



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...It's VMST"

Published by the Virginia Masters Swim Team

April 15, 1995 Volume XIII Number 3

NEWS CLIPS

* Entry forms for the 1995 Colonies Zone Short Course Championships, and for the Jack King 1-Mile Ocean Swim are enclosed in this newsletter.

* For those of you who grew up swimming in the Middle Atlantic area, there will be a reunion of all athletes, coaches, officials, and parents on May 27, 1995, at American College in Bryn Mawr, PA. If you would like more information, call Stephanie Walsh at (610) 296-9484.

* Need a new VMST swim suit? Call Bob York at Aardvark (1-800-729-1577) - just tell him you want a VMST suit. The prices are competitive.

* Thank you all for submitting great newsletter articles. Sometimes we have space restrictions, so if you don't see your article in the newsletter, wait a month. We publish the articles as soon as possible - depending on space. Keep those articles coming!

NOTES FROM THE PRESIDENT

Beth Waters

Virginia Masters Swim Team has made a contribution to the International Swimming Hall of Fame - we will have a space on the "Masters Walk". Our plaque will be in place in time for Short Course Nationals so you may want to look for it while you're in Ft. Lauderdale!

If you are planning on attending Short Course Nationals, please complete the relay form in this newsletter (it was also published in the March newsletter).

Indian River Community College in Fort Pierce, FL has invited us to join their Masters practices before short course nationals. They practice from 7 to 9 AM and 5 to 7 PM, Monday through Friday. Open swim is from noon to 2PM. Additional information can be obtained from: Tiom Harmon, Indian River Community College, 3209 Virginia Avenue, Fort Pierce, FL 34981-5599 (407-468-4700).

FLOATABLE NOTABLES:

THE NUTRITION NYMPH MEETS THE FOOD PRUDE

Alice W.M. Phillips

Picture yourself at the refrigerator. You haven't had a good day as witnessed by your bulging temporal vein, your frantic hair-do, and your raccoon eyes. You're tired, you're broke, and you're hungry. You need nourishment and you need it now.

Shazam! Up pop two little cartoon characters, one on each shoulder. On your left, a voluptuous, long-locked nymphette leans toward your ear with a lusty whisper: "I'm so sorry you've had a tough day. You deserve a break!. Why don't you call and order a big pizza with everything and settle down to a rich dark beer?! Then you can indulge your weary self with a bowl of premium vanilla ice cream with hot fudge oozing all over it. Hmmm...doesn't that sound good?"

You reach for the phonebook and start flipping to the pizza section when your right shoulder stops you dead in your tracks. "Just a minute there, buster," says a smarmy, greasy-haired scientist with a nasal voice,

cont'd as NOTABLES on page 9

Upcoming Events for Virginia Swimmers

- ◆ April 9, 1995
MARYLAND MASTERS 1650/1000 SWIM MEET.
Meet canceled.
- ◆ April 23, 1995
RESTON MASTERS SHORT COURSE METERS MEET. Contact Lynn Hazelwood, 11714 Decade Court, Reston, VA 22091 (703) 860-5304
- ◆ April 22 - 23, 1995. Raleigh, NC meet. Contact Betsy Durrant (804) 422-6811.
- ◆ April 27-30, 1995.
YMCA NATIONALS. Buffalo, NY. Contact Betsy Durrant (804) 422-6811.
- ◆ May 5 - 7, 1995
COLONIES ZONE SHORT COURSE CHAMPIONSHIP. Wilton, CT. Entry form in this newsletter.
- ◆ May 18 - 21, 1995
USMS SHORT COURSE NATIONAL CHAMPIONSHIP. Ft. Lauderdale, FL.
Entries must be postmarked by April 6 or received by April 13.
- ◆ June 11, 1995
4.4 MILE CHESAPEAKE BAY SWIM. Contact Lynn Brooks, 701 Scarlett Drive, Baltimore, MD 21204.
- ◆ June 17, 1995
4TH ANNUAL MARYLAND SWIM FOR LIFE. Gunpowder Falls State Park, Chase, MD. Call (410) 243-4418 for more information.
- ◆ June 18, 1995
JACK KING ONE-MILE OPEN WATER CHAMPIONSHIP. Virginia Beach, VA. Entry form in this newsletter.
- ◆ July 8, 1995
CHRIS GREENE LAKE SWIM. Charlottesville, VA. Contact Linda McCowan (804) 379-2537. Entry forms will be in the May LMSC newsletter.
- ◆ August 24 - 27, 1995
USMS LONG COURSE NATIONAL CHAMPIONSHIP. Mt. Hood, OR.

