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# LMSC FOR VIRGINIA

*Serving Masters Swimmers in Virginia and West Virginia - November 15, 2005*

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## ***VMST Fall Meet in Virginia Beach*** *by Betsy Durrant*

The VMST Fall Meet returned to Virginia Beach this year - to the Bayside Recreation Center. This meet began in 1980 as a two day meet at Old Dominion University. It has been held at ODU, Mt Trashmore YMCA, Norfolk Academy, Princess Anne Recreation Center, Midtown Aquatic Center (Newport News), and Ft. Eustis.

It was such a pleasure to work with the Recreation Center staff and to run the meet using Hy-Tek Meet Manager. For many years, swimmers submitted their events on 3x5 cards, and we hand-seeded each event. Times had to be averaged and all results were done by hand. Forrest Sullivan and I were meet directors and we talked our spouses, Phyllis and Steve, into doing the paperwork at the meet, even keeping team scores and high point awards for each age group.

At this meet, I had wonderful, reliable assistance...

See **Meet** on page 3.

*Jeanne Meredith, Forrest Sullivan and Mike Duignan giving out awards.* ➔



## ***It's Registration Time!***

Our LMSC Registrar, Dee DeLong, has mailed out pre-printed renewal forms. Your current registration expires December 31 - don't wait, renew now.

A chart on page 3 show registration numbers by clubs since 2001.



## ***XI FINA World Masters Championships*** *by Jim Miller*

There will be a rare opportunity for all Virginia swimmers to share this summer in Palo Alto at Stanford. USMS is hosting the first World Championship held in the US in over a decade. This is a true international aquatic festival bringing together masters enthusiasts from all over the world and all disciplines, including pool and open water swimming, synchronized swimming, diving, and water polo. This is the stuff that memories are made of!

You will be seeing more about this opportunity through your news letter and on line at [www.2006finamasters.org](http://www.2006finamasters.org). On line entries will open January 1, 2006. Entry forms are now available via the meet entry book and will be accepted. (Mine is already in!) While the event is August 4-17, 2006,

See **Worlds** on page 5.



December 2-4: Zone SCM, Wheaton College, MA  
See Colonies website or [www.SwimNem.org](http://www.SwimNem.org)

December 11: Terrapin 1000/1650  
Catholic University in DC

January 28-29: Charlotte, NC

January 29: SCY in Alexandria

February 11-12: Richmond (at NOVA)  
Entry will be in the Dec and Jan VMST newsletters

March 5: Chinn Aquatics  
Entry will be in the Jan (VMST) and Feb (LMSC) newsletters

April 21-23: Zone Meet at George Mason  
Entry will be in the February LMSC newsletter.

April 29-30: Raleigh, NC

May 11-14: USMS Nationals, Coral Springs, FL

August 3-17: World Championships in Palo Alto, CA



### *Web Sites*

#### *Masters Swimming in VA*

[VASwim.org](http://VASwim.org)

Information, entries, registration forms, and links.

#### *USMS*

[usms.org](http://usms.org)

Results from Nationals, Top 10, articles.

#### *SwimInfo.com*

Latest info on all levels of swimming.

#### *Nearby LMSCs*

North Carolina: [NCMasters.org](http://NCMasters.org)

Maryland: [Maryland@usms.org](mailto:Maryland@usms.org)

Potomac Valley: [PVMasters.org](http://PVMasters.org)

#### *Colonies Zone*

[www.ColoniesZone.org](http://www.ColoniesZone.org)

## *LMSC Officers*

**Chair: Charlie Cockrell**  
757-865-6250, [Cockrells@juno.com](mailto:Cockrells@juno.com)

**Vice Chair: Harry DeLong**  
703-368-0309, [hdelong@comcast.net](mailto:hdelong@comcast.net)

**Secretary: Lisa Bennett**  
804-379-5324, [swimlab56@msn.com](mailto:swimlab56@msn.com)

**Treasurer: Mike Duignan**  
757-721-2225, [mikeduignan@cox.net](mailto:mikeduignan@cox.net)

**Registrar: Dee DeLong**  
703-368-0309, [deedelong@comcast.net](mailto:deedelong@comcast.net)

**Sanctions: Judy Martin**  
757-721-0890, [jmartin240@cox.net](mailto:jmartin240@cox.net)



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*Graphics (title) from [www.swimgraphics.com](http://www.swimgraphics.com) and  
(separators) from [www.swim-city.com](http://www.swim-city.com).*

