

The Wet Gazette



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“Eatin’ out of your hands”!

Some thoughts on how masters swimmers can improve speed by using their hands correctly.

By Coach Don Easterling

Masters Team Coach, Brooks Family YMCA, Charlottesville, VA

Edited by Suzi Burns

Hands are taken for granted. Yet we know that before mechanization, the hands made tools to dig, develop weapons to kill prey, and plow fields for planting. Now we use them to turn on the ignition of tractors and cars. We shake hands, wave, and salute with our hands. Athletic teams use their hands to make statements, some times not such complimentary statements, but other times to show their spirit and unity!

The hands are too often neglected in our sport. I hope to persuade you to not neglect this essential part of your training, especially in the freestyle and butterfly strokes.

In 1968 I was fortunate to coach some talented young men at the Olympic trials in Long Beach California. One lad missed the team by one tenth of a second, but two swam in the Olympics and one scored two gold’s, another a bronze.

The gold medals came from beating Mark Spitz, and everyone wanted to know what magic I possessed to have accomplished that goal. To that end, I was asked to speak at the world coaches’ clinic back in that foreign country, California. There were 400 plus coaches from all over the world and I was scared to death. I was just a skinny rookie coach who had no idea what was goin’ on. I told a funny story or two, and in a bit, got them eating out of my hands. When I finally got around to speakin’ to the topic, I stated: **“The hands are important! You must control surface water with the hands!”**

To control surface water, the elbow must be above the wrist and the wrist above the fingertips. The hands must be soft as you begin the stroke. At this point I laid two key four-letter words on my attentive audience. I said that the soft hands control the surface water and this gives you...here it comes... LIFT! And LIFT reduces DRAG! In 1968 we didn’t have com-

puters; instead I heard pens clicking and pages turning. They were actually writing down what I was saying! I was encouraged to keep talking so I went on to tell them what I am telling you.

The Catch

I often see master’s swimmers hands entering the water with their thumb pointed down. This may feel good but they lose the top quarter of the LIFT in the stroke when they enter this way. And with the thumb down, the hand slices across the chest and does nothing but win the UGLY contest! Some even have said to me when I correct them: “but coach, it feels like my hand is really moving fast”. Yeah it is, but the palm of the hand is what holds the water. If you want to go faster, work hard everyday trying to develop the “feel” of the water which always begins with the hands on the surface to start the stroke.

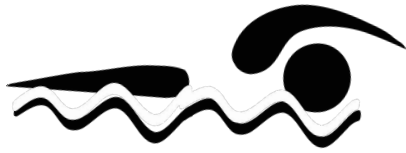
As the stroke continues, the hands initiate subtle turns in order to feel the resistance of the water on the centermost part of the palm. If you turn your hand too much as it journeys through the stroke - I call this pitch - you lose leverage, which is the resistance the water gives back to the hand. Often the hands are loose and the weight of the water pushes the fingers apart and up causing the wrist to drop followed by the elbow dropping. When that happens all the leverage is gone and subsequently speed. Remember, water does not get tired! The swimmer does!

The hands tell you when the stroke is right or wrong. There is a slight wrist angle change throughout the stroke. An example: place your palms shoulder width on the deck and pull yourself out until the elbows are locked. Feel the minor change in the wrist as you press down, then up, on the deck. Your elbows are above the wrist just as they would be in the stroke. The pressure on the palm changes slightly throughout the stroke causing the wrist to constantly change position just as it does in the water.

The Pull

The hand must be firm but never rigid. Just like the miles/hour (MPH) in your BMW, the proper technique creates distance per stroke (DPS). As you push down, out, under

Continued on page 5



Upcoming Swim Meets, Events and Clinics

(meet information in this newsletter for meets in blue below)

General Information

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

Nearby Zones

Colonies Zone: www.Colonies-Zone.org

Dixie Zone:

www.DixieZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Registrar: Shirley Loftus-Charley

