



Virginia Masters News

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

Published by the Virginia Masters Swim Team

June 15, 1995/Volume XIII/Number 4

NEWS BRIEFS

* Hate to compete, but love the water? See the Century Swim sign-up sheet in this newsletter.

* Masters Swimming is not just about competing at swim meets. It's about people who love to swim, including fitness swimmers and triathletes. We are going to focus one of the upcoming newsletters (probably July or August) specifically on fitness swimming, and we would like your input. Send articles, notes, etc., to the editors (address on last page). We also have a FAX machine at home so you can FAX things to our home phone number.

* Like distance swimming in water bodies other than pools? The latest list of open water and distance swim events is included in this newsletter on page 7. Also, check out Terry Laughlin's article on page 3.

* USMS Nationals results will be ready for next month's newsletter. I know, the suspense is killing us too!

* Reminder: don't forget to make reservations for the **Fall Ball** with Linda McGowan at (804) 379-2537.

A NOTE FROM THE PRESIDENT

Beth Waters

This summer presents from interesting opportunities for VMST members. Swimming the Jack King (one-mile ocean swim) or the Chris Greene Lake swim isn't for everyone. But have you considered going to watch? Make it a social event rather than a "competition". If you want to be more involved, volunteer to help -- meet directors always seem to welcome helpers!

THE SHOULDER AND SWIMMING: A SCAPULAR POINT OF VIEW (PART II)

Jim McFarland

Remember that I mentioned **anchors** in Part I of this article [in the May newsletter]? Well, "anchoring" is what usually happens to overtrained swimmers. Aside from feeling like one, certain muscles that attach the scapula to the body actually lock it down. The *serratus anterior* is a good example. This muscle attaches on the underside of the scapula -- on the spinal side -- and spreads out like a finger-fan on eight ribs on the side of the chest. It is a multi-functional muscle that rotates the scapula and glides it forward around the chest wall. If it is too tight, it can keep the scapula from rotating or being pulled back.

There are other muscles that attach to the scapula that are more important for **positioning the arm** than for their raw power. These are often misunderstood rotator cuff muscles. Rotator cuff muscles? Sure, each tendon has a muscle. There are four tendons that come from four muscles that all originate on the scapula. They attach to the head of the humerus and form a sort of cuff. The four-muscle unit is critical in positioning the top of the arm against the scapular cup that it rotates in. These four muscles also function as stabilizers and decelerators -- they actually can slow the arm down. Each muscle has lots and lots of position sensors. When the muscle is overly fatigued, the tone-setting, position-sensing muscle spindles lose their ability to sense position. The muscles often lock up, causing accessory muscles to try to do the same job. The position of the joint is changed, however, and it is out of balance. It is at this point that injuries begin to occur.

cont'd as **SHOULDERS** on page 8

Upcoming Events for Virginia Swimmers

- ◆ **July 2: 14TH ANNUAL TERRAPIN MASTERS
800/1500 METER SWIMMING MEET**
Rockville, MD.
David Diehl (301) 946-0649, before 9PM.
- ◆ **July 15: VA COMMONWEALTH GAMES**
Roanoke, VA
Robert Hatcher (703) 343-4524
- ◆ **July 23: DISTRICT OF COLUMBIA AQUATICS
CLUB AND DISTRICT OF COLUMBIA
RECREATION AND PARKS LONG COURSE
INVITATIONAL.**
East Potomac Park Pool, Washington, D.C. Call Dean
F. Delibertis (202) 667-8855.
- ◆ **August 5: DC MASTERS LONG COURSE MEET.**
Prince Georges Community College
John Calvert (703) 549-1418 or
Ed West (301) 229-1950.
- ◆ **August 24 - 27: USMS LONG COURSE
NATIONAL CHAMPIONSHIP**
Mt. Hood, OR.

Wait! There's more!

See page 7 for a listing of open-water swims for your summer enjoyment.

