



Six Quick Fixes

SWIM FASTER ON NO ADDITIONAL TRAINING

By Terry Laughlin

Take a pool full of cross-training masters athletes, and ask them why they're there. You'll get all the usual reasons: injury free workouts, year-round exercise potential, better overall fitness, sticking a toe into triathlon. It's only later that they stumble onto the best one of all, the one no one likes to talk about. Namely, you can get much faster without getting much fitter. In swimming, a lot of speed comes from how, not how much.

That's because the single most important factor in fast swimming isn't brute force or iron lungs, it's a long stroke. The further your body travels with each stroke, the faster you'll swim. A computer-aided study at the 1988 Olympics showed conclusively that in every event, the fastest swimmers took the fewest strokes per pool length. Make your own strokes longer, and you'll also swim faster and easier.

Fine. How? Two ways. The first, *eliminating* resistance to the water; the second, *creating* more propulsion by identifying your power source and using your hands more effectively.

GET OUT OF YOUR OWN WAY.

The three eliminating skills are:

1. **Make your body longer.** It's a fact of naval architecture: Longer boats go faster. Same with you. The longer your body during all phases of all strokes, the better you'll hold your speed during the slight pauses between the strokes. Some simple applications: In freestyle, the stroke most fitness swimmers use exclusively, extend your hand a little farther after it enters the water, and leave it there just a moment longer before pulling back. That keeps your body longer while your other hand completes its stroke and takes over the front position. Longer body, faster body.

2. **Improve your hull design.** You didn't get to choose the body you were born with, but you can design the hull you ride the water with. Improve your body position and alignment (sleekness). Before working on the power or propulsion technique to swim faster, take the easier way: Make sure you've done everything to eliminate drag (resistance). "Round off" all edges; eliminate sharp body angles the

water otherwise has to fight. Imagine yourself swimming in a very narrow culvert as opposed to, say, a large pipe. Make your stroke and recovery more compact (but not shorter!), to fit the narrower space. Eliminate head wagging and hip/leg fishtailing. And most importantly...

3. **Cut the water on your side.** Ever notice how fish cut the water compared with humans? When you get in the more fishlike side-lying position in freestyle and backstroke, the water passing across two surfaces of the body, chest and back, has to travel only half as far to get out of your way as it does when you're chest down with almost all of it flowing under you. That reduces drag by as much as 50%. Instead of lying on your stomach in freestyle, or your back in backstroke, pass quickly through those positions while rolling from one side to the other.

STOP SQUANDERING ENERGY.

Now that you've eliminated ways your body fights the water, there are three ways you can create more forward motion.

(continued on page 3)

Mark Your Calendar For These Upcoming Events!

March 26

ALBATROSS OPEN

Fairland Aquatic Center, Laurel, MD

Tom Denes, 4522 Everett St., Kensington, MD 20895
301/564-4234

April 11

USMS SHORT COURSE CHAMPIONSHIP

Deadline for Entries

April 16-17

DIXIE ZONE SHORT COURSE CHAMPIONSHIP

Pullen Aquatic Center, Raleigh, NC

John Armfield, 1907 Cameron St., Raleigh, NC 27605
919/833-6446

April 29-May 1

COLONIES ZONE SHORT COURSE CHAMPIONSHIP

Rutgers, New Jersey

Kathy Edenzon or Aaron Moore
908/932-0462

May 1

V WORLD MASTERS CHAMPIONSHIP

Deadline for Entries

May through October

10-K2 RELAY

Mike Stott, 403 Lakewood Dr., Richmond, VA 23229
804/288-8808 FAX 804/288-8809

May 13-16

USMS SHORT COURSE CHAMPIONSHIP

Neil Morrow, c/o Repps, 2121 S. Priest Dr., Suite 105,
Tempe, AZ 85282 602/902-0431

June 18

3rd Annual SWIM FOR LIFE

To benefit people with AIDS

Gupowder Falls State Park, Chase, Maryland

Maryland Swim For Life, P.O. Box 39464, Baltimore, MD
21212 410/243-4418

June 19

JACK KING 1-MILE OCEAN SWIM

Virginia Beach, VA

Forrest Sullivan, 1752 N. Woodhouse Rd., Virginia Beach,
VA 23454 804/481-1998

July 4-10

V WORLD MASTERS CHAMPIONSHIP

Rendezvous '94 Montreal

4545 Ave Pierre de Coubertin; Case postale 1000;
Succursale <<M>>; Montreal, Quebec, Canada H1V3R2
(Note: You must be a member of a team to swim at
Worlds.)

