
VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

January 15, 2006

USMS Swimmer Magazine

from Dee DeLong, Registrar
deedelong@comcast.net

Newly-registered swimmers sometimes ask why they haven't yet received their first issue of USMS SWIMMER Magazine. The Magazine is published bimonthly by United States Masters Swimming. The mailing list is prepared from the list of registered swimmers 1 ½ months in advance of publication. A subscription for swimmers registered by the following Deadline Dates will begin with the issue shown:

Registration Deadline Date

November 15 for the Jan/Feb issue

January 15 for the Mar/Apr issue

March 15 for the May/Jun issue

May 15 for the Jul/Aug issue

Jul 15 for the Sep/Oct issue

September 15 for the Nov/Dec issue



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Swimming Into the New Year

Did you swim on New Year's Eve or on New Year's Day? Does your workout group do a special workout?

If so, let me know how you "swim into the New Year." Pictures will be especially appreciated.

See page 5 for activities in Virginia Beach.



Hotel for SC Nationals

from Lisa Bennett

I have been calling hotels and La Quinta is the one who called back. I am setting up a block of 10 rooms for VMST...they are going fast.

I am reserving 10 doubles. 1-4 persons for \$69.00 plus tax.

Betsy Durrant (durrant6@cox.net or 757-422-6811) has the confirmation numbers. Contact Betsy for a confirmation number, then call the hotel and get the room put into your names using the confirmaiton number only. You will have to give them your credit card info.

La Quinta - Coral Springs
2701 N. University Drive
Coral Springs, FL 33065
954-753-9000

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For entries, check LMSC websites or contact me (editor) and I'll send you one.

January 28-29: Charlotte, NC

January 29: SCY, Alexandria

February 11-12: Richmond
Entry is in this newsletter.

March 5: Chinn Meet
Entry is in this newsletter

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

April 29-30: Raleigh, NC

May 11-14: USMS Nationals, Coral Springs, FL
Entry is in USMS *SWIMMER* magazine.

Aug 3-17: World Championship in Palo Alto, CA.



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Web Sites

Masters Swimming in VA
VASwim.org

USMS
usms.org
Results from Nationals, Top 10, articles,
discussion forum.

SwimInfo.com
Latest info on all levels of swimming.

Nearby LMSCs
North Carolina: NCMasters.org
Maryland: Maryland@usms.org
Potomac Valley: PVMasters.org

Colonies Zone
www.ColoniesZone.org

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Letters to the Editor

New workout in Yorktown

My name is Sharon Joyce and I am the Aquatics Director at the Victory Family YMCA in Yorktown, Virginia. I am beginning a Master's Swim program on January 2, 2006 and would like to get this information out to the individuals in your newsletter. My Coaches will be Sean Callendar, Samuel Brown, and Tina Esposito. We will offer Monday, Wednesday, and Friday 5:45am -6:45am and Tuesday and Thursday 12:00pm – 1:00pm. We are very excited to be able to have such fine coaches and we are looking forward to a great year.

For more information please feel free to contact me via e-mail (Sharon.Joyce@peninsulaymca.org) or at 757-867-3300 ext.210.

Sharon Joyce, Aquatics Director, Victory Family YMCA, 101 Long Green Blvd. Yorktown, VA 23693

Rule Infractions

At our Fall Meet in Virginia Beach, I was the Meet Referee and noticed a few common infractions while on deck. So, I thought it was time for another newsletter article to highlight a few points on swimming rules.

The most common infraction observed was for underwater recovery in the butterfly. Remember that the arms cannot recover (move forward) under the surface of the water in butterfly. The arms must recover over the surface of the water and all movements of the arms and legs must be simultaneous. *The most common place where this is observed is on the last stroke coming into the turn or finish.* If you are too close to the wall, it is easy to begin a stroke and then reach out underwater to touch the wall. Unfortunately, this infraction is an easy one for the stroke and turn judge to observe. Remember that it is not illegal in butterfly to kick without taking a pull, so if you are too close to the wall to take another stroke, it is permissible to kick into the wall and make a legal touch.

