

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
March 15, 2013

One Hour Swim Results

By Betsy Durrant

Preliminary results of the One Hour Swim National Postal Championship can be found on the USMS website under Long Distance/Open Water Championships. A total of 2,494 swimmers entered! Interestingly, there were more women entered than men: 1305 and 1189.

Thirty swimmers from Virginia submitted their entries, and another thirteen completed the swim but did not send in their entries. On page 3, there is a list of swimmers who completed this challenge. I have noted the place only for those who were in the top ten in their age group. We had one first place – Shirley Loftus Charley; one second place – Marianna Berkley; one 6th – Charlotte Hollings; one 7th – Betsy Durrant.

Several coaches and swimmers sent me lists of swimmers who participated in the swim. I searched the results and Shirley Loftus-Charley searched the results. If anyone was overlooked, please let me know so that I can mention it next month.



Top Ten for SCM

Twenty-two Virginia swimmers are listed in the SC Meters Top Ten for 2012. **Johnnie Detrick** led the way with seven firsts out of a total of 10 events. **Shirley Loftus-Charley** had four firsts out of a total of 17 events. **Ida Hlavacek** placed in 16 events.

A complete list of Top Ten times can be found on the USMS website. Virginia swimmers and their events are listed on page 4.

Long Distance All Americans and All Stars

Four swimmers from Virginia were named Long Distance All Americans. To earn this honor, you must place first in one of the Long Distance National Championships. From Virginia, All Americans are:

Amy Charley, 27, VMST
Shirley Loftus Charley, 60, VMST
Craig Charley, 27, RCA
Adam Barley, 31, VMST

The three members of the Charley family were also LD All Stars. From the USMS website:

All-Star Requirements

To become an All-Star, a swimmer must accumulate the highest number of points in a series of national championships held throughout the year. If a swimmer scores points in one age group and ages up to another age group in the course of a year, their points are transferred up to the new age group. Ties for All-Star status are allowed.

Point Awards

Points are awarded for 1st through 10th place.

To be considered for the Long Distance All Star Team, a swimmer must compete in at least three National Championship Long Distance Events, of which one must be an open water event and one must be a postal event.

Special congratulations to Amy, Craig and Shirley!!

Lists and Numbers

Some of you know that your Editor is a “Numbers Person.” I like to analyze lists and numbers. This issue is full of lists and numbers, which I find interesting.. My apologies to those of you who find this boring.



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

Mar 24: Lexington, VA

Entry was in the February newsletter.

April 19-21: Colonies Zone Championships

George Mason Univ

May 9-12: USMS SC Nationals, Indianapolis

Make plans now! Online entry will be available.

June 5-13: Pan American Meet, Sarasota, FL

► **June 22-23: Colonies Zone LC Championship**
Richmond, VA

► **June 23: Jack King 1-mile Ocean Swim**

Online entries available. Paper entry will be in April and May newsletters.

► **July 13: Chris Greene Lake, Charlottesville**

Online entries will be available. Paper entry will be in May and June newsletters.

Aug 7-11: USMS LC Nationals,
Mission Viejo, CA

Newsletter Editor

Betsy Durrant
211 66th Street
Virginia Beach, VA 23451
757-422-6811 (fax or phone, before 9:30 pm)
durrant6@cox.net

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Virginia LMSC Website

www.vaswim.org

USMS Website

www.usms.org

Latest info on all levels of swimming

www.SwimmingWorldMagazine.com

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone

www.ColoniesZone.org

ONLINE Registration for many meets:

www.clubassistant.com

LMSC Officers

Chair: Patty Miller

pmillerswmr@gmail.com

Vice Chair: Charlie Tupitza

ctupitza@warrentonmasters.org

Secretary: Pam Dameron

cpdameron@comcast.net

Treasurer: Charlie Cockrell

Charles.Cockrell@alumni.virginia.edu

Registrar: Shirley Loftus-Charley

VARegistrar@usms.org

Sanctions: Heather Stevenson

hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson

chrisl Stevenson@usms.org, 804-282-0124

One Hour Swim

Swimmers who submitted their entry:

Women

- 18-24 Rachel Adams FSYM
40-44 Barbara Streater VMST
Anne Koepfnger UNAT
45-49 Charlotte Hollings VMST **6th**
Carol McCammon VMST
Amy Olinger FSYM
Victoria Nichols MAMS
50-54 Nancy Speer VMST
Mary Ann Peterson VMST
Betsy Goode VMST
Kathleen Sharp UNAT
55-59 Cheryl Benn VMST
Patricia Wells UNAT
Kathy Gregory UNAT
60-64 Shirley Loftus-Charley VMST **1st**
Cathy Rotch VMST
65-69 Kathryn Gregory VMST
Cheryl Ptak VMST
70-74 Betsy Durrant VMST **7th**
Susan Marens VMST
Kathleen Broderick VMST
90-94 Marianna Berkley VMST **2nd**

Men

- 25-29 Craig Charley RCA
35-39 Mike King WAVA
40-44 Charles Cockress VMST
50-54 Bradley Convis WAVA
Simon Thornton WAVA
Ted Turner VMST
55-59 Bill Nelson VMST
70-74 Frank Miller VMST

Swimmers who completed the Hour, but did not submit an entry:

Northern Neck

Donna Funkhouser
Ray Funkhouser
Carolyn Mullaney
Susan Stallings

Ft Eustis

Matt Bickley
Michele Bozarth
Jami Brill
Tricia Holland
Kurt Macha
Julie Peterson

Virginia Beach

Brandy Baker
Robert Bosley
Tim Jongquist

USMS Top Ten Relays SCM for 2012

Seven VMST teams were listed in Top Ten for Short Course Meters.

Men 240-279 400 Free Relay
10th Owen Maher, Ralph Swiger, Bill Nelson,
Bryan Stone

Mixed 200-239 400 Free Relay
1st Shirley Loftus-Charley, Elizabeth Josepy,
Stephen Joseph, Wayne Duncan

Mixed 200-239 400 Medley Relay
9th Stephen Joseph, Wayne Duncan, Shirley Loftus-
Charley, Elizabeth Joseph

Mixed 200-239 800 Free Relay
5th Wayne Duncan, Stephen Joseph, Elizabeth
Joseph, Shirley Loftus-Charley

Mixed 240-279 200 Free Relay
2nd Edward Gaulrapp, Robert Romo, Beth
Schreiner, Shirley Loftus-Charley

Mixed 24-279 400 Medley Relay
7th Judy Martin, Ralph Swiger, Kitten Braaten,
Bill Nelson

Mixed 280-319 200 Medley Relay
10th Kathryn Gregory, Richard Scott, Kathleen
Broderick, Frank Miller

Virginia Swimmers Who Placed in the SCM Top Ten

Women

Marie Kellher, 100, VMST, **1st in 50 and 100 Free**
Marianna Berkley, 90, VMST, **1st in 50 and 100
Breast**, **2nd** in 50 Free and 100 IM
Miriam Tuovila, 87, VMST, **1st 50 Breast**, **2nd** in
100 and 200 Breast, **3rd** in 100 IM, **8th** in
100 free
Jeanne Meredith, 84, VMST, **7th** in 400 Free, **8th** in
50 and 100 Free

See Top Ten on page 4.

Johnnie Detrick, 77, VMST, **1st in 50 , 100, 200 Free, 50 and 200 Breast, 100 and 200 IM**, 2nd in 100 Breast, 3rd in 400 Free, 7th in 50 Back

Laura Walker, 75, VMST, 2nd in 200 Back, 3rd in 100 Free and 100 Back, 4th in 100 IM, 5th in 50 Free

Barbara Zaremski, 75, VMST, **1st in 400 IM**, 2nd in 200 Fly, 4th in 200 IM, 5th in 100 Fly, 6th in 50 Fly, 7th in 50 Free, 9th in 200 Back

Beth Schreiner, 71, VMST, **1st in 50 and 200 Free**, 2nd in 100 Free, 4th in 100 Back