Mark Your Calendars...

- ◆ Ongoing
TOTAL IMMERSION SWIM CAMPS
Contact Terry Laughlin (914) 294-3510
- ◆ Ongoing
PREMIER STROKE CLINIC
Rockville, MD. Contact Clay Britt (301) 231-9740
- ◆ May 13-14 and June 3-4, 1995
OLD DOMINION UNIVERSITY 1995 MASTERS SWIM CAMP. Norfolk, VA. Contact Carol Withus at (804) 683-4358 or 5362.

Classified Advertisement

New [vjù] Water Sport Goggles

Two models to fit any face shape. Non-RX lenses are quickly and easily interchanged with stock vjù prescription lenses from -1.5 to -7.5 diopters, providing independent power correction for each individual eye. Cost: \$34.00 non-RX lenses, \$72.00 RX lenses. Available in Richmond from: Patrick Ryan, OD., Family Vision Center, 1127 Gaskins Place #300, Richmond, VA 23233 (804) 741-8663.

VMST Officers

President: Beth Waters, 10604 Pursuit Court, Chesterfield, VA 23832 (804) 744-8225
Vice President: Nancy Miller, 3741 Reed's Landing Circle, Midlothian, VA 23113 (804) 272-2513
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Newsletter Editors: Chris and Heather Stevenson
 15 Bostwick Lane, Richmond, VA 23226
 (804) 282-1573

1995 COLONIES ZONE SHORT COURSE CHAMPIONSHIPS
Wilton Family YMCA • Wilton, CT

May 5, 6, and 7th, 1995

Sanctioned by Connecticut Masters for United States Masters Swimming, Inc. # CT 5-008

Connecticut Masters and the Wilton Y Wahoos are proud to host the 1995 Colonies Zone Short Course Swimming Championships. The meet will be held at the newly expanded Wilton Family YMCA's facilities, the centerpiece of which is a 50-meter competition pool divided into two 6 lane 25 yd. pools with Colorado Timing System and Scoring Display.

QUESTIONS:

Contact Tim Murphy, Wahoo Head Coach
Phone: 203-762-0715 or 203-762-8384
Fax: 203-761-9819

POOL EMERGENCY NUMBER:

203-762-8384

ELIGIBILITY: The Championships are open to all Masters Swimmers holding a valid 1995 Registration.

ENTRIES: Must be received by April 15, 1995. The First 600 Entries received will be guaranteed acceptance. Entries are limited to 5 Individual Events per day, plus relays. Send entries to: Meredith Moore, 24 Stirrup Place, Wilton, CT 06897. Send a stamped, self-addressed envelope along with the entry form if you wish confirmation.

AWARDS: Medals will be awarded to the first three places, ribbons for 4th-8th, in 5 year age groups. Ribbons for relays, 1st through 6th. Trophies will be awarded for the three highest scoring teams.

RELAYS: Enter relays with times on the official Relay Entry Form. Swimmers' names can be submitted at the meet by Team Relay representatives. All relay swimmers must be registered on an Individual Event Form.

WARMUP: Will be available continuously throughout the meet starting at 3:00 PM Friday and 7:00 AM on Saturday and Sunday.

EVENTS START: 4:00 PM Friday, and 8:00 AM Saturday and Sunday.

SEEDING: Slow to fast. The fastest six swimmers in each age group will be seeded separately in one heat, with remaining swimmers seeded by time. Women and men will be seeded separately except for distances over 200 yards. The Meet Committee reserves the right to seed the 1000 and 1650 two-to-a-lane, if time constraints so dictate.