# REGISTRATION SUMMARY BEGINNING 2001

	2001	2002	2003	2004	2005
VMST - Virginia Masters Swim Team	540	557	449	457	427
BMS - Blacksburg Masters Swimming	22	28	26	38	33
CAM - Coomes Aquatic Masters (Abingdon, VA)					29
CCLM - Concord C-Lions Masters (Athens WV)	3	2			
CFYM - Charleston Family YMCA (Charleston WV)	13	16	14	19	19
LAMS - Leesburg Area Masters Swimming	18	24	26	32	25
MMAC - Mountaineer Masters Aquatic Club (Morgantown WV)	20				
PYM - Peninsula YMCA Masters (Hampton)			2	4	5
QDDM - QDD, Manassas	13	7	4	5	12
RCA - Rockbridge County Aquatics	27	30	40	33	43
SHYM - South Hampton YMCA Masters (Chesapeake, VA)					3
SRMC - South Riding Masters Club (Loudon Co, Va)		43	55	51	42
VBS - Valley Blues Staunton	4	2	2	2	1
WAMC - Woodbridge Area Masters Swim Club			4		
WMS - Winchester Masters Swimming (Winchester, VA)					24
UNAT - Unattached	150	229	235	226	258
<b>TOTAL REGISTERED SWIMMERS:</b>	<b>810</b>	<b>938</b>	<b>857</b>	<b>867</b>	<b>921</b>
<b>% Reregistered from Previous Year</b>	<b>76%</b>	<b>72%</b>	<b>63%</b>	<b>71%</b>	<b>70%</b>



(c)

## *Meet continued from page 1*

...Carol Fernheimer and her staff at the Rec Center did all of the set-up: lane lines, flags, touch pads, timing system, bleachers. A staff member also ran the timing system.

...**Charlie Cockrell** was the referee and kept the meet running smoothly, but not too quickly. **Nancy Miller** was one of the stroke and turn judges.

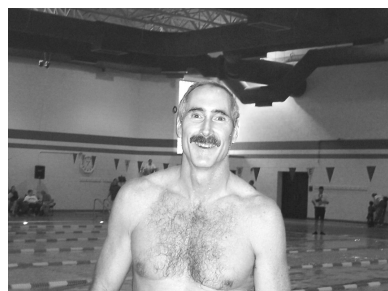
...**Coach Joe Gentry** had his Cox High School swim team there to time. This was a role reversal as several Masters swimmers officiate at the high school meets.

...**Arlein Steiner** took care of check-in. **Forrest Sullivan** was the safety marshal and helped **Jeanne Meredith** give out awards.

...**Susan Marens** hosted the social with help from **Joan Averette** and the swimmers from Great Neck Rec Center.

...**Janis Sweeney** guided me through running the meet with Meet Manager. Janis officiated at some of our early meets and even swam in one meet.

My sincere thanks to all who helped and all who participated!



*Scott Balderson*

*Sean Callendar*



# *Get the Winning Edge*

*by Mark Smith, DC, DABCN*

*Lisa Bennett sent this article and the following note: "I have had chronic neck/shoulder pain for years and Dr. Smith has really helped with it. About 17 yrs ago, he helped me with serious sciatica on my right leg. It's not just the spinal adjustments...it's the connection with the nervous system and nutrition. BALANCE IS A KEY FACTOR IN THIS THERAPY....That is a key with swimming as well."*

If you are an athlete at any level of ability, you know that your coordination has got to be excellent in order for your performance to be optimal. Whether you want to improve your times when swimming, lower your score in golf, run faster, hit it further, improve your accuracy or just plain bring out your best, you depend upon your coordination to carry out your commands. Elite athletes know that even small improvements in coordination can result in big gains in competition.

Coordination is the ability of your muscles to move your joints in a coordinated effort that achieves your desired results. This motion is a mix of consciously controlled and unconsciously controlled (i.e., reflex reactions that you don't have to think about) neurological pathways. When your coordination pathways are not functioning optimally, you cannot give your best when required. Small (or large) uncoordinated movements rob you of your optimal performance.

When you reach for peak demand levels and don't know that your coordination is off, you can cause an injury, pull a muscle, strain a joint or ligament, miss the shot, fatigue too quickly, lose your form, or your lap times are too slow. Suboptimal performance despite training hard is often a sign of the loss of the unconscious neurological coordination controls.

Or look at it another way: you may be training hard and be dedicated to achievement in your chosen sport, but may have hit a plateau. You may have an injury that recurs or is slow to heal, or some type of a chronic pain or problem that gets in the way of your performance. It is simple: hidden

coordination problems can be robbing you of performance or recovery capability.

