

# The Wet Gazette



Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

## Backstroke: It's Not All About Power!

By Coach Don Easterling  
(aka "Coach E")

Life has been good to the old coach. I'm so grateful that I was, and still am, able to live a childhood dream: to coach swimming. A good coach is first a good teacher, and that means teaching good technique.

The backstroke has gone through many changes over the years, especially with the turn. While coaching college swimming for 34 years, the hardest swimmers to recruit were the backstrokers. For every single backstroker there were at least a dozen freestylers and 8-10 butterfly and breaststroke swimmers. Over the years I have been fortunate to have coached at least one Olympic medal swimmer in each of the four strokes, including both a 100- and a 200-meter backstroker. The two swimmers were very different from one another and both taught me so much.

Like freestyle, backstroke is a single arm recovery stroke. Both strokes require the swimmer to roll on the longitudinal axis, but in backstroke a lack of flexibility in the shoulders requires a greater degree of roll than in freestyle. If you study the world-class backstroke swimmers you'll see different styles, especially in strong men who have legs hanging off their shoulders instead of arms. They just defeat the water...its ugly, but faster because they roll less, pull shallower, and turn over faster. It's all muscle and power and little finesse. There is an old saying, "If muscles were

everything, a bull could catch a red bird"!

This article describes backstroke components and uses figures to illustrate the phases of good backstroke technique. These basics are important to any age swimmer and if integrated into a swimmer's skill set, will help develop an efficient and effective backstroke!

### Head Position

In backstroke the head never moves; I call this the neutral position. The nose is straight up. Do not drop the chin as this lowers the hips which negates the advantage of the all-important roll.



Fig. 1: Head straight with roll

### Arm Exit

The arm exits the water with the thumb up and with the back of the hand facing out. If the broad part of the hand exits the water versus the thumb, the hand carries more work for the swimmer. Besides, it looks like Niagara Falls...and is certainly enough water to baptize a relay team!



Fig 2: Beginning the stroke with hand exit and thumb pointing up

for the swimmer. Besides, it looks like Niagara Falls...and is certainly enough water to baptize a relay team!

### Water Entry

Keep the elbow locked straight and recover with the tallest arc possible which keeps you higher on the surface with less drag. With the arm still extended,

as the hand nears the water, roll into a little finger entry on the surface. Never allow the back of the hand to enter the water first as this results in a shorter stroke and decreased distance per stroke (i.e., DPS).

Enter the water in the 11:00 and 1:00 o'clock positions. Never enter wider, and more importantly do not overreach (e.g., right hand over left shoulder) as this makes you weave side-to-side (i.e., "snake"). (See Figures 4 & 5).



Fig. 3 and 4: Extended arm, pinkie facing water, with roll, and face forward

### Elbow Bend

As the hand becomes even with the shoulder, the elbow bends inward. The most common mistake is bending the elbow too soon. Think about how you bend your elbow in freestyle or butterfly. As the elbow is bent to create more leverage you must also increase the hand speed.

As the hand speeds up, the wrist flexes back so that the water is pushed toward the foot; the water is always focused on the center of the palm like the broad part of a paddle.

I'm amazed at how often I see swimmers trying to swim on their backs with straight arms throughout the

*Continued on p. 8*



## Upcoming Swim Meets, Events and Clinics

### General Information

LMSC for Virginia Website:  
[www.vaswim.org](http://www.vaswim.org)

USMS Website: [www.usms.org](http://www.usms.org)  
 Nearby LMSCs

North Carolina: [www.ncmasters.org](http://www.ncmasters.org)

Maryland:

[www.teamunify.com](http://www.teamunify.com)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

Nearby Zones

Colonies Zone: [www.ColoniesZone.org](http://www.ColoniesZone.org)

Dixie Zone:

[www.DixieZone.org](http://www.DixieZone.org)

Online Meet Registrations:

[www.clubassistant.com](http://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 Stephensen

*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
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)
Oct. 14, 2018	Maryland Swim Series Meet #1 (SCY)	Ellicott City, MD	Oct. 11, 2018 (online)
Oct. 19-21, 2018	National Coaches Clinic	College Park, MD	Oct. 12, 2018 (online)
Oct. 27, 2018	RCA's Dive Into Fall Meet	Lexington, VA	Oct. 22, 2018 (paper); deck entries at meet
Oct. 28, 2018	GMUP Sprint Classic (SCY)	Fairfax, VA	Oct. 22, 2018 (online)
Nov. 3, 2018	VMST Fall Meet (SCM)	Virginia Beach, VA	Oct. 31, 2018 (online)
Nov. 11, 2018	Maryland Swim Series Meet #2 (SCY)	Chestertown, MD	Nov. 8, 2018 (online)8
Dec. 1, 2018	Maryland Swim Series Meet #3 (SCY)	Easton, MD	Nov. 29, 2018 (online)
Dec. 1, 2018	GERM Solstice SCM Meet	Boyds, MD	Nov. 27, 2018 (online)
Jan. 20, 2019	Maryland Swim Series Meet #4 (SCY)	Annapolis, MD	tbd
Feb. 2, 2019	VMST David Gregg Memorial Meet	Henrico (Richmond) VA	tbd
Feb. 9, 2019	Maryland Swim Series Meet #5 (SCY)	Severna Park, MD	tbd
Mar. 17, 2019	Maryland Swim Series Meet #6 (SCY)	Annapolis, MD	tbd
Apr. 25-28, 2019	USMS Spring Nationals (SCY)	Mesa, AZ	tbd



**U.S. MASTERS  
SWIMMING**

**RCA' s Dive Into Fall Meet**  
**The Community Pool**  
**194 Wallace Street Lexington VA. 24450**  
**Saturday, October 27,2018**

**Sponsored By:** Rockbridge County Aquatics  
**Sanctioned By:** LMSC for Va. for USMS, Inc:  
**Meet Director:** Craig Charley [ccharley9@hotmail.com](mailto:ccharley9@hotmail.com)  
**Meet Referee:** Beth Arnold [arnoldeaa@gmail.com](mailto:arnoldeaa@gmail.com)

**Location:** The Community Pool Address: 194 Wallace Street, Lexington, VA 24450. Telephone number: (540) 463-5441. This is a 6-lane, 25-yard Indoor pool with a semi-automatic electronic timing system including 6 lane scoreboard.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will not be available at the meet. **Entries:** \$5.00 per individual event plus a \$6.00 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 at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

**Entry Deadline:** Entries must be received no later than **Monday, October 22, 2018**, or they will be considered deck entries. The 500 is limited to the first 20 registered athletes.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily. Heats will be swum slowest to fastest. A swimmer may enter a maximum of 5 events per day, plus relays. Events will be swum slowest to fastest.

**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. Instructions given by the designated Safety Marshall shall be obeyed at all times. Lane 6 will be maintained as continuous warm-up/warm-down lane during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THIS LANE ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times. A swimmer may be disqualified at the discretion of the meet director or Meet Officials for failure to comply with these rules.

**Awards:** Awards *will* be given for first, second, and third place in each individual event by the standard Masters age groups. Awards will be given for relays.

**Times and Results:** Results will be posted on our website at [www.rockbridgeswims.org](http://www.rockbridgeswims.org). If you would like to have an individual set of results mailed to you, please make arrangements with the meet director. Times from this meet will not be eligible for USMS records, but will be eligible for Top 10 times and LMSC records.

**Hospitality:** We will offer a wide variety of refreshments for swimmers and officials throughout the meet.

**Nearby Lodging:** Holiday Inn Express (540) 463-7351, Comfort Inn-(540) 463-7311, Wingate Inn- (540) 464-8100

**Directions: DIRECTIONS TO THE COMMUNITY POOL:**

- Take 81 south to exit 191 (64 west) , • Take 1st exit 55 • At end of ramp, turn left on Route 11 south
- Stay on Route 11 for approximately 1 mile. • Cross bridge • Stay left on Route 11 bypass
- Follow Route 11 bypass for approximately 2 miles to the 1st stop light • Turn Right on Main (route 11)
- Take 1st right turn on Waddell street at the Farmers' Coop • Go straight through Maury River Middle School Parking lot.
- Turn left into Pool parking lot If anyone is taking route 60 west into Lexington, it will bring you all the way into town. Take a left off of route 60 onto Walker street (at the KFC). Take a right on Houston Street when Walker dead ends after a block or two. Take a left on Taylor street. Take a left on Wallace. Take a left at the Maury River Middle School parking lot and come up hill and turn left again into the Pool parking lot.

