

# The Wet Gazette



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

## Take Your Swimming to the Next Level with Weight Training

By Rich Williams  
Coaches Chair

Weight training has become the norm for elite swimmers. Michael Phelps famously gained several pounds of muscle through strength training in preparation for the 2016 Olympics. This weight gain partially enabled him to win 5 Golds and 1 Silver at the age of 31 – an age generally considered to be beyond a swimmer’s prime. You would have difficulty finding a highly competitive high school program that did not incorporate strength training into its routine, and I would dare say that it would be impossible to find such a program at the collegiate level. The trend has even made its way to age-group swimming. My daughter is 10 years old, and her team has incorporated various resistance training movements into her dryland program for the last two years. There is no reason that Masters swimmers should miss out on all of the benefits that our younger counterparts are enjoying.

Before I explain the principles that swimmers should apply to their strength training to improve their performance, I do feel compelled to mention that the benefits of weight training extend well beyond the

pool. We now have abundant research that shows weight training is a virtual fountain of youth. Weight training strengthens muscles and connective tissues, making us less susceptible to soft tissue injuries like sprains and strains. It also increases bone density, providing added protection against fracture as we age. From a metabolic standpoint, the increase in muscle mass from weight training makes long-term weight management much easier. Muscle requires about 25-50 times the number of calories to maintain than fat, and body will almost always choose to preserve muscle over fat when calories are limited. Adding muscle literally makes it easier for the body to use fat as energy. If your fitness goals include weight loss/maintenance, or if you just want to stay healthy and injury free, weight training needs to be a consistent part of your program.

There is so much information available to us regarding strength training that, for beginners, it can be a little overwhelming. The goals of this article are to provide you with a basic set of principals to guide your training, and to give you a very basic program to get you started.

### The basics ...

- Prioritize compound movements that use multiple joints (squats, leg presses, overhead presses, etc.) over isolation movements (curls, flyes, etc.). Compound movements en-

gage more muscles and stimulate a more complete metabolic response.

- Cycle your training. When your training is cyclical, you will vary the amount of weight you use and the number of reps you perform over time. High-repetition training works well early in the season. Build to higher weight and lower repetitions as the season progresses.

- Start by training your entire body in each workout, 2-3 times per week. Over time, you will progress to a “split” program where certain body parts are trained on specific days.

- Change your workouts frequently. Avoid getting into a rut with the same exercises every workout. Start a new program every 2-3 weeks.

- Lastly, make sure that your resistance is progressive. The goal is to continually improve by adding more weight or by performing more reps. The best way to do this is to keep a detailed journal as you train. The body only gets stronger when it is given a demand that it cannot meet. If you neglect to increase your resistance over time, your body will have no need to adapt and get stronger.

Here is a sample workout that you can try for the first few weeks of your weight training program. If you are unfamiliar with any of these