Also remember that under USMS (and USA-Swimming) rules, the transitions between strokes in Individual Medley events are governed by the finish rules for the stroke you are finishing. Therefore, you must touch the wall on your back before transitioning to the breaststroke. Turning past vertical to execute a flip turn in the back-to-breast turn is illegal. Up until a couple of years ago, NCAA and High School federations defined the I.M. transitions as turns, so this type of turn was legal in high school and college meets if you were used to swimming under these rules. Most of the federations, however, now define it the same way. We are slowly moving towards better consistency in rules amongst the swimming governing bodies in the United States.

I observed several swimmers taking advantage of the change in the breaststroke kick rule to allow for one downward butterfly kick during the first stroke cycle off of the start and each turn. (I am looking forward to trying this in competition myself!)

Remember that you must start a cycle of breaststroke with an arm pull - starting with a kick off of the wall after the start or after a turn is illegal. The allowable downward butterfly kick may follow initiation of the arm pull and must be followed by a legal breaststroke kick. Also remember that the hands may not be brought beyond the hipline in breaststroke except during the first stroke cycle off of the start and each turn. The body must be on the breast when you begin the first stroke. The rules now state that both the arms and legs must move in the same horizontal plane.

If anyone has any questions on interpretations of rules, please contact me at cockrellsva@cox.net or 757-865-6250.

Charlie Cockrell
LMSC Officials Chair
Vice Chair, USMS Rules
Committee



From the Lab to your Lifestyle:

8 Ways to Be healthier in 2006

This is an abridged version of an article that appears in the January, 2006, issue of the Tufts University Health & Nutrition Letter. To subscribe, go to www.healthletter.tufts.edu.

1. Start the morning with whole-grain cereal.

The trick, of course, is to pick cereals where the first ingredient listed on the label is a whole grain, such as oatmeal or whole wheat—not sugar. Then add some berries (research continues to highlight the antioxidant benefits in berries) or other fruit instead of sprinkling on sugar yourself.



2. Add 30 minutes of exercise per week.

Of course, the government now recommends a minimum of 30 minutes of exercise daily—and 60 minutes of moderate to vigorous exercise daily to keep from gaining weight. But even if you can't meet the government guidelines, don't let that discourage you from upping whatever level of physical activity you're already doing.



3. Get milk, but make it low-fat.

One serving of dairy means eight ounces of milk or a cup of yogurt. But remember to make your dairy low-fat or fat-free: Drinking three glasses of whole milk daily instead of skim adds almost 200 calories and 14 grams of saturated fat, which can contribute to weight gain and higher levels of LDL ("bad") cholesterol.



4. Add Vitamin D.

Think of vitamin D as calcium's partner. Research continues to support vitamin D's importance in building bone strength against osteoporosis and the risk of fractures. Vitamin D may also improve muscle strength, reducing the risk of crippling falls in the elderly.

5. Eat more fruits and vegetables.

That study of brightly colored produce should be a reminder to eat a "rainbow" of fruits and vegetables. In particular, eating a variety of colors is a good way to make sure you're regularly sampling all five vegetable subgroups – dark green, orange, legumes, starchy vegetables and other vegetables.



6. Emulate Popeye.

Popeye the Sailor man, it turns out, was on to something: Spinach, along with other dark leafy greens such as kale and collard greens, is proving to be packed with health benefits. Eating more green leafy vegetables is one of the biggest changes most people need to make to align their diets with the governments's new "MyPyramid" food pyramid, says Eric Hentges, director of the US Agriculture Department's Center for Nutrition Policy and Promotion.



7. Switch your fats.

Keep in mind, though, that all fats are pretty much identical when it comes to calories—about 120 per tablespoon. So don't *add* vegetable oil to your diet, *substitute* it for less-healthy fats.

