



Virginia Masters News

"From the Mountains to the Sea...It's VMST"

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A New Swim Paradigm

by Lucille Griffin

A few years ago (1993), *Swimming Technique* featured an article entitled, "A New Swim Paradigm . . . Propulsion from the Hips". Next trip to the pool, I tried to accentuate the hip roll, as recommended, and found it very easy. I think this was a result of some dry-land exercises recommended by my coach for staying in shape over the winter, way back when we had no place to swim for nine months of every year.

Returning to the source, *Swimming* by Robert J. H. Kiphuth (1942, The Ronald Press Co., N.Y.), I discovered that emphasizing the hips is not a new idea. On page 14, Cecil Healy describes the swimming style of Duke Kahanamoku:

In this method the shoulders are brought much more into play by a rolling movement of the hips, which reduces the strain on the body, acts as a propelling force and brings about a gliding motion.

Kiphuth illustrated a series of "Prewater Exercises . . . to strengthen muscles necessary for efficient swimming . . . and to stretch the joints necessary for flexibility." He stated that one-half to three-quarters of an hour of these exercises daily can achieve more than an equivalent expenditure of time in the pool. In particular, exercises number 14, 18, 23, and 25 teach the body the roll while strengthening the hips.

Unfortunately, the book is out of print and the VA Tech copy has mysteriously disappeared from the library, so I can only describe #14, which is the one I have been doing for the past 45 years, 100 reps each morning and night:



Laying prone on the floor you slowly raise then lower the right arm and left leg (at the same time), then the left arm and right leg (again, at the same time). This strengthens and stretches the back and hips.

I wonder if our teammate, Francis Hall, still does this exercise too. He swam at Yale for Kiphuth and that's why we always hope to have him on our relay. To put this all in context for the "under-50" crowd, before Maglischo and before Councilman, the latest word on swimming came from Kiphuth, and he can still teach the young dogs a few tricks. ▲

A Note From the President

by Beth Waters

The fall VMST meeting will be held during the social of the meet on Saturday, November 2. It will be a brief meeting (less than 30 minutes). Hope you'll plan to attend. Be sure to check out the upcoming events - there are some exciting things happening this fall and in 1997. ▲



Upcoming Events for Virginia Swimmers

Mark Your Calendars...

- ◆ October 11-13, 1996
INTERNATIONAL GAY AND LESBIAN AQUATICS CHAMPIONSHIPS
Open to all swimmers regardless of sexual orientation
Laurel, NJ
(202) 544-9278; igla96@nicom.com
- ◆ November 2, 1996
VIRGINIA MASTERS FALL SWIM MEET
Norfolk, VA
Betsy Durrant (757) 422-6811
- ◆ November 9-10, 1996
SHORT COURSE METERS ZONE CHAMPIONSHIPS
Rutgers University
Cathy Copeland (908) 828-4679
- ◆ November 17, 1996
TURKEY CLASSIC
Upper Montgomery County YMCA
Linda Bowers (301) 540-0158
- ◆ December 8, 1996
TERRAPIN MASTERS 1000/1650 MEET
University of Maryland
- ◆ January 10-11, 1996
MEET AT VA TECH (not sure of meet name!)
VA Tech War Memorial Gym, Blacksburg, VA
Kaye Kriz (540) 552-5323; kkriz@vt.edu
- ◆ February 15-16, 1996
VIRGINIA MASTERS WINTER INVITATIONAL
Richmond, VA
Contact Nancy Miller (804) 285-2758
- ◆ April 18-20, 1996
THE SHOWDOWN: DIXIE VS COLONIES LMSCs
Ft. Lauderdale, FL
- ◆ May 15-18, 1996
SHORT-COURSE MASTERS NATIONAL CHAMPIONSHIPS
Federal Way, WA
Hugh Moore (206) 756-8562
- ◆ June 24-29
PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS
Maui, HI (800) 690-8055
- ◆ August 14-18, 1996
LONG-COURSE MASTERS NATIONAL CHAMPIONSHIPS
Orlando, FL

Camps and Clinics

- ◆ **TOTAL IMMERSION ADULT SWIM CAMPS**
Contact Terry Laughlin (914)294-3510
<http://www.totalimmersion.pair.com>
totalswimm@aol.com
- ◆ **PREMIER STOKE CLINIC SERIES**
Contact Clay Britt (301)231-9740

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

Streamlining Your Swimming

by Scott Rabalais

A beginning discussion about swimming most appropriately begins with a discussion on streamlining -- or how you should begin each length. No matter the stroke or distance, every length begins with an underwater pushoff or dive and subsequent glide.

So what exactly is streamlining?