Coaches: Rich Williams

Fitness: Brianna Lovell

Long Distance: Kate Stephenson

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

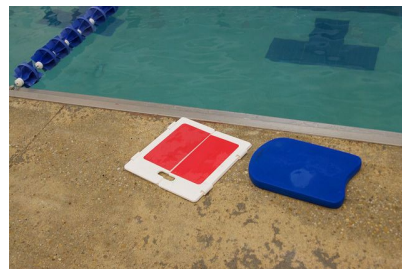
Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Steve Hennessy

Webmaster: Chris Stevenson

Date	Meet	Location	Registration Deadline
Mar. 11, 2018	Frank Clark Memorial Meet	Greensboro, NC	Mar. 6, 2018 (online)
Mar. 17, 2018	Club Tribe Masters Classic	Williamsburg, VA	Mar. 13, 2018 (online)
Apr. 13-15, 2018	Colonies Zone SCY Championship	Fairfax, VA	Apr. 6, 2018 (online)
Apr. 28, 2018	Coastal Master's Invitational	Bolivia, NC	Apr. 24, 2018 (online)
May 10-13, 2018	USMS Spring National Championships	Indianapolis, IN	Apr. 9, 2018 (online)
May 15 - Sept. 15, 2018	USMS 5K/10K ePostal Nationals (50 m pools only)	Your choice of 50 m pool	Sept. 15, 2018 (online)
May 26-27, 2018	Jim McDonnell Lake Swims (1-mile and 2-mile)	Reston, VA	May 23, 2018 (online)
June 2, 2018	John Shrum Memorial Cable Swim	Charlottesville, VA	May 30, 2018 (online)
June 16, 2018	Virginia Masters State Open Water Championships	Richmond, VA	June 16, 2018 (online - see dates for price bumps)
July 14, 2018	2nd Annual TIDE Speedo Maters LCM Meet	Virginia Beach, VA	July 11, 2018 (online), July 9, 2018 (paper)
July 18 - Aug. 5, 2018	UANA Pan American Masters Championships	Orlando, FL	June 30, 2018 (online)
Sept. 15 - Nov. 15, 2018	USMS 3000/6000 ePostal Nationals (25 yd and 25 m pools only)	Your choice of pool	Sept. 15, 2018 (online)





3rd Annual Club Tribe Masters Classic

College of William & Mary Rec Center Pool
400 Brooks Street (at Compton Drive)
Williamsburg, VA 23186
(757) 221-3310

March 17, 2018

Sanctioned By: LMSC for Va. for USMS
Sponsored By: Club Tribe (1693)
Meet Director: Kyle Ahlgren
(clubtribealumni@gmail.com)
Meet Referee: TBD

Welcome to the 3rd Annual Club Tribe Masters Classic! Prep for Colonies Zones and bid farewell to Winter at the College of William & Mary's sneaky-fast 8-lane pool. Test your team's sprinting prowess in the most thrilling relay of them all: the 100 (4 x 25) Medley Relay. This meet is graciously hosted by William & Mary's stellar varsity swimming teams and staff.

Location: College of William & Mary Student Recreation Center Pool. Address: 400 Brooks Street (at Compton Drive), Williamsburg, VA 23186. Telephone number: (757) 221-3310. This is an 8-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.

Parking: Ample parking is available in the William & Mary Hall parking lot, which is also located at the corner of Brooks Street and Compton Drive. Please adhere to posted parking regulations.

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 if using paper entry.

Awards: All four swimmers on the fastest overall relay teams in each of the Women's, Men's and Mixed 100 Medley Relay will receive pewter Jefferson cups commemorating victory.

Entries: \$8.00 per individual event plus a \$12.00 facility fee. Relays will be deck-entered and deck-seeded at no cost. Deck entries for individual events will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

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, March 13, 2018**. In order to be seeded, paper entries must be received by **Tuesday, March 13, 2018**. Entries received after the deadline will be considered deck entries and will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

Relay Entry Deadlines and Seed Times: Relay cards for the 100 Medley Relay are due before the conclusion of the 50 Free. Relay cards for the 200 Free Relay are due before the conclusion of the 200 IM.