8. Have fish for dinner.

The evidence continues to mount that fish, particularly cold-water varieties rich in omega-3 fatty acids such as salmon and tuna, is good for your heart as well as your head. As for your head, the latest evidence that fish consumption helps keep your brain sharp comes from a Rush University study of older Chicago residents over a six-year span: Those who ate fish twice a week showed a 13% slower annual decline in mental abilities.

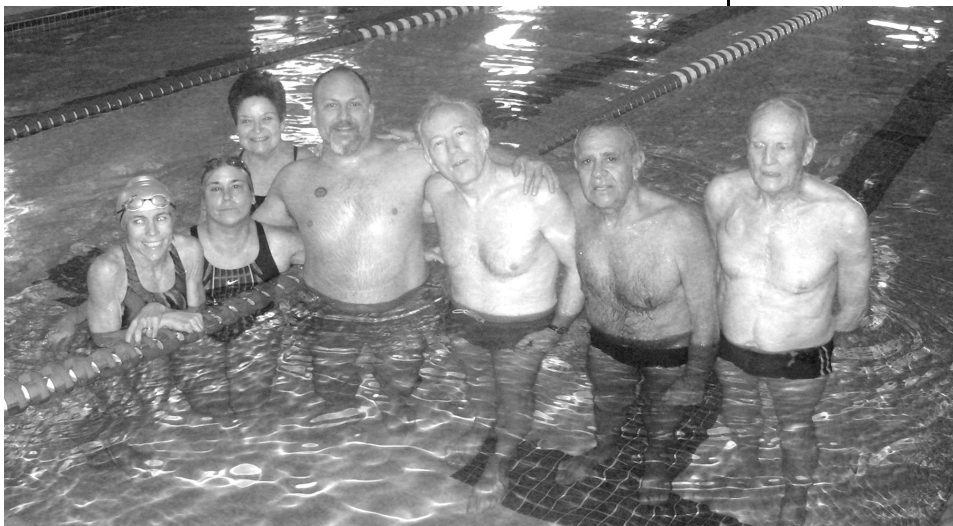


New Year's Day in Virginia Beach

Our Saturday morning workout group has a tradition of swimming on New Year's Day, followed by a Champagne toast to the coming year. The challenge is finding an open pool. For many years we went to a pool on the naval base in Norfolk. This year, the YMCA at Hilltop was open. The swim was followed by a brunch at Forrest and Phyllis Sullivan's home.



Mike, Jim, Forrest, and Christine



June McDaniels, Christine Morris, Judy Martin, Jim Brinkman, Mike Duignan, Forrest Sullivan, Francis Hall.



Pearl Cox had an excused absence from the workout, but was present for the brunch. Pearl had knee surgery December 30.



Pete Virok missed the last message about pool location and swam in Norfolk (or so he says). He made the brunch, however.



Mary Brinkman and Francis Hall.

Please send news and pictures of your workout group. I really like to include news of many different groups.

Easy Quesadillas

from Bronwyn Lewis

Start with your favorite Tortilla. I have recently discovered La Tortilla Factory. I like them because they offer lots of fiber and protein and are low on fat.

Then select your favorite vegetable: peppers, mushrooms, sweet onions, tomatoes, peas, spinach, you get the idea You may want to sauté them to soften a bit.

Select your favorite protein: beef, chicken, fish, beans, cheese...

Select your favorite topping: tomatoes, lettuce, sour cream, guacamole...



Now it's time to create!

12" nonstick pan is ideal, but 10" pans and griddles work too.

Medium heat, cooking spray...add a tortilla, sprinkle the tortilla with cheese, let it melt just a bit then add your toppings on ½ of the tortilla. Once the cheese is melted, fold over the tortilla and let it stick together before removing from pan. Spray the pan before each tortilla.