Camps and Clinics

- ◆ **Ongoing**
PREMIER STROKE CLINIC
Rockville, MD. Contact Clay Britt (301) 231-9740
- ◆ **June 3-4, 1995**
**OLD DOMINION UNIVERSITY 1995 MASTERS
SWIM CAMP.** Norfolk, VA. Contact Carol Withus
at (804) 683-4358 or 5362.
- ◆ **TOTAL IMMERSION SWIM CAMPS**
Director: Terry Laughlin (914) 294-3510
June 10-11 Atlanta, GA
June 17-18 Raleigh, NC
July 8-9 San Diego, CA
July 22-23 Chicago, IL
July 29-30 Dallas, TX
Aug 5-6 Newburgh, NY
Aug 12-13 Toronto, Canada

Places to Swim Across Virginia

- BLACKSBURG:** Contact Lucille Griffin (703)552-5943
- CHARLOTTESVILLE:** Smith Pool - M-Th:7:30-9PM. Contact
Craig C. Clift (804)293-6657
- CHESAPEAKE:** YMCA (804)547-9622
- CHESTER:** Chester Family YMCA - 3011 W. Hundred Road. Con-
tact Jay Crawford (804)748-9622
- HARRISONBURG:** Contact Susan Lees Arnold (703)434-6224
- LYNCHBURG:** Lynchburg YMCA - Contact Jim McFarland
(703)384-1556
- NEWPORT NEWS:** Riverside Health and Fitness Center -
(804)877-8223; Sentara Hampton Fitness Center (804)827-0420
- NORFOLK:** Fleet Rec. Park - Hampton Blvd. Lap swimming;
YMCA - Some coached workouts. Call for times. (804)622-9622
- NORTHERN VIRGINIA:** Chinn Aquatic Center - M-Th:
8:30-9:30PM, Sat & Sun: 7-8AM. Contact Harry DeLong
(703)368-0309
- PORTSMOUTH:** YMCA (804)399-5511
- RICHMOND:** Riverside Wellness & Fitness Center/Briarwood -
Robious Rd., Midlothian M-F: 6-7AM, M-Th: 7:15-8:30PM,
Sat: 8-9AM, Sun: 4-5PM. Contact Jim Miller (804)320-3999;
Tuckahoe Branch YMCA - Patterson Avenue. Contact Mark
Woodard (804)740-9622
- ROANOKE:** Lancerlot Fitness Center - 1111 Vineyard Rd., Vinton
T & Th: 7-8PM, Sat: 10-11AM. Contact Howard Butts
(703)992-1736 (home) (703)981-0205 (work); Gator Aquatic
Center - 1130 Overland Rd., Roanoke M & W: 7:30-9:30PM, T
& Th: 6-7AM, Sat: 7-9AM, Sun: 6-8PM. Contact Kathy Shober
(703)982-7665
- STAFFORD:** Fitness University - Aquia Towne Center, Route 1
MWTh: 8:30-9:30PM. Contact Lou-Ann Hadlock
(703)659-6737
- STAUNTON:** Staunton Racquet Club - MWF: 5:30-6:30PM. Con-
tact Diane Kent (703)885-6069
- VIRGINIA BEACH:** Virginia Beach YMCA - MWF: 6:30-7:30PM,
Sat: 8-9AM. Lap swims at various times. (804)499-2311; Dam
Neck Navy Base - Lap swims 11AM-1:30PM and 4-6PM.
(804)433-7183; Virginia Beach Recreation Centers - Lap lanes
available. Great Neck (804)496-6766; Kempsville
(804)474-8492; Bayside (804)460-7540; Bow Creek
(804)431-3765; Princess Anne (804)426-0022
- WILLIAMSBURG:** James City Co. Rec. Center - Longhill Road,
Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM (no coach).
(804)229-5676



Free at Last! Pool Training for an Open-Water Swim



"Prep for an open water swim in the pool? Isn't that like training for a marathon running laps around the gym?" No. Not if you do it right.

Just as thousands of happy road runners would never consider the military precision of a track meet, open-water competitions draw swimmers who can't stand the sight of a lane line. Without the intimidation of timers standing watchfully around the deck, rivals challenging from neighboring starting blocks, and stands of curious fans peering at the water - maybe even at you - it's as relaxed and matter of fact as a weekend 10K. Proof: though U.S. Masters swimming has some 30,000 registered members, only a third enter meets. Yet 50,000 people show up for one or more triathlons each year, and thousands more crowd the shorelines at open-water swims. For the price of an occasional foot in the face or elbow in the ear, they have freedom.

