

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

April 15, 1998

Message from the President

by Nancy Miller

April is always a busy time for a VMST competitor. This year is no exception, with meets being held at both Fort Eustis and Roanoke, as well as the annual two-day affair in Raleigh. I hope many of you will support at least one of our team-sponsored meets this month. They always serve as a great tune-up for Nationals.

Speaking of Nationals, our team is shaping up for a large, strong showing in Indianapolis. Relay forms are pouring in. Anyone who has not yet turned one in to Jim should please do so right away! Hotel reservations have been firmed up with Embassy Suites, and we're ready to go! And don't forget to order your team suits and logo supplies. Kast-A-Way will be represented at the meet, and their order form has appeared recently in our newsletter.

See you in the pool!

February Fitness Challenge

E-mail from Harry DeLong

A note for the newsletter. Even though the February fitness challenge is over, those of us at Chinn are still in a state of shock over the performance of Jewell Grigsby Martin. As you will remember, she finished first in her age group last year and the year before with distances of over 300,000 yards. Well, she gave it another good shot this year with a total yardage of 426,100 yards or 242.1 miles. Gads! Our usual method of operating is to simply begin practice and make sure we stay

See Fitness on page 3.

1998 Fall Festival

by Forrest Sullivan

Mark your calendars for another super Fall Festival and Clinic on Saturday, September 19, and Sunday, September 20, in Richmond.

Each year, USMS sponsors up to eight Mentor Coach and Swimmer Clinics. These clinics consist of a minimum two-hour coaches clinic and a four-hour swimmer clinic, both of which are run by a proven, successful Masters coach. During the coaches' clinic, the mentor coach will dispense information that will be helpful to local coaches in building their programs. The swimmers' clinic will feature both on-deck and in-water instruction with underwater video analysis usually included.

Last year our Fall Festival and Clinic was the largest of this type in USMS history, with 80 swimmers and 20 coaches. VMST is fortunate to be able to host another Mentor Clinic this year.

Scott Rabalais has agreed to be coach/mentor for this year's clinic. Scott is a motivational coach, who was USMS 1995 Coach of the Year. He is currently Chairman of the USMS Coaches Committee and coach of the Crawfish Masters in Baton Rouge, Louisiana.

Terry Sue Gault is again the organizer of this event, assuring a first class event. There is the added bonus of another stupendous catered party in the evening at "Club Miller".

This year the clinic is open to Masters swimmers, triathletes, fitness swimmers and lap lane swimmers. For insurance purposes, USMS registered participants should bring their registration card, but those who are not USMS members may participate and experience Masters Swimming on a "try-out" basis.

Mark your calendars now!

Calendar Page

Meet Schedule

April 18-19: Raleigh, NC.

Contact: Sharen Barrell, 706 Kimbrogh St, Raleigh, NC 27608.

April 23-26: YMCA Nationals, Fort Lauderdale, FL.

May 7-10: USMS SC Nationals, Indianapolis, IN.

August 20-23: USMS LC Nationals, Fort Lauderdale.

Entry will be in *SWIM* magazine.

Web Sites

LMSC for VA

serve.com/LMSC_for_VA

USMS

usms.org

Camps and Clinics

Total Immersion Adult Swim Camps.

Contact: Terry Laughlin (914) 294-3510. For calendar of camps
800-609-SWIM.

www.totalimmersion.pair.com or e-mail: totalswimm@aol.com

Premier Stroke Clinic Series.

Contact: Clay Britt, 301-231-9740.

Newsletter Editor

Betsy Durrant

211 66th Street, Virginia Beach, VA 23451
757-422-6811 (fax or phone before 9:30 pm)

DurrantB@aol.com

Open Water Events

May 31: 2 Mile Lake Swim, Reston, VA

Contact: Lynne Hook, Meet Director, 703-845-SWIM or
Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191-
2942. Entries are due May 26.

June 13: USMS 2 Mile Cable Championship, Atlanta, GA

Contact: Bill Black, 770-698-8020, or
D.A.M.P., Po Box 88863, Atlanta, GA 30356-8863
beyondwords@mindpring.com

June 14: Chesapeake Bay Swim

Limited to 600 entries. Send SASE to:
LIN-MARK Computer Sports - GCBS, 7 Westwood Dr,
Mantua, NJ 08051, 609-468-0010.

June 21: 1-Mile Ocean Swim, Virginia Beach

Entry is in this newsletter.

