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# LMSC FOR VIRGINIA

*Serving Masters Swimmers in Virginia and West Virginia - May 15, 2007*



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## ***New Webmaster***

*by Betsy Durrant*

As announced in the last LMSC newsletter, **Dee and Harry DeLong** are leaving northern Virginia to relocate in North Carolina. We know our Registrar and Webmaster as dedicated workers for Masters swimming. True to form, both Dee and Harry worked hard to find a replacement before plans for the move are finalized. Mary Beth Hanifer has already taken over from Dee as Registrar.

Beginning May 1, **Jason Salmanoff** took over as Webmaster. Jason is a VMST member who participated in the recent Zone meet at George Mason. We all need to get to know Jason, so I did an email interview.

Did you do any competitive swimming as a youth?  
*No, I didn't. One of the things I like about Masters: anyone can swim and do meets.*

When did you start Masters swimming?  
*I started swimming laps at Virginia Tech. Later, when I got my first job after college, I decided I wanted to learn more about swimming. I'd heard of Masters swimming, so I looked into a few teams. The best team for me was Mountain View Masters in Mountain View, California, under head coach Alan Liu. I started in 1998.*

Where do you train?  
*Currently I train with the Masters team at Chinn Aquatics in Woodbridge, VA, under head coach Wayne White.*

See **Webmaster** on page 3.

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## ***Colonies Zone Championship***

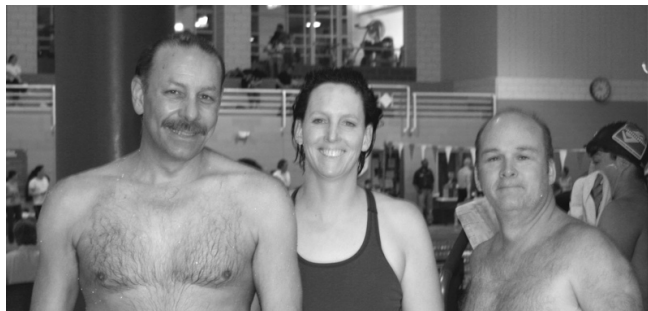
The Colonies Zone Championship meet was held April 13-15 at George Mason University. There were 499 entries for the meet. The LMSC for Virginia was represented by swimmers from Leesburg (LAMS), SwimQuest (SQST), and Virginia Masters (VMST).

VMST was second overall (combined Men and Women) in the Large team division. Curl-Burke was first. VMST was also second in the Men's scoring and first in the Women's scoring.

See page 5 for more on VMST and the Zone meet.

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*Pictures from the Chinn meet, taken by Bud Swiger.*



***Robert Romo, Beth Williams, and Bryan Stone.***

***Kitten Braaten and Beth Schreiner***





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

Saturday, May 27: 1 and 2 Mile Lake Swim

Reston, VA

Sunday, June 17: Jack King 1-Mile Ocean Swim

Virginia Beach. Entry is in this newsletter.

Sunday, July 1: Terrapin Cup, LC at U of MD

College Park, MD

Saturday, July 7: 2-Mile Lake Swim

Charlottesville,. Entry is in this newsletter.

Saturday, July 7: 800/1500 LC in White Oak, MD

This is near Silver Spring, MD

August 9-12: USMS LC Nationals

The Woodlands, TX. See page 4.

August 18-19: Colonies Zone LC, U of MD

College Park

### ***Newsletter Editor***

Betsy Durrant

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**Masters Swimming in VA:** [www.vaswim.org](http://www.vaswim.org)

**USMS:** [www.usms.org](http://www.usms.org)

**Competitive Swimming on all levels:**

[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

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

**Maryland:** [www.Maryland@usms.org](http://www.Maryland@usms.org)

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

**Colonies Zone:** [www.ColoniesZone.org](http://www.ColoniesZone.org)



## **OFFICERS**

**Chair: Terry Sue Gault**

**[tsgvmst@aol.com](mailto:tsgvmst@aol.com), 804-379-9099**

**Vice Chair: Chris Stevenson**

**[cstevens@richmond.edu](mailto:cstevens@richmond.edu), 804-440-3373**

**Secretary: Position Open**

**Treasurer: Mike Duignan**

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

**Registrar: Mary Beth Hanifer**

**[mbhanifer@verizon.net](mailto:mbhanifer@verizon.net), 804-**

**Sanctions: Judy Martin**

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

**Records and Top Ten: Chris Stevenson**

**[cstevens@richmond.edu](mailto:cstevens@richmond.edu), 804-440-3373**

**Webmaster: Jason Salmanoff**

**[VAWebmaster@usms.org](mailto:VAWebmaster@usms.org)**

Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)

*Webmaster continued from page 1.*

Tell us something about yourself.