**Sponsored by:** Rockbridge County Aquatic Masters **Sanctioned By:** LMSC for Va. for USMS, Inc:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSE BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Please fill in the following:

Date:		Signature:	
Name (First, MI, Last):			
Gender:		USMS Number:	
Address:			
City:		State:	Zip:
Email:		Age as of 10/27/18:	
Phone Number (Day):		Cell Phone Number:	

**Warm Ups: 2:00pm-2:45pm; Meet Starts at 3:00pm**  
**At 1:15PM lanes 2 & 5 are one way sprints. Lanes 1,3,4,6 will remain as general warm-ups**  
**\*\*The 500 is limited to the first 20 registered athletes.\*\***

<u>Women</u>	<u>Time</u>	<u>Event</u>	<u>Men</u>	<u>Time</u>
1	_____	<b>**500 Freestyle**</b>	2	_____
3	_____	100 Backstroke	4	_____
5	_____	50 Breaststroke	6	_____
7	_____	100 Butterfly	8	_____
9	_____	100 Individual Medley	10	_____
11	_____	200 Freestyle	12	_____
13	_____	50 Backstroke	14	_____
15	_____	200 Breaststroke	16	_____
17	<i>Deck Entered</i>	200 Medley Relay	18	<i>Deck Entered</i>
<b>15 Minute Break</b>				
19	<i>Deck Entered</i>	200 Freestyle Relay	20	<i>Deck Entered</i>
21	_____	50 Butterfly	22	_____
23	_____	400 Individual Medley	24	_____
25	_____	100 Freestyle	26	_____
27	_____	200 Backstroke	28	_____
29	_____	100 Breaststroke	30	_____
31	_____	200 Butterfly	32	_____
33	_____	200 Individual Medley	34	_____
35	_____	50 Freestyle	36	_____

A photocopy of your current USMS registration card must accompany your entry.

<b>Event Fees:</b>	
Total Events: _____	X \$5.00 = _____
Surcharge: \$6.00	\$6.00
Total Amount Enclosed: _____	
Make Checks Payable to:	
<b>Rockbridge Storm</b>	

<b>Mail Entries to:</b> Craig Charley 219 Donald Lane Lexington, VA 24450
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Questions? Contact Craig Charley [ccharley9@hotmail.com](mailto:ccharley9@hotmail.com) or (540) 447-0326 after 4pm





### 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	

**VIRGINIA MASTERS SWIM TEAM**  
**38<sup>th</sup> ANNUAL FALL SWIM MEET**  
**SATURDAY, NOVEMBER 3, 2018**



**Short Course Meters**

**Location:** Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

**Facility:** Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **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.**

**Important Notes:** Lockers require a quarter (25 cents). No glass containers in the pool area.

**Directions:** **From I-64**, take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area**, take Shore Drive toward First Court Rd. When you see the water tower just beyond the intersection with a stoplight, turn left onto First Court Road. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

**Meet Directors:** Mitch Saks and Cindy Hamilton.

**Sanctioned by:** LMSC for VIRGINIA for USMS, INC.

**Eligibility:** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2018. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry.

**If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at [www.usms.org](http://www.usms.org) (on Nov 1 or later) or be prepared to register with LMSC for Virginia on the day of the meet.**

**Tips for new swimmers:** Forms are available at [www.vaswim.org](http://www.vaswim.org) and will also be available at the pool for new swimmers. If you are not currently a member of USMS, enter the meet, but wait until November 1 to join USMS because all new registrations after November 1 will be valid through December 2019.