Here is a good place to make an appropriate analogy: your ability to move is like your on/off switch for a light bulb; but your coordination is like the dimmer switch. You can train for strength and endurance all you want, but if your coordination is off it won't matter because the light will never be as bright and your performance will never be as good as it could be. It is sort of like turning the light switch on and off (training and performing) and expecting the light to get brighter (improved performance) without making sure the dimmer switch is turned on all the way. This new understanding of the functional evaluation of the nervous system and how it integrates into our coordination is revolutionizing the evaluation and treatment of many health problems.

As a chiropractic physician that is board certified in neurology and with 29 years of study in kinesiology, my experience has been that hidden coordination problems are behind the problems listed above. That is why it is vital that each athlete and patient's neurological coordination pathways be thoroughly evaluated. You can treat the painful joint, but if you don't look into why the joint isn't functioning normally the problem may not go away or be properly treated. This requires a thorough understanding of not only our balance mechanism, but of muscular controls from both conscious and unconscious neurological pathways. (It can also be a sign of muscle imbalance, but that is another topic for another article!)

For example, if you have a painful muscular and/or joint condition in your neck, it will be important to evaluate your balance and eye motions. Why? Because the nerves that control the muscles of your eyes and your balance are the same ones that control all the muscles of your neck and spine. If you do not check all related systems, then a hidden imbalance will remain and problems will be created or only partially corrected. It is not enough to just give spinal adjustments. Now we want to look into what causes the problem in the first place.

*See Winning Edge on page 5.*

*Winning Edge continued from page 4.*

The same goes for the shoulder, lower back, knees, discs or any joint problem anywhere: make sure that all of the coordination systems are evaluated. The good news is that once an imbalance or weakness is found, the nervous system responds to exercise just like muscles do, only faster! Specific neurological exercises are essential for proper restoration of the normal coordination response, optimal joint function and maximal sport performance. Combine these neurologically based exercises with appropriate rehab of the injured area and it is like turning the dimmer switch all the way up for the best function possible.

What if you don't have any pain but want to make sure that you are functioning at your best? Then an evaluation to check your coordination out may reveal hidden problems that are secretly robbing your abilities. Your local board certified chiropractic neurologist is equipped to evaluate all of your coordination pathways and create an individualized care program to help restore you to top form.

*Mark Smith is a Board Certified Chiropractic Neurologist and a member of the American Board of Chiropractic Neurology. He is from Midlothian.*



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*Worlds continued from page 4.*

the pool events span the dates of August 4-10. Pay particular attention to August 8, which is the relay festival that is in the middle of the competition days.

The open water is a 3K swim in San Francisco Bay on August 11. Entry deadlines are early and RELAY ENTRIES ARE DUE AT THE SAME TIME.

More to come!! Plan early, join your friends, and enjoy the international celebration of your sport.

## **VMST News**

*by Betsy Durrant*

A team meeting was held after the meet in Virginia Beach on November 5. A summary of the minutes of the meeting will be in the next VMST newsletter.

Of note, however, is the election of new officers:

President - Betsy Durrant  
Vice President - Bud Swiger  
Secretary - Jeanne Crouse  
Treasurer - Craig Campesi

When Nancy Miller presented the slate from the nominating committee, she commented that an effort was made to provide leadership, to represent the various geographical areas of the state, and to try to involve those who had not held office before.

I want to thank Kitten Braaten for all her work as VMST President. Kitten served during a difficult time - we had no Vice President and the Secretary we elected was unable to serve. Kitten worked hard and kept the team functioning and moving forward.

Of immediate concern is the World Championships at Stanford University in August. There will be NO LC NATIONALS next summer because of the World Championships. Jim Miller provided some information in the previous article and also included information on relays for VMST: "VMST has been known for excellence in relays. Let's show the world what we can do, while having fun. Relay entries are due by the same deadline as individual events. We have to know as soon as possible who is going. So please send me your relay information early @ [JWMSwimMD@aol.com](mailto:JWMSwimMD@aol.com)."

To facilitate communication about Worlds, if you are even considering going, let me know via email. I will create a distribution list to keep you informed about who is going, team arrangements, etc. If you have any interest in the meet and want to be on the distribution list, let me know: [durrant6@cox.net](mailto:durrant6@cox.net).