*I'm 33. I went to Virginia Tech and am an engineer in the aerospace industry.*

Do you have anything else to add?

*I've gotten a lot out of Masters swimming. It's nice to have a chance to give something back*

***Our new Webmaster,  
Jason Salmanoff***



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## ***YMCA Nationals***

The YMCA National Masters Championship was held in Indianapolis the same weekend as the Zone meet, April 13-15. Several swimmers from Virginia participated and did very well. Full results are can be found at: [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)

I went through the results and recognized 3 swimmers. Let me know if anyone else from this area participated:

**Pam Dameron (SQST), 60-64 age group**

4-50 free 35.42, 3-50 back 44.07, 1-50 breast 42.33, 3-100 breast 1:34.13, 2-200 breast 3:22.49

**Ida Hlavacek (VMST), 60-64 age group**

3-1000 free 15:53.42, 4- 100 back 1:32.46, 4-200 back 3:21.89, 4-50 fly 43.79, 4-100 fly 1:45.78, 3- 200 fly 3:49.87, 2-200 IM 3:30.21, 6- 400 IM 7:19.72

**Barbara Zaremski (VMST), 65-69 age group**

2-50 free 34.22, 1-100 free 1:21.24, 1-200 free 3:08.06, 1-50 back 43.37, 3-100 back 1:13.74, 4-200 back 3:38.83, 4-100 IM 1:41.03, 4-200 IM 3:39.49

YMCA Masters Nationals for 2008 will be in Fort Lauderdale April 1-4.

## ***In and Out of the Water***

***~News about swimming and swimmers~***

*by Betsy Durrant*

### **From the Pacific Masters E-News:**

#### ***FINA Worlds -2008***

The XII FINA World Masters Championships will be held in Perth, Western Australia, Australia 15-25 April 2008. All of the aquatic disciplines will be run concurrently, so that one can see all the events there. For those who would like to receive their newsletter, go to

<http://2008finamasters.org/subscription.php>  
to subscribe.

The sprints will not have any qualifying times. The distance events will have qualifying times, but the times have not yet been posted.

#### ***Parry O'Brien***

Parry O'Brien, a member of Southwest Masters of the Southern Pacific LMSC passed away 21 April at the SPMA Short Course Regional Championships in Santa Clarita. He suffered a heart attack about half way through his 500 yd freestyle. His wife, Terry, was counting for him.

Parry O'Brien is best know to the world as a champion shot putter. His innovative technique is in use today, and gave him gold medals in the 1952 and 1956 Olympics and a silver in 1960. He placed 4th in 1964.

### **News from the Zone Meet:**

#### ***Roger Franks and Deb Cain***

I saw Roger Franks (age 80) on Saturday at the meet and made it a point to talk with him since I hadn't seem him in awhile. Much to my surprise, his daughter Deb Cain was with him. What a pleasant surprise!!

Deb swam with VMST for many years and then with Colonials 1776, but has not competed for the last 6 or 7 years. She said that being at the meet with her Dad was motivating her to compete again.

# Drills

*Editor's note: I found these drills on the USMS Discussion Forum. They were posted by Kevin Williams, a coach and swimmer from Berkeley, CA.*

## General Drills

►1-arm: kicking while using only one arm to stroke with. An excellent drill for free, back and fly. For freestyle, it is easier to hold the non-working arm out in front to help maintain balance; however, I strongly recommend holding the non-working arms down at the side and "in the saddle," so you can work on balance and proper body position. Always practice breathing to both sides on 1-arm drills when doing freestyle, and remember to press the ear down into the water as you breathe, rather than lift the head for the breath.

►"In the Saddle": a term to describe the placement of a non-working arm during balance drills. Tuck the elbow into the hollow just below the ribs and relax the forearm. This teaches a couple of things—1) when you swing and throw the arm from the saddle in a 6 count switch you are not able to bring the elbow back behind you, beyond the shoulder plane...a mistake some people make in freestyle recovery from things like zipper drill or years of being told to keep a 'high elbow recovery' and 2) you can't use the arms to help you stay balanced, you have to maintain proper body position.