July 4: USMS 1-Mile Championship

Greenwich Point, CT
Contact: Kathy Salvo, 95 Columbus Place #1, Stamford, CT
06907, 203-322-6162

July 11: 2-Mile Lake Swim, Charlottesville, VA

Entry will be in the May newsletter.

*Thanks to Barney Hungerford of Colonials 1776 for the open
water schedule. If you want Barney's 3 page listing, send the
editor a SASE.*

Two Clinics ...

Suffolk YMCA -- June 22-June 26

7 pm - 9 pm; featuring Dick Bower.

Contact the Suffolk YMCA (757-934-9622) for more
information, application and cost.

Total Immersion Camp in Norfolk area --

May 30 and May 31, 8:30 am to 4:00 pm. Freestyle
Workshop. Terry Laughlin will be the coach. Will be held
at the Navy Medical Center pool (I think), which is in
Portsmouth. 1-800-609-7946.

What the #@%# Should I Get Wet For? *by Doug Church*

About 18 years ago, several former swimmers (and I use that term advisedly) decided to find out if they could still muster up the effort needed to "work out." Now, we all kind of know what that means in terms of age group swimming - 8 to 10 thousand yards - early mornings - parental pressure, etc. Guess what? Couldn't do it! Decided instead to figure out a way to enjoy the water without killing ourselves. That meant - 2 or 3 thousand yard workouts - no early mornings - lots of sociability.

All these years later, we are happy to announce that we lose a lot of meets, aren't nearly as fast as we were when we were kids, and we have a ball! Is this for everybody? I wouldn't say so. You have to be prepared to finish a workout by going to a buffet breakfast where you eat more calories that you just used. You have to plan to jump into an icy lake on New Year's day just to know you can do it. You have accept the "vanity" issues with the appropriate level of humility. In other words, only Mark Spitz looks like Mark Spitz. The rest of us look like, well, like, well you know....JOHN BELUSHI!

Anyway, I couldn't be happier. I remember seeing some old guy get out of the pool and 6 or 7 young women on his team came up and helped dry him off and congratulated him on his race. He had a secret smile. This isn't sexist. I suspect an older lady has had the same experience. Isn't it great to still be appreciated? That's what it is all about. We don't have to set national records to understand the value of Masters swimming. We just have to show up and be part of a group of people that know how to appreciate what we are doing.

So, keep it up. Show up. Be there. Do it. Just because you can.

Editor's note: This article was reprinted from the GREATER INdiana Masters Swimming (GRIN) Newsletter. Doug Church is a swimmer and an active volunteer for USMS. He is currently chairman of an Ad Hoc Committee that is setting up the USMS Endowed Fund.

Fitness continued from page 1.

out of her way. In case anyone is interested, Jewell swam two to three times each day with a minimum yardage of 9,500 yards and maximum of 20,300. She did this while maintaining her normal sense of humor! For those that don't know Jewell, she is in the 65-59 age group, the mother of eight and grandmother of many. She is active in dance, step aerobics, and several other sports. Her activity level probably explains why she looks nowhere near what most people would expect. She does this while still being an all around incredibly nice person - one of the best. I believe she is also planning to swim at Nationals this year if her schedule will permit.

Here's to hoping she does well in the Fitness Challenge final listing! Another win and she will have four firsts in a row.

Editor's note: Would someone send me a copy of the Fitness Challenge final listing, please. I will return it.

In and Out of the Water

Thanks for the calls and e-mail in regard to my health. I swam again yesterday and today, so everything looks better.

Francis Hall is recovering from by-pass surgery. He is doing a lot of walking and has started to swim again.

Chuck Wilmore has a shoulder problem, but not due to swimming. It was a skiing mishap.

Linda McCowan rejoined VMST. Ed stayed with VMST while they were in Indiana, but Linda became involved with helping in the LMSC and registered in Ohio. She'll be representing VMST at Nationals.

Fort Eustis Meet

The results of the Fort Eustis meet, held April 4, will be in the May newsletter. Charles Cockrell sent me a list of new state records set at the meet.

Jeanne Meredith	W65-69
1650 Free	32:04.10
Terry Sokolik	W70-74
50 Back	54.74
100 Back	2:04.61
Marianna Berkley	W75-79
200 Back	4:34.49
200 Breast	4:43.80
200 IM	4:26.88
Jim McFarland	M40-44
500 Free	5:17.14
1650 Free	18:16.13
Dodge Havens	M45-49
50 Fly	26.71
George Brown	M50-54
100 Breast	1:10.98
200 Breast	2:37.53
John McGill	M60-64
100 IM	1:14.26

U.S. Triathlon National Rankings

Several of Virginia's Masters swimmers were listed in the top rankings for triathlons. If I have omitted anyone in the top 20, let me know so that I can include them in another newsletter.