July 9

2-MILE CABLE SWIM

NATIONAL CHAMPIONSHIP

Chris Greene Lake, Charlottesville, VA

Linda McCowan, 13613 Prince William Dr., Midlothian,
VA 23113 804/379-2537

August 25-28

USMS LONG COURSE

NATIONAL CHAMPIONSHIP

Buffalo, NY

Gene Donner, 717 South Rd., East Aurora, NY 14052

CAMPS & CLINICS

Ongoing

TOTAL IMMERSION ADULT SWIM CAMPS

various locations

Terry Laughlin, 381 Main St., Goshen, NY 10924
914/294-3510

PREMIER STROKE CLINIC

Rockville, MD

Clay Britt, 301/231-9740

BILLABONG AQUATICS CAMPS

Coral Springs, FL

Judy Bonning, 305/345-5370

3-day, 4-day, 1 week camps in February and March

To have an event or clinic listed on this calendar, please send the event name, location, date, and contact information including address and telephone number of the meet director to the editors.

Entry Forms For Raleigh, NC Meet

may be obtained by contacting Beth Waters,
Betsy Durrant (804/422-6811), Ken Mills,
or the meet director shown above.

See You There !

Vacation Rental

BRITISH VIRGIN ISLANDS (Virgin Gorda)

Elegant new villa directly on own private snorkeling beach, spectacular panoramic view of North Sound including Bitter End (dive school, etc.). Perfect weather year round. 3 BR, 2 B, magnificent LR, wrap around deck, full mod. kit., microwave, dishwasher; marina, fishing, pool, tennis. (restaurant, provisioning, staff, car, available extra.) \$2,500 wk.; 1-800-848-7081; 609-924-4533.

VMST OFFICERS**President**

Beth Waters
10604 Pursuit Court,
Chesterfield, VA 23832
804/744-8225

Vice President

Nancy Miller
3741 Reed's Landing Cr.,
Midlothian, VA 23113
804/272-2513

Treasurer/Membership

Mike Duignan
3313 Glen Eden Quay,
Virginia Beach, VA 23452
804/486-3383

Secretary

Sharon Popson
3050 Cape Henry Ct.,
Virginia Beach, VA 23451
804/481-5582

Newsletter

Ken Mills
2209 Albion Rd.,
Midlothian, VA 23113
804/379-3104

Heather Stevenson
& Chris Stevenson
10 Bostwick Lane
Richmond, VA 23226
804/282-1573

Mail Order Swim Products**Finals**

800/431-9111

Kast-A-Way

800/543-2763

Fast Lane

800/242-2616

Sportswide

800/631-9684

World Wide Aquatics

800/726-1530

Metro Swim Shop

800/258-0161

(continued from page 1)

Six Quick Fixes

4. Use your power source. Rolling your hips in freestyle and backstroke is good for something besides drag reduction; it helps you tap the power in your torso, or core, muscles. Ever notice how a baseball pitcher throws, a tennis player serves, a golfer drives? None gets his power from his arms. All stand sideways to the direction in which they want to launch the ball, then start their movement by bringing the hips through first, followed by the shoulders. The arm comes last, basically cracking the whip. Same thing in freestyle and backstroke. Power originates with a brisk hip roll on each stroke, then moves through your torso muscles to the arm. Your hands are simply the point where hip rotation power is applied to the water.

5. Anchor your hands. Don't pull your hands back through the water. Anchor them on each stroke, leave them there, and use chest and back muscles to pull you past that point. Two good

ways to work on this: Swim with fists clenched, then open, to feel how to hold the water better. Match the speed of your hands pulling to the speed of your body moving forward. Don't spin your wheels. Imagine there's a rung in the water that you're grabbing. When you can feel yourself doing this well, try it with your fists closed.

6. Keep your stroke length as you build speed. To swim faster, first get as much distance per stroke as you can. Next add hip power. Only at the end do you speed up your stroke tempo and when you do, don't lose distance per stroke as many swimmers do. If you can cover the pool in 18 strokes, but find you take 20 when you try to swim faster, you've sacrificed efficiency, even if you have gained a little speed. So try to swim faster at 18 strokes instead. Play "Swimming Golf" and don't think of it as additional training. It's making better use of the training you've already done. ▲

(Reprinted from MasterSports, 10/93.)

Welcome These New VMST Members

Debra Anderson

Richmond, VA

Brian Batterson

Richmond, VA

Ernest Bradley

Brooknew, VA

Paige Hedggecoth

Richmond, VA

Michael Slouey

Virginia Beach, VA

Kelly Stott

Charlottesville, VA

Robin Wallmeyer

Richmond, VA

Places To Swim

BLACKSBURG
Contact: Lucille Griffin
703/552-5943

CHARLOTTESVILLE
Smith Pool
M-Th: 7:30-9 PM
Contact: Craig C. Clift
804/293-8667

CHESTER
Chester Family YMCA
3011 W. Hundred Rd.
Contact: Jay Crawford
804/740-9622