## Breaststroke

►3-2-1: breaststroke drill where you do 3 kicks then an arm pull, 2 kicks then an arm pull, one kick one pull, back to 3 kicks, etc.

►3-second glide: breaststroke drill where you hold the glide for 3 seconds, fully extended and streamlined before starting the next stroke. Remember to keep a long relaxed neck with the top of the head leading, don't watch where you're going, look at the black line.

►Breaststroke with dolphin kick: using a dolphin kick with the breaststroke pull, helps to focus on a wavelike breaststroke.

►Cobra drill: a breaststroke drill over-emphasizing

the wave. As you pull the arms in, exaggerate the shift of the hips forward as you bring the upper torso out of the water like a cobra ready to strike, then shoot the arms forward with as much force as you can as you throw the head and chest back to the line at the surface of the water and then kick.

►Double pull down: 2 complete underwater pull downs off the walls prior to surfacing and beginning the breaststroke. Remember it is legal now to have a dolphin kick with the pull down.

►Press to corners: short axis drill for breast or fly. As you press the chest into the water, the hands scull out and the arms point to the corners of the pool. The arms scull back in as the water lifts your chest back up and out.

►Short axis combo (SA combo): doing 2 or 3 strokes of fly then 2 or 3 strokes of breast then back to fly, etc. Work on a rhythmical undulation and notice the similarities of your torso throughout both strokes.

## Butterfly

3-under-3 over: aka 3-undulation 3-full stroke: butterfly rhythm drill where you do 3 dolphin kicks then take 3 full strokes then 3 dolphin kicks...focus on a continuous and steady rhythm of the undulation.

►Angel drill (also heard it called butterfly angels): a stationary drill where you do a face float with arms extended overhead, then tickle the surface of the water as you lower your arms down to about waist level, keeping the arms fully extended, no bend in the elbow. Then bring the arms back up to fully extended overhead. This helps teach proper arm recovery for butterfly, where the arms travel along the body line, not behind the body. Good for people who tend to recover the arms too far behind their body.





## Relays at Zones

Our zone relays worked out quite well. We entered 38 relays, and 36 actually made it to the blocks. When you have a team as spread out geographically as we are, it is a challenge to coordinate relays. There were many reasons for the relays working out well this year.

1. Almost everyone responded to email about their availability.
2. Several people made it a point to contact other team members or to remind them at practice. I know Dick Cheadle did, and I know Beth Schreiner did.
3. Several people made suggestions for manning the relays. In particular, Al Keith and Dick Cheadle were very involved.
4. Numerous people swam numerous relays. Shirley Loftus Charley usually only swims open water or distance events in meets. She swam all weekend and went from relay to relay just asking "What lane?" and "How far?"
5. More than one person volunteered to swim when someone had to leave early or when someone was missing.

Sunday morning we had three teams that almost had to scratch. In the 800 Mixed Free Relay, Marcia Barry, Chris Frogley, and Shirley Loftus-Charley were in the middle of the relay with only 3 swimmers. Bud Swiger was waiting for the next event and stepped up to swim. In the Mixed 200 Medley Relay, Dick Cheadle (69) was a last minute replacement on a 55+ relay. And then there was the 65+ team that went to the wrong course and missed their heat, but were able to swim in the next heat.

A big



to the team!

## VMST Members - Are you going to LC Nationals?

It's not too early to begin making plans for The Woodlands. In addition to the party at the Leilichs', you get a chance to compete. Information can be found at the website above and will be in the May/June issue of *USMS Swimmer Magazine*.

If you do not enter online, but mail your entry instead, please make a note of the message on page 6 concerning the mailing address for entries.

The Woodlands is outside of Houston. Because of the Continental Airlines hub, it is easy to get to there.

By the time you get this newsletter, SC Nationals will be over so I'll start a list of people planning to go to LC. Let me know.

Betsy, [durrant6@cox.net](mailto:durrant6@cox.net)

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## LC Zones

by Betsy Durrant

LC Zones is one of my favorite meets. It is one of the few opportunities to swim in a 2-day LC meet. Due to scheduling problems, the meet has been changed from George Mason University to the University of Maryland in College Park. The dates were also changed; the meet is now the weekend following LC Nationals, August 18-19.

As at SC Zones, all relays are offered. The best part of LC, to me, is that relays are not based on the age of the youngest swimmer, but are based on the sum of the ages of the swimmers. Age groups are 72-99, 100-119, 120-159, 160-199, 200-239, etc. It is great fun to swim with teammates of all ages!