1,000 Freestyle Entry Limit, Check-In and Wait List: The 1,000 Free will be limited to the first twelve (12) entries received, whether on-line or by paper entry. **Positive in-person check-in for the 1,000 Free is required by 2:45 PM** on the day of the meet. Swimmers who are unable to enter the 1,000 Free because the entry limit has been reached may place themselves on a first-come, first-served wait list upon arriving at the meet. Swimmers granted entry in the 1,000 Free from the wait list must pay the \$8.00 individual entry fee. We will post the final 1,000 Free heat sheets by 3:15 PM. W&M varsity swimmers will serve as lap counters for the 1,000 Free.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Women and Men will swim separately in all individual events except the 1,000 Free, which will be combined. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but may otherwise be combined. Age groups will be combined in all events.

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 THESE LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Meet Results and Heat Sheets: Meet Results will be posted at www.vaswim.org and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, March 16, and will be posted at multiple locations on the pool deck.

Williamsburg Info and Lodging: Spring often visits Williamsburg early, and the Merchants Square Farmer's Market will be in full swing. There are myriad hotel, motel and B&B options in all price ranges a short distance from the pool. Good resources for local lodging include: www.colonialwilliamsburg.com/stay and www.bandbwilliamsburg.com/.

Saturday Evening Swimmers' Social: Swimmers, friends and family members are encouraged to gather informally immediately following the conclusion of the meet for repast and revelry at Paul's Deli, 761 Scotland Street in Williamsburg (directly across from Zable football stadium). Paul's is family-friendly with a very flexible ordering and seating system.

Questions: If you have questions, please feel free to contact Meet Director Kyle Ahlgren at (202) 957-3936 or clubtribealumni@gmail.com.

Event Schedule Notes: The 100 Medley Relay is NOT USMS-sanctioned and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants. Unattached swimmers and swimmers on smaller teams are ENCOURAGED to coordinate and assemble 100 Medley Relays and chase the pewter!

On-line entries strongly encouraged!

Online entries close *March 13!*

Enter online at: www.ClubAssistant.com

(search for the meet by date on the left of the Club Assistant home page)

Paper entries are due by **March 13th**.

Note that your paper entry must contain three (3) pages: this page, the Payment Information Page and the waiver page. Your paper entry must also enclose a copy of your USMS registration card, which can be retrieved at www.usms.org/reg/getcard.php.

Please provide the following information:

Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 3/17/2018:		M or F (circle)	Birthdate (Mo/Day/Yr):
LMSC:	Club:	Phone:	

ENTRY FORM

Warm-Up: 2:00PM – 2:55 PM / Meet Begins at 3:00 PM

#	Event	Seed Time
1-2	50 Back	
3-4	200 Free	
5-6	50 Free	
7-8	100 Breast	
9-10	100 IM	
11-12	1,000 Free	
13-15	100 Medley Relay (Women, Men and Mixed)	DECK ENTERED
16-17	100 Fly	
18-19	200 IM	
20-21	50 Breast	
22-23	100 Free	
<i>15-Minute Break</i>		
24-26	200 Free Relay (Women, Men and Mixed)	DECK ENTERED
27-28	100 Back	
29-30	400 IM	
31-32	50 Fly	

Payment Information

Entry Fees

Total Events ____ x \$8.00:	
Surcharge:	\$12.00
Total Amount Enclosed:	

**Make checks payable to:
Club Tribe Masters 1693 Inc.**

Questions? Contact Kyle Ahlgren
(202) 957-3936; clubtribealumni@gmail.com.

**Mail Paper Entry To:
Club Tribe
5108 Wehawken Road
Bethesda, MD 20816**

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

Hands, continued from page 1

and back with the hand, you need to increase the speed: 10-20-30-40-50 MPH. Also remember that the hands must always point south toward the bottom; that's where the still water resides. When the hand maintains the proper pitch under the body and back to the finish of the stroke, doing so in still water provides better leverage. The hands tell you when the stroke is right or wrong. When wrong it slips, when correct you feel more resistance.

Recovery

Let the hands relax during the recovery phase. But remember that even in the recovery phase the hands point south.