Ida Hlavacek, 70, VMST, 3rd in 400 IM, 4th in 200 Fly and 200 IM, 5th in 50 and 100 Fly and 800 and 1500 Free, 7th in 200 Free and 50, 200 Back, 8th in 100 Back and 50 Fly, 9th in 100 and 200 Breast, 10th in 100 and 400 Free

Judy Martin, 70, VMST, 8th in 200 Back and 50 Breast

Susan Marens, 70, VMST, 6th in 50 and 100 Breast

Shirley Loftus-Charley, 61, VMST, **1st in 200, 800, 1500 Free and 400 IM**, 2nd in 400 Free, 200 Breast, 100 Fly and 200 IM, 3rd in 100 Free, 100 and 200 Back, 4th in 100 IM, 5th in 50 Back and 100 Breast, 7th in 50 Breast and 50 Fly, 8th in 50 Free

Claire Russo, 29, VMST, 6th 100 Breast, 7th in 50 Breast

Men

Francis Hall, 86, VMST, 5th in 50 Free

Calvin Barnes, 88, VMST, **1st in 200 Back**, 2nd in 800 and 1500 Free

Owen Maher, 77, VMST, 5th in 100 Fly, 7th in 50 Fly

Richard Scott, 77, VMST, 4th in 200 Fly

Edward Gaulrapp, 70, VMST, 4th in 100 Fly, 9th in 200 Fly, 10th in 200 Breast

John McCorkle, 61, VMST, 10th in 200 Breast and 200 IM

Jim McFarland, 54, VMST, 9th in 1500 Free

Dave Malsbury, 51, VMST, 4th in 50 Breast, 5th in 50 Back, 8th in 200 Breast, 9th in 100 Back, 10th in 100 Breast

Chris Stevenson, 48, VMST, **1st in 100 and 200 Back**, 2nd in 200 and 400 Free, 3rd in 800 Free and 100 Fly, 4th in 50 Back



Information from our Registrar

I asked Shirley-Loftus Charley for a complete list of clubs with the number of members at the end of the 2012 registration year (October 31) and the number so far this year. Clubs with a 0 for 2012 (except NRBB) are new members for 2013. Those who have 0 for 2013 have not re-registered yet for this year (except Crozet). Crozet is new, but no members have signed up yet.

At the end of 2012, we had 1135 members in the LMSC. So far this year we have 853. Of the 853 current members, 571 are returning members and 282 are new members. There are 507 swimmers who registered in 2012 and have not YET signed up for 2013.

The complete list is on page 7. I hope the leadership of our clubs will find this information helpful

This article came from usms.org under Training/Stroke Technique

Master Butterfly

The progression: moving forward

Stuart Kahn, Head Coach, Davis Aquatic Masters / Vice Chair, Coaches Committee | December 6, 2012

The short-axis strokes (butterfly and breaststroke) are rhythmic. When identifying the key components to developing efficiency, both strokes must have simultaneous movements of the arms and legs. The coaching goal is to establish proper body posture, limb coordination, correctly timed breathing, and a kick that contributes to both stabilization and power. This should be done in a way that keeps the body moving forward, rather than up and down.

Body Position

With the axis line running through the hips and perpendicular to the spine, the body will have more of an undulating motion than a rotational one.

However, as with the long-axis strokes (freestyle and backstroke) one of the primary goals of body position still remains the same: to keep the hips at or near the surface at all times. This is achieved by developing a sense of how and when to press the chest into the water to buoy the hips in a way that keeps energy moving forward.

This sensation is accomplished by leading the head and shoulders in front of the hips at levels slightly higher and lower than the water surface. Contrary to the notion of relaxing the body on butterfly, a good stroke maintains a continuous soft tension between the chest and hips. When the hips are at the surface of the water, then the shoulders are submerged and vice versa. This continuously alternating motion between upper and lower torso creates the basic undulation responsible for a correctly timed butterfly stroke. One simple key to good undulation in butterfly is **head down, hips up** on entry.

Body Flow

The dolphin-like motion of the body is one of constant flow that creates a wave action beginning at the shoulders and torso and extending to the toes at the snap of the second kick. To keep the energy and momentum in a forward moving direction, the swimmer should feel the stroke lunging forward, not plunging downward.