I use whatever cheese is around, mozzarella, swiss, cheddar, fontina, hot pepper cheese, smoked guda...I blend the flavors to match the ingredients.

Some combos you might try:

peaches and brie, top with a mix of lime and honey

peppers and cheddar, top with tomatoes, lettuce, guacamole

smoked cheese, sweet onion and grilled BBQ chicken, top with salsa

swiss cheese, mushrooms, peas and beef strips, top with sour cream and lettuce

spinach, mozzarella and left over grilled fish, needs no topping

beans and any cheese then top with guacamole and salsa



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NOTE: The following article appears courtesy of Sports Publications and Swimming Technique Magazine (www.swiminfo.com)

Using the Pace Clock

By Scott Rabalais

(Or, How To Survive A Workout If You Hate Math)

Editor's Note: This is a continuation of an article from December's newsletter. December's article dealt with Level I (Straight Sets, Fixed Rest Sets, Timed Swims) and Level II (Advanced Straight Sets, Variable Rest Sets, Broken Swims)

Level III - College

Level III sets are more demanding than those practiced in "high school," and most require keeping track of swim and varying interval times simultaneously. Keep a few aspirin on deck in case of headaches.

Descending Interval

Example: 6 x 100, starting on 2:00 and descending the interval :05 per repeat

In this example, the first 100 is swum on a 2:00 interval, the second is on 1:55, the third on 1:50, and so on.

See *Pace Clock* on page 7.

Pace Clock continued from page 6.

Swimming at an even pace through the set will result in decreasing rest by :05 per 100. Here is the breakdown of send-off times:

Rep # = repetition number

Send-Off = repetition starting time, cumulative time of set

SHP = second-hand position

Int = interval, swim + rest duration of repetition

Rep	S-0	SHP	Int	Rep	S-0	SHP	Int	Editor's Hint: If I am doing
1	0:00	0	2:00	4	5:45	45	1:45	a set like this, I write out
2	2:00	0	1:55	5	7:30	30	1:40	a chart like this to keep me
3	3:55	55	1:50	6	9:10	10	1:35	straight. If I am coaching, I
								make a chart for each lane.

Ascending Intervals

Example: 8 x 25, starting on :30 interval, ascending by :05

An ascending interval set is the opposite of a descending interval set. The first 25 is on :30, the second on :35, then :40, etc.

Pyramid intervals

Pyramid intervals are sets that combine descending and ascending intervals. For example, a pyramid set might consist of 7 x 150 on intervals of 2:20, 2:30, 2:40, 2:50, 2:40, 2:30 and 2:20.

TEST #3: Swimmer Bob is attempting a set of 6 x 75 on a descending interval. The interval for the first 75 is 1:30 and descends by :05 each 75. On the fourth 75, he swims the 75 yards in 1:00. How much rest will he have before leaving on the next 75?

Level IV - Graduate School

If unsure of how to manage Level IV intervals, just ask the Rhodes scholar in the lane next to you.

Descending interval/Descending times

Example: 50s starting on 1:00, descending interval by :01 per 50 until failure.

Also, descend times by :01 per 50.

This challenging set involves reducing the interval until the swimmer is unable to complete a 50 within the allotted interval time. The first 50 would be on a 1:00 interval, followed by a 50 on :59, then :58, :57, etc. It is helpful to determine the send-off times in advance and to post them at the end of your lane. Even more challenging is figuring your time on each 50 within this type of set, attempting to descend times evenly through the set.

Ladders

Example: 300, 275, 250, 225, 200...25 on :35 per 25 yards

Some ladders can be easily followed (300 on 6:00, 200 on 4:00, 100 on 2:00). But others are not so easy. In the above example, the stated interval is "35 seconds per 25 yards." This means that for 300 yards, the interval would be 12 lengths x 35 sec = 420 seconds, or 7:00. Then, the interval for the 275 would be 11 x 35, or 385

This article concludes on page 12 (back page).