*(cont'd page 3)*



## 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:* Vacant

*Long Distance:* Kate Stephensen

*Newsletter:* Heather and Chris Stevenson

*Officials:* Charlie Cockrell

*Records & Top Ten:* Chris Stevenson

*Review:* Heather Stevenson

*Safety:* Jim Miller

*Sanctions:* Kyle Ahlgren

*Webmaster:* Chris Stevenson

## Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
Mar. 1-31, 2019	March IM Madness ePostal (SCY)	Any pool	Apr. 6, 2019 (online)
Mar. 23, 2019	Club Tribe Masters Classic (SCY)	Williamsburg, VA	Mar. 19, 2019 (online)
Mar. 30, 2019	Albatross Open (SCM)	Bethesda, MD	Mar. 25, 2019 (online)
Apr. 5-7, 2019	Colonies Zone SCY Champs	Fairfax, VA	Mar. 29, 2019 (online)
Apr. 25-28, 2019	USMS Spring Nationals (SCY)	Mesa, AZ	Mar. 25, 2019 (online)
May 4, 2019	USMS Coach Certification	Washington, DC	May 3, 2019 (online)
May 5, 2019	USMS ALTS Instructor Certification	Washington, DC	May 4, 2019 (online)
May 15-Sept. 15, 2019	5K/10K ePostal Nationals	Any LCM pool	tbd
May 26, 2019	Jim McDonnell Lake Swims	Reston, VA	tbd
June 1, 2019	John Shrum Memorial Cable Swim	Charlottesville, VA	May 27, 2019 (online)
July 20, 2019	Fontana Lake Races	Almond, NC	July 14, 2019 (online)
Aug. 7-11, 2019	USMS Summer Nationals (LCM)	Mission Viejo, CA	tbd
Sept. 15-Nov. 15, 2019	3000/6000 ePostal Nationals (SCM/SCY)	Any SC Pool	tbd

### **Weight Training** (con't from page 1)

exercises, YouTube is an excellent resource for a video demonstration. I would also recommend for novices to work with a trainer at a local gym.

#### **Workouts Weeks 1-3**

Perform 2 sets of 15-20 reps of each of these movements:

- Incline Barbell Press
- Lat Pulldown
- Overhead Dumbbell Press
- Leg Press
- Dumbbell Lunge
- Incline Sit-up

#### **Workout Weeks 4-6**

Perform 3 sets of 8-15 reps of each of these movements:

- Flat dumbbell press
- Machine Row
- Seated Overhead Barbell Press
- Squats
- Dumbbell Side Lunge
- Machine Crunch

I hope that you enjoy the program. Happy Lifting!

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## **Season Wrap-Up: Short Course Meters**

The final Top 10 lists for the 2018 short-course meters season (SCM18) have been published. The season ran from Jan 1, 2018, thru Dec 31, 2018.

Swimmers from our LMSC did well: 127 ranked individual swims and 21 ranked relays. There were 36 swimmers who had at least one Top 10 swim; Shirley Loftus-Charley led the way with 15 listings, followed closely by Greg Harris with his 14 rankings. There were 12 swimmers who had at least one top-ranked swim in an individual

event, with Len Gushe taking top spot in five events and Shirley doing so in four events. Other top-ranked swimmers from our LMSC were Cory Camp, Jeanne Meredith, Lewis Burras, Denise Letendre, Beth Schreiner, Greg Harris, Marcia Barry, Deidre Geroni, Katie Grier, and James Henderson. Wow, that's a lot of fast swimming!

More details on these and other recent Top 10 achievements can be found on the LMSC website ([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: 55 new individual records were set. Our LMSC was also impressive at the zone level, setting 15 new Colonies Zone records, with Greg and Len setting four zone records apiece and Lewis Burras setting three 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 13th out of the 52 LMSCs. At the club level, VMST was ranked 15th out of the 258 clubs that had members who recorded Top 10 swims. Great job!

Congratulations to everyone on a great season!



## 2019 LMSC Budget

2015 Actual (01/01-12/31)	2016 Actual (01/01-12/31)	2017 Budget	2017 Actual (01/01-12/31)	2018 Budget	2018 Actual (01/01-12/31)	2019 Budget	Income	Notes
\$ 12,389.00	\$ 13,125.00	\$ 12,500.00	\$ 12,066.00	\$ 12,000.00	\$ 11,960.00	\$ 12,250.00	Membership Fees	Assume \$11 individual LMSC Fee. No increases in 2018.
\$ 255.34	\$ 382.00	\$ 550.00	\$ 1,221.00	\$ 550.00	\$ 578.00	\$ 1,000.00	Meet Profit (including one-event registrations)	Continue policy will be \$1 per participant surcharge at all pool and OW events. \$10 OEVT Fee.
\$ 1,230.00	\$ 1,055.00	\$ 1,000.00	\$ 209.00	\$ 570.00	\$ 713.00	\$ 700.00	Club Fees	\$19 (Increase to \$20 starting in October)
\$ 4.41	\$ 4.29	\$ 4.00	\$ 3.77	\$ 4.00	\$ 8.63	\$ 8.00	Interest Income	Earned from Money Market Account
\$ 1,263.00	\$ 1,090.00	\$ -	\$ 1,065.00	\$ -	\$ 822.00	\$ 1,000.00	Additional Fees & Donations	
<b>\$ 15,141.75</b>	<b>\$ 15,656.29</b>	<b>\$ 14,054.00</b>	<b>\$ 14,564.77</b>	<b>\$ 13,124.00</b>	<b>\$ 14,081.63</b>	<b>\$ 14,958.00</b>	<b>Total Income</b>	