Some things you can do to improve your "hands"

Using the skull drill through all phases of the stroke helps the swimmer develop that all-important "feel". Some swimmers are born with what I call "touch". Their hands touch the surface water and send back a message that helps them move through the stroke correctly. Most swimmers however, must work hard at this. The use of fingertip paddles helps to give lift and aides the hand in finding the correct touch. Keep working on these small things with SLOW drills so you identify when you are doing it right.

Another great way to learn how to find your "sweet spot" in all parts of the stroke, is to have your coach video tape your hands on the surface as the stroke begins and under the water throughout the stroke. You will quickly see what you are doing wrong or right. This will help you learn what phases to work on. And once you "get it" you will move faster.

Hands are important....use yours correctly! Once you do, others will want to "eat out of your hands" too!

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Coach Don Easterling has had a long and successful career coaching swimming. He began with an age group team in Texas. He then coached for eight years at the University of Texas at Arlington where his teams finished 2nd in Division II and 7th in Division I NCAA Championships, both in 1968. Easterling then relocated to NC State where he stayed for 25 years, winning 17 ACC titles and nine top 10 NCAA finishes. He was named National Coach of the Year in 1993. In addition, he coached a number of Olympians, nine of which received medals including four gold, one silver and three bronze. He has been inducted into several Halls of Fame including: the University of Texas at Arlington, Texas Swimming Coaches Association, North Carolina's Swimming Coaches Association, NC State University, and the American Swim Coaches Association. He presently coaches the Masters Swim Team (called "E Team") at the Brooks Family YMCA in Charlottesville VA.

Workout of the Month

Workout: Get Ready for Open Water

Warm Up: 100 swim/100 kick/100 IM/100 pull/100 swim (500)

Main Set (2,000)

Do the following set of 5 x 100s 4 times through.

Choose an interval that gives you 20 sec rest for the moderate 100s and keep that interval through the entire set.

1st 100: moderate pace, perfect stroke

2nd 100: 50 fast/50 EZ

3rd 100: build

4th 100: fast

5th 100: EZ

Kick set (400): 8 x 50 kick with fins on 1 minute

Cool Down: 200 EZ choice

Total: 3,100 yards/meters

Our First LMSC Social Funding Program ...

We advertised a new LMSC Social Funding Program in the February newsletter. Our first taker for the funding is the VMST group from Virginia Beach (picture below). Nancy Speer writes that the group had assorted pastries from Panera's and enjoyed a great time socializing after their morning workout.

We hope other groups will also take advantage of this program!



Local Masters Swim Committee Newsletter
Chris and Heather Stevenson, Editors
7702 Hampshire Road
Henrico, VA 23229

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SCM 2017 Season Wrap-Up

The final Top 10 lists for the 2017 short-course meters season (SCM17) have been published. The season ran from Jan 1, 2017 thru Dec 31, 2017.

Swimmers from our LMSC did well: 93 ranked individual swims and 11 ranked relays. There were 38 swimmers who had at least one Top 10 swim; Greg Harris led the way with 9 ranked swims. There were seven swimmers who had at least one top-ranked swim in an individual event: Laura Walker and Johnnie Detrick were at the top of the heap in three events each. Other top-ranked swimmers from our LMSC were Greg, Beth Schreiner (2), Kevin Mastracci (2), Shirley Loftus-Charley (2), and Austin Glass. Four relays also were ranked #1 in their age groups: three from VMST and one from Club Tribe.

More details on these and other recent Top 10 achievements are available at www.vaswim.org. Anyone making a Top 10 list can order Top 10 patches to commemorate the achievement. Nicely-formatted booklets are also available for download.

The LMSC record book was also re-written in the past SCM season: 32 new individual records were set. There were also

8 new LMSC relay records, 6 by VMST and 2 by Club Tribe. The VMST 800 freestyle relay of Barbara Boslego, Johnnie Detrick, Terry Sue Gault and Shirley Loftus-Charlie set a new national record in the 280-319 age group. Great job, ladies!

The mythical national championship rankings are based on scoring the Top 10 swims by zone, LMSC or club. As an LMSC, Virginia was ranked 14th out of the 52 LMSCs. At the club level, VMST was ranked 21st out of more than 250 clubs that had swimmers in the Top 10. Wow!

Congratulations to everyone on a great season!

