

The Wet Gazette

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

Virginia Senior Games

By Betsy Durrant

Virginia Senior Games were held in Richmond on May 11-12. The swimming was at the NOVA pool and was run by the NOVA teams and staff. Chris Stevenson has posted the results on our website (vaswim.org).

It is a little confusing when you look at the ages. The meet was run using the FINA age groups (age at the end of the year), but the results are posted using actual age so that they can be compared to Short Course Yard times.

According to my count, we had 26 swimmers who are registered with USMS in Virginia.

VMST

Victoria Nichols, 51

Cheryl Ptak, 69

Betsy Durrant, 75

Johnnie Detrick, 81

Joan Averette, 80

Terry Sokolik, 89

Kirk Clear, 49

Greg Harris, 53

Chris Stevenson, 50

David Malsbury, 55

Ralph Swiger, 60

Roger Whiteway, 70

Joseph Kelleher, 75

Mark Kutz, 61

Al Newbury, 83

TIDE

Paul Vermaak

WWMS

Amy Cook, 47

Barbara Hichak, 62

SHYM

Jenny Schimer, 55

FAFF

Nancy Ball, 61

WVM

Barbara Warren, 70

UC12

Ellen Stott, 76

Robert Kielbowicz, 57

Arthur Lemay, 63

Tom Gittens, 54

URMS

John Murphy, 63

Victoria Nichols and Ralph Swiger stood out among the swimmers; they both swam all events! Joe Kelleher swam all events except the 50 back (see note on page 4).

World Masters Games

From Wikipedia, the free encyclopedia

The World Masters Games is an [international multi-sport event](#) held every four years which, in terms of competitor numbers, has developed into the largest of its kind.

Governed by the International Masters Games Association, the World Masters Games is open to sports people of all abilities and most ages – the minimum age criterion ranges between 25 and 35 years depending on the sport. Auckland, New Zealand hosted the event's ninth edition from 21 to 30 April 2017.

Anyone can participate in the games so long as they are over the age of 35 though some sports will allow athletes who are younger than that. Participants compete for themselves – there are no country delegations. Beyond the age requirement and membership in that sport's governing body, there are no competition qualification requirements.

Susan Marens

By Betsy Durrant

Susan is a VMST member from Virginia Beach who loves to swim and to travel. This event was perfect for her. As far as I know, no other swimmers from Virginia participated. A neighbor went with Susan and together they did a lot of hiking and sight-seeing. Other swim trips that Susan has taken were to USMS Nationals in Puerto Rico and to the FINA World Championship in Riccione, Italy. Nancy Speer, another VMST member who swims in the same workout group, wrote the article beginning on page 3.



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

May 27-28: Clinic, 1 mi, 2 mi. lake swims in Reston

June 17: LC meet in Virginia Beach Princess Anne YMCA pool, hosted by TIDE swim team. Entry was in last month's newsletter.

June 18: One mile Ocean Swim, Va Bch, First in a series from Life Guards (no USMS sanction)

July 8: John Shrum Lake Swim, Charlottesville. Entry was in last month's newsletter

July 9 (tentative): DCRP LC meet at Wilson Aquatic Center, DC

August 2-6: University of Minnesota **USMS LC National Championship**, Minneapolis, MN

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Graphics from www.swimgraphics.com

Reminder:

The John Shrum Memorial Lake Swim at Chris Greene Lake in Charlottesville is Saturday, July 8.
Paper entries must be postmarked June 30 or earlier. Online entries close on July 5.
Link to entry is at www.vaswim.org or go to www.ClubAssistant.com.



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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Nancy Speer Writes About Susan Marens' Trip to New Zealand

I want to tell you about an incredible woman and Masters swimmer named Susan Marens. Susan is 75 years young and lives in Va. Beach. She recently flew to New Zealand to compete in the World Masters Games Swim Meet. Susan had never been to New Zealand before and decided if she didn't do it now, she may never do it! There, Susan competed with other swimmers from across the globe. She competed in six events, including the 50 meter butterfly where she received first place. Susan also received a second place medal in the 200 Meter Breaststroke, a third place medal in the 2500 meter open water swim, another third place medal in the 200 I.M. and 2 fourth place awards in the 100 Meter Breaststroke and the 50 Meter Breaststroke. She was in the top 4 in all 6 events. This is an amazing feat for anyone, much less someone who is 75!

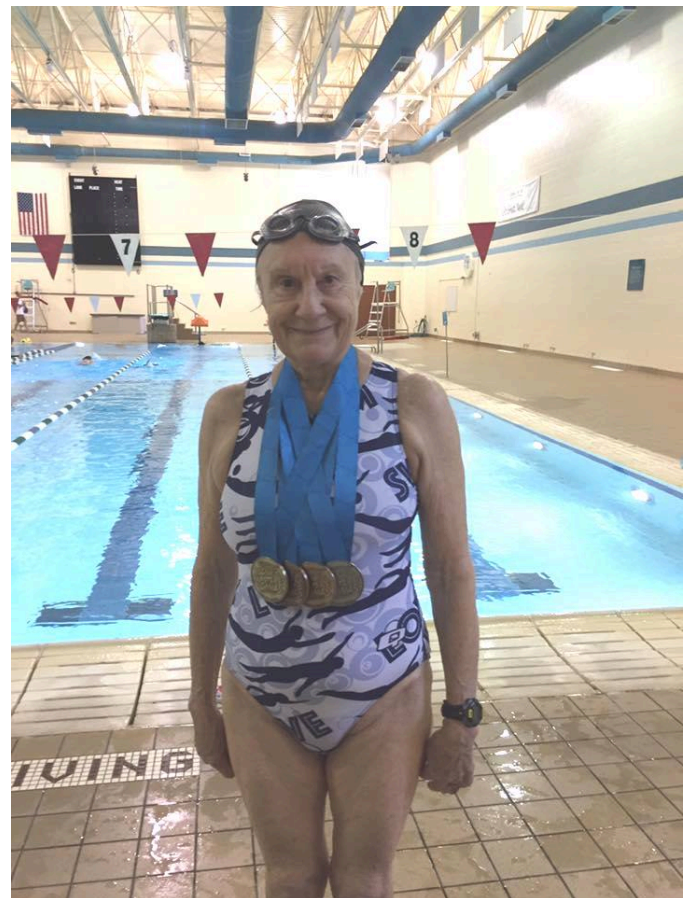
In the open water event. Susan achieved this remarkable feat against terrible conditions. The water temperature was 67 degrees, the air temperature was 63 degrees and it was raining hard. Swimmers could wear a wet suit, but if they chose to do that, the swimmer could not qualify for any medals and their time would not count. Susan decided if she was going to swim it, she was going for it without the wetsuit and placed fourth in the event.

An interesting fact was that on her first event, the 200 I.M., where she received a third place medal, Susan barely made it to the pool in Auckland on time. She needed to take 1 train and 2 buses to get to the venue and when she arrived, she had just minutes until her event. She didn't have time to warm up, just dove in and still placed third!

Susan is an amazing and inspiring person and I just love her. I am a Masters swimmer myself and would like to "be like her when I grow up." I think Susan's story is an inspiration to many other people who want to make the very most of their "aging" years.



Susan is on the right.



Editor's Note:

Anyone who has an article about someone on your team or in your workout is encouraged to send the article to me with a photo, if possible.

Email is durrant6@gmail.com.

A Personal Note from the Senior Games at NOVA.

By Betsy Durrant



Mark Kutz
Masters Swimmer and Coach at NOVA is my hero.

I swam two events in the Senior Games Meet. This was the first meet that I have entered in over two years. I have had a series of back problems that kept me out of the water.

Fortunately, I am pain free now although I still walk with a cane. I am gradually strengthening the muscles needed to walk correctly. I have started swimming, but not very much yet.

I entered the meet because I miss racing. My big concern was getting out of the pool. At the pool where I live and at the Great Neck Rec Center in Virginia Beach, I was able to use the ladder successfully. However, at NOVA I warmed up and couldn't get out. The top step from the ladder to the deck was too big. As I struggled, a swimmer who I didn't recognize helped me. Several people noticed and staff came over to figure out what I could do. The lift that is intended for such problems didn't work. I was just as happy not to use the lift and hold up the meet. I got in again to see if I could dive. When we realized the lift didn't work, Mark jumped in and pushed me up. At the end of my first event, he was waiting by the ladder to give me another push.

On the second day of the meet I managed to get out of the warm-up pool with Johnnie Detrick pulling one hand. As I got ready for my second race, I noticed Mark had changed into street clothes. He asked Joseph Kelleher to help me after my 50 back. Joe was waiting and jumped in to give the push.

I am extremely grateful for Mark's help and for Joe stepping in to help. When I wrote the Senior Games article on page 1. I noticed that Joseph Kelleher swam every event except the 50 back. I wonder if he missed his 50 back while in the pool to help me?

Freestyle Pull

By Bill Paine

This article was written for the New England LMSC newsletter.

For years, I have observed that in many swim articles or videos that turn the spotlight towards freestyle "technique," that somehow I still have an unclear picture of what is the "latest and greatest" contemporary thing happening with this stroke. Especially the pulling motion! It seems that when anyone writes about the physics part of the stroke or other technical mechanics, things just get confusing. Then there are the videos. Sometimes they are shot so that all you see are blurry side-view pics that really don't show you the actual arm pull. I've concluded, with regard to freestyle, that the pulling motion is one of swimming's best-kept secrets.

In November 2016, 4-time Olympian and noted author, Sheila Taormina, delivered an enthusiastic, laughter infused, and extremely insightful presentation to 150 coaches at the National Coaches Clinic held in beautiful San Mateo, CA. Taormina confessed that this was her first time talking about the stroke to a group of masters' coaches.

Taormina's session was called "Beyond Mechanics: Coaching a Propulsive Freestyle Stroke" and focused on the power generated from what happens underwater. For this article, I'd like to zero in on the arm entry and pulling motion. Of course, I have come to realize that it is much easier to demonstrate these mechanics on deck with my swimmers from Tech Masters (MIT), but for today, I'll do my best to describe some key areas that Taormina highlighted, and offer my own words and descriptions to help you get started on improving your technique. And just so visualizing this is a bit easier, try to think of lying on your belly on the pool deck, and think of all the small tiles underneath you as if they were lines on a piece of graph paper.

Let's start with hand entry:

The older and outdated method involved your hand landing in front of your head (fingers first), then tracking to a target

that would be your centerline (think straight out in front of the center of your skull). The newer method suggests that your hand enters the water, fingers first, and moves forward and targets a spot that is basically in alignment with the width of your shoulders. As the arm is extended and the hand starts to "catch" water, the elbow pops up a bit, allowing the hand, wrist, forearm, and even other parts of the arm to become, in essence, a bigger paddle, thus giving you a bigger surface area, and for simpleminded folks (like myself), a bigger pull. Sometimes this is referred to as a "high elbow catch." This bigger "paddle" gets you more resistance and traction during the pull, which needs to move you forward down the lane. Don't make the mistake of focusing on the "hand" pull because the pulling motion is bigger, so think of it as an "arm" pull.

As the hand/arm creates resistance and the pulling motion begins, the hand/arm starts to track in an outward direction. Remember the right arm tracks out toward the lane line on your right. The left arm tracks out to the lane line on your left. I sometimes tell my swimmers to think of the arm pull motion as being similar to a small "question mark." This is significant, because some coaches and swimmers like to think of the pulling motion as a straight arm pull, but Taormina thinks differently. After the catch and the elbow popping up a bit, your hand should track outward toward the lane line. This can be between 4 and 8 inches, or about one to two hand-widths.

Elbow position is key when learning this technique:

As the pulling motion begins, the hand/arm tracks outward. Now, right around the time the arm crosses, let's say, the chin line, at this point, the arm starts to track inward toward the body. For some swimmers, in the old stroke, your hand and arm would move towards your centerline, which would be the middle of your chest, and then push backwards. I know this is confusing, so visualize this: draw an imaginary line that would go from your nipple (can I say nipple?) to your feet. The arm never crosses this boundary during the pulling motion.

The last area of the pull to discuss is the "finish." For me, I used to tell my swimmers that your hand should pull as far back to where the coins would be in your pockets (if you were wearing slacks). This way, you would have big long finishing strokes, especially for distance swimmers. However, with the newer propulsive freestyle stroke, pretend you are wearing blue jeans, and put your fingers in that weird tiny pocket that is above the regular pocket. Taormina suggests that your hand tracks back to this area, and then you would end the pulling motion and finish phase. Next your hand would exit the water and you would begin the recovery stage.

Of course, learning to have a propulsive freestyle stroke involves many items and details, i.e., moving body parts, rotation, kicking, an open mind, and more! If you are looking for more info, you might want to read [Swim Speed Secrets for Swimmers and Triathletes](#) by Sheila Taormina. Gaining a better picture and understanding of what is happening during the pulling motion can make a big difference in your freestyle.

Last point:

Getting advice from a 4-time Olympian as she unravels the mystery is a great start. And make no mistake – Sheila Taormina is letting the best kept secrets out of the bag!

Bill Paine

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10 Ways to Create Interesting Sets

There are many fun and creative ways to mix up your swimming workouts

[Terry Heggy](#) | May 8, 2017

All coaches have their favorite sets. (Mine happens to be 10 x 100 on [FSYCH](#).) Swimmers have their favorites, too, and there's certainly no harm in repeating what we enjoy. We also benefit from standardized test sets (a timed 1000 on the first Monday of the month, for example, or 13 x 200s with 10 seconds rest every Friday the 13th.) At the same time, we don't want to bore our swimmers by becoming too predictable.

Here are some ideas for keeping workouts interesting.