Perry Lange	M 40-44	4th
Joe Gould	M55-59	4th
Nancy Lewis	W35-39	5th
Charlene Magee	W55-59	6th
Ron Magee	M50-54	19th

Perry, Charlene, and Ron are VMST members. Joe Gould has been swimming with the ODU Masters. Nancy Lewis is the wife of VMST member Troy Lewis. Congratulations to all!

What's all this about Negative Splits?

by Coach Emmett Hines

Negative Splitting. You hear about it every day at workout. Many of our workout sets are designed with negative splits involved. You know (or at least have been told that) negative splitting is important. But, do you really swim these sets the way they are intended to be swum?

What: To Negative Split (or N/S) a swim means to swim the latter portions of a distance faster than the earlier portions of the swim - ie the last half in less time than the first half - hence the word "negative".

When the coach says to swim a N/S 300 he means the last 150 yards should be swum faster than the first 150 yards - say 2:05 for the first 150 and 2:01 for the last 150 (a four second N/S) for a total of 4:06 for the 300. A 300 that is N/S by 100s means that each 100 is faster than the previous one - say 1:45, 1:42, 1:39 - same 4:06, just swum a little differently.

Why: Compare this to a 4:06 300 swum "normally" with the front 100 at 1:35, then, succumbing to lactate fatigue, each successive leg gets slower - say 1:43 on the middle leg and finally 1:48 on the back 100. This guy will finish the swim in more pain and with less control than his similarly conditioned lane partner who negative splits the swim.

The N/S swimmer will enjoy a feeling of greater control and faster speed as the swim progresses. The "normal" split swimmer will enjoy speed for the first 100 and then begin suffering physically as lactate accumulates and speed decreases. He will suffer psychologically as continued increases in effort are rewarded with even slower speeds and loss of control (not to mention being passed by all the people that are N/Sing the swim properly).

(Note the subtle use of quote marks around "normal" in the preceding explanation. This is to indicate that this term has been applied incorrectly. Actually, coaches prefer to use the terms "positive" or "sucker" when referring to this type of splitting.) In the long run we really want your "normal" splits for any distance that takes you in excess of 60 seconds to be negative (or even) splits. Once you get good at this you will automatically N/S longer swims because you will be able to swim them faster, with less pain and more control.

See Split on page 5.

Split continued from page 4.

Warning - until you have a lot of experience with negative splitting you cannot rely on your body to give you accurate feedback about your swimming pace. That sucker split swimmer, above, would have felt like he kept swimming harder every 100 even though he kept getting slower. But, judging by effort alone he would say something like "Gee coach, I sure felt like I swam the last half harder than the first."

The place to train for N/S swimming is in workouts - everyday. You must be constantly aware of the clock and what pace you are swimming. (If you are blind you have options, not excuses - Get closer to the clock, Get prescription goggles, Get a sports watch - hell, they even have these with braille readouts, Bring a personal pace clock to set by you).

As your coach, I can offer you an iron-clad guarantee - If you do not know your splits on a given swim then it was not a negative split.

Terminology distinction: Negative splits (N/S) refer to pacing within a continuous swim - say within a 300 or

500 or 1000. Descending (DEC) swims refer to pacing changes within a set of repetitions - say 3x100 DEC 1-3. (I know, it ought to be DES, but some dyslexic coach years ago coined the abbreviation DEC and it stuck - "Adapt or die," I always say!)

This article first appeared in Schwimmvergnugen, the the monthly newsletter of H2Ouston Swims.

Coach Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected a United States Masters Swimming Coach of the Year in 1993. Currently he coaches workouts at the University of Texas Health Science Center, The University of Houston, and The Houstonian Club. He can be reached for questions or comments at 713-748-SWIM or 73021.2360@compuserve.com.

Editor's Note: I downloaded this article from the USMS website, under Training. Emmett Hines is one of my favorite coaches and writers.

ADDITIONAL HOTEL INFORMATION FOR THE JACK KING SWIM

We were not able to secure a block of rooms at the Howard Johnson hotel as we have in previous years. Twenty-four rooms have been blocked at the Ramada Inn on 57th street (428-7025). This is a very nice oceanfront hotel in the residential area of the beach. However, it is not on the boardwalk and will require driving to the start of the race.