DISTANCE EVENTS: The 1000/1650 free are deck seeded according to time submitted on official entry form.

CHECK-IN: Required for 1000/1650 free. Friday afternoon events check in one hour before starting time.

WILTON YMCA is conveniently located at 404 Danbury Road (Route 7). Take Exit 15 off Interstate 95 or Exit 39A off the Merritt Parkway and proceed north on Route 7 for 4 miles. From Interstate 84, take Exit 3 (Route 7 South/ Norwalk) off connector past Danbury Mall, then 12 miles south. The YMCA is directly across from Wilton High School.

ACCOMMODATIONS: Area hotels are easily accessible and located 10-20 minutes south of the YMCA.

Meet Headquarters: Days Inn: 426 Main Ave, Norwalk. 203-849-9828. Ask for Colonies Zone Championship Block (\$69 Double, available on first-come, first-served basis).

Courtyard by Marriott: 474 Main Ave, Norwalk. 203-849-9111

Norwalk Inn: 99 East Ave, Norwalk. 203-838-5531

Holiday Inn: 789 Connecticut Ave, Norwalk. 203-853-3477

Call the hotel directly for information and to make arrangements.

PARTY: There will be a social at the Wilton YMCA at the conclusion of event #34 on Saturday.

REFRESHMENTS AVAILABLE THROUGHOUT THE MEET.

1995 COLONIES ZONE SHORT COURSE CHAMPIONSHIPS
Wilton Family YMCA • Wilton, CT
May 5, 6 and 7, 1995

Sanctioned by Connecticut Masters for United States Masters Swimming, Inc. # CT 5 -008

1995 Zone I Individual Entry Form

PLEASE CIRCLE EVENT NUMBER AND ENTER SEED TIME:

Friday • Warm-up 3:00PM

Women's		Men's	
Ev #	Seed Time	Ev #	Seed Time
1	_____	2	_____
3	_____	4	_____
5	_____	6	_____
		8	_____

1000 Free
 1650 Free
 800 Free Relay
 800 Mixed Relay

***Enter either the 1000 or 1650, not both.**

Saturday • Warm-up 7:00AM

Women's		Men's	
Ev #	Seed Time	Ev #	Seed Time
9	_____	10	_____
11	_____	12	_____
13	_____	14	_____
15	_____	16	_____
17	_____	18	_____
		20	_____
21	_____	22	_____
23	_____	24	_____
25	_____	26	_____
27	_____	28	_____
29	_____	30	_____
31	_____	32	_____
		34	_____

400 Ind. Medley
 200 Freestyle
 50 Breaststroke
 200 Backstroke
 100 Ind. Medley
 400 Mixed Relay
 200 Medley Relay
 200 Butterfly
 100 Freestyle
 100 Breaststroke
 50 Backstroke
 400 Medley Relay
 200 Mixed Relay

Limit - 5 Individual Events Per Day Plus Relays

Sunday • Warm-up 7:00AM

Women's		Men's	
Ev #	Seed Time	Ev #	Seed Time
35	_____	36	_____
37	_____	38	_____
39	_____	40	_____
		42	_____
43	_____	44	_____
45	_____	46	_____
47	_____	48	_____
49	_____	50	_____
51	_____	52	_____
53	_____	54	_____
		56	_____

500 Freestyle
 50 Freestyle
 200 Ind. Medley
 400 Mixed Med. Relay
 200 Free Relay
 100 Butterfly
 200 Breaststroke
 100 Backstroke
 50 Butterfly
 400 Free Relay
 200 Mixed Med. Relay

Limit - 5 Individual Events Per Day Plus Relays

PLEASE PRINT:

Personal Data

Name _____
 Address _____
 Phone (Home) _____
 Phone (Work) _____
 Sex _____ Age as of 5/7/95 _____
 Team _____
 USMS Number _____

Attach a Copy of Your USMS Card

Fees

_____ Events	@ \$3 each	\$ _____
_____ Relays	@ \$5 team	\$ _____
_____ Party	@ \$5 each	\$ _____
_____ Results	@ \$4 each	\$ _____
_____ T Shirt	@ \$10 each	\$ _____
_____ Small	_____ Medium	
_____ Large	_____ XLarge	
Meet Entry Fee	@ \$10	\$ <u>10.00</u>
Payable to Wilton Y Wahoo		
Total Fees Enclosed:		\$ _____

Waiver

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 CAUSED 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 and regulations of USMS.