To understand streamlining, you must be aware of the two major forces at work in swimming. One is propulsion, which is why we flap our legs and arms around in various ways. We are trying to move forward while keeping our bodies atop the water. The second force is resistance, which acts against the propulsive force. Remember your high school physics class: "To every action, there is an equal and opposite reaction." The faster we propel ourselves, the greater the resistance against us.

The trick to streamlining is in narrowing the amount of surface area that we offer as resistance. Push off with hands and legs wide apart, and you won't go very far. Bring those arms and legs together to a fine point, shape the body like a knife, and you'll slide right through the water.

There's another trick to streamlining. It takes effort. You've got to stretch, reach, and squeeze. But the effort expended will reap you greater distance, what I call "free distance". Doing virtually nothing but stretching, you can gain up to several yards on an efficient pushoff.

Perhaps there is an even greater benefit to practicing streamlining. When you practice proper body position, you are practicing how your body feels in and responds to the water. Great swimmers seem to be able to "sense" just the right position of the head, arms, chest, stomach, legs, feet, and so on. They travel a relatively great distance off the wall with seemingly little effort. It's partly due to strength and partly due to knowing themselves in relation to the water. Like fish, they are masters at movement through water. And it usually comes through years of practice.

This "feel" for the right streamlining position translates to faster swimming. While we are swimming, streamlining comes into play; it's just not as noticeable because we're occupied with our appendages. But think about it. In freestyle, when one hand

Call To All Officials

by Mike Duignan

Regretfully, most of you may only know me as "the guy I have to send my check to" every year around registration time. Yep, that's me. As the Treasurer/Membership Officer for VMST, I gladly take your money each year and run right to the bank. The other hat that I wear, however, is Chairman of the LMSC Officials Committee. It might sound impressive but I have been a "committee" of one for the past several years. My committee was formed to maintain contact with the USMS Officials Committee and monitor their efforts to develop a training/certification program to grow our own LMSC officials.

We have been lucky in the past to have had great support from local USS and other officials to meet the certification requirements to officiate our meets. Hopefully, this will continue and we may not need to develop our own training and certification program. To aid us in this, I am trying to develop a list of those members who are presently certified by USS, YMCA, or local High School Federation as a Stroke and Turn Judge, Starter, or Referee. I would maintain this list, and with your permission, provide your names to Meet Directors trying to organize a meet in your locale.

I know we all appreciate having qualified officials at our swim meets, except for the time you get "DQed". Hopefully, it was the right call. If you are interested in officiating in local meets, please drop me a note, make a notation on your 1997 USMS Registration Form, or give me a call at 804 (soon to be 757) 486-3383. See you in the water. ▲

VOLUNTEER HELP WANTED

Things have gotten pretty wild at the Stevenson household now that Heather is back in school. We need to give up editing the monthly VMST/LMSC newsletters. Anyone interested in taking over the job of editor(s), please call Beth Waters at (804) 744-8225. Please feel free to call us (Chris or Heather) if you want to know more about what the job entails.

continued as Streamlining on page 7

1996 LONG-COURSE NATIONALS - CUPERTINO, CA

Ann Arbor, MI, August 22-25, 1996

	Freestyle						Backstroke			Breaststroke			Butterfly			Individual Medley	
	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	200	400
Women 19-24																	
Ullman, Corey				5:17.45 (7)	11:05.90 (2)			1:20.33 (3)	2:52.53 (4)			3:39.84(5)					
Women 35-39																	
Bleistein, Susan	43.49 (26)							55.35 (18)					45.17 (16)				
Women 45-49																	
McCowan, Linda			3:37.04 (8)	7:33.66 (7)	15:47.49 (6)												
Miller, Nancy			2:53.63 (3)							45.04 (8)			38.05 (7)				
Women 50-54																	
Durrant, Betsy					25:38.41 (8)		44.08 (6)	1:38.02 (8)		46.19 (5)	1:40.34 (5)						
Women 75-79																	
Sugden, Roberta	1:09.25 (4)		5:59.62 (5)							1:39.88 (3)			1:36.10 (4)			6:57.30 (5)	
Men 25-29																	
Wolfe, James													1:01.68 (3)	2:22.61 (3)		2:23.21 (7)	5:12.01 (4)
Men 35-39																	
McFarland, Jim	27.93 (21)	1:01.35 (23)	2:15.86 (14)	4:54.15 (11)		19:33.67 (7)											
Slowey, Michael	29.15 (27)									33.08 (5)	1:13.31 (5)	2:47.81 (5)					
Men 45-49																	
Miller, Jim	30.16 (22)	1:10.14 (20)					38.44 (15)	1:26.90 (14)	3:03.41 (11)								
	200 Free Relay						200 Medley Relay										
Women 160-199	2:27.38 (4)	B. Durrant, N. Miller, L. McCowan, C. Ullman						2:44.35 (6)	C. Ullman, B. Durrant, N. Miller, L. McCowan								
Men 120-159								2:06.25 (6)	J. McFarland, M. Slowey, J. Wolfe, J. Miller								
Mixed 120-159	1:59.21 (12)	C. Ullman, M. Slowey, J. Wolfe, N. Miller															
Mixed 160-199								2:19.99 (12)	B. Durrant, M. Slowey, J. Wolfe, N. Miller								
Mixed 200-239	2:50.38 (9)	R. Sugden, J. Miller, B. Durrant, J. McFarland															