One problem: it's usually more productive to train in a clear, well lighted pool where people feel safer, there's a wall or lane line to grab when you need a rest, and it's easy to see where you're going. Unless you happen to live in the tropics, in fact, you're not going to have a lot of training choices, especially for early-season swim races. So here is my simple plan for having it all: putting science on your side in the pool, and racing out where nature makes the rules.

1. Train form first, power second

The quickest way to increase your endurance is not to produce more energy, but to reduce the amount of energy you waste. And the biggest energy hog is poor body position, so practice your T-pressing and hip rotation, turning your bellybutton to the side wall on every stroke. Better form produces more speed faster than anything else, but learning it requires fresh muscles. So do your drills first. Extra bonus for triathletes: learning to swim easier, rather than faster, saves energy than can cut your bike and run times.

2. Swim "smart miles"

Yes, you need to practice going the race distance - and in most cases 50% over than - but don't just pile on length. Short rest interval sets of 200 yards or less should be 80% of your drilling and swimming time, totaling anywhere from 500 to 2,000 yards. Mix them up with long, straight swims of the same distance to build that metronomic internal rhythm top marathon swimmers use. You'll automatically build stamina, but far more importantly you'll be mixing in drills and counting strokes and learning to save energy. That's at least twice as important as sheer staying power, anyway. You're teaching yourself to stay efficient over gradually increasing non-stop distances, which is exactly what you have to do in a race.

3. Breathe this way

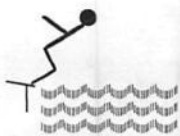
Practice both alternate-side and sight breathing. You'll need both to get good bearings on buoys and landmarks, and alternate-side also helps keep back shoulder muscles relaxed in longer races. Sight breathe (lifting your head to get your bearings) at least twice each lap. You can look first, and breathe second, or vice-versa. I say vice-versa preserves your stroke rhythm better.

4. Practice free rides

You can't draft in a pool race, but you can in open water, and it's worth it - maybe as much as 10% energy savings. It takes practice to swim on someone else's feet, and the best practice is to get four or five partners to do long-distance circle swims spaced two to three seconds apart. The leader drops to the end every 100 yards or so. On race day, be selfish. Always look for a free ride, but never give one.

Remember, "open water" isn't drinking-glass clear. So now and again for 25 yards, practice just closing your eyes and swimming. By race day, you'll be used to swimming "blind," able to get where you are going even if you can't see where that is.

Terry Laughlin is the director of Total Immersion, as well as a prolific author of swimming-related articles. Coach Laughlin holds masters Swim Camps throughout the year; see page 2 for details.



From the Block of Mark Ghetset: Dateline Virginia

We had a little excitement last month in Virginia Beach. It seems that my driver, Kato, is missing. If you remember from the last time, he dropped me off at the Y, and headed for the beach. I waited and waited at the Y after I was finished with my interview, but he didn't show, so I hitch-hiked to the beach in search of Kato. I found the car, and with a little investigation I found out Kato, donned in flippers, mask, and inner tube, had been swept out to sea in a rip tide. The last anybody saw of him he was heading south. The beach guards said they did all they could do.

There wasn't much I could do about Kato, so I checked my schedule for the next assignment. With a spare set of car keys, and the map I squeezed behind the wheel. I re-acquainted myself with the advance instrumentation of the vehicle, the gas pedal, the steering column, the signals. I looked forlornly through the rear-view mirror at my place in the back seat. Already I missed Kato. There is really something nice about being chauffeured about the state.

Journalistic pride kept my nose to the story, which, by the way, takes us back to Richmond and back to the doorstep of Riverside Wellness. I'm beginning to become a fixture here. This month I sought out Val Van Horn Pate.

Val grew up in a swimming family. She shared swim practices with her two sisters, and brother. Dad (in his younger years) was a lifeguard on the New Jersey shore. Sounds like there were a lot of wet towels hanging up to dry around the house.

MG: Masters swimming is such a great sport to get involved in, Val. Why did you decide to join?