 Signature of Participant

 Date

Take it Easy on Backstroke

Lucille Griffin

Reading the last issue of SWIM, I was struck by the rule change allowing split times to count for record consideration, as long as the touch conforms with the finish rules of that stroke. Come on! What do the rule-writers have against backstrokers, anyway? Could the foot touch on the backstroke turn possibly be faster than the finishing hand touch? Highly unlikely.

Long ago, before the new back turn, at a summer meet in the 200 backstroke, my split at the 100 on the digital display was the closest I have ever come to a national record. Jim confirmed it on his watch, but it was not allowed because the rule at that time required 2 watches on the lane.

That swim was so easy that my time really surprised me. After noticing the record, I thought, "Just try a little harder and the record is yours," a fatal error. To swim your best backstroke you have to be relaxed, and trying harder does not agree with relaxation.

In that same SWIM issue, Terry Laughlin writes about the importance of "position" in freestyle. Well, in backstroke, position is not just important, it is the key. A simple floating test will illustrate: which is easier, the front or the back float? If you have ever taught swimming lessons, you may remember that the ones unable to relax in the water floated on their backs very poorly or not at all. You may also remember that admonitions to poke the chin up and take in a deep breath and hold it, standard ways to improve body position in the back float which are useless or seriously limited when racing backstroke.

This is the position you want: hold a kick board across your pelvis while in a back float, chin touching the water (so your head is the prow of the ship) and relax all muscles except the lower back which you arch up to keep your pelvis in contact with the kick board. After you are used to it, see if you can hold this position without the kick board.

The big problem is to keep the same position while adding the kick. It can be done only with a small rapid flutter kick that does not spread wider than the length of your foot and originates at your hips, not your knees.

To understand the importance of not bending knees, make another float test and see what happens to your high position if you bend your knees even a little. Each bit of knee elevation sinks your hips more. It doesn't take much knee to ruin the high float.

Kicking Progression for High Floating Position

First: Practice by holding the kick board on your pelvis and keeping a bubble or small splash above your kick, while keeping your knees below the surface.

Second: Same thing, but without the kick board, focus attention on arching the lower back to keep your pelvis at the surface.

Third: Arms overhead, with palms locked in streamline position, kick, shifting your attention each length between pelvis and kick.

Fourth: Once your knees are no longer out of control and you are used to the high float position, instead of staying flat on your back, let your torso roll from side to side with every 3 kicks, while shifting concentration by lengths on 1) keeping your lower back arched, and 2) keeping your flutter kick in a controlled narrow range.

Fifth: Same as step #4, except you focus entirely on your breathing. Inhale for 3 kicks, exhale, 3 kicks. A regular breathing pattern promotes relaxation.

Steps #3, 4, and 5 should become an integral part of any backstroker's workout because of the delicate balance between relaxation and control that is necessary to make and keep the habit of a superior backstroke position.

Finally, for the finishing touch in your back races, inhale deeply just before the flags and hold it to the finish. If everything else is under control, the extra floatation can feel like catching a wave, and may be enough to out-touch a close competitor.

Now you know most of my secrets. I am relying on you to absorb them and score for your team and harangue the rule-makers into lightening up on our behalf.

Editor's Note: The typographical error gremlin got a hold of our fingers last month! Jewell Grigsby-Martin from Stafford, VA, is now a proud VMST member. Sorry for our lack of typing skill, Jewell, and WELCOME to VMST!