Overundulation causes too slow a tempo and too deep a catch. Simply making sure that the **eyes and nose are pointed to the bottom** for an instant on entry and the **hips are at or near the surface** is sufficient to capture the basic beginning of good form. One of the biggest deterrents to good body flow is crashing the arms and face into the water at entry. Care here should be give to *placement* rather than *power* at this phase of the stroke.

- **Key correction point for body posture:** Place the hands lightly on the surface as the chest and chin continue submerging.

Timing

The limb coordination for butterfly is two kicks to every arm cycle: **kick-pull-kick**. The placement of those two kicks is critical to stroke rhythm, breathing, and continued forward progress. The first kick is synched to the entry of the hands, and the second to their exit at the beginning of the recovery.

The first kick is more of a balancing motion, arising mainly from the upward lift of the hips. It's also timed with the extension of the hands and the downward pressure of the chest. The second kick, when timed with the finishing forces of the hands, combines to create the most propulsive phase of the entire stroke. Additional ways to search for correct timing include using long and short fins and utilizing one-arm and alternate-arm drills.

- **Key correction point for kick-kick-pull:** Having both kicks initiated before the catch does not allow for the second kick to aid in recovery and breathing. In this situation, the back is forced to arch or an excessive downward push with the hands is needed to get recovery and breathing clearance. As a correction tool, think of a one-kick fly and then patiently wait for the second small kick to occur naturally, at the end of the undulation, as the hands are exiting.

Arm Stroking

The Recovery

During the recovery, as the arms move simultaneously and create a balanced energy release on both sides, they can recover wide and low to the water without imparting lateral swing to the torso. During the first half of the recovery, the palms should be pointed backward. As the hands pass the shoulders with the elbows locked and palms rotating downward, the new objective is to land the hands on the surface as opposed to diving them into the water below the head and chest. This, again, keeps everything moving forward rather than up and down. Note: The forehead must enter the water prior to the hands.

The Entry

Upon entry, the arms should stretch or extend forward into parallel positioning in front of the shoulders. With a sharp pause of the arms at this moment, swimmers achieve proper hand placement, but also benefit from a transfer of horizontal recovery momentum to vertical lift of the hips. A high elbow catch is then created with hands anchored just outside the shoulders. As backward pressure is exerted, the elbows stay high and are in wait for the hands to pull beneath them, before the chest and shoulders fully engage to help move the body past the hands.

The Pull

After the catch, pushing backward too soon will cause the elbow to lead the pull instead of the hand and forearm, resulting in the dreaded dropped elbow syndrome. The basic path of the hands from catch to exit is roughly along an hourglass pattern. Overexaggerated in-and-out motions are more cosmetic than anything else and contribute little to forward velocity. The pitch of the hands as they follow their path should be as backward facing as possible.

Due to the strength factor involved, a common fault is to begin a backward press on a lateral plane before the elbows are correctly placed. This only allows for backward pressure to be put on the palms without the forearms being part of the paddle, drastically reducing the effective pulling surface. This creates a dropped elbow scenario that sacrifices a tremendous amount of leverage. If the arms begin the pull phase before a high elbow position can be established, the elbow will lead, or pull, through the water before the hands. The forearms will be pulled along in a lateral plane, with the palms facing downward. This position sacrifices a tremendous amount of leverage, drastically reducing an effective pull.

The Push

Keep in mind that, anatomically, any motion from in front of the shoulders to the shoulder plane itself is a pull, and any motion behind the shoulder plane is a push. Hand forces and pressure on the water should increase inside of each arm cycle. An additional benefit of accelerated hand speed is that momentum is carried into the recovery and helps contribute to proper body flow and timing.

- **Key correction point for dropped elbow:** Forward propulsion comes from backward facing limbs. Fingertips should be pointed down, palms and forearms pitched backward and shoulders rolled forward.

Dolphin Kick

The typical kicks in a butterfly stroke cycle will vary in amplitude and power. The first kick, as the hands enter, is really a byproduct of the chest press that elevates the hips. The resultant kick that follows also helps to lift the hips, creating a larger kick that breaks the plane of the body. The second kick occurs as the hands are accelerating through the pull phase. This kick, a quick snap originating from the knees, is in line with the rest of the body and helps to push the shoulders and head forward for arm recovery and breathing.