VVHP: I needed to get in shape, and coming from a swimming background Masters was a natural combination. So I tried out the program here at Riverside and enjoyed it. It's a challenge, and I enjoy that, and it a great way to release stress.

MG: I guess the rest is history, huh?

(Val nods her head.)

MG: What is your favorite thing about Masters?

VVHP: I like the camaraderie, and the fact that you will always have someone to push you at practice. I like the friendships that I have developed.

MG: You know, one of my favorite things is being the first one jumping into the pool at one of those 6 a.m. practices in February and finding out that the pool heater broke the night before. Burr!!! Would you say you lean towards fitness swimming or competitive swimming?

VVHP: Oh, definitely competitive.

MG: If I promise not to give away your strategy, how do you prepare for a meet?

VVHP: A lot of long swims, swim with the coached group, and lots of goal setting and mental imaging.

MG: And speaking of goal setting....

VVHP: To win certain ocean swims.

MG: You know I tried mental imaging. It was for an ocean swim. A two miler. I kept falling asleep after the first mile and never finished the image. Needless to say, I never entered the swim. What are your best and hardest strokes?

VVHP: Butterfly is my favorite and Breast is the hardest.

MG: How about workouts?

VVHP: I work out three or four times a week, ideally I like sets of 200's or higher. I can do without sprints and repetition.

MG: What or who has influenced your swimming most?

VVHP: My husband, Don and coach Jim Miller.

MG: It's funny, as time blurs our memory, it always seems like our coaches stand out vividly in our minds. I have always remembered my coaches. It would be good for those of us that coach children to take a moment and think about how they would like to be remembered. And speaking of coaches, what pointer has helped you the most?

VVHP: Swim like you are six feet tall.

MG: I wonder if that means to stretch it out...get that reach? What was your most memorable swimming moment?

VVHP: Me and my twin sister swam the length of Lake Walleupapak on a whim.

MG: That's it!?!?

VVHP: Mark! Its fifteen miles long!

MG: Not bad Val. I can just picture the two of you. Its early morning. The sun is just coming up to burn off the morning mist. Your strokes are synchronized. The water is flat calm, except for the erratic ring of waves that center around you. The only sound is the splashing of your strokes echoing off the shore...

VVHP: Thanks Mark, but time is a running on, and so are you.

MG: Ummm, right...ahem. Like I was saying...that about wraps it up for this month. Thanks Val, good swimming.

HATE TO COMPETE but love the water?



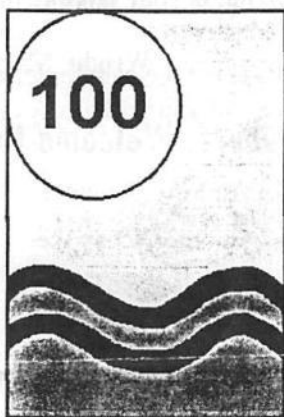
Join the **Century Swim™**! It recognizes, rewards, and encourages your regular participation in swimming, without regard to speed or distance. Open to swimmers of all abilities and interests, the **Century Swim™** acknowledges completion of 100 swims by awarding successful swimmers a distinctive **Century Swim™** pin and certificate of completion. United States Masters Swimming has selected the **Century Swim™** as its designated fitness event for the first quarter of 1995.

A "swim" is defined as one trip to the pool, and it is up to the swimmer to decide how far or how strenuous a workout is necessary to qualify. The **Century Swim™** is completely noncompetitive. There is no need to see who can cover the most distance or swim the fastest, and there is no race to the finish line. All participants receive the same awards, and can display them with the same amount of pride.

Century Swimmers will have a log sheet to record each trip to the pool (maximum 1 swim per day). The verification can be done by a lifeguard, coach, or friend at the pool, and provides a permanent

record of your progress. If you swim only twice each week, you can complete the **Century Swim™** in less than a year. Participants will receive a waterproof log sheet, **Century Swim™** swim cap, official rules, and "*Tips for More Enjoyable Swimming*". All participants must be registered Masters swimmers during their participation in the event, whether it takes them less than six months to complete 100 swims or nearly two years. The **Century Swim™** accepts continuous registration – swimmers will have two years from the date they register to complete their log sheet. Once the log sheet is completed, return it to receive your **Century Swim™** pin and other mementos of participation. The pins indicate the year of completion, so those who so choose can receive a pin every year they fulfill the requirements.

