
LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - July 15, 2007



Jack King Ocean Swim

by Betsy Durrant

June and Ray McDaniels run a great race!

The weather was great; the ocean was cool but refreshing; the current cooperated. What a great event. Entries were up this year - just under 100 entries, 95 participants.

Lisa Bennett had a phenominal swim!

The first swimmers out of the water was Matthew Baxter, 28, of Newport News, with a time of 18:58. Next out were Brett Cline, 27, Mark Van Deren, 26, and Garrett Kulczychi, 27, all of Virginia Beach, with times of 20:18, 20:19, and 20:19. Fifth place overall was Lisa Bennett, age 51, from Midlothian, with a time of 20:30. She was closely followed by Jennifer O'Reilly, 27, of Reston, at 20:35.

Complete results are posted at www.vaswim.org.

The great thing about a swim like this is that most people aren't worried about their time. They enjoy the swim and feel a great sense of accomplishment for completing it.

2nd Masters Pan American Championships

The 2nd Masters Pan American Championships will be held August 31-September 3 in San Juan, Puerto Rico. August 30 will be a registration and warm-up day for the event. 38 countries from the Americas and Carribean nations are invited to attend this swimming festival. Entries are limited to

See Pan Ams on page 3.

More Drills

Editor's Note: I found these drills in a link from the USMS Discussion Forum. They are from Kevin Williams, a coach and swimmer in Berkeley, California.

3R-3L-3W: Single arm drill where you do 3 strokes with right arm, 3 strokes with left arm then 3 with both arms. This can be done free or back.

6-Count Switch: A drill for free or back, arm lead on one side for count of 6, non-working arm is at the side. Then use the core muscles to snap over to the other side with a fast swing and throw of the non-working arm out to arm lead for count of 6 on the other side.

6-3-6: Arm lead on one side, flutter kick for 6 counts, take 3 arm strokes and then pause for arm lead on the other side for a count of 6.

Arm Lead: One arm extended with the non-working arm at the side. This drill is more than just kicking on the side; it is used to help bring your awareness to body position and balance. The balance point while you're on your side is your armpit, so as you do arm lead, press down into the water at the armpit and notice how the more you press down, the more the water lifts your hips and ankles up.

Fists: Closing the hands into fists while swimming helps one think about high elbows during the catch phase, or anchoring. If your elbow is down and your hand is closed in a fist, you're not going to get much distance with each stroke. Think about using

See Drills on page 3.



If you do not have internet access, call or write to me (editor address below), and I will send you an entry.

July 22: LC at Hains Point in DC.

See PV website for entry.

August 9-12: LC Nationals, The Woodlands, TX

August 18-19: Colonies Zone, College Park, MD

Entry is in this newsletter.

Newsletter Editor

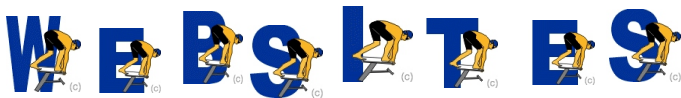
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Masters Swimming in VA

vaswim.org

USMS

usms.org

SwimmingWorldMagazine.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

Graphics from www.swimgraphics.com



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cstevens@richmond.edu, 804-440-3373

Fall Meet in Virginia Beach

The date of the "fall" meet in Virginia Beach has been changed for this year. The meet is usually held the first weekend in November. However, due to scheduled pool maintenance and repairs, the meet date has been changed.

The meet will be held this year on:

Saturday, December 8, 2007

Bayside Recreation Center

Virginia Beach

Drills continued from page 1.

the forearm as you begin the pull, if your elbow is down you can't use your forearm to pull. You get a better feel for the water due to a heightened sensitivity in the palm once the hand is opened again.

Fingertip Drag: Dragging the fingertips along the surface of the water during the recovery phase helps you think about rotation. If you are fully rotated to the side, you don't have to jam your shoulder joint during recovery.