**ORDER OF EVENTS.** Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat of 1500 begins at 9:45 am.

There will be another 30 min warm-up at 11:00 or at the completion of the 1500s. Event 2 will start no earlier than 11:30. Men and Women will swim together. Back-to-back events are not a good idea.

1. 1500 m Freestyle	8. 100 m Butterfly	16. 100 m Backstroke
2. 50 m Breaststroke	9. 100 m Breaststroke	17. 400 m Freestyle
3. 200 m Individual Medley	10. 200 m Free Relays *	18. 200 m Butterfly
4. 200 m Backstroke	11. 400 m Individual Medley	19. 100 m Individual Medley
5. 400 m Free Relays *	12. 200 m Freestyle	20. 50 m Backstroke
6. 200 m Medley Relays *	13. 50 m Butterfly	21. 100 m Freestyle
7. 50 m Freestyle	14. 800 m Free Relays *	22. 400 m Medley Relays *
	15. 200 m Breaststroke	23. 800 m Freestyle

**\*Relays There will be one heat of each relay. Women, Men and Mixed Relays will be in the same heat. No charge for relays. The meet should be completed by 4:30 pm.**

**Entries:** \$6.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event plus surcharge.** Swimmers may enter a total of 6 individual events and 5 relays. **NOTE THE CHANGE IN NUMBER OF INDIVIDUAL EVENTS ALLOWED.**

**Entry Deadline:** To be seeded, paper-entries must be received by **Monday, October 29.** The easiest way to enter is online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates. Online entries close on **Wednesday, October 31.**

**Rules:** Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

**Awards:** Medals for 1st through 3rd places in individual events for each age group. Ribbons for 4<sup>th</sup> through 6<sup>th</sup> places. Ribbons for relays.

**Social:** Back by popular demand... Due to success of last year's Social, We'll be returning to Commonwealth Brewing Company. Food to be provided. We have requested a larger room and help with parking. Carpooling from the pool will definitely help. More details in the September newsletter and at the pool at check-in.

**Hotel Information:** Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

**Relays!** To provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 5, 6, 10, 14, and 22. Relay entry forms will be available at Check-In.

**NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.**

**\*\*\*\*\* PAPER ENTRIES ARE DUE BY OCTOBER 29. ONLINE ENTRIES CLOSE OCTOBER 31!\*\*\*\*\***

ENTER ONLINE AT [www.clubassistant.com](http://www.clubassistant.com)

Or go to [www.vaswim.org](http://www.vaswim.org) and click on Upcoming Meets. There is a link there.

Age (on Dec 31, 2018): \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign waiver on next page**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered with USMS to participate.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

USMS #: \_\_\_\_\_ Team: \_\_\_\_\_ Sex: \_\_\_\_\_

*Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times. Relays may be entered on the day of the meet. Relay forms will be available at check-in.*

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	1500 m Free	(13)	_____	50 m Fly
(2)	_____	50 m Breast	(15)	_____	200 m Breast
(3)	_____	200 m IM	(16)	_____	100 m Back
(4)	_____	200 m Back	(17)	_____	400 m Free
(7)	_____	50 m Free	(18)	_____	200 m Fly
(8)	_____	100 m Fly	(19)	_____	100 m IM
(9)	_____	100 m Breast	(20)	_____	50 m Back
(11)	_____	400 m IM	(21)	_____	100 m Free
(12)	_____	200 m Free	(23)	_____	800 m Free

*Please note that there is no break in the meet program. Think carefully before entering back-to-back events. Relays (events 5,6,10,14,22) will be deck entered. There will be no entry fee for relays.*

Number of Events \_\_\_\_\_ x \$6 = \$ \_\_\_\_\_  
 \$10 Surcharge = \$ **10**  
 Number of people for social \_\_\_\_ x \$10 = \$ \_\_\_\_\_  
 Results Mailed (\$2) = \$ \_\_\_\_\_  
 Total Amount Enclosed = \$ \_\_\_\_\_

*Results will be posted at  
[www.vaswim.org](http://www.vaswim.org).  
 If you want results mailed  
 to you, fill in blank to the left.*

*Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 3100 Shore Dr #950, Virginia Beach, VA 23451. For questions about entries, e-mail Betsy at [durrant6@gmail.com](mailto:durrant6@gmail.com) or phone Betsy at 757-615-1661. No calls after 9:30 pm, please! For other questions, contact Mitch Saks at (757) 343-8793 or [Mitchell.Saks@wellsfargo.com](mailto:Mitchell.Saks@wellsfargo.com)*

**DO NOT FORGET TO SIGN AND SUBMIT THE WAIVER ON PAGE 5 OF THIS NEWSLETTER.**

## Backstroke, cont'd from page 1



Fig. 5 and 6 (top row): Arm even with shoulder.

Fig. 7 and 8 (bottom row): Elbow bend close to body with hand pushing down. The swimmers are rolled towards the arm with face forward.

stroke cycle. There are times in our sport when the arms are straight but always during the recovery phase. In the power phase of every stroke the elbows are bent. Remember the water never gets tired. We do!

### The Roll and Stroke Completion

The roll allows for more efficient and more effective shoulder motion. It enables the hand to enter the water more easily than if the body is flat. As you roll into the catch with the elbow bent, wrist flexed back, and the broadest part of the hand optimally positioned, you can control surface water and create lift. Always change the pitch of the hand so the broadest part is feeling more resistance and thus more leverage. As hand speed increases toward the foot, the propulsive, and longest part of the stroke occurs. (i.e., stroke completion). As this action

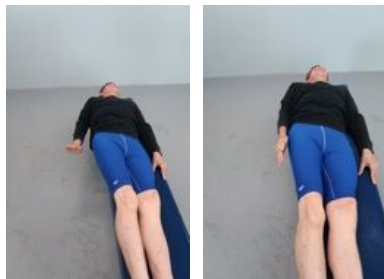


Fig. 9 and 10: Stroke completion

takes place, the body rolls back to generate more hand speed. This engages more muscle groups and creates more power. (See Figures 10 -11).

The roll also positions the legs for a more symmetrical, efficient, and powerful kick. An example is the six-beat kick: 2 counts on the left, 2 on the back and 2 on the right side. More on the kick follows below.

### The Kick

Backstroke kick is driven by the hips and thighs. Try not to drive the kick solely from the knees. The kick position is dependent on the roll (i.e. oblique or vertical). The toes are pointed.

The more flexible the ankles the more toe point occurs and dependent on the foot size, more or less water is pushed back and up. The toes turn in a bit which creates more range. The downbeat (downward leg kick), creates an anchor which makes for more power on the upbeat (upward leg kick). (See Figures 12 and 13).

I think the backstroke kick is the least important of the four competitive strokes. I believe the kick is more important for timing and balance than for power. However, every good backstroker I have coached has had a strong kick. The shorter the race, the more important the kick. Over the years I've found that backstroke kick is very exhausting for many swimmers (resulting in

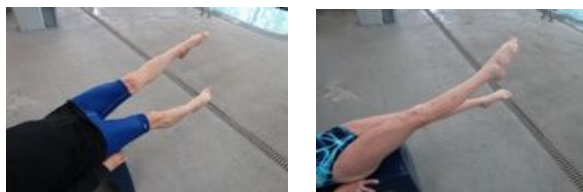


Fig. 11 and 12: Kicking with toes pointed and slightly inwardly directed during kick

more oxygen consumption). I don't know why especially since it is not a big leg driven stroke.

### Breathing

Backstroke is the easiest breathing stroke for most swimmers. It is helpful to try to maintain a breathing rhythm during the stroke. An example is to inhale for 3 strokes, exhale for 3 strokes.

### The Turn

Though the backstroke turn is similar to the freestyle turn, it requires perfect timing to roll from the back to the stomach in close proximity to the wall. While upside down maintain a tight tuck and make the feet drag through the surface to the turn wall versus with a high arc and splash, as this slows the turn.