HARRISONBURG
Contact: Susan Lees Arnold
703/434-6224

LYNCHBURG
Lynchburg YMCA
Contact: Jim McFarland
703/384-1556

NORFOLK
Fleet Rec. Park
Hampton Blvd.
Daily: 12-1 PM

NORTHERN VIRGINIA
Chin Aquatic Center
M-Th: 8:30-9:30 PM
Sat: 7-9 AM

Dale City Recreation Center
Sun: 9-30 AM
Contact: Harry DeLong
703/869-0909

RICHMOND AREA
Riverside Wellness &
Fitness Ctr./Briarwood
Robious Rd., Midlothian
M-F: 6-7 AM; 7-8:15 PM
Sat: 8-9 AM
Sun: 4-5 PM
Contact: Jim Miller
804/320-3999

Tuckahoe Branch YMCA
Patterson Ave.
Contact: Mark Woodard
804/740-9622

ROANOKE
Lancelot Fitness Ctr.
1111 Vinyard Rd., Vinton
T & Th: 7-8 PM
Sat: 10-11 AM
Contact: Howard Butts
H 703/662-1736
W 703/661-0205

Gator Aquatic Ctr.
1130 Overland Rd., Roanoke
M & W: 7:30-9:30 PM
T & Th: 6-7 AM
Sat: 7-9 AM
Sun: 8-9 PM
Contact: Kathy Shober
703/662-7665

STAFFORD
Fitness University
Aqua Towne Ctr., Route 1
MWTh: 8:30-9:30 PM
Contact: Lou-Ann Hadlock
703/659-6737

VIRGINIA BEACH
Virginia Beach YMCA
MWF: 6:30-7:30 PM
Sat: 9-9 AM
Contact: Mike McGee
804/427-3947

WILLIAMSBURG AREA
James City County Rec. Ctr.
Longhill Rd., Williamsburg
M-F: 6-7 AM (coach)
MWF: 6-7 PM (no coach)
Contact: Elaine S. McBeth

Articles for the May 15, 1994
LMSC Newsletter MUST be
submitted to the editors by
April 15, 1994.

Articles for the April 15, 1994
VMST Newsletter MUST be
submitted to the editors by
March 19, 1994.

A Note From The President by Beth Waters

Believe it or not, it's almost time to make a final decision about attending short course nationals. (Entries must be received by April 11.) From all descriptions it sounds as if it will be a great meet and a wonderful location for vacation. There are some alternatives if nationals are not a possibility due to the time or financial commitment. Two zone championships are being held fairly close to us. The Dixie Zone Short Course Championships are being held in Raleigh, NC, April 16-17. And our Colonies Zone Short Course Championships are being held in Rutgers, NJ, April 29-May 1. Contacts for both of these meets are noted on the calendar of events on page 2. ▲

HAPPY BIRTHDAY TO THESE SWIMMERS

FEBRUARY

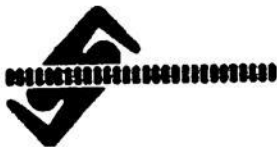
Carl Armstrong	2/25/50	44	Richmond, VA
Calvin Barnes	2/2/24	60	Hampton, VA
Molly Broderson	2/12/52	42	North, VA
Marilyn Grender	2/18/31	63	Blacksburg, VA
Cindy Jennings	2/26/62	32	Sandston, VA
Edwin McCowan	2/3/48	46	Midlothian, VA
George Pugh	2/3/49	45	Midlothian, VA
Helen Shires	2/17/28	66	Richmond, VA
Mike Stott	2/10/43	51	Richmond, VA
Rick Stringer	2/2/50	44	Virginia Beach, VA
Linette Thornton	2/26/71	23	Norfolk, VA
Maria Velikonja	2/24/58	36	Arlington, VA
Jacqueline Wallace	2/21/63	31	Richmond, VA
Neil Williams	2/20/68	26	Richmond, VA
Randolph Wise	2/25/42	52	Virginia Beach, VA

MARCH

Laura Callie	3/12/68	26	Lynchburg, VA
Diane Cayce	3/2/56	38	Richmond, VA
David Finn	3/25/44	50	Richmond, VA
Karen Harper	3/11/47	47	Midlothian, VA
Scott Johnston	3/26/64	30	Midlothian, VA
Mary Lee	3/3/59	35	Newport News, VA
Ken Mills	3/29/56	38	Midlothian, VA
Ashby Moncure	3/22/66	28	Richmond, VA
Crawford Smith	3/6/49	45	Richmond, VA
Katherine Waggoner	3/21/67	27	Midlothian, VA
Jill Walsh	3/29/60	34	Midlothian, VA
Patricia Warner	3/3/57	37	Vinton, VA

If Undeliverable, Please Return To:

Ken Mills
2209 Albion Road
Midlothian, VA 23113



Bulk Rate
U.S. Postage
PAID
Permit No. 2104
Midlothian, VA

STEVENSON, HEATHER N
VMST
10 BOSTWICK LN
RICHMOND, VA 23226