The race is from 24th street to 38th street. Listed below are some hotels that are on the course. We have not made any arrangements with these hotels. Oceanfront means on the boardwalk; Atlantic Avenue means across the street from the beach; Pacific Avenue is one block from the beach.

Comfort Inn, 28th and Pacific Ave, 428-2203
Oceanfront Inn, 29th and Oceanfront, 422-0445
Royal Clipper, 36th and Atlantic, 428-8992
Cutty Sark, 37th and Atlantic, 428-2116 (they usually book for multiple nights, but will book for one night during the last week before arrival).

Colonial Inn Motel, 28th and Oceanfront, 428-5370
Ramada Limited, 31st and Atlantic Ave, 425-7730
Four Sails (Condo hotel with suites), 34th, 491-8100

In addition there are some major chains, but they often require a 2 night stay (all are on the oceanfront): Holiday Inn, Days Inn, Sheraton

**15TH Annual
JACK KING 1-MILE OCEAN SWIM
SUNDAY, JUNE 21, 1998
VIRGINIA BEACH, VIRGINIA**



HOST: Virginia Masters Swim Team, Inc.

SANCTIONED BY: Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc. #128-0007.

SPONSOR: This event is sponsored by the law firm Vandeventer, Black, Meredith & Martin to honor the memory of Jack King, former partner and friend. The net proceeds from this event will benefit the Virginia Beach YMCA, where Jack served as a director and legal counsel.

MEET DIRECTORS: Forrest Sullivan and Betsy Durrant

LOCATION: Check-in at the park at 24th Street, between Atlantic Avenue and the boardwalk.

DIRECTIONS: Take the Virginia Beach/Norfolk Expressway (Rt 44) from I-64. When the expressway ends, you are on 21st Street. Stay on 21st Street until it dead ends into Atlantic Avenue. Turn left. Check-in is at the park on 24th Street, between Atlantic Avenue and the boardwalk.

PARKING: All parking on Atlantic Avenue and Pacific Avenue is controlled by meters with a 2 hour limit (75 cents per hour). There are city parking lots at 19th Street and Pacific and at 25th Street and Pacific Avenue (1 block north and 1 block west of start/check-in). The charge is \$5 for the whole day. The lot may be unattended when you arrive, but the attendant will be there to collect when you leave. There may also be a lot open at 31st street (1/2 point of race), but that is not definite at this time.

COURSE: There will be an in the water start at 24th Street. The swim is parallel to the beach, with the current, in a northerly direction. The finish is on the beach at 38th Street (Howard Johnson Hotel). Buoys mark the start and finish. Detailed directions with landmarks and any changes will be available at the check-in.

DATE/TIME: Sunday, June 21, 1998. Check-in will be from 8:45-9:30 am. A safety briefing will be held at 9:50 am, a S heat will begin at 10:00 and the Masters heat will begin at approximately 10:15 am.

ELIGIBILITY: All swimmers must be 19 years old or older and registered with USMS to participate. All swimmers must enclose a copy of their USMS registration card with their entry. USMS registration applications are available at the Virginia Beach YMCA, from the meet directors, and from Craig Campesi (Registrar), 14134 Walton Dr, Manassas, VA 22111. Registration for 1998 is \$21.

ENTRY FEE: \$15.00 for entries received by June 13, 1998 (includes a t-shirt). \$20.00 for late entries (does not include a t-shirt). T-shirts will be on sale the day of the race for \$8.00 while they last.

ENTRY DEADLINE: June 13, 1998, for pre-entries (\$15 including t-shirt). Hand delivered late entries (\$20 with no t-shirt) will be accepted until 9:00 pm Friday, June 19. **THERE WILL BE NO RACE DAY ENTRIES! DO NOT COME TO THE RACE ON SUNDAY MORNING AND ASK TO ENTER. THERE WILL BE NO ENTRY INFORMATION AT THE STARTING LINE. THIS IS A POINT-TO-POINT RACE AND ALL SWIMMER INFORMATION WILL BE AT THE FINISH LINE.** Absolutely no entries will be accepted after 9:00 pm Friday, June 19.

GENERAL INFORMATION:: (1) Swim caps will be provided for all entrants. These caps must be worn by all who participate. (2) Rest rooms are available at the start at 24th street. (3) Water temperature will be 72 degrees or less. (4) Wetsuits are not permitted. (5) Cancellation due to weather is always possible. No refunds. (6) A truck will be available to take swimmers' bags to the finish line.