VMST Birthdays

April			May		
Georgiana Baker	Columbia SC	48	Sheryl Bailey	Norfolk	39
Robert Benninger	Vinton	43	Lisa Bennett	Ormond Beach FL	39
Warner Brundage	Midlothian	52	Jean Fore	Powhatan	37
Howard Butts	Troutville	54	Derek Hart	Goodview	24
Janet Dresch	Midlothian	41	Collette Jamerson	Appomattox	35
Don Edgell	Newport News	43	Linda McCowan	Midlothian	46
Gray Edwards	Virginia Beach	41	Abbie McGee	Virginia Beach	33
Tom Fitzgibbons	Martinsville	32	Helen Newbold	Lynchburg	72
Edward Green	Blacksburg	49	Karen Neymark	Virginia Beach	43
Jimmy Hamel	Alexandria	37	Mary Ann Peterson	Norfolk	35
Mary Beth Hanifer	Richmond	25	Jane Pharis	Hardy	62
Paige Hedgecoth	Richmond	41	Norman Rainer	Richmond	67
Hank Holswade	Richmond	49	Gene Sorrell	Richmond	42
William Irwin	Columbia SC	67	J. I. Wainwright	Richmond	47
Artie Levin	Roanoke	81	Michael Weber	Virginia Beach	25
Ron Magee	Midlothian	48	Doris Wilhelm	Vinton	70
James McFarland	Lynchburg	37			
Karen Mickunas	Virginia Beach	40			
Eric Miller	Roanoke	48			
Joyce Mullins	Midlothian	46			
Ellen Nygaard	Lynchburg	43			
Carl Russ	Virginia Beach	60			
Roberta Sugden	Lynchburg	78			
Steve Swift	Crozier	43			
Mark Terrill	Midlothian	46			
Norwood Thornton	Richmond	31			

New Members

Jon Beard	Richmond
Jimmy Hamel	Alexandria
Elizabeth Holland	Richmond
Shelly Ironside	Midlothian
Kevin Kearns	Newport News
Rachel Maillet	Highland Springs
Andrea Schad	Nokesville

Welcome to VMST!

VMST National Relay Entry & Attendance Form

1995 Short Course National Championship – Fort Lauderdale, FL

Instructions: If you plan to attend Short Course Nationals, *whether or not you wish to be on a relay team*, please complete this form and return it to Jim Miller at the following address by April 15, 1995:

Jim Miller, MD, 1447 Johnston-Willis Dr, Richmond, VA 23235.

NAME: _____ PHONE (H): _____
Age as of 5/21/95: _____ PHONE (W): _____

Relays of interest (please circle all that you are interested in):

Freestyle Medley Mixed Free Mixed Medley

Please submit your times for relay team consideration:

50 yards Free: _____ 50 yards Back: _____ 50 yards Breast: _____ 50 yards Fly: _____

"You can't afford food like that. Just look at that gut of yours--you can pinch six inches. Not to mention the fact that beer is full of unnatural substances that will impair your performance at work tomorrow. And don't even get me started on the ice cream... saturated fat, trans fat, possible salmonella. Don't you know food can kill you? May I suggest some organically grown soy cakes, a salad of arugula and vinegar, lactose-reduced milk, and a beta-carotene supplement instead?"

Had just about enough of this? Despite what some scientists and many more marketers would have you believe, food is neither the curse nor the cure-all it is purported to be. It is the stuff we eat when we're hungry. This is not to say that we don't eat sometimes when we're not hungry or eat way past when we're full--that can definitely be a problem. Nevertheless, food has taken on an unrealistic significance--how much it too much, what prevents cancer, what causes cancer, is organic better, are preservatives going to kill you, how much fat is too much...blah, blah, blah. Simply put, food is nourishment and if we can get a grip on our quantity control and steal back our sanity from the nutritional angels and devils, then we can enjoy ANY food as part of an overall nutritional plan.