Different Distance

1. **Odd lengths.** Instead of repeating standard distances such as 50s or 100s, throw in a set of 125s or 275s. Or 35s. There's nothing wrong with starting and stopping in the middle of the pool, and the oddball intervals can force swimmers to engage their brains in new ways.
2. **Texas 50s.** Add turns to the beginning and end of 50s for three turns total. Have the swimmers start just outside the backstroke flags, swim into the wall for a turn, swim a 50, and finish with another turn at the first wall, stopping where they started, just outside the flags.
3. **Fargos** (as far as you can go). Set sendoff *times* (rather than a specified distance), and challenge the swimmers to be at a wall to get at least 5 seconds of rest before each sendoff. For example, if the sendoff is 3 minutes, some swimmers will swim 250, some will swim 225, some 200, and so on. If you do a descending interval (e.g., 3:10, 3:05, 3:00, etc.) swimmers will have to drop a 25 from their distance every fourth swim

or so. A descending interval set that starts at 3:10 and goes down by 5 seconds until you reach :35 will cover a lot of yardage and will take an hour but seem much shorter.

4. **Sideways.** Have them swim *widths* of the pool rather than lengths. Or swim down one lane, duck under the lane line, and swim back in the next lane (also known as swimming "snakes").

Refreshing Racing

1. **Countdown 50s.** Count down from 1:30 and have the swimmers leave when they hear you yell out the time they think they can go for a 50. If everyone leaves at the right moment, the entire group will touch the wall at the same time. Most people leave too early because they get caught up in racing and go faster than they thought they would so repeat it until everyone touches together. (Note: This works best when there are only two people per lane.)
2. **Race from opposite ends.** Start swimmers of similar ability from opposite ends of the pool and challenge them to swim a 100 before their rival can finish. Because they're not directly beside the person they're racing, they must go all-out if they want to win. You can handicap each rivalry by starting one person earlier than the other or making one swim farther, as appropriate.
3. **Fin Fartleks.** During long, continuous kick sets, blow a whistle to signal an all-out sprint until the next whistle blows. Between speed sections, the swimmers kick at a moderate pace to recover so they can really work the next sprint. Vary the length of time for both the sprint and recovery segments. Keep them on edge, ready to take blast into sprint mode at any moment.

Interesting Incentives

1. **Name that tune.** Engage the swimmers by having each one choose the stroke,

speed, [drill](#), or tool (pull buoy, snorkel, fins) for a 25 or 50.

2. **Rewards.** When swimmers demonstrate excellence in practice, reward them by letting them choose the stroke (or distance) for the next set. Variations might include rewarding the swimmer of the day with a “golden kickboard”, a trophy that remains in their lane for the workout, or a new [USMS cap](#), etc.
3. **Get-out swims.** Challenge one or more swimmers to hit a designated goal that will let everyone get out early. The goal could be a PR time, a performance challenge (such as a completely legal 400 IM or 200 fly), or a relay time target. Since Masters swimmers generally *want* to be at practice, getting out early might not be desired, so have another reward in mind for meeting the challenge successfully.

A Culture of Creativity

Keeping an eye open for opportunities gives swimmers a break from boredom. There are endless possibilities for [variety](#) and [modification](#) while still providing a [great workout](#) that supports training goals. Network with other coaches, solicit ideas from your swimmers, and keep reading [Streamlines for Coaches!](#)



About the Author—[Terry Heggy](#)

Terry "Speed" Heggy has been swimming for more than 50 years. He won his age group in the 10K Open Water Championship in 2006, competed in the National Championship Olympic Distance Triathlon in 2014, and qualified again for USAT Nationals in 2015. He's the head coach of Team Sopris Masters in Glenwood Springs, Colo., and is a USMS-certified Level 3 Masters coach and an NASM Certified Personal Trainer.

Editor's Note: This article was in the USMS publication [Streamlines for Coaches](#).

More Pictures from Zone Meet



Patty and Jim Miller



Robert Romo and Keith Murray



Betsy Durrant, Laura Walker, Bill Nelson

Note to teams and Unattached swimmers: All of these pictures are of VMST swimmers because these are the ones that were sent to me. Please take some pictures at meets or at practice and email them to me.

Local Masters Swim Committee Newsletter
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Virginia Swimmers in “Last Chance” Meet

UMAC hosted a SCY Meet on May 6 in College Park, Maryland. Sixteen swimmers from our LMSC participated.

FAFF:

Megan McDonald, 28 Matthew Jennings, 41

UC12:

Sam Kettlewell-Sites, 19 Kevin Mastracci, 21
Marie Restrepo, 54 Denise Wetzel, 51
Justin Litz, 26 Warren Cieslak, 29

VMST:

Barbara Boslego, 65 Marcia Barry, 68
Kathy Umdenstock, 65 Shirley Loftus-Charley, 65
Susan Bricken, 73 Beth Schreiner, 76
Kirk Clear, 49

WINM:

Barry Haddan, 66