AWARDS AND SOCIAL: Medals will be given for 1st-3rd in each age group. Ribbons will be given for 4th-6th in each age group. The standard Masters age groups will be used (19-24, 25-29, 30-34, etc). Awards will be presented at the social, immediately after the finish of the last swimmer. Family and friends of all swimmers are invited to the social.

HOTEL ACCOMMODATIONS: We were not able to secure a block of rooms at Howard Johnson's. 24 rooms have been reserved at the Ramada Inn on 57th Street at \$115 per night. Call 428-7025. Identify yourself as involved in the Virginia Masters Swim Team event. Make reservations by May 21.

RELEASE: The following waiver must be signed and in the hands of the meet director before a swimmer may compete.

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, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE 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. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: _____ Date: _____

Age (on 6/21/98): _____ Phone: (____) _____ - _____ USMS #: _____

*** Attach copy of USMS card here **** DO NOT SEND IN ENTRY WITHOUT A COPY OF YOUR USMS CARD***

Name: _____ Sex: ____ M ____ F

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ Team: _____

ENTRY FEE: \$15 ADVANCE REGISTRATION / \$20 LATE ENTRY: \$ _____

T-SHIRT: Circle one (ADVANCE REGISTRATIONS ONLY!): Large or X-Large

ENCLOSE A COPY OF YOUR USMS REGISTRATION CARD.

Make check payable to VMST. Entries must be received by June 13, 1998. Mail RELEASE, copy of your USMS CARD, and CHECK to:

Betsy Durrant **757-422-6811**
211 66th Street **No calls after 9:30 pm, please.**
Virginia Beach, VA 23451

VIRGINIA CHAMPIONSHIP SERIES

Swim the Three Virginia Open Water Swims
Special Award for All Finishers to be Presented After the Charlottesville Race

Reston 2-Mile Lake Swim - May 31
Virginia Beach 1-Mile Ocean Swim - June 21
Charlottesville 2-Mile Cable Swim - July 11

For Information Contact:

Reston 2-Mile - Phyllis Sickenberger, 1807 Post Oak Tr, Reston, VA 20191, 703-845-SWIM
Charlottesville 2-Mile Cable - Joyce Mullins, 3104 Waterton Dr., Midlothian, VA 23113, 804-323-0483

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Betsy Durrant
211 66th Street
Virginia Beach, VA 23451

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Places To Swim Across Virginia and WVA

** indicates coached workouts*

Blacksburg: Lucille Griffin (540) 552-5943; *Laurel Davis (540) 953-2515.

Charlottesville: Craig C. Clift (804) 293-6657; *Mark Braiman (804) 296-2387.

Chesapeake: YMCA (757) 547-9622

Fredericksburg/Stafford Area: *Rappahannock Area YMCA, 212 Butler Rd, Amy Smith or Paul Wiesner, (540) 371-9622

Ft. Eustis: *Mary Rebarchak, (757) 766-3554.

Harrisonburg: James Wolfe (540) 574-2919; Susan Lees Arnold, (703) 434-6224.

Lynchburg: *YMCA (804) 847-5597

Newport News: *Riverside Health and Fitness Center (757) 877-8223; *Sentara Fitness Center (757) 827-0420.

Norfolk: *YMCA (757) 622-9622; *ODU (757) 683-6135.

Northern Virginia: *Chinn Aquatic Center, Harry DeLong, (703) 368-0309.

Portsmouth: YMCA (757) 399-5511.

Richmond: *Riverside Wellness & Fitness Center (Briarwood), Robious Rd, Midlothian, Jim Miller (804) 330-3335;

*Tuchahoe YMCA, Patterson Avenue, (804) 740-9622

Roanoke: *Lancerlot Fitness Center, 111 Vineyard Rd, Vinton, Howard Butts (703) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (703) 982-7665.

Staunton: *Staunton YMCA, Diane Kent (540) 885-6069.

Virginia Beach: *Mt Trashmore YMCA, (757) 499-2311; Dam Neck Navy Base (757) 433-6264;

VBCRC: *Great Neck, 496-6766; *Princess Anne, 426-0022; *Bayside, 460-7540, Kempsville, 474-8492,
Bow Creek 431-3765.

Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.

West Virginia: *Concord, Tim Mainland (304) 384-7473