2015 Actual (01/01-12/31)	2016 Actual (01/01-12/31)	2016 Budget	2017 Actual (01/01-12/31)	2018 Budget	2018 Actual (01/01-12/31)	2019 Budget	Operating Expenses	Notes
\$ 1,200.00	\$ 1,237.99	\$ 1,275.00	\$ 1,684.99	\$ 1,275.00	\$ 1,200.00	\$ 1,200.00	Webmaster	No changes in 2018
\$ 3,017.50	\$ 3,292.50	\$ 3,000.00	\$ 2,909.50	\$ 3,000.00	\$ 2,977.50	\$ 2,400.00	Registrar (Monthly Pay)	No Changes in 2018 (will reduce from \$2.50 to \$2.00 per registrant in 2019)
\$ 2,416.96	\$ 2,791.02	\$ 3,000.00	\$ 2,384.76	\$ 3,000.00	\$ 2,937.42	\$ 4,000.00	Communications/Newsletter*	Includes Electronic Newsletter and Social Media
\$ 116.00	\$ 174.00	\$ 300.00	\$ 272.00	\$ 200.00	\$ 272.00	\$ 275.00	Rule Books	No changes in 2018
\$ 323.64	\$ 295.91	\$ 500.00	\$ 476.44	\$ 500.00	\$ 381.90	\$ 500.00	Office Supplies and Misc Expenses	No changes in 2018
\$ 5,027.90	\$ 3,211.51	\$ 6,000.00	\$ 3,610.00	\$ 5,000.00	\$ 2,674.46	\$ 5,500.00	Convention and Travel	Includes USMS Leadership Summit
\$ -	\$ 150.00	\$ 600.00	\$ 450.00	\$ 600.00	\$ 800.00	\$ 800.00	USMS Sanction Fees	\$50 for Pool Events, \$100 for OW Events
\$ 107.50	\$ 90.00	\$ 1,000.00	\$ 90.00	\$ 1,000.00	\$ 2,674.46	\$ 3,500.00	Coaches	Includes National Coaches Convention in 2018
						\$ 1,000.00	VA LMSC Caps/T-shirts/Sweatshirts	Available at Meets and to New Members at Registered Clubs
					\$ 622.35	\$ 1,000.00	Social Funds for Club Get-Togethers	Available to Clubs
\$ 59.39	\$ 95.82	\$ 300.00		\$ 300.00	\$ 106.09	\$ 500.00	Marketing and Awards	
<b>\$ 12,268.89</b>	<b>\$ 11,338.75</b>	<b>\$ 15,975.00</b>	<b>\$ 11,877.69</b>	<b>\$ 14,875.00</b>	<b>\$ 14,646.18</b>	<b>\$ 20,675.00</b>		

<b>\$ 12,268.89</b>	<b>\$ 11,338.75</b>	<b>\$ 15,975.00</b>	<b>\$ 11,877.69</b>	<b>\$ 14,875.00</b>	<b>\$ 14,646.18</b>	<b>\$ 20,675.00</b>	<b>Total Expenses</b>	
<b>\$ 2,872.86</b>	<b>\$ 4,317.54</b>	<b>\$ (1,921.00)</b>	<b>\$ 2,687.08</b>	<b>\$ (1,751.00)</b>	<b>\$ (564.55)</b>	<b>\$ (5,717.00)</b>	<b>Income Minus Expenses</b>	
<b>\$ 10,881.23</b>	<b>\$ 15,192.46</b>		<b>\$ 4,903.78</b>		<b>\$ 2,300.00</b>		<b>EOY Checking**</b>	
<b>\$ 11,073.11</b>	<b>\$ 11,076.42</b>		<b>\$ 24,580.47</b>		<b>\$ 29,711.94</b>		<b>EOY Money Market</b>	
<b>\$ 21,954.34</b>	<b>\$ 26,268.88</b>		<b>\$ 29,484.25</b>		<b>\$ 32,011.94</b>	<b>\$ -</b>	<b>EOY Net Worth</b>	