*See page 6 for hotel information from Patty Powis Miller.*



## *Hotel Information for Worlds*

Stacey Cornell checked out the hotel possibilities for Worlds and found that the Sheraton Palo Alto is a good choice, as it's very close to the venue (½ mile) and relatively reasonable in cost (\$179 per night). Going through the Housing Bureau for Worlds, I got a block of 25 rooms at the Sheraton for VMST. However, each person who wants a room still needs to go on line to

[www.2006finamasters.org](http://www.2006finamasters.org)

and book a room. At the beginning of the booking process, they will be asked to categorize themselves and one of the choices on the pull-down menu accompanying that question will be Virginia Masters Swim Team. Choosing that item will give them just one hotel choice -- the Sheraton Palo Alto.

Of course, team members can go outside of the VMST block and pick another hotel if they prefer. But for the official Worlds hotels, all reservations need to be made through the Housing Bureau to get the Worlds rates. Rooms should be booked as soon as possible. For everyone's information, the Opening Ceremony is on Aug. 3, with swimming competition running Aug. 4 through Aug. 10. The Closing Ceremony is on Aug. 10.

Thanks, Patty

*Editor's Note: Some people have commented on the cost of the rooms. I have heard from other teams that there are hotels listing rates under \$100. They are further from the venue and would require a rental car.*

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## *From the LMSC Chair* *Charlie Cockrell*

The USMS Convention this year was very interesting, with an election, some changes to Committee structure, and other business.

First, USMS passed some rule changes that are effective immediately. These stem from FINA rules

changes that were passed in Montreal a couple of months ago and were also passed by USA-Swimming.

1. On backstroke starts, toes no longer need to be completely submerged at the start. You are not permitted to curl the toes over the lip of the gutter or stand in the gutter (feet must be on the flat part of the wall below the gutter, if there is one), but there is no other requirement for foot position.

2. On breaststroke, swimmers are now permitted to take a single butterfly kick during the first complete cycle while completely submerged followed by a breaststroke kick. Be advised that USA-Swimming is still looking at the interpretation of this rule and could be altered slightly. We will be getting something out to all LMSC Officials Chairs shortly. But, for now the guidance is as follows:

The allowable butterfly kick must come sometime between the initiation of the first breaststroke pull and the first breaststroke kick during the underwater cycle. A cycle of breaststroke is clearly defined in the rule book as one stroke and one kick - in that order. (Starting with a kick after the start or after a turn has always been an infraction.) A butterfly kick taken before initiating the pull off the wall is illegal. A downward butterfly kick at the end of a breaststroke kick is still illegal at any time during the race.

The other major thing that we discussed in the Rules Committee deals with meets that are sanctioned by both USMS and USA-Swimming. Previously, we could run USA-Swimming and USMS co-located with heats or sessions separated. Recall that we did this at our Fall Meet last year at Fort Eustis. The discussion centered around actually combining heats and allowing USMS and USA-Swimming athletes to **swim together**. USMS already accepts times that are swum at USA-Swimming Sanctioned meets. The issue of mixing swimmers together gets into the fact that our rules are slightly different (butterfly kick being the only major difference) and officials would then have to worry about which lane was swimming under which set of rules.

Therefore, USMS passed legislation (after consulting with USA-Swimming Rules Committee

*See Chair on page 7.*

*Chair continued from page 6.*

and Insurance people) to allow for mixed heats. The meet can be sanctioned by both USA-Swimming and USMS and if the heats are mixed together, we will follow USA-Swimming Rules.

The idea of dual-sanctioned events opens up a number of possibilities that we may be able to think about. Distance meets or small regional/intra-squad meets could allow masters swimmers to participate if it fits the timeline. This may also provide some flexibility for swimmers in some of our more rural areas to swim a small meet with a USA-Swimming Club. To clarify the USMS regulation on sanctions, ANY organization with an interest in swimming may request a sanction from USMS - it does not have to be a USMS member club. Therefore, a USA-Swimming club in Virginia or West Virginia could request a sanction for a meet and allow masters swimmers to participate. Clubs that have masters groups or masters swimmers at their facilities may want to take advantage.

I would like to pull a few folks together and work on some policies that would facilitate taking advantage of these provisions and we can work with our LSC counterparts to find appropriate opportunities to implement them. Since we are at the start of a new season, this would be a good time to examine how we work together and think "out of the box" to provide more opportunities for masters swimmers to compete.

Thanks and I look forward to another exciting season.

*Charlie Cockrell, Virginia LMSC Chair  
USMS Officials Committee Vice Chair*

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## ***LMSC for Virginia SCY Top Ten***

Congratulations to the 29 swimmers who were ranked in the national Top Ten for the short course yards season. Unfortunately, there was not room to list all the events. In the chart below, the first number is the number of events that swimmer was ranked in. The number of national first place

finished is also noted. The complete listing can be found on the USMS website ([www.usms.org](http://www.usms.org)).