Cont'd on page 9



# SCY 2018 Season Wrap-Up

by Chris Stevenson

The final Top 10 lists for the 2018 short-course yards season (SCY18) have been published. The season ran from June 1, 2017, thru May 31, 2018.

Swimmers from our LMSC did well: 136 ranked individual swims and 39 ranked relays. There were 45 swimmers who had at least one Top 10 swim; Johnnie Detrick led the way with nine ranked swims while Greg Harris and Val Van Horn Pate ranked in seven swims each. There were seven swimmers who had at least one top-ranked swim in an individual event: Johnnie was at the top of the heap with five #1 swims while Lucas Bureau was also impressive with four winners. Other top-ranked swimmers from our LMSC were Katie Grier (2), Beth Schreiner (2), Marina Falcone, Andrew Greenhalgh, and Greg Harris. A whopping 13 relays from our LMSC also were ranked #1 in their age groups: eight from Club Tribe and five from VMST.



More details on these and other recent Top 10 achievements are available at [www.vaswim.org](http://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: 71 new individual records and 22 new LMSC relay records were set. Our LMSC was also impressive at the zone level, setting 22 new Colonies Zone records, with Lucas Bureau setting six and Val Van Horn Pate setting five new zone marks.

The mythical national championship rankings are based on scoring the Top 10 swims by zone, LMSC or club. As an LMSC, Virginia was ranked 10th out of the 52 LMSCs. At the club level, Club Tribe was ranked 14th while VMST was ranked 17th out of more than 300 clubs that had members who recorded Top 10 swims. Wow! Congratulations to everyone on a great season!

*Backstroke, cont'd from page 8*

## The Finish

I see the big guys stay on their back on the touch stroke. The problem is that if that stroke is short, the swimmer dolphin kicks into the wall which sometimes pulls the hand away from the wall. This often results in a premature jump by the breaststroker on a relay. I feel that the body has a natural roll so on the last stroke, if you are short, the body remains lower and less chance for the hand to pull away as may happen when on your back.

If you follow these basic steps to improve your technique, your efficiency will improve and speed will crease. Strength, while important, isn't the same as finesse! See you in the pool!



*Coach E with Bill Wardle and Suzi Burns*

## Pickin' Up Steam

The Pickin' Up Steam Meet was held on Saturday, September 29 at Randolph-Macon College in Ashland, Va; the results have been uploaded to [www.vaswim.org](http://www.vaswim.org).

45 swimmers from 15 different teams throughout Virginia and Maryland participated in the meet. The meet was promoted as a "tune-up" meet to allow people to gauge their times at the beginning of the season. Nevertheless, swimmers set three Virginia LMSC records: Denise Letendre in the 200 Back, and William Wardle in the 100 and 200 Back. Congratulations!

The Randolph-Macon swim team provided enthusiastic volunteer support to the event and as a result everything went smoothly. We are hoping to make this an annual meet, so stay tuned for announcements next year. Thanks to all who attended!

Local Masters Swim Committee Newsletter  
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## NOTICE:

### Annual LMSC Board Meeting

November 4, 2018  
Time: 3PM

Contact Kirk Clear  
([vachair@usms.org](mailto:vachair@usms.org))  
for details.

## A Chance to Give Back: Elections for LMSC Officers

The Virginia Local Masters Swim Committee (LMSC) will hold elections for officers and appoint committee chairs at its annual meeting on November 4, 2018. The Virginia LMSC is the local chapter of U.S. Masters Swimming that covers most of Virginia and the entire state of West Virginia.

This is your opportunity to get more involved in promoting health, wellness, fitness and competition for adults through swimming.

If you are interested in running for one of the following offices or serving as a committee chair, please contact Denise Letendre, [dml2jd@virginia.edu](mailto:dml2jd@virginia.edu) with a brief statement of your qualifications and why you are interested in the position by **October 31st**. If you are not interested in a particular position but want to be involved, indicate that in the email and we will work to find a place for you!

**Officers To Be Elected:** Chair, Vice-Chair, Treasurer, and Secretary  
**Open Committee Chair Positions:** Sanctions, Fitness, and Safety

\*.\*.\*