To join in the **Century Swim™**, complete the form below and send it to **DAMP** (the Dunwoody Aquatic Masters Program), PO Box 88863, Atlanta, GA 30356-8863 with a check or money order for **\$10.00** (\$15.00 for non-US swimmers). For questions, call (404) 698-8020.



YES! Sign me up for the Century Swim!

Name: _____

Address: _____ Apt Number: _____

City, State, ZIP: _____

Masters Registration Number: _____



Sponsored by the Dunwoody Aquatic Masters Program
with help from United States Masters Swimming and The Victor™



June VMST Birthdays

Berquist, Ann	Ordinary	June 18	62	Kuta, John	Quinton	June 29	42
Beickley, Matthew	Seaford	June 28	34	Lewis, Monte	Richmond	June 4	29
Brinkman, J.B.	Virginia Beach	June 30	37	Maillet, Rachel	Highland Springs	June 15	30
Cramer, Kathleen	Dumfries	June 3	42	Malsbury, David	Chesapeake	June 3	34
Cronise, Tricia	Roanoke	June 28	41	Mann, Jim	Chester	June 6	36
Foster, David	Manassas	June 3	49	Novell, Ken	Dahlgren	June 12	53
Golusinski, Lee	Atlanta, GA	June 17	31	Nuckels, Debra	Richmond	June 16	25
Good, Ruth	Richmond	June 18	75	Phharis, William	Hardy	June 27	48
Hartline, Beverly	Grafton	June 13	45	Warring, Gina	Vienna	June 30	29
Heirigs, Lisa	Richmond	June 19	29	Webb, Sean	Richmond	June 20	44
Howell, Harry	Bon Air	June 27	78	Weisner-Combecher, Claudia	Midlothian	June 12	47
Kaufmann, Karen	Centreville	June 18	31	Wright, Mary	Lynchburg	June 10	61
Klammer, Manny	Richmond	June 8	45				

New Members: Welcome to VMST!

Callender, Leslie	Yorktown	Raville, Audrey	Roanoke	Studley, Rick	Clifton
Crowder, Jack	Vinton	Raville, George	Roanoke	Stuntz, Conrad	Lexington
Fleischman, Dave	Norfolk	Reilly, Jeff	Roanoke	White, Marshall	Blacksburg
Nellen, Valerie	Richmond	Sites, Lorraine	Lake Ridge	White, Tobin	Blacksburg

Attention!

Long course season always seems to come and go in a hurry. The time is short, and Nationals is upon us before we have really recovered from Short Course Nationals. Mount Hood Community College has a beautiful pool in an incredible setting, with a view of Mt. Hood staring at you from the end of the pool. Please take a moment to fill out this relay form so that we can have some feel for the number of individuals that will be making the trip to

VMST National Relay Entry & Attendance Form

1995 Long Course National Championship – Mt. Hood, OR

Instructions: If you plan to attend Long 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 July 20, 1995:

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

NAME: _____

PHONE (H): _____

Age as of August 27, 1995: _____

PHONE (W): _____

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

Freestyle
Friday PM

Medley
Friday PM

Mixed Free
Saturday PM

Mixed Medley
Sunday PM

Please submit your times for relay team consideration, and indicate whether they are short course yard, short course meter, or long course meter times:

50 Back: _____ scy/scm/lcm

50 Breast: _____ scy/scm/lcm

50 Fly: _____ scy/scm/lcm

50 Free: _____ scy/scm/lcm

1995 Summer Open Water Schedule

After reading Terry Laughlin's article (page 3), you might be itching to try life on the wild side of an ocean or lake swim (or even a long-distance postal swim). Look no further: here is a sampling of some long-distance races over the next couple of months. The braver (or more foolhardy!) might want to try the Swim Around Key West, or the Manhattan Island Marathon. Good luck!