Food as pleasure

Many people like to eat (I wouldn't personally know anything about this type of hobby, but I've heard some people do). In fact, signs are that these

dietary heathens have organized themselves to wage a backlash against the tasteless, fatless foods that the food prudes have tried to popularize. A recent article in the Richmond-Times Dispatch reveals a sentiment that is familiar to many:

"It has gotten so tedious. From every direction there is another warning about what is bad for me...there was a time when we all enjoyed food and meals. They brought pleasure, not impending doom of some illness. I just want to eat with a certain amount of sensibility and enjoy it" (RTD, 1/4/95). And so we should. We all have some positive, pleasurable associations with certain

foods and occasions - birthday cake, summer bar-b-ques, Super Bowl chili, toasting the bride and groom, etc. Nothing is wrong with any of these situations except that Americans tend toward the extremes: giant movie popcorn, supersize your meal for just 39 cents, two pizzas for the price of one. Food clearly has a symbolic, if not significant role to play in many situations. Overcoming the extremes just requires a different approach.

**What is the most worthwhile way for YOU to enjoy this situation? If food is a part of that decision, enjoy it. You may want to stop before you have to unbutton your pants because that swollen feeling takes away from the enjoyment of the occasion.*

**Tune into seasons, temperatures, flavors, all your senses. Many people who naturally control portions are very sensitive to seasons and seasonings. They eat good food during good times!*

**Got a hankering for ice cream?! Then go get the Ben and Jerry's Cherry Garcia, don't believe you're doing yourself a favor by grazing on carrots, bagels, cereal, frozen yogurt, and then finally succumbing to ice cream. Instead, put a reasonable amount in a bowl and sit down to savor.*

Food as Medicine

There are no magic foods. The grapefruit diet is no better than any other crazy diet. Vinegar is not going to control diabetes or lower cholesterol. Olive oil alone is not going to reverse heart disease. We do, however, have a pretty good salad going here.

Many people seek out certain foods to reverse an indulgence or overcome some personal weakness. There are some folks who do have special nutritional needs, so for them, certain foods will make a big difference. Pregnant women do need extra folacin, iron, protein, and calcium. If you're constipated, some prunes and wheat germ will definitely remedy the situation. But, no one food is magic or medicinal.

**The keys to a good eating plan are what they have always been: BALANCE, VARIETY, AND MODERATION. An eating pattern that is based on grains, fruits and vegetables, that is varied to include all the colors, textures, tastes, and types of foods, and that is moderate in that it includes any food in reasonable portions, is the most nutritious there is. As one of the many decisions in a lifetime of healthy choices, it will also PROBABLY help lower disease risk.*

cont'd as NOTABLES on page 10

If Undeliverable Return to:
Stevenson
15 Bostwick Lane
Richmond, VA 23226

Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA

|||||
HEATHER N STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106

NOTABLES cont'd from page 9

Food as Guilt

"I was so bad this weekend, I ate so much...this dessert is soooo sinful...I can't eat that, it's bad for you." Contrary to what that scientist says, you are not a pig. When we are particularly stressed, we are prone to guilt eating. Subconsciously, many of us think that there is not enough time to fix what we really want, not enough money, or it's just not worth the effort--health and well-being are not important enough, and the energy just isn't there. The thing to do in these situations is to take food out of the picture and focus on the stress.

**Many health behaviorists talk about the Hungry, Angry, Lonely, Tired times that lead us to overeat, smoke, drink, or whatever. Next time you're stressed, HALT. Take a moment to determine, "how hungry am I really? Am I physically hungry or is it something else?" You might be hungry for companionship, in need of some TLC, desperate for sleep, or in dire need of a punching bag instead.*

Food as Food

Some argue that the best way to get rid of the nymphette/ scientist duel is to stop thinking about the whole thing. There are any number of factors that influence eating--cost, taste,

convenience, culinary skill, celebrations, availability, and of course, health. When it comes to striking a balance between all of these competing demands, consider this:

**Eat when you're hungry, stop when you're full.*

**Eat what is available, affordable, and to the best degree practicable, appetizing and nutritious for you..*

**Live by the 80/20 rule. If you can establish patterns that 80% of the time meet your needs for nourishment, convenience, taste, and cost, then you can afford to do whatever the heck you want for the other 20% of the time.*