am **Race begins at:** 9:00am

Eligibility: Open to all swimmers 18 years & older. Paper entries must include a copy of your 2014 USMS card. Online entries will be verified automatically. To renew or join USMS online, visit usms.org/reg.

Rules: Current 2014 USMS rules will govern the race.

Entries: All snail mail entries must be postmarked by July 24, 2014. Online entries will close at 11:59pm Eastern Time on July 29, 2014. Late or race day entries will NOT be accepted. Online entry is strongly encouraged. Entry fee is \$30.00. To be guaranteed a free t-shirt, enter online by July 14, 2014.

Safety: For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The WestVaco water rescue team will be on site with boats, rescue boards, and rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers or fewer, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race. Drinks and snacks will be provided

Accommodations: Please call Sandra Wright at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

Directions: Mapquest "Perkins Point, VA" (the beach is ½ mile south on Cole's Point Drive)

Race Directors Contact: Dave Holland 804-467-2425; Sandra Wright 540-962-2178

2014 Lake Moomaw 1-Mile Swim ENTRY FORM

Avoid this form, avoid errors: Register online at www.vaswim.org

**PLEASE STAPLE A LEGIBLE COPY OF YOUR 2014 USMS CARD HERE:
TRIM THE COPY AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: _____
 Emergency Contact Phone: _____
 Significant medical conditions to be shared with Rescue Squad
 (i.e. seizures, diabetes, asthma, etc.) _____

1 Mile Seed Time →	1650 yd Time: _____(min) : _____(sec)
-------------------------------	---

AVOID THIS FORM: REGISTER ONLINE AT WWW.VASWIM.ORG		PAPER ENTRY CHECKLIST	DID YOU REMEMBER...?
\$ _____	\$30.00 1- Mile Entry Fee		Completed entry form
\$ <u>FREE</u>	T-Shirt Included free if entry postmarked by 7/11 (or online by 7/14). A few shirts will be sold on race day for \$12.00 each.		Copy of USMS card
\$ _____	Additional T-Shirt: \$12.00 each S-XL, \$15 each for XXL or XXXL (if entry postmarked by 7/11, or online by 7/14)		Check or money order payable to VMST
\$ _____	Total Enclosed (check or money order Payable to VMST)		Signed Release below T-Shirt Size below
T-Shirt Size: (please circle) S M L XL XXL XXL			
Additional T-Shirts: indicate quantity and size:			

Please use the checklist above to ensure that your entry is complete!!!

Mail this completed form with check or money order payable to VMST, postmarked by July 24, 2014 to: Dave Holland, 1508-G Autumn Honey Ct., Henrico, VA 23229

RELEASE BY PARTICIPANT FROM LIABILITY

I, the undersigned participant, intend 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 ALLEGHANY HIGHLANDS CHAMBER OF COMMERCE AND TOURISM, THE UNITED STATES GOVERNMENT, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOSTS 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. Finally I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: _____ DATE: _____ AGE ON 8/2/14 _____

PHONE (H): _____ PHONE (W) _____

E-Mail: _____ (PLEASE PRINT CLEARLY !!)

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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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>
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Posture continued from page 5.

Fix Your Balance

Several factors can play into poor balance, but it usually stems from weakness in the core, hips, and legs. We swim in a near-weightless environment, which is different from the one land-based athletes are operating in. As a nonweight-bearing activity, swimming doesn't employ the same muscles and movements required to maintain good balance on land.

But improved balance will help your swimming and your land-based activities, especially if you tend to trip or fall frequently. Improved balance will also impact your starts and turns—critical to swimming fast—positively, because the muscles that work in those movements are the same as the ones needed for good balance.

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.