

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
December 15, 2016

One Hour Postal Swim

There are some changes to the Hour Swim for this year.

1. Because of the extreme weather conditions often experienced during the month of January, the USMS Long Distance Committee has extended the time frame for this event. You now have from **January 1 to February 28, 2017** to complete all swims for the *2017 USMS 1-Hour ePostal National Championship*.

2. **Age Determining Date for Open Water and Postal Swims:** "In open water and postal swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim." This mirrors the birthdate rule used by FINA and USA-Triathlon. The relay age rules for open water and long distance/postal swims (303.1.3B & 305.6) remain unchanged.

Objective of the One Hour ePostal Swim.

To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically so you can compare yourself to other swimmers doing the same event.

Some locations hold a group event and run two or three heats. Everyone swimming is asked to time/count for another heat. Others do it individually. Get access to a lane for an hour and get someone to record your splits. The best reason for doing this swim is to compare your distance from year to year. It is challenge to maintain or increase your distance.

Design for shirt and cap.



VMST Winter Meet

David Gregg III Meet

By Heather Stevenson

We have made a few changes to the event schedule for the 2017 VMST David Gregg III Memorial Meet. New this year:

- 200-yard events eligible for awards will be held on Saturday; the same 200-yard events will be held as time trials on Sunday. Time trial times will be submitted to USMS, but winners of the time trials will not be eligible for awards.
- The 1000 Free will be held on Saturday; the 400 IM, 500 Free, and 1650 Free will be held on Sunday.
- A swimmer can now swim 6 events/day plus relays (this is a new USMS rule).
- And finally, we have four new awards! Special awards will be given to the male and female overall **high point** winners and to the male and female overall winners of three new award categories (these awards are overall, not based on age group):

Best Sprinters (lowest cumulative time in all four 50s)

Best Middle-Distance Swimmers (lowest cumulative times in any four different 200s with no duplicates - swims can be done all on one day or over both days using the time trials)

Best Distance Swimmers (lowest cumulative Time in 500, 1000 and 1650 Frees).

*Meet
Directors:
Chris and
Heather
Stevenson*





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

Jan-Feb: One Hour ePostal Championship.
Actual entry and split sheets are at www.usms.org.

Jan 23-24: 42nd Annual Sunbelt Championship,
Charlotte, NC.

Jan 29: Tropical Splash, Alexandria

Feb 4-5: SCY in Richmond.
Entry is in this newsletter.

Mar 18: Club Tribe Classic, Williamsburg
Entry will be in January newsletter

Apr 7-0: Colonies Zone SCY Championships
George Mason University, Fairfax, VA

Apr 27-30: USMS SCY Nationals in
Riverside, Ca.

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Graphics from www.swimgraphics.com

Online Entries

There is a link to all of the meets listed
above at our website: www.vaswim.org.

Going through this website is probably the
easiest way to get to the entry.



LMSA for Virginia Website:
www.vaswim.org

USMS Website: www.usms.org

Nearby LMSAs

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

LMSA Officers

Chair: Kirk Clear
kirkclear@gmail.com

Vice Chair: Denise Letendre
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Records and Top Ten: Chris Stevenson
chrisstevenson@usms.org, 804-282-0124

Officials

Charlie Cockrell, our LMSC Officials Chair sent the following message:

Can we get this in the newsletter and posted on our LMSC website. It is an easy way for people to get certified as officials if we need more for our meets. Once people get their credentials from the USMS Officials Committee, they should contact me and we can provide more information on USMS rules differences and get them on our list of certified officials.

To alleviate a shortage of officials in some areas of the country, USMS has started an officials certification program. The program involves watching USA Swimming Training Videos and their online testing program.

Right now, we are certifying stroke and turn officials and starters. The details for becoming a USMS Official can be found here:

usms.org > For Volunteers > Officials > USMS Officials Certification Program or <http://www.usms.org/admin/lmschb/content/officialscert>

The program allows both new volunteers who have never been certified as well as experienced officials from USA Swimming, YMCA, NCAA, etc who no longer wish to go through the cost of their certification requirements but wish to stay in the sport to be certified and work meets. There is no current provisional status or on-deck trainee program associated with the certification process. We didn't feel that we had the infrastructure in place to mandate that from the national level. There is also the fact that some LMSC's only have one or two meets a year within their jurisdiction. If we had time of deck as a trainee requirement, it would mean that the officials could never have a chance to fulfill the number of sessions needed for certification.

The primary goal of this certification is to help those LMSC's who say they cannot recruit enough officials to staff their meets. We consider individuals who complete this process to be certified officials. If you wish to add a layer of required time of deck as a trainee to the process

before an official can work a meet, the USMS Officials Committee is fine with that. That being said, we advise that an LMSC who cannot staff their meets for lack of officials take into account the opportunities to work meets before setting any trainee requirements. We do not wish to weaken the training of officials in areas where there is a solid infrastructure and officials are mentored as trainees before working meets. We only wish to help those areas with a shortage of officials.

Right now the links to the USA Swimming site are in the above-referenced web page. They can also be accessed by going directly to the USA Swimming site. We will also make a list of certified officials available to you.

I have received some comments about the lack of active officiating at local meets. The meets had certified officials, often certified by USA Swimming. The ref blows the whistles and a starter starts the heat, but outside of that there is little active officiating. The problem seems to stem from the idea that USMS meets are not perceived as real meets. To help combat this problem, I think it would be helpful to reach out to meet officials before the meet. Send them a link to the rule book on the USMS site. Make the officials aware that USMS are real meets, that USMS has its own records, and it is not unusual to have a Top 10, zone or national record broken at any given meet. In fact, sometimes records are broken more frequently at USMS meets than at USA Swimming meets.

Also, while the bare minimum of officials to have a meet is currently two, we recommend at least four officials. The rules call for a referee, starter, and two stroke and turn officials. If the referee and starter are doubling as the stroke and turn officials, they need to pay attention and actively officiate the meet. This becomes much easier with four officials. We're not looking to over officiate a meet. We just want to staff meets adequately.

I have found that USMS meets can be a nice training ground for USA Swimming officials who are looking to be a starter or referee. The meets tend to be smaller and sometimes need to move at a slower pace to give swimmers proper rest. An age group meet with 1600 kids in it can be daunting for someone starting for the first time when you need to get a start off every 20 seconds or less. A USMS meet can allow the official the time to be relaxed while doing a professional job. Reaching out to those officials might help. Most USA Swimming

LSCs will let you count USMS meets toward their minimum number of sessions needed to stay certified, and the meet can be put into USA Swimming's Officials Tracking System.

Hopefully reaching out to the local meet officials will make them aware that USMS meets are real meets, that we do take them seriously, and that we expect a professional job from the officials.

That is all I have for now. I will update you if there is anything new in the certification program. Please do not hesitate to ask me if you have any questions.

Sincerely, Brian Albright
Chair, USMS Officials Committee

Editor's Note: This article came from the USMS website.

Right at Your Fingertips ***No matter how you pitch them, your hands are important***

[Scott Bay](#) / November 28, 2016

Many of us over the age of 30 were taught that, during freestyle, our hands should enter the water thumb first. Some of us still swim this way. Others were taught to put our fingertips in first. You can see both styles being used today, even in the elite race pool.

So which is correct?

The short answer is “both,” depending on who you are and what you do after the entry.

Thumb-First Entry

We used to teach kids to put their hands in the water thumb-first when swimming freestyle because we were also teaching the now-obsolete S-pull. At the time, it seemed only natural to set the hand up for the out-sweep. These days, although almost everyone agrees that the hand path in freestyle should be more of an anchor and straight pull, there is still some merit still to the thumb-first entry because this puts your elbow in the right place to get an early vertical forearm. Thumb-first entry also opens up your shoulder so that you can swim with your body rather than your shoulders.

If you swim with a thumb-first entry pay attention to the following:

- After the hand enters the water, rotate your little finger towards the centerline of your body. This gets your hand in a position where the water does not slip off the edge of your hand.
- With that rotation, remember to twist only the wrist—don't drop the elbow.
- Feel the pressure on your little finger at the beginning of the pull and your index finger as your hand exits the water.
- Be careful not to chop at the water. That extra momentum from entering with your thumb could cause you to over-reach if you're not careful. Bring your hand in front of your head rather than in front of the shoulder instead.
- This approach works well if you use a thumb-first entry on butterfly, too.

Fingertip Entry

The advantage with the fingertip entry is that your hand is already in the right place, but there are also a few things you should look out for when using this type of entry.

- How far forward do you reach? Think about slipping your hand into the water with the fingers first. If the fingertips and the rest of the arm hit the water at the same time, you're reaching out too far over the water. Slip the hand in and slide it forward under the water.
- Think about where the point of your elbow is before you pull. Make sure it's rotated out so you can get a nice, high-elbow catch.
- Just like thumb-entry swimmers, make sure you can feel where the water is slipping off your hands during the pull.
- Be aware of the width of your entry. Some finger-entry swimmers tend to flatten their stroke and end up swimming too wide, as if paddling on a surfboard. This not only widens your drag profile but also puts your

*See **Hand Entry** on back page.*



VMST David Gregg III Memorial Meet

**NOVA of Virginia Aquatic Center
12207 Gayton Road, Richmond, VA 23233**

February 4 and 5, 2017

(you may need to use Henrico instead of Richmond if you are using a GPS)

(804) 754-3401

New this year: 200-yard events eligible for awards will be held on Saturday; the same 200-yard events will be held as time trials on Sunday. Time trial times will be submitted to USMS, but winners of the time trials will not be eligible for awards. The 1000 Free will be held on Saturday; the 400 IM, 500 Free, and 1650 Free will be held on Sunday. A swimmer can now swim 6 events/day plus relays. And finally, we have four new awards!

Sponsored By: Virginia Masters Swim Team **Sanctioned By:** LMSC for Va. for USMS, Inc. **Meet Referee:** TBD

Meet Directors: Heather and Chris Stevenson (hnsrva@gmail.com or chrisstevenson@gmail.com)

Location: NOVA of Virginia Aquatic Center (address above). 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 with US Masters Swimming and must include a copy of their LMSC card. One event (day of) USMS registrations will be permitted. Virginia registration will also be available at the meet.

Entries: \$4.00 per individual event plus a \$8.00 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 6 events per day, plus relays.

Entry Deadline: ***On-line entries are strongly encouraged:*** www.clubassistant.com – meets are listed on the left side of the Club Assistant home page by date. The deadline for on-line entries is **Tuesday January 31, 2017**. In order to be seeded, paper entries must be received by Monday **January 23, 2017**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards and Results: Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Results will be posted at www.vaswim.org and will be uploaded to the USMS results database.

Special awards will be given to the **male and female overall** high point winners and to the **male and female overall** winners of three new award categories: **Best Sprinters** (lowest cumulative time in all four 50s); **Best Middle-Distance Swimmers** (lowest cumulative times in any four different 200s with no duplicates - swims can be done all on one day or over both days using the time trials); and **Best Distance Swimmers** (lowest cumulative time in 500, 1000 and 1650 Frees). These special awards are not based on age group.

Nearby Lodging (all of these are in Henrico, VA if you are using a GPS):

- Hilton Richmond Hotel & Spa, 12042 W. Broad Street, Richmond, VA 23233. Phone: (804) 364-3600.
- Aloft Richmond West, 3939 Duckling Drive, Glen Allen, VA 23060. Phone: (804) 433-1888.

On-line entries strongly encouraged!

Online entries close *January 31st!*

Enter online at: www.ClubAssistant.com

(search for the meet by date)

Paper entries are due by January 23rd for seeding.

Note that both this page and the following signed waiver page must be submitted with paper entries.

Fill in the following information:

Name:		Sex:	USMS Reg. No.:	
Address:				
City:		State:	Zip Code:	
E-Mail Address:				
Age as of 2/05/2017:			Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):	

Saturday, February 4, 2017					Sunday, February 5, 2017				
Warmups: 1:30-2:30 PM; Meet Starts: 2:30 PM					Warmups: 7:30-8:30 AM; Meet Starts: 8:30:AM				
Women	Time	Event	Men	Time	Women	Time	Event	Men	Time
1		200 Breast	2		37		200 IM – Time Trial	38	
3		100 Free	4		39		200 Fly – Time Trial	40	
5		50 Fly	6		41		200 Back – Time Trial	42	
7		200 Back	8		43		200 Breast – Time Trial	44	
9		100 Breast	10		45		200 Free – Time Trial	46	
11		50 Free	12		47		1650 Free	48	
13		100 IM	14		49		400 IM	50	
15		200 Fly	16		51		500 Free	52	
5-MINUTE BREAK									
17		200 Free	18						
19		100 Back	20						
21		50 Breast	22						
23		100 Fly	24						
25		50 Back	26						
27		200 IM	28						
RELAYS									
29		200 Medley Relay	30						
31		200 Free Relay	32						
33		200 Mixed Medley Relay	---						
---		200 Mixed Free Relay	34						
5-MINUTE BREAK									
35		1000 Free	36						

Entry Fees	
Total event fees (both days) _____ x \$4.00:	
Surcharge:	\$8.00
Total amount enclosed:	

**Make checks payable to:
Virginia Masters Swim Team**

**Mail Paper Entry to:
Chris Stevenson
7702 Hampshire Road, Henrico, VA 23229**

Questions? Contact Heather or Chris Stevenson
(804) 310-3069 or (804) 332-4339
hnsrva@gmail.com or chrilstevenson@gmail.com

**FOR PAPER ENTRIES: A COPY OF YOUR USMS
REGISTRATION CARD MUST BE ENCLOSED
FOR YOUR PAPER ENTRY TO BE ACCEPTED!**



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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Hand Entry continued from page 4.

hands farther away from your core and reduces your leverage on the water.

- Remember these same pointers in butterfly—they'll translate well if you swim with a fingertip entry on that stroke, too.

Mixed Entry

So what happens if you have one hand that does thumb-entry and the other using fingertip-entry? It happens!

Coaches used to assign drill after drill with kids to ensure they had symmetrical strokes but more recently, coaches have come to realize that each swimmer is different and asymmetrical swimming isn't necessarily a problem. Sometimes, "fixing" an asymmetrical stroke can slow a swimmer down. Fast swimming can be executed in a range of ways, and some of these differences are mere eccentricities rather than something that needs to be fixed.

It's also important to remember that not all shoulder joints are the same. Technique that works for one swimmer might cause impingement for another. This can depend upon several factors besides joint anatomy and whether you have a thumb-first or fingers-first entry—elbow and hand position play a part as well. If you're not sure which entry you use, ask your coach for help or have a friend video you.

About the Author—Scott Bay

Scott Bay is a USMS-certified Masters coach and an ASCA Level 5 coach and has been actively coaching and teaching swimming since 1986 to swimmers of all ages.