\* Includes Social Media for both 2016-2017 and 2017-2018

\*\*Most of the money in Checking was moved to Money Market, hence the lower balance in Checking

### NOTE:

For those of you interested in your LMSC's finances, here is the 2019 LMSC budget. If you have any questions about the budget, please do not hesitate to contact Becca Latimer (LMSC Treasurer) or Kirk Clear (LMSC Chair).

**2019 Colonies Zone SCY Championship  
Patriot Masters  
Friday, April 5 - Sunday, April 7, 2019**

Hosted by: George Mason University Swimming & Diving  
George Mason University Aquatic and Fitness Center,  
4520 Patriot Circle, Fairfax, Virginia  
Sanctioned by Potomac Valley LMSC for USMS, INC. #109-  
S001

Welcome to the 2019 Colonies Zone Short Course Yards Cham-  
pionship meet. The swimming facility will be configured as two  
separate 8-lane competition courses, women in one course and  
men in the other, with both courses displayed on the score-  
board. The all deep-water lanes, overflow gutters and non-tur-  
bulent lane lines should allow for some very fast swimming! A  
separate 6-lane 25-yard pool will be available for continuous  
warm-up/cool-down throughout the meet.

ENTRIES: Online entries will close Friday March 29. Competi-  
tors may enter up to 5 individual events per day, plus relays.  
The meet is open to all Masters Swimmers holding a valid 2019  
USMS registration card. Your membership to USMS will be  
verified in online meet entry. Age is determined by a swimmer's  
age on April 7, 2019. 2019 USMS rules and regulations apply.  
FEES: Meet surcharge (required) \$25. Individual event fee \$5  
each. Online entries are paid by credit card to  
"ClubAssistant.com Events".

SEEDING: Saturday and Sunday events will be seeded slowest  
to fastest. Women will swim in the shallow end on Saturday and  
the deep end on Sunday. Men will swim in the deep end on Sat-  
urday and the shallow end on Sunday. Friday night events will  
be seeded fastest to slowest, men and women combined.

RELAYS: Relay Deck Entries will be accepted BEFORE 10am  
Saturday and Sunday, or Friday night, or they may be mailed in  
with your meet entry. Relay Entry Forms are available at  
<http://www.patriotmasters.org/2019ZoneRelay.pdf>

DISTANCE EVENTS: You must check in Friday BEFORE  
3:30pm for the 1000/1650 or you will be scratched. Choose ei-  
ther the 1000 free or the 1650, not both. The 1000 is limited to  
the first 112 entries received and will be swum in the deep end.  
The 1650 is limited to the first 72 entries received and will be  
swum in the shallow end. Please ask a friend to count for you in  
the distance freestyle races. Swimmers entering the 1000 free  
and 1650 free must enter using a provable time. It can be done  
in practice and signed off by a coach or come from the USMS  
meet results database.

PSYCH SHEETS: Psych sheets and rosters will be available on  
our meet website [http://www.patriotmasters.org/Colonies-  
Zone2019.htm](http://www.patriotmasters.org/Colonies-Zone2019.htm) before the meet.

