

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
November 15, 2015

USMS News from Convention

OCTOBER 31, 2015

The USMS House of Delegates (HOD) meets once a year as part of the annual USAS (US Aquatics Sports) convention, which also includes the national governing bodies for USA Swimming, Diving, Synchro and Water Polo. This year the meeting took place Sept 30-Oct 4 in Kansas City, MO. The USMS House of Delegates has three main responsibilities that can only be done at this meeting:

- elect new officers,
- pass the annual budget, and
- pass new or amended rules governing USMS competitions and procedures.

In addition, these face-to-face meetings are when LMSC volunteers from across the country get to meet and exchange ideas about best practices by attending workshops, committee meetings, or informal networking. We also recognize volunteers for their service.

Changes in Leadership

There were two big news items on this front. Just before convention, Executive Director Rob Butcher announced that he would be leaving the organization on Dec 31 to become president and CEO of Swim Across America. Nadine Day, the previous USMS president, announced this on the USMS website the week before convention. Rob has been the director of the USMS national office since 2008 and has done an outstanding job. A task force has been formed to search for his replacement, and the process is now underway.

*See **Convention** on page 3.*

VMST Winter Meet

(David Gregg Meet)

This year's meet is scheduled for February 6-7. A major change is taking place this year. After thirty-six years of being a meet director, Nancy Miller has decided that it's time to pass the baton. Heather and Chris Stevenson have agreed to take over as meet directors. The entry will be in the December newsletter.

Nancy Miller

We couldn't have done it without you, Nancy.

Although Nancy has not been swimming for the last few years, she has continued to run the winter meet. Many of our current swimmers have no idea of all the work and leadership Nancy has provided. Masters swimming in Virginia and our LMSC would not be as vibrant without Nancy's early leadership. She was the first and only meet director for the winter meet starting in 1979.

Until 1978, USMS was a part of AAU. When the AAU was dissolved, USMS became independent

Virginia had to form our own LMSC, write by-laws, and administer Masters swimming.

Betsy Durrant and

Nancy Miller worked together to get things going. Betsy was the first LMSC Chair and Nancy was the first Registrar. After four years, roles were reversed and Nancy became Chair. She was also our first delegate to the USMS Convention. For many years



*See **Nancy** on page 4.*



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

Dec 13: SCY meet in Greensboro.
Information is on page 5.

Feb 6-7: SCY in Richmond.
Entry will be in the Dec newsletter.

Mar 19: Club Tribe Classic, Williamsburg

Apr 28-May1: USMS SCY Nationals in Greensboro.

Newsletter Editor

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Graphics from www.swimgraphics.com



Nancy Miller as meet director.



LMSC for Virginia Website:
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 Meet Registrations:

www.clubassistant.com

LMSC Officers

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Treasurer: Charlie Cockrell
Charles.Cockrell@alumni.virginia.edu

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VARegistrar@usms.org

Sanctions: Heather Stevenson
hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson
chrisl Stevenson@usms.org, 804-282-0124

Convention continued from page 1.

The other big news is the election of our own **Patty Miller** as the new President of USMS! Patty was the USMS Legal Counsel and was also the chair of our LMSC for two terms (the maximum allowed). Congratulations, Patty!

LMSC member Chris Stevenson was also re-elected as VP of Local Operations. Please check out the complete list of elected officers on the USMS website under Articles.

Other News

A lot goes on at convention, and you are encouraged to check out this year's Convention information page (Volunteers at usms.org) for all the details you'd ever want, including the meeting minutes of all the committees. A few of the more important items:

- The 2016 budget was passed. It is probably worth reading the proposed budget to get a sense of where your membership money is going, though of course you should compare the proposed to the actual budget for more detail.
- A few years ago, USMS' insurance costs increased greatly as a result of an open water incident and settlement. Those costs had been swallowed partly as a general expense and partly through greatly increased sanctioning fees on open water events. This year a new across-the-board sanction fee structure was approved as a means to spread the cost of insurance among all its beneficiaries (ie, both pool and OW events). The new sanction fee structure is explained on the website. From the perspective of our LMSC, the main impacts are (for non-championship meets):
 - \$50 for every sanctioned pool event
 - \$100 for every sanctioned OW event, and an additional \$5 per participant fee (up to a maximum of \$1000).
- The LMSC will be billed based on this formula, and it is up to the LMSC board to