Head Lead Balance Drill: This is probably the best drill to work on for body position and balance. It can be used for all strokes. If you have a snorkel, it works well to allow you to focus on body position. Kick with both arms at the side. Work on a long relaxed neck with a neutral chin (looking down at the black line). Balance the head with the hips. For the long axis strokes of free and back, travel all the way over on one side, pressing into the shoulder. Then in one fast snap of the core muscles, rotate 180 degrees to the other side without losing long axis balance (head, hips, and ankles all at the surface of the water) and with as little disturbance of the water as possible. When working on freestyle without a snorkel, breathe WITH the rotation of the body, not necessarily everytime you rotate, but always follow the shoulder with the chin when you need to breathe. Once you have caught a quick breath, the head rotates back down to look over the other shoulder at the black line.

L-drill: Backstroke drill where you pause the recovery of the arm as it is 45 degrees from your body line. You look out beyond the end of your fingers. The other arm is extended overhead and you are balancing on your side, into the armpit of the arm in the water. This teaches balance, proper head position for backstroke, and also that the finish of the backstroke happens up and out not down at your side.

Scul: This is probably the most important drill to help develop feel of the water. It can be used with both arms out in front (elbows up), on the side sculling with one arm, or on your back.

Pan Ams continued from page 1.

5 individual events total and no more than 2 on any given day in addition to relays. These Championships are like other FINA events in that the youngest age group is 25-29 and everyone has to be attached to a team to compete. Entries close on August 20, so there is still time to plan for this event. The event web site is:

www.asua-aquatics.org/masters.htm

Come join in the fun in the sun! This facility is state of the art, just completed in December, 2006, so times should be fast as well as fun. This is a great opportunity for Virginia swimmers to experience international competition in the Caribbean and relatively close to home.

See you there!

Jim Miller, MD

ASUA Masters Technical Committee

In case you missed this in the news...

***Flash! Ziegler Shatters
Evans' World Record
in 1500 Freestyle***

MISSION VIEJO, California, June 17. SHE'S been tracking her idol for years, winning world titles and living up to the high expectations placed on her shoulders. Sunday night, swimming at the TYR Meet of Champions in Mission Viejo, California, Kate Ziegler passed Janet Evans on the long-course scene. Contesting the 1500 freestyle, Ziegler lopped an unheard of 10 seconds from Evans' 1988 standard of 15:52.10.

Get All Of Your Swimming News At:

www.SwimmingWorldMagazine.com

National Senior Games

by Betsy Durrant

The National Senior Games were held in Louisville, KY, from June 22 - July 7.

Competitions were held in numerous sports. The swimming competition was from June 27-29 (ages 65 and over) and from June 30-July 2 (ages 50-64). Swimming was held at the University of Louisville pool.

For the first 3 days, the meet was run using 2 courses. Age groups 75 and over used a 6 lane course. Age groups 65-69 and 70-74 used an 8 lane course. This seemed to work well. On the last 3 days, there was one 8 lane course for the 50-54, 55-59, and 60-64 age groups. The meet was run efficiently by Bill Tingley, a long time USMS member and meet director; officials were experienced and qualified. It was a "recognized" meet, which means that swimmers do not have to be USMS members, USMS rules must be followed, and times for USMS members will be submitted for Top Ten and for records. The meet included the usual events except for: 200 fly, 400 IM, 1000 and 1650 free.

Twelve from our LMSC competed. Several others were entered, but were unable to attend. Those who swam: Jeanne Meredith, Marianna Berkley, Al Newbury, Betsy Durrant, and Joan Averette from Virginia Beach, Owen Maher from Charlottesville, Miriam Tuovila from Yorktown, Bill Bacon from Centerville, Barbara Boslego from Norfolk, Howard Butts of Roanoke, Vera Suit of Lynchburg, and Ida Hlavacek who now lives in Texas.

Complete results can be found at www.2007seniorgames.com. Click on Competition (across the top), then scroll down to Swimming. Medals were awarded to the top 3 and ribbons to 4th through 8th. Medal winners were:

Jeanne Meredith, 79, 3rd in 200 free (3:53.42) and 500 free (10:29.17).

Marianna Berkley, 86, 1st in 100 IM (2:13.95), 200 IM (4:56.38), 100 breast (2:23.13), 50 free (49.87), and 100 free (1:55.09). 2nd in 100 back (2:24.14).

Marianna set new National Senior Games records in her five 1st place finishes.

Owen Maher, 72, 3rd in 50 fly (37.06).

