

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
March 15, 2014

## One Hour Swim Results

*Disclaimer: I went through the results, looking for anyone from our LMSC. It is very possible that I missed someone. If I did, please let me know so that I can mention them next month. Editor*

Twenty-four swimmers from our LMSC did the One Hour Swim and submitted their results. I know there are others who did the swim, but did not bother to send in the results. The 24 were from the following clubs:

Quest – 5, VMST – 11, WAVA – 2, RCA – 1, CMAS – 1, Unattached 3. (Note: Unattached swimmers are now listed as “UC12”. That means Unattached Club from LMSC 12. If you look at your registration number, you will see that all of our numbers begin with “12”.)

Swimmers who participated and their place if they were in the top 10 in their age group:

**QMST:** Brink Opal, 19, **8<sup>th</sup> place**; Alice Dalton, 44; Cynthia Ficara, 40; Cleary Maly, 43; Amy Howard, 49; Pam Dameron, 68.

**VMST:** Charlotte Hollings, 49, **5<sup>th</sup> place**; Mary Ann Peterson, 53; Barbara Boslego, 62; Shirley Loftus-Charley, 62, **2<sup>nd</sup> place**; Cheryl Ptak, 66; Betsy Durrant, 72, **8<sup>th</sup> place**; Susan Marens, 71; Kathleen Broderick, 75; **Jeanne Meredith, 85, 1<sup>st</sup> place**; Chris Sharver, 37; Greg Harris, 50.

**CMAS:** Dana Garner, 35.

**RCA:** Susan Harrison, 39.

**UC12:** Lucy Southard-Smith, 51; Stephen Eid, 46; Tsvi Kath-Hyman, 65.

**WAVA:** Drew Rathgeber, 37; Mike King, 40.

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## 400 Yard Kick for Time

Seven VMST members, one swimmer from STON, and one from RCA participated in this postal event. It had to be done in a yard pool. The

See *Kick* on page 3.

## Jeanne Meredith

Jeanne Meredith, