

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
August 15, 2017

This is It!

This is my last issue as editor of our monthly newsletter. I'm not sure what I really think.



I am both sad and happy at the same time.

After approximately 20 years, I am relieved that I will no longer have the responsibility of making it happen every month.

On the other hand, I have enjoyed learning a lot about what is going on and having a reason to get to know as many swimmers as possible.

With the contributions that I get and the many articles published online, it is always possible to fill the spaces. Photographs are a true blessing – they fill up space and people really like to get to know who other fellow swimmers are.

Even with travel, it is possible to get the newsletter together and email it to the printer from almost anywhere. Several times my husband and I have been in Italy for a month. Our apartment had no wifi so I'd go to a local restaurant, set up my computer, order a glass of wine, and finish up the newsletter.



Please keep sending articles and picture to Heather or Chris Stevenson. Make it easy for them so they will be long time editors!



Thanks for all the comments and contributions!

Betsy

John Shrum Cable Swim

The two-mile and one-mile cable swims were held at Chris Greene Lake in Charlottesville on July 8. There were 64 participants in the two-mile swim (27 women, 37 men). The one-mile swim had 72 swimmers (39 men, 33 women). That makes a total of 136 entries. Statistics are from my visual count of the results. Numbers could be slightly off.



The following swimmers (12) swam both races:

Mary Elizabeth Caldwell, 23	Jay Kauffmann, 56
Anna Battiata, 28	George Stukenborg, 56
Nicole McGill, 34	John Caldwell, 51
Sandra Archer, 51	Willis Braswell, 72
Audrey Kane, 52	Kathleen Christiansen, 58
Beth Maline, 64	Shirley Loftus-Charley, 66

4 records were broken.

Shirley Loftus-Charley broke the national and lake records for the 2-mile swim.

Shirley also broke the national and lake records for the 1-mile swim.

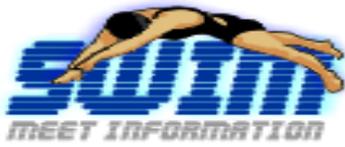
Kathy Umbendestock also broke the lake record for the 1-mile, but finished second to Shirley in the 65-69 age group.

Mark Loftis broke the lake record for the 2-mile swim.

Complete results can be found at:

www.vaswim.org.

Kate Stephensen was the race director for the first time and did an outstanding job of planning and execution. Many thanks to Kate!



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

November 4: VMST Fall Meet, Virginia Beach
Online entry will be posted by Sept 1. Paper entry will be in the September newsletter.

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United States Aquatic Sports Convention, Dallas, September 13-17

United States Aquatic Sports represents USA Swimming, USA Diving, USA Synchro, USA Water Polo, and U.S. [Masters](#) Swimming at the world level (FINA)..

The LMSC for Virginia will be represented by: Kirk Clear and Betsy Durrant, LMSC Delegates, Patty Miller, President, Charlie Cockrell, Rules Chair, Heather Stevenson, Legislative Committee member, and Jim Miller, Past President. Chris Stevenson, USMS Vice President, is unable to attend.



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

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Graphics from www.swimgraphics.com

Diane Cayce Retires

Diane Cayce, one of the coaches at NOVA in Richmond, has retired. Many swimmers know her from the VMST meet in Richmond in February. She is always there to help because the swimmers that she coached are the timers.

Diane has not competed lately but still has a record for our LMSC. The LCM 50 back for the 25-29 age group still belongs to Diane. It was set in 1984! When LC nationals were held at U of MD in College Park in 2014, several of Diane's records were broken then. Now that Diane will have more free time, perhaps she'll train again.

The picture below was taken at a retirement party the end of July.

Long time friends getting together.

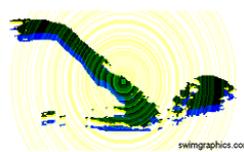


Kitten Braaten, Betsy Durrant, Terry Sue Gault, Nancy Miller, Jeanne Crouse, Diane Cayce.



5 Motivational Quotes from Great Coaches for Championships

1. "Perfection is not attainable, but if we chase perfection we can catch excellence." –Vince Lombardi
2. "Here's how I'm going to beat you. I'm going to outwork you. That's it. That's all there is to it." –Pat Summitt
3. "Do not let what you cannot do interfere with what you can do." –John Wooden
4. "We all have to give up a little bit of something in this sport, and mental toughness is going out there and doing what's best for the team even though everything isn't going exactly the way you want it to." –Bill Belichick
5. "And the swim only hurt once—from the beginning to the end." –Doc Counsilman



Pool Etiquette

NOTE: The following article is an excerpt from "The Complete Book of Swimming" by Dr. Phillip Whitten. The book is published by Random House, and is available through the SwimInfo web site www.swiminfo.com and Amazonwww.amazon.com. This excerpt is reprinted with permission from the author.

Pool Etiquette

by Dr. Phillip Whitten

You are just about to begin training. But before you do, a brief word about pool etiquette is in order. Every day more people are getting in the swim. Indeed, in many parts of the country, pools are filled to capacity. These people range in ability from rank beginner to accomplished athlete; from individuals who are focused completely on their own movement up and down the pool to those who are continuously aware of the position of every person in their lane. To avoid conflict, and make everyone's experience more enjoyable, a number of conventions have grown up over the years. Here they are in brief:

Conventions

1. **Lane designations.** In most pools, lanes are designated as slow, medium, or fast. These are relative terms. Choose a lane compatible with your speed, then notify the others in the lane that you are joining them.
2. **Swimming pattern.** If there are two of you in a lane, you may opt to keep to one side of the lane; the other swimmer will stay on the opposite side. Three or more swimmers in a lane must *circle swim*. In the United States, Canada, and most of the rest of the world, the custom is to stay to the right, that is to swim counterclockwise. (As you might expect, in Great Britain, Australia, and a few other Commonwealth outposts, swimmers circle clockwise. When *will* these people get it right?)
3. **Joining a workout.** If there is a workout set in progress, you may join only as part of the set.
4. **Speed.** Slower swimmers must yield to faster swimmers.
5. **Passing.** Pass on the left (on right in the United Kingdom and Down Under). Tap the foot of the person in front of you before passing. If you are being overtaken at the turn, stop, and wait until the other swimmer has pushed off.

In addition, observing several rules of common courtesy will be helpful.

1. Do not stand in front of the pace clock.
2. **Entering.** When you enter the water, never dive, jump, or push off into oncoming swimmers. Wait until they have made the turn and pushed off.
3. **Stopping.** If you need to stop, squeeze into the corner to the right of oncoming swimmers, so they will have sufficient room to turn.
4. Push off underwater. This will reduce the waves encountered by oncoming swimmers.
5. At all times be aware of what is going on within your lane. Also try not to kick or swing your arms into another lane.
6. Keep your toenails and fingernails trimmed.

Editor's Note: The article above and the four following articles are from the USMS website (www.usms.org). Click on "Fitness Swimming".



Fitness / Technique and Training

Masters Swimming 101

What are the basics of pool etiquette?

Jim Harper | December 3, 2012

Here are some of the major no-nos and yes-yeses of swim practice.

Don't:

- Dive
- Use the starting blocks independently
- Swim down the middle of a lane
- Remain stationary in the lane, except at the wall
- Stand or hold onto the wall in the middle of the lane
- Grab another swimmer
- Push off the wall immediately before or after another swimmer—no tailgating!
- Do your own thing in a lane that is following a prescribed set or workout.

Do:

- Enter the water feet first. This is mandatory for all Masters swimmers
- Dive only from the starting blocks, when instructed by your coach
- Circle swim, staying always to the right of the lane, only moving toward the center when ready to turn at the wall
- Leave the pool if unable to continue swimming
- Scout to the corner of the lane while standing or holding onto the wall
- Tap a swimmer's toes in front of you, indicating that you wish to pass at the next turn
- Allow 5 seconds between swimmers.

Other cultural norms of swimming are best understood by experience, especially in terms of competition, and each club creates its own microculture.



Fitness / Technique and Training

Masters Swimming 101

How do I use the pace clock?

Jim Harper | December 4, 2012

This article is part of the Masters Swimming 101 series

A related question would be: **Why are swimmers so obsessed with time?** You'll find out, my friend, in due time.

So, what is your time for a 100? Answer that question, and you are halfway to speaking Swimmerese.

The clock is a true frenemy—a friend and an enemy. It never lies, but sometimes you wish it would. Because the clock never stops, you need to break it into manageable parts. Get your [math](#) cap

on, because your coach may give you some intense, clock-based instructions for a set, such as: “5 x 200s descend on the 4:30, negative split #5. Leaving on the top.”

Got it?

Here are some terms to help you translate Swimmerese and Clockspeak:

The top

The beginning of a minute (the 12 on a clock face), shown as either 0 or 60 on a traditional swimming pace clock, also called a [sweep](#) clock, as the hands sweep around the face. Seen as :00 on a digital clock. Stated as “leaving on the top” or “on the 60.”

The bottom

Again, on a traditional clock face, the bottom is actually the middle of a minute, where the number 6 is, which is the 30 on a sweep clock and :30 on a digital clock. Stated as “leaving on the bottom” or “on the 30.”

5 (or 10) seconds apart

The time to wait after one swimmer leaves the wall, before you leave. Watch the clock for your cue to push off.

Repetition

The number of swims within a set. In 5 x 200s, 5 is the repetition—you'll be swimming 200 yards, 5 times, on an interval.

Interval

The repetition of a constant, given amount of time, indicating when you should leave the wall. Stated as an amount of time, such as “on the 4:30.” This is the amount of time you have to both swim and rest before leaving for the next repetition in the set. In the 5 x 200s on the 4:30 example, you'll leave on the top, swim 200 yards, then rest for the remainder of time left in that 4 minutes and 30 seconds, at which time you will push off and swim the next repetition. If you “miss your interval,” that means it took you longer than 4 minutes and 30 seconds to swim the 200.

Rest interval

Sometimes coaches will give a rest interval, or RI. This is a little easier to understand—and easier to swim. If your RI is 30 seconds, then you get 30 seconds rest after each repetition—no matter how slow or fast you swam it. Some coaches do not use RIs because it does not encourage increased effort. In other words, if you know you are going to get a set amount of rest and won't miss your interval, you may not swim as fast.