**VIRGINIA MASTERS SWIM TEAM
17TH ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 2, 1996**



Location: Norfolk Academy, Norfolk, VA

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

Directions: From I-64, take the Northampton Blvd exit - North. The first stop light is Wesleyan Drive (Lake Wright Motel is on the left). Turn right on Wesleyan Drive. The entrance to Norfolk Academy is the first right. On campus, bear to your right as far as you can go. Park in front of the gymnasium or next to the outdoor pool. The indoor pool (Vaughn Aquatic Center) is a 2 story building behind the gym. Enter from the courtyard.

Sanctioned by: USMS, INC and LMSC for VIRGINIA - Sanction #127-0001.

Meet Directors: Forrest Sullivan and Betsy Durrant

Eligibility: The standard Masters age groups will be used (19-24, 24-29, 30-34, 35-39, etc). All swimmers must be registered with USMS. Include a copy of your registration card with your entry or be prepared to register with LMSC for Virginia on the day of the meet. USMS registration (through LMSC for VA) is \$21 and will be available at the pool for deck entries or new swimmers. Do not mail your registration to Craig Campesi or Mike Duignan before the meet. There will not be time to get your card back. Bring your registration to the meet; make a separate check for registration. Do not include the registration amount in the meet entry. All new registrations will be good for all of 1997.

ORDER OF EVENTS. Warm-up starts at 10:30 am. First heat begins at 11:30

- | | |
|------------------------------|---|
| (1) 100 yd Butterfly | (10) 50 yd Butterfly |
| (2) 200 yd Freestyle | (11) 100 yd Freestyle |
| (3) 100 yd Individual Medley | (12) 50 yd Backstroke |
| (4) 100 yd Backstroke | (13) 200 yd Individual Medley |
| (5) 50 yd Freestyle | (14) 50 yd Breaststroke |
| (6) 100 yd Breaststroke | (15) 500 yd Freestyle |
| * (7) 200 yd Butterfly | (16) 1000 yd Freestyle (2 heats only) ** |
| * (8) 200 yd Backstroke | * Events 7, 8, and 9 may be combined and swum |
| * (9) 200 yd Breaststroke | at the same time. |

** There will be only 2 heats of the 1000 - the first 14 who enter!

Entries: \$3.00 per event for pre-entries. Late entries and deck entries will be accepted at a cost of \$5.00 per event. Late and deck entries will be accepted to fill heats; if time permits, new heats will be created. Swimmers may enter a total of 5 events.

Entry Deadline: Pre-entries must be received by Saturday, October 26.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest. Events 7, 8, and 9 may be combined, depending on the number of swimmers in each of these events. Swimmers will be expected to cooperate with the Safety Marshall who will monitor warmup. No diving during warm-up except in designated lanes.

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for fourth through sixth places.

Social: A social for all swimmers, families, and friends will be held immediately after the meet (\$5 per person).

Directions will be available at check-in.

******* ENTRIES ARE DUE BY OCTOBER 26! *******

Age (on Nov 2): _____ Phone: _____

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 the waiver.**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of 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 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 of USMS.

Swimmer's signature: _____ Date: _____

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	100 yd Fly	(10)	_____	50 yd Fly
(2)	_____	200 yd Free	(11)	_____	100 yd Free
(3)	_____	100 yd IM	(12)	_____	50 yd Back
(4)	_____	100 yd Back	(13)	_____	200 yd IM
(5)	_____	50 yd Free	(14)	_____	50 yd Breast
(6)	_____	100 yd Breast	(15)	_____	500 yd Free
*(7)	_____	200 yd Fly	(16)	_____	1000 yd Free **
*(8)	_____	200 yd Back	**Two heats only in the 1000 - first 14 entries! Alternate Event if 1000 is full:		
*(9)	_____	200 yd Breast			

* Events 7,8, and 9 may be combined and swum together. Event # _____, Seed Time _____

Number of Events _____ x \$ _____ (\$3 for Pre, \$5 for Late or Deck) = \$ _____
 Number attending social _____ x \$5 = \$ _____
 \$1 Surcharge for computer operator = \$ 1.00
 Total Amount Enclosed = \$ _____

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: James Wolfle, 509 East Rock Street, Harrisonburg, VA 22801. For questions, phone Betsy Durrant at 757-422-6811. No calls after 9:00 pm, please.