For full and fast motion, swimmers should think of the upbeat of the feet in addition to the more propulsive downbeat. A mantra for learning where to place the two kicks is “kick your hands into the water and kick your hands out of the water.”

*See **Butterfly** on back page.*

CLUB	Name	2012 Members	2013 Members	
ACAM	Atlantic Coast Athletic Club	13	9	
BMS	Blacksburg Masters Swimming	30	15	
BWST	Blue Wave Swim Team	10	7	
CFYM	Charleston Family YMCA	17	3	
CNU	Christopher Newport University Swim Club	21	12	
CPYM	Crozet Parc YMCA Masters	0	0	
DVM	Dominion Valley Masters	4	0	
FIN	FIN-ATICS	2	0	
FSYM	Four Seasons YMCA Masters	14	8	
FAFF	Fredricksburg American Family Fitness	6	4	
LAMS	Leesburg Area Masters	12	10	
LTSM	LetSwim Masters	36	9	
MRTY	Martinsville YMCA Masters	1	0	
MAC	Midlothian Athletic Club	5	8	
NRBB	New River Black Bears	0	0	
MAMS	Monarch Aquatic Masters	0	1	
POWM	Peluso Open Water Masters	68	139	
QMST	Quest Masters Swim Team	30	19	
RCA	Rockbridge County Aquatics	20	8	
SMAM	Shenandoah Marlins Aquatic Club Masters	8	0	
SNOW	SNOW Masters Swimming	5	1	
SHKS	Sharks Swim Team Masters	0	9	
SHYM	South Hampton YMCA Masters	5	1	
STON	Stonewall Masters	7	7	
SUNF	Sunfish Masters	52	22	
STEC	SwimTec, LLC	1	2	
VTAC	Tidewater Aquatic Club	8	6	
UNAT	Unattached	335	204	
URMS	University of Richmond Masters Swimming	14	7	
VMST	Virginia Masters Swim Team	376	296	
VTMS	Virginia Tech Masters Swim Team	0	4	
WAVA	Warrenton Masters Swim Team	22	15	
WMS	Winchester Masters Swimming	10	11	
WVM	WV Masters Swimming	0	14	
WVMS	Wytheville Masters Swimming	3	2	
	TOTAL	1135	853	

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
211 66th Street
Virginia Beach, VA 23451-2040

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Butterfly continued from page 6.

- **Key correction point for loss of undulation:** Overbending of the knees will expose the shins to frontal forward drag as the feet are brought toward the suit. The result is a backward powered kick that flattens the undulation and flow from kick to kick. This creates an arched back when attempting to recover the arms and breathe. Instead of a focus on the kick, place the focus on lifting and keeping the hips at the surface of the water.

Breathing

A butterfly breath cannot happen outside of the stroke rhythm. That is to say, a swimmer should not stop stroking to breath. Exhaling begins as pressure is placed on the hands in the catch phase. Inhaling begins as soon as the mouth clears the surface. Chin is kept near the waterline so as to not add any upward motion that would result in loss of forward momentum. The breathing pattern on butterfly can be determined by the length of the event, but is most closely tied to the effect your technique has on the integrity of your body posture. Maximizing the amount of oxygenated blood, without slowing forward progress, will enhance the swimmers performance.

- **Key correction point for late breathing:** Initiating the breathing at the very end of the “pull to recovery phase” creates a lock-up, or kink, in the neck and shoulders which is very difficult to swim through effectively. Breathe early, breathe often, and get the head back in the water quickly before the hands.

Concentrate on timing the lift of the head with the beginning of the pull.

About the Author: Stuart Kahn is head coach of the Davis Aquatic Masters. Stu has coached high school, junior college, college, USA Swimming and now Masters swimming. He is Vice-Chair of the USMS Coaches Committee, a coach at the High Performance Camp, and recipient of both the Pacific Masters and USMS Coach of the Year Awards.