The entry form will be on our website, on the Potomac Valley website, and in the July newsletter.

# SIX REASONS TO ATTEND LONG COURSE NATIONALS IN THE WOODLANDS, TEXAS

- #1 – **Party at Joann and Bob Leilich's home**
- #2 – Opportunity to swim fast and do personal best times
- #3 – **Party at Joann and Bob Leilich's home**
- #4 – Beautiful area and great location
- #5 – **Party at Joann and Bob Leilich's home**
- #6 – See old friends and make new ones

## THE PARTY

- will be after the meet on Saturday, August 11
- will include dinner, booze, swimming stories, etc
- will be located a few minutes from the pool
- details and directions will be provided



Questions about The Party or LC Nationals?

Contact Joann at [JoannLeilich@comcast.net](mailto:JoannLeilich@comcast.net) or 281-298-1399.

For meet information visit [www.lcnationals2007.net](http://www.lcnationals2007.net) AND REMEMBER TO ENTER LC NATIONALS EARLY.

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## *Entry for Long Course Nationals*

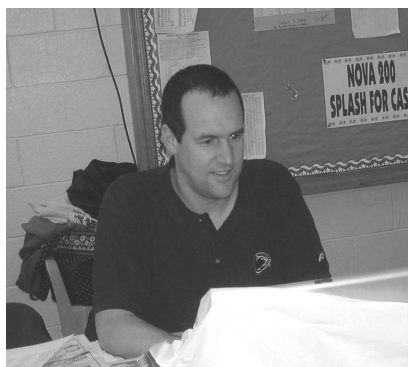
The entry will be in the May/June issue of *USMS Swimmer Magazine*. Online entry will also be available. I received the following message from Tracy Grilli, USMS National Office Administrator.

Please note that the zip code for mailing the entry form for LC Nationals (published in the May/Jun issue of *Swimmer*) is incorrect. It should be 03053 (not 03059 which according to the USPS website "could not be found"). A corrected version will be posted on the USMS website.

Please get this information out to your membership ASAP! We want to be sure that all paper entries arrive safely at the correct address - 8 Rockwood Lane, Londonderry, NH 03053!!! Thanks!!!

Tracy



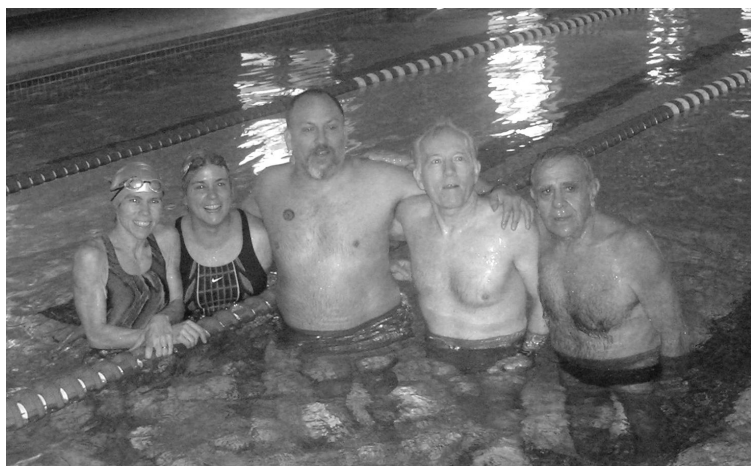


*James Wolfle operating the computer at the Richmond meet.*

*Al Newbury and Marianna Berkley (from Virginia Beach)*



*Registrar Mary Beth Hanifer*



*June McDaniels (co-director for Jack King Swim), Christine Morris, Jim Brinkman, Mike Duignan (LMSC Treasurer) and Forrest Sullivan*



*The workout group from Great Neck Rec Center in Virginia Beach. Breakfast at Panero's.*

# 24th Annual Jack King One mile Swim

**Sunday, June 17, 2007  
10:00 a.m.  
Virginia Beach, VA**

**Hosted By:**



Sanctioned by the Local Masters Swim Committee  
for Virginia (LMSC for VA) for USMS, Inc.  
Sanction #: 127-0005



**Eligibility:** Minimum age to participate is 18 as of June 17, 2007. All swimmers must be registered with USMS. USMS registration is available on the web at [www.VASwim.org](http://www.VASwim.org). One day USMS applications are also available for \$20. Applications may also be obtained from:

Mary Beth Hanifer

[mbhanifer@verizon.net](mailto:mbhanifer@verizon.net)

14108 Shallowford Landing Rd

Midlothian, VA 23112-4625

**Entry Fee:** \$20 if postmarked by June 1, 2007. \$25 after June 1, 2007 through race day. T-shirts are guaranteed to swimmers who register by June 1, 2007.