- decide how (or if) to pass any or all of this to the event hosts. This allows LMSCs flexibility to support new/smaller events without imposing an additional costs while requiring larger, more successful events to partly pay for the insurance benefits they receive.
- Virginia is part of the Colonies Zone, and we had our own meeting. We elected a new Zone chair, Natalie Taylor from the Potomac Valley LMSC. The SCY Zone Championship meet was also awarded to the George Mason University Patriot Masters (GMUP) for the weekend of April 8-10. GMU has been the host of short course zones for the past few years, and they have run a very well organized and successful meet.
- The winning bids for USMS 2017 national championships were announced. The spring SCY championship will be at Riverside, CA, while the summer LCM championship was awarded to Minneapolis, MN. The long distance national championship winners were announced in these meeting minutes of the Long Distance committee (see table at the end). The closest OW national championship were the 2.4-mi and 10-mi swims in Chattanooga, TN, scheduled for June 3-4, 2017.
- The last item that might impact our members is a rule interpretation to clarify what constitutes "freestyle" in the individual medley and medley relays. In particular, a swimmer is NOT ALLOWED to push off on the back when starting the freestyle leg of the medley; this is in contrast to freestyle events, where this action is allowed. Please read this memo (usms.org under rules) for more information about the IM, as well as the clarification for medley relays shown on the next page.

NOTICE TO ALL USMS MEMBERS FROM THE
USMS RULES COMMITTEE October 3, 2015

**ADDITIONAL CLARIFICATION OF THE
INTERPRETATION OF 101.5.2, FREESTYLE
IN IINDIVIDUAL MEDLEY AND MEDLEY
RELAY**

Given that the last one-fourth of the medley relay cannot be backstroke, an in-the-water start by the last swimmer in the medley relay cannot be a backstroke start. This additional clarification is effective immediately.

*Summary is from **Chris Stevenson** and can be found at www.vaswim.org.*

Nancy continued from page 1.

she was our only delegate. After a few years our membership grew so that Nancy and Betsy were able to recruit new officers. We celebrated when our membership passed 100. We now have over 1100 members and numerous members involved locally and nationally.

We have come a long way! Thank you,
Nancy Miller.

***VMST team photo at
Indianapolis, 1992***



Betsy Durrant, Nancy Miller, Jeanne Crouse, and Dot Donnelly of Connecticut (USMS Executive Secretary at the time) at the 1996 Convention.



At an LMSC meeting: Lisa Bennett, Judy Martin, and Nancy.

Nancy ↓

Santa's Tune up for Nationals

Hosted by Swim GSA Masters

www.SwimGSA.com

December 13, 2015

The Greensboro Aquatic Center

1921 W. Gate City Blvd.

Greensboro, NC 27403

Held under the Sanction of United States Masters Swimming, issued by LMSC of NC
Sanction #135-s006

MEET DIRECTOR: Jennifer Buckley 480-603-5338 Jbuck.jb@gmail.com

Time: Sunday Warm-ups at 9:00 AM; Meet starts at 10:00 AM

Facility: The GAC is a state-of-the-art indoor facility with three pools which opened in August 2011. The main competition pool is 9-10 feet deep at both ends and can be configured into 25-yard courses with up to twelve 7 foot wide lanes. All lanes feature non-turbulent lane lines and Colorado starting blocks. One 8 lane course will be used for this competition. The Colorado electronic timing system will be used. The competition course has been certified by USMS. The length of the competition course without a bulkhead is in compliance and on file with USMS accordance with articles 105.1.7 and 107.2.1. At least three lanes will be open for continuous warm up and down. Seating for 1800 spectators is available.

Parking will be available at the Coliseum for \$5 per day with unlimited entry and exit. Food and Beverages are not allowed to be brought into the facility.

Directions to the GAC are available at www.SwimGSA.com

Address: 1921 W. Gate City Blvd. Greensboro, NC 27403

Eligibility: The meet is open to all persons 18 years and older as of December 13th, 2015.

USMS REGISTRATION IS REQUIRED.

Events: Swimmers may enter up to 6 events

Awards: High Point winners for each age group will receive an award.

Timing: Touchpads/electronic timing with hand/stopwatch backup.

Scoring: Top eight finishers will score as follows: 9-7-6-5-4-3-2-1 for individual events

Fees: \$40 covers facility and entry fees for the day

Seeding: The 500 Free and 400 IM will be mixed gender and positive check is required for both by 9:30am. All events will be seeded in advance and slowest to fastest; men and women seeded separately.

Entry Deadline: Online entries only and must be received by Tuesday, December 8, 2015. Registration and payment is done through Club Assistant. Link is

http://www.clubassistant.com/club/meet_information.cfm?c=2292&smid=7052

Psych sheets will be available and instructions to posting provided.

Events: No relays are offered. Event order is below.

Liability Release: All swimmers, before competing, shall have signed the liability release agreement.

Social: Please join us immediately after the event in the hospitality room for complimentary pizza

Can Food Drive: Please bring can goods to donate to Urban Ministry

The entry states online entries only. If you want to enter with a paper form, I suggest you call the meet director.