AWARDS: Medals will be awarded for first place in each age  
group, and to each member of a winning relay. Special Champi-  
onship awards to the highest scoring team in three divisions:  
Large, Medium and Small Team. Individual events are scored 9-  
7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

RESULTS: Available on-line at  
[http://www.patriotmasters.org/ColoniesZone2019/results/inde  
x.htm](http://www.patriotmasters.org/ColoniesZone2019/results/index.htm) and [www.colonieszone.org](http://www.colonieszone.org). The length of the competition  
course is in compliance and on file with USMS in accordance  
with articles 105.1.7 and 107.2.1, but as a bulkhead course, is  
subject to length confirmation. Eligibility of times for USMS  
Top 10 and Records will be contingent on verification of bulk-  
head placement. In the deep end, 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.

Friday, April 5, 2019 - Session 1 - Events 1-3

Warm-ups start at 3:00 PM; Meet Session starts at 4:00 PM

#	Sex	Event	
1	Mixed	1000 Y	Free
3	Mixed	1650 Y	Free

Saturday, April 6, 2019 - Session 2 - Events 5-30

Warm-ups start at 9:00 AM; Meet Session starts at 10:00 AM

#	Sex	Event	
5	Women	100 Y	Free
6	Men	100 Y	Free
7	Women	200 Y	Back
8	Men	200 Y	Back
9	Mixed	400 Y	Free Relay
11	Mixed	200 Y	Medley Relay
13	Women	50 Y	Fly
14	Men	50 Y	Fly
15	Women	200 Y	IM
16	Men	200 Y	IM
17	Women	500 Y	Free
18	Men	500 Y	Free
19	Women	100 Y	Breast
20	Men	100 Y	Breast
21	Women	200 Y	Fly
22	Men	200 Y	Fly
23	Women	50 Y	Back
24	Men	50 Y	Back
25	Women	800 Y	Free Relay
26	Men	800 Y	Free Relay
27	Women	400 Y	Medley Relay
28	Men	400 Y	Medley Relay
29	Women	200 Y	Free Relay
30	Men	200 Y	Free Relay

Sunday, April 7, 2019 - Session 3 - Events 31-56

Warm-ups start at 9:00 AM; Meet Session starts at 10:00 AM

#	Sex	Event	
31	Women	200 Y	Free
32	Men	200 Y	Free
33	Women	100 Y	IM
34	Men	100 Y	IM
35	Mixed	800 Y	Free Relay
37	Mixed	400 Y	Medley Relay
39	Mixed	200 Y	Free Relay
41	Women	50 Y	Breast
42	Men	50 Y	Breast
43	Women	100 Y	Fly
44	Men	100 Y	Fly
45	Women	400 Y	IM
46	Men	400 Y	IM
47	Women	50 Y	Free
48	Men	50 Y	Free
49	Women	200 Y	Breast
50	Men	200 Y	Breast
51	Women	100 Y	Back
52	Men	100 Y	Back
53	Women	400 Y	Free Relay
54	Men	400 Y	Free Relay
55	Women	200 Y	Medley Relay
56	Men	200 Y	Medley Relay

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

*Prstd Std*  
*U.S. Postage*  
***PAID***  
*Richmond, VA*  
*Permit #3022*

## **Coaches Certification and Adult Learn-to-Swim**

Put it on your calendar! On the weekend of May 4-5 there will be two USMS certification courses in Washington, DC:

USMS Adult Learn-to-Swim (ALTS) Instructor certification  
USMS Coach Certification (levels 1 and 2)

The coach certification will be on May 4th. We recommend getting both levels of certification on the same day if possible. Level 1 introduces you to the basics of coaching and the adult learner. Level 2 gets into stroke technique and the basics of correction and development of the four competitive strokes along with starts, turns, and transitions.

The one-day ALTS training will be on May 5th. The USMS Adult Learn-to-Swim instructor certification curriculum is based on teaching methods practiced by leading adult learn-to-swim authorities. It incorporates the most innovative and effective training methods and gives certified instructors the tools to teach adults to swim, at a minimum, one length of a 25-yard pool and become safer in the water.

Check out [www.vaswim.org](http://www.vaswim.org) (the Upcoming Events page) for details and registration links!