OCTOBER VMST BIRTHDAYS

Bob Aitcheson	Charles Town, WV	10/16/46	50*	Val Van Horn Pate	Richmond	10/5/62	34
Eileen Amesbury	Richmond	10/15/50	46	Kevin Pfister	Charlottesville	10/25/53	43
Mary Aton	Montclair	10/2/30	66	Sharon Popson	Virginia Beach	10/8/59	37
Chris Ayers	Covington	10/27/63	33	Matthew Rea	Blacksburg	10/23/68	28
Barabara Bishop	Virginia Beach	10/1/62	34	Deborah Reed	Richmond	10/22/69	27
Mark Braiman	Charlottesville	10/27/56	40*	Betty Reynolds	Vinton	10/15/54	42
Harry DeLong	Manassas	10/2/43	53	James Reynolds	Vinton	10/7/52	44
Mike Dunmire	Richmond	10/29/52	44	Patrick Ryan	Richmond	10/24/58	38
John Ferrell	Richmond	10/7/53	43	Carole Sease	Roanoke	10/19/47	49
Kristin Galbreath	Norfolk	10/8/60	36	Michael Slowey	Virginia Beach	10/26/57	39
Terry Sue Gault	Midlothian	10/13/50	46	Robin Smith	Chattanooga, TN	10/24/66	30*
Carolyn Halbert	Richmond	10/20/61	35*	Chris Stevenson	Richmond	10/4/64	32
Robert Hatcher	Roanoke	10/12/62	34	Heather Stevenson	Richmond	10/15/59	37
Glenn Houseman	Chesapeake	10/9/70	26	Vera Suit	Forest	10/1/32	64
Kenneth Kirkham	Lexington	10/14/53	43	Cassie Malone Zack	Manassas	10/19/65	31
Michael Kontos	Glen Allen	10/15/60	36	* indicates that swimmer is "aging up"			

Streamlining, continued from page 3

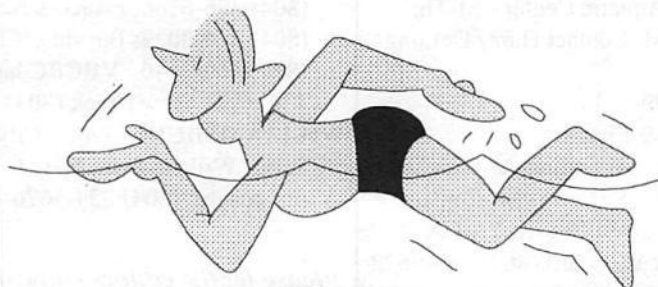
is outstretched forward and the other is preparing to lift from the water, we're in a semi-streamlined position. If we aren't stretched out, and our arms are well outside their proper position, we're losing ground. Even the amount of hair we have on our bodies makes a difference.

Keep in mind that when you swim your next 50 free, you're probably only swimming 35 to 40 yards. Most swimmers exceed 5 yards on the dive and glide (some go half the pool), and most should travel at least

5 yards on the pushoff at the opposite end. That amounts to 20 to 40% of the race directly linked to streamlining.

Maybe those numbers will force you to practice those pushoffs a little more often! ▲

Scott Rabalais is coach of the Crawfish Masters Swim Team in Baton Rouge, LA, as well as an editor of SWIM Magazine and the 1995 USMS Coach of the Year. This article was downloaded from CompuServe's Masters Swimming forum



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Richmond, VA 23226**

**Bulk Rate
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CHRIS L STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106

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. Contact Jay Crawford (804) 748-9622

HARRISONBURG: Contact Susan Lees Arnold (703) 434-6224

LYNCHBURG: YMCA (804) 847-5597

NEWPORT NEWS: Riverside Health and Fitness Center - (804) 877-8223; Sentara Hampton Fitness Center (804) 827-0420

NORFOLK: Fleet Rec. Park - Hampton Blvd (804) 622-9622. Lap swimming; YMCA - Some coached workouts. Call for times. Also: the Salvation Army Aquatics Facility: T & Th 6:30-8:30pm, Sat. 10am-12pm.

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) 330-3335; 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. Contact 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; VBCRC workouts: Great Neck, MW 6:45-7:45AM, (804) 496-6766; Princess Anne, MW 6:30-7:30PM, (804) 426-0022; Bayside, TTh 6:30-7:30PM, (804) 460-7540. VBCRC lap lanes: Kempsville (804) 474-8492; Bow Creek (804) 431-3765

WILLIAMSBURG: James City Co. Rec. Center - Longhill Road, Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM (no coach). (804) 229-5676

Please let the editors know if your pool is not listed in this column, or if the listing is incorrect.