Time

The actual number, in minutes and/or seconds, it took for you to swim the repetition. In the 5 x 200s on the 4:30 example, if you swim one of the 200s (the reps) in 3:57, that is your *time* for that rep. You now have 33 seconds to rest on the wall before pushing off for the next rep (and you'll leave on the bottom for that rep).

Pace

Your swimming speed, based on a time achieved for a given distance. Most commonly expressed per 100 yards, as in “a pace of 1:52.” So if you swim a 200, your pace would be expressed in the approximate amount of time it takes for you to swim 100 yards. If you swim at a *pace* of 1:52, your *time* for the 200 would be 3:44.

Build

Accelerating or getting faster within a given rep. So if you were going to build a 200, you would try to start out at a slower or medium pace and increase it each length of the pool, so that you are swimming fast by the end of the rep. Not to be confused with *descend*.

Descend

Obtaining a faster finishing time on subsequent reps. If you descend that set of 5 x 200s, your times might look like this: 4:02, 4:00, 3:59, 3:57, 3:55.

Negative split

The second half of the repetition is swum faster than the first half. In a single rep—just one of those 200s—a negative split example would be swimming

the first 100 in 2:02 and the second 100 in 1:58, for a total time of 4:00.

So using all these new terms, let's translate that “5 x 200s descend on the 4:30, negative split #5. Leaving on the top”

- Start swimming the first 200 when the clock strikes the 60-second mark. Swim at a comfortable pace, knowing that you have four more reps and each has to be faster than the one before it.
- You come in at a 4:02 for the first one, rest for 28 seconds and leave again on the bottom, since the interval is 4:30, you will have 28 seconds rest.
- Repeat the reps in this manner.
- When you get to number 5, you'll need to not only swim faster to maintain your descend, but you'll need to negative split that rep. To negative split, start steady and look at the clock at the halfway point, then go faster for the second half. So if your time for the last rep is 3:55, a good negative split might be 1:59 for the first 100 and 1:56 for the second.

Experienced swimmers tend to follow the clock religiously, whereas less experienced swimmers tend to follow each other. Use the clock to your advantage and learn how to read it independently. When other swimmers don't know what time it is, you will.



Fitness / Technique and Training

Masters Swimming 101

More lingo you're likely to hear at practice

Jim Harper | December 5, 2012

This article is part of the Masters Swimming 101 series

Drill

Stroke modification or [exercise](#) done in the water to isolate a particular body part or technique. Such as dragging fingertips in the water to promote a high-elbow recovery.

Pull

The arm movement, or using only arms for propulsion. A pull set will be one where you'll use a pull buoy designed to keep your legs still so that you can focus on your pull.



Kick

Leg movement, which is isolated in kick sets, using a kick board.



Glide

The highly desirable ability to keep moving without pulling or kicking.

Streamline

What skinny fish have naturally, we have to achieve by squeezing our arms and legs into lines. The opposite of a streamlined position would be a “Superman” with arms spread wide.

Catch

The ability to “grab” and push the water with your hand/arm. The opposite is “slipping.”

Flip turn

Near the wall, spin 180 [degrees](#), feet over head, feet land on the wall and push off.

Open turn

Touch the wall with your hand, turn around and push off.

Push-off

The movement from the wall until the first stroke.

Alternate or bilateral breathing

In freestyle, breathing on odd numbers of strokes, such as 3, 5, etc., so that you breathe equally on both sides.

Split

A split is your time for a segment of a prescribed swim. If you swim a 100 (four lengths) and your time at the 50 (two lengths) is 35 seconds, then that is your split.

Swim meet

A swim meet is a competition in a pool. Many USMS members are nervous about competing at first, but swim meets can be fun for any level swimmer. You should never feel pressured to compete in a swim meet, but you should also not feel as though you are not good enough. Most local swim meets, and even some regional and national meets, the same relaxed, all-inclusive attitude that you find at a practice prevails. USMS national championships have qualifying times, but anyone—regardless of speed or ability—can enter up to three events at those meets, without meeting the qualifying times.

Open water swimming

Swimming in lakes, oceans, rivers—pretty much anywhere that is not a pool. There are open water races and clubs throughout the world for swimmers who enjoy open water swimming.



Words to Avoid

Laps

Coaches prefer to speak in yardage or in lengths, as in “50 yards” or “4 lengths of the pool.” An outdated [meaning](#) of lap is “2 lengths,” but today it can be considered a synonym of “length” (one lap equals one length, not two).

Crawl

Use “freestyle” instead. Even though technically you are “free” to perform any style, swimmers choose the fastest stroke, which is the crawl stroke. But just call it freestyle.



Local Masters Swim Committee Newsletter
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United States Aquatic Sports (USAS)

The five sports shown in the graphic make up USAS. At the convention in September, each sport meets separately to review their rules, legislation, championships, and other aspects of each sport. All five groups come together for a reception one night and for a Banquet on the last night.

The members from our LMSC who are attending are listed on page 2.