8, Benjamin C Garrett	19	VMST, 3 Firsts!
1, Jeremy P Linn	29	QDDM
4, Frank Byskov	29	VMST, 1 First!
1, Rob St. Jean	37	CFYM
3, David B Malsbury	43	VMST
3, Lang H Meem	50	VMST
6, Rick H Stringer	55	VMST
1, David J Frisch	56	VMST
4, Warner F Brundage	62	VMST
5, Art D Wolfe	65	UNAT
1, Russell Davis	85	VMST
2, Catherine Vorrasi	22	QDDM
1, Annie E Gill	23	VMST
4, Cheryl Conlin	36	VMST
4, Alice W Phillips	39	VMST
1, Patricia M Powis	44	VMST
3, Lisa A Bennett	49	VMST
7, Marcia L Barry	56	VMST
8, Betsy Durrant	63	VMST
2, Ida M Hlavacek	63	VMST
4, Beth Schreiner	64	VMST
9, Joann Leilich	66	VMST, 5 Firsts!
6, Lucille Griffin	66	VMST
5, Barb Zaremski	66	VMST
4, Laura S Walker	67	VMST
4, Johnnie Detrick	69	VMST
6, Laverne Adams	70	VMST
4, Marianna Berkley	82	VMST
4, Marie Kelleher	92	VMST, 2 Firsts!

Top Ten relay listings for SCY will be in the December VMST newsletter.

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### ***Swim To Protect Your Memory***

This article came from the March, 2005, edition of *SwimmingWORLD*. The new format for *SwimmingWORLD* includes a section about Masters Swimming. To subscribe, call 1-800-511-3029 or go to [www.SwimInfo.com](http://www.SwimInfo.com).

Does this sound familiar? You're at a party with your wife and are about to introduce her to a friend or colleague when you find you can't quite recall his name. You've spoken with him once or twice a week for the past few months and his name is at the

*See Memory on page 8.*

# 51 Healthy Foods

This information came from the Tufts University Health & Nutrition Letter, August 2005. This is just a listing of the foods, not the entire article. For information on the Tufts Newsletter, visit: <http://healthletter.tufts.edu>.

1. Acorn Squash
2. Almonds
3. Apples
4. Apricots
5. Asparagus
6. Bananas
7. Barley
8. Beef eye of round
9. Blueberries
10. Bran Flakes
11. Broccoli
12. Brown Rice
13. Brussels Sprouts
14. Canola Oil
15. Cantaloupe
16. Carrots
17. Cauliflower
18. Chicken Breasts
19. Collard Greens
20. Cranberry Joice
21. Kale
22. Kidney Beans
23. Mackerel
24. Milk (non-fat or low-fat)
25. Oatmeal
26. Okra
27. Oranges
28. Peaches
29. Peanut Butter
30. Popcorn
31. Pork Loin
32. Prunes
33. Quinoa
34. Romaine Lettuce
35. Salmon
36. Sardines
37. Shredded-wheat Cereal
38. Spinach
39. Strawberries
40. Sweet Potatoes
41. Tea
42. Tofu



43. Tomatoes
44. Tuna
45. Turkey Breast
46. Walnuts
47. Watermelon
48. White Fish
49. Whole-grain Bread
50. Whole-grain Pasta
51. Yogurt (non-fat or low-fat)



*Memory continued from page 8.*

tip of your tongue but still it eludes you.

Don't panic. This common experience is not a sign of incipient Alzheimer's disease. According to The Tuft's University Health & Nutrition Letter, it's simply a memory lapse that is part of "normal aging." Generally, as we age, the synapses between our nerve cells break down, slowing the movement of nerve impulses in our brain, a process that is caused by oxidation. This hinders the flow of blood to the brain, disrupting brain function, including memory.

Fortunately, says Gary Small, M.D., director of the Aging and Memory Research Center at UCLA, there's a six-step solution that will keep the blood flowing to your brain and your synapses firing.

**Step 1: Swim.** Research shows that even moderate exercise protects brain function, and swimming, of course, is the best exercise of all.

**Step 2: Exercise mentally.** The brain, which operates on the principle of "use it or lose it," responds to mental stimulation. This results in increased blood flow and stronger cells and synapses.

**Step 3: Manage stress.** Chronic excess stress makes the brain vulnerable to destructive free radicals. Manage your stress through yoga, relaxation techniques or swimming.

*See **Memory** on back page.*