Bill Bacon, 61, 1st in 200 back (2:36.99). 2nd in 50 back (31.86) and 100 back (1:09.88).

Betsy Durrant, 65, 1st in 50 breast (43.91), 100 breast (1:36.70), 200 breast (3:38.50), 50 back (40.02), 100 back (1:27.15). 2nd in 200 back (3:20.43).

Ida Hlavacek, 65, 1st in 100 fly (1:45.72), 200 back (3:17.97). 2nd in 50 fly (44.28), 100 back (1:30.95). 3rd in 50 free (35.94).

Miriam Tuovila, 82, 1st in 50 breast (1:03.87). 2nd in 100 breast (5:14.40), 200 breast (5:01.30). 3rd in 200 IM (5:14.40), 100 IM (2:20.68). Miriam also placed second in the Triathlon!

Barbara Boslego, 55, 1st in 200 IM (3:00.73), 100 breast (1:29.36), 200 breast (3:16.39). 2nd in 100 IM (1:20.76), 50 breast (40.26).



Francis Hall, Jim Brinkman, Pearl and John Cox at a farewell party for John and Pearl, who have moved to Iowa. Pearl received a purple parka to remember VMST.

Jack King One-Mile Ocean Swim at Virginia Beach



◄ Tom Kochaba, whose wife Christine Morris, was swimming, Glen Knutson, and co-race director June McDaniels



◄ Kevin Cloe and co-race director Ray McDaniels



▲ Ed (CouzenEd) Schiavoni, Mike Duignan both of Va Beach, and Alvin Richardson of Newport News



◄ Mark Van Deren, Tide Age Group Coach and Masters swimmer

Rosanna McMillan (Lexington), Karen Mickunas and Mary Ann Peterson (Va Beach) ►



Caycee Buscaglia (Midlothian) ►



▲ Jay Leach, Norfolk Academy Swim Coach and Masters swimmer.



Russell and Jim Deppe of Va Beach.



Colonies Zone Long Course Meters Championship August 18 & 19, 2007

Hosted by



& Terrapin Masters

Sanction by Potomac Valley LMSC for USMS, Inc. #107-07

University of Maryland Eppley Recreation Center Natatorium • College Park, MD

Saturday Warm-ups: 12:00 pm • Meet Start: 1:00 pm

Sunday Warm-ups: 7:30 am • Meet Start: 8:30 am & ends at 12:30 pm (Firm End Time)

Meet Director: Jeff Strahota
Entries: Aquatics Director Carrie Tupper

Facilities

University of Maryland Eppley Recreation Center Natatorium long course meters competition pool using automatic timing. One 8-lane course will be used for competition. A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

Meet Rules

Current US Masters Swimming rules apply. All swimmers must be registered with USMS. All swimmers must include a copy of their USMS registration card with their entry. Lap counter cards will be provided for the distance events; however, swimmers must provide their own counter to operate them. Please note: the meet end time for Sunday will be 12:30 pm.

Entries & Fees

Entries must be postmarked by Friday, August 3 or received by Monday, August 6. No deck entries will be accepted. Competitors may enter up to 5 individual events per day, plus relays. Send entries to:

Jeff Strahota
5510 Grove St.
Chevy Chase, MD 20815

Relays

Relay Deck Entries will be accepted at the meet **before 12:30 pm for Saturday** and **before 8:00 am for Sunday**. They can also be mailed in with the entry form. Relay entry forms are available at www.terrapinmasters.org and will cost \$10 per relay.

Awards

Medals will be awarded to the first, second, and third place finisher in each event for each age group. Special Championship awards to the high-point team in Large, Medium, and Small team categories. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

Records

If a National or World Record is possible, please notify meet officials so that sufficient back-up timers can be provided.

Seeding

Except for the 400 free, 400IM and 800 free, events will be seeded slowest to fastest, men and women combined. No Time entries will be seeded in the slowest heat. The three distance events will have the fastest heat of swimmers swimming first.

Positive Check-in

Check in for Saturday's 800 Free is before the 400 IM; check in for the 400 Free is on Sunday before 8:30 am. Seedings will be posted at least 30 minutes prior to the event.

T-Shirts

Custom designed meet t-shirts may be pre-ordered for \$15.

Results

Results will be posted on the Potomac Valley Masters website (www.pvmasters.org) and submitted for top-ten recognition.

Directions

From I-495 (The Beltway), take Route 1 South towards College Park. From Route 1, take Route 193 (Greenbelt Rd.) West. Drive 1.3 miles on Route 193, past Metzert Drive to Stadium Drive. Make a U-turn at Stadium Drive back onto Rte 193 going East. Take the first right at the new turn-off between Stadium Drive and Metzert Drive through the wooded area and on to the Comcast Arena parking garage. Walk across the pedestrian bridge below the garage to the ERC (the building on the right).

Hotels

Days Inn College Park, 9137 Baltimore Ave, College Park, MD 20740
Phone: 301-345-5000
Econo Lodge College Park, 9624 Baltimore Ave, College Park, MD 20740
Phone: 301-474-0003
Holiday Inn Hotels Washington-College Park, 10000 Baltimore Ave, College Park, MD 20740, Phone: 301-345-6700
Quality Inn and Suites, 7200 Baltimore Ave, College Park, MD 20740
Phone: 301-276-1000
Hampton Inn College Park, 9670 Baltimore Ave, College Park, MD 20740
Phone: 301-345-2200
Ramada Ltd College Park, 9113 Baltimore Ave, College Park, MD 20740
Phone: 301-345-4900

Questions

Meet Director: Jeff Strahota (240) 472.1481; jstrahota@usms.org

Colonies Zone Long Course Meters Championship August 18 & 19, 2007



& Terrapin Masters

Sanction by Potomac Valley LMSC for USMS, Inc. #107-07

University of Maryland Eppley Recreation Center Natatorium • College Park, MD

USMS # _____ Birthday: _____
Name: _____
Address: _____

Club: _____ Age: _____
Phone: _____ Sex: _____
Email: _____

Attach a copy of your USMS card here

Please note: Entries without cards will be rejected.

Saturday August 18, 2007

Warm-ups: 12:00 pm

Meet Start: 1:00 pm

Event	Seed Time (LC Meters)
1) 400 Mixed Free Relay	(Use Relay Form)
2) 200 Mixed Medley Relay	(Use Relay Form)
3) 200 Free	_____:
4) 50 Back	_____:
5) 200 Breaststroke	_____:
6) 400 IM	_____:
7) 100 Fly	_____:
8) 50 Free	_____:
9) 200 Backstroke	_____:
10) 50 Breaststroke	_____:
11/12) 400 Medley Relay	(Use Relay Form)
13/14) 200 Free Relay	(Use Relay Form)
15) 800 Free **	_____:

Sunday August 19, 2007

Warm-ups: 7:30 am

Meet Start: 8:30 am • Firm End Time: 12:30

Event	Seed Time (LC Meters)
16) 400 Mixed Medley Relay	(Use Relay Form)
17) 200 Mixed Free Relay	(Use Relay Form)
18) 100 Free	_____:
19) 200 Fly	_____:
20) 100 Breast	_____:
21) 200 IM	_____:
22) 100 Back	_____:
23) 400 Free **	_____:
24) 50 Fly	_____:
25/26) 400 Free Relay	(Use Relay Form)
27/28) 200 Medley Relay	(Use Relay Form)
29/30/31) 800 Free Relay	(Use Relay Form)

**Positive Check-in required for 800 and 400 Free **

Surcharge \$ 25.00
Colonies Zone T-Shirt (\$15 each)
Please circle size: S M L XL _____
Events @ \$5 each _____
Relays @ \$10 each _____
TOTAL ENCLOSED \$ _____

Check Payable to: Terrapin Masters
Send Entry to: Jeff Strahota
5510 Grove St.
Chevy Chase, MD 20815
jstrahota@usms.org
Results will be posted at www.pvmasters.org.

RELEASE BY PARTICIPANT FROM LIABILITY: "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 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."

Signature _____ Date _____

Local Masters Swim Committee for Virginia
Mary Beth Hanifer, Registrar
14108 Shallowford Landing Road
Midlothian, VA 23112-4625

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Mitch Saks (Va Beach) receiving award from June and Ray McDaniels at the Ocean Swim.

Ed Schiavoni, Susie Gordon, Margaret Derrick
(whose son Tad swam in the age group heat),
and Betsy Goode