- ◆ May 15-Sep 30
10K POSTAL NATIONAL CHAMPIONSHIPS
Jane Moore (206) 925-0803
- ◆ Sat Jun 10: **5K OCEAN SWIM**
Wrightsville Beach, NC
Daniel Forrester (910) 799-2845
- ◆ Sun Jun 11: **CHESAPEAKE BAY SWIM**
4.4 miles, 600 swimmers max
Lyn Brooks (410) 825-7442
- ◆ Sat Jun 17: **MD SWIM FOR LIFE**
Gunpowder Falls State Park, Chase, MD
1 & 2 miles; AIDS \$50 pledge
Joe Stewart (410) 243-4418
- ◆ Sun Jun 18
****1 MI. NATIONAL CHAMPIONSHIPS****
Virginia Beach, VA
Betsy Durrant (804) 422-6811
- ◆ Fri Jun 30: **KENNEDY PARK BAY SWIM**
1 mile, Somerspoint NJ
Wendy Berman (609) 398-6900
- ◆ Sat Jul 1: **SWIM AROUND KEY WEST**
12.5 miles, individual or 3-6 person relays
Tricia Holm (305) 340-8454
- ◆ Sat Jul 8: **CHRIS GREENE LAKE CABLE SWIM**
2 miles, Charlottesville VA
Linda McCowan (804) 379-2537
- ◆ Sat Jul 8: **OCEAN CITY BIATHLON**
1 mile swim, Ocean City NJ
Joe Schmitt, 2224 Sagamore Rd.
Havertown, NJ 19083
- ◆ Sat Jul 15 **1 MI. OCEAN SWIM**
Bradley Beach, NJ
Dick Johnson (908) 988--9616
- ◆ Sun Jul 16
****2-MI CABLE NATIONAL CHAMPIONSHIPS****
Cincinnati OH
Jan Huneke (513) 231--8168
- ◆ Sun Jul 23
****2.7 MI. NATIONAL CHAMPIONSHIPS****
Long Beach CA
Lucy Johnson: (310) 433-5299
- ◆ Sun Jul 23: **2.5 MI. LAKE SWIM**
Lake Lanier, GA
Bill Black (404) 698-8020
- ◆ Sat Jul 29: **1 MI. OCEAN SWIM**
Sea Isle City, NJ
Dean Castellini (609) 263-3655
- ◆ Sun Aug 13: **MANHATTAN ISLAND MARATHON**
Morty Berger (216) 333-2163
- ◆ Sep 1-Nov 30
****3000 YD. POSTAL NATIONAL CHAMPIONSHIP****
Kris Wingenothe (713) 527-4077
- ◆ Sun Sep 3: **1.5 MI. OCEAN SWIM**
Atlantic City, NJ
Bill Brooks (609) 344-0809
- ◆ Sat Sep 9: **1.5 MI. LAKE SWIM**
Lake Lanier, GA
Bill Black (404) 698-8020

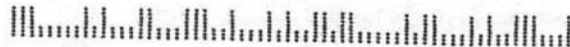
And On Deck...

You can use all of this summer's long-distance swimming to prepare for:

- ◆ Jan 1-Jan 31 1996
1-HOUR POSTAL NATIONAL CHAMPIONSHIPS
Janet Moore (206) 925-0803

If Undeliverable Return to:

**Stevenson
15 Bostwick Lane
Richmond, VA 23226**



SHOULDERS *cont'd from page 1*

How to you prevent this series of calamities from occurring?

- Warm up well; warm down better
- Drink lots of water
- Stretch (with appropriate coaching or guidance)
- Limit high-intensity workouts to twice a week
- Get a regular massage from a qualified massage therapist. Neuromuscular massage and facial release help you reset your position sensors and can actually improve your skill level.

How do you deal with a problem shoulder after it is thoroughly tight?

- See the above list. Omit any high intensity workouts.
- Reduce your yardage and concentrate on skill.

ANCHORS AWAY, MY FRIENDS!



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

Treasurer/Membership: Mike Duignan, 3313 Glen Eden Quay, Virginia Beach, VA 23451 (804) 486-3383

Secretary: Sharon Popson, 1328 Goose Landing, Virginia Beach, VA 23451 (804) 425-6056.

Newsletter Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573