## **NO RACE DAY APPLICATIONS ACCEPTED**

**Age Groups/Awards:** Medals will be presented to the 1<sup>st</sup> – 3<sup>rd</sup> place men and women in each age group. Ribbons will be presented to the 4<sup>th</sup> -6<sup>th</sup> place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so in 5 year increments). Wet suits are allowed. However, no official time will be given and not eligible for awards.

**Course:** There will be an in the water start at 24<sup>th</sup> Street, going north parallel to the beach/boardwalk. The finish is on the beach at 38<sup>th</sup> Street. Buoys mark the start and finish. Restrooms and changing facilities will be available at the 24<sup>th</sup> Park.

**Directions:** From I-64 take Route I-264 East. When the expressway ends, you are on 21<sup>st</sup> Street. Take 21<sup>st</sup> Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24<sup>th</sup> street.

**Parking:** Municipal lots are located at 19<sup>th</sup> and 25<sup>th</sup> Streets. The cost is \$7 for the entire day. Metered spots are located along Atlantic and Pacific Avenues as well as sides streets for \$0.75 per hour.

**Inclement Weather:** No rain date, No refunds due to weather.

## **General Race Information**

Swim caps will be provided to all entrants. Caps must be worn by all who participate.

Water Temperature will be approximately 72 degrees or less.

Trucks will be available at the start line to transport swimmers' bags to the finish line.

USA Swimming heat will start at 10:15. For more information on the USA Swimming heat, please contact the Old Dominion Aquatic Club (ODAC) at [swimodac@msn.com](mailto:swimodac@msn.com)

All swimmers must check-in race day at the 24<sup>th</sup> Street Park on Atlantic Avenue.

Restrooms and changing facilities are available at 24<sup>th</sup> Street Park.

Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24<sup>th</sup> Street Park at 9:50 A.M.

For more information please contact:

June McDaniels [june@aquariusengineering.com](mailto:june@aquariusengineering.com) or 757-496-2570

Ray McDaniels [ray@aquariusengineering.com](mailto:ray@aquariusengineering.com) or 757-496-2570



# Hotel Accommodations

Hotel Information available at:

[www.vbhotels.com](http://www.vbhotels.com) / [www.vbfun.com](http://www.vbfun.com)

## Jim McDonnell Lake Swims

Sunday, May 27, 2007

Reston, Virginia

Paper Entry Deadline:

May 9, 2007

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

## Chris Greene Lake 2-mile

### Cable Swim

Saturday, July 7, 2007

Charlottesville, Virginia

Entry Deadline: 28 June

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

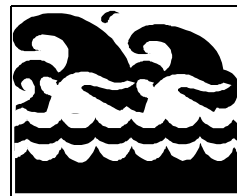
## Virginia Beach Trolley Information

- ☞ Stops along Atlantic Avenue, including 25<sup>th</sup> and 37<sup>th</sup> Streets.
- ☞ Cost is \$1.00 Adults and Children, \$.50 Seniors, Children under 38" free.
- ☞ Park and Ride Available at 3<sup>rd</sup>, 9<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> Streets.

## JACK KING 1 MILE OCEAN SWIM ENTRY FORM

\*\*\* Please attach a copy of your USMS card or

\*\*\* One Day Application here.\*\*\*



Name: \_\_\_\_\_  
(Last) (First)

Address: \_\_\_\_\_

City : \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Team: \_\_\_\_\_

Sex: M F (Circle One)

Entry Fee: \$ \_\_\_\_\_ T-Shirt: Small Medium Large X-Large (Circle One)

(\$20 Until June 1 / \$25 June 2-June 16) \*Make Check Payable to VMST. Mailed Entries due by JUNE 15, 2007.

E-Mail Address: \_\_\_\_\_

**Include Entry Form, Signed Release, and copy of USMS Registration Card with check and mail to:**

June McDaniels  
ATTN: Jack King Swim  
2400 Ketch Court.  
Virginia Beach, VA 23451



**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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ USMS # \_\_\_\_\_