#	Sex	Event	
1	Mixed	500 Y	Free
2	Women	50 Y	Fly
3	Men	50 Y	Fly
4	Mixed	400 Y	IM
5	Women	100 Y	Free
6	Men	100 Y	Free
7	Women	100 Y	Breast
8	Men	100 Y	Breast
9	Women	200 Y	Back
10	Men	200 Y	Back
11	Women	200 Y	Free
12	Men	200 Y	Free
13	Women	50 Y	Back
14	Men	50 Y	Back
15	Women	200 Y	Fly
16	Men	200 Y	Fly
17	Women	50 Y	Breast
18	Men	50 Y	Breast
19	Women	200 Y	IM
20	Men	200 Y	IM
21	Women	50 Y	Free
22	Men	50 Y	Free
23	Women	100 Y	Back
24	Men	100 Y	Back
25	Women	200 Y	Breast
26	Men	200 Y	Breast
27	Women	100 Y	Fly
28	Men	100 Y	Fly
29	Women	100 Y	IM
30	Men	100 Y	IM

Paddle-On-Head Drill

Innovative use of a paddle can help with body position in freestyle

Laurie Hug | October 26, 2015

Last year at the USA Triathlon Art & Science of Coaching Symposium, the High Performance Director for USA Pentathlon, Dr. Genadijus Sokolovas (aka Dr. G.), presented his favorite freestyle drill. It soon became my favorite as well. I call it “Paddle-On-Head Drill,” but I have seen it referred to as the “Top Hat Drill” elsewhere, too. It helps swimmers maintain a straight head and body position during freestyle.

To perform the drill, each swimmer will need one paddle. I favor the [FINIS Agility paddle](#) because the contoured section seems to make it easier to keep the paddle on the head. Swimmers simply place the paddle at the crown of the head and start swimming, pushing the paddle in front of them. The water pressure should keep the paddle on (in front of) the head. If swimmers lift their heads or move around too much, the paddle will fall away.

Editor’s Note: When this drill was first explained to me, it seemed the swimmer was supposed to balance the paddle on their head. This image makes a lot more sense. If you have your head low in the water, as you should, you are pushing the paddle forward with your head.

When swimmers start doing this drill, they may find the paddle falls away every time they breathe. Therefore, swimmers need to keep their heads in line with their spines and take quick breaths, without lifting their heads, in order to keep the paddle in place. Some folks like to take five or six strokes before attempting a breath. Eventually it becomes easier to take the breath.

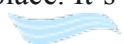
For a fun challenge, once swimmers have mastered breathing with their paddles, have them try doing flip turns. It may seem impossible at first, but if they race into the wall and focus on feeling the

pressure of the paddle on the head, most should be able to do it. To make the drill a little easier, use fins. Going at a faster pace helps keep the paddle in place. When first practicing this drill, it also helps if swimmers can each have their own lane. When others are sharing a lane, the water is often choppy, which can make keeping the paddle on the head harder.

My favorite set using this drill is as follows:

- 1 to 4 rounds of:
 - 1 x 200 freestyle wearing a snorkel, fins, and paddles
 - 1 x 100 paddle-on-head drill wearing fins

Using the snorkel helps swimmers keep a straight body position with the head in line with the spine. Subsequently, this makes it easier to hold that position for the 100 drill.

The Paddle-On-Head Drill is great for those who tend to lift the head when breathing. Lift the head and the paddle will fall; maintain a straight body position with the head in line with the spine and it should stay in place. It’s a fun drill to help spice up your workouts! 

About the Author—Laurie Hug

Laurie Hug is a USMS Online Coach for 2015, specializing in Triathlon Training workouts. A distance swimmer for the University of Maryland, College Park, she picked up triathlon in 1989 and raced as a professional triathlete from 2000 to 2009. She placed 10th at the 2004 U.S. Olympic Triathlon Trials in Honolulu, Hawaii and has been a USMS All American every year since 1997. She’s a Level 2 USMS Certified Coach and a member of the USMS Coaches Committee. She’s affiliated with the Colonials 1776 club in the Delaware Valley LMSC.

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From our Registrar:

It's that time of year again – USMS swimmer registration began on November 1! Below are the fees for 2016:

VMST (Virginia Masters Swim Team)	\$62			
VMST 18-24 Year Olds and 85 years and older		\$51		
All Other Teams & Unattached			\$50	
All Other Teams & Unattached, 18-24 Year Old and 85+				\$39

There are two ways to register. (1) If you plan to pay by credit card (the preferred method) go to the usms.org website and click on the “Membership” tab which is located in the upper, right-hand corner of the home page and you will be guided through the registration process. (2) If you prefer to pay by check go to the virginiaswim.org website, then click the “About” tab, located in the upper, left-hand corner of the home page. Next, click on “Forms” and then “Individual Registration.” Print a copy of the Individual Registration form (2 pages), complete both pages and send that along with a check to me. My address is on the form. If you have any questions or problems trying to register, please feel free to contact me.”

Shirley Loftus-Charley, Registrar
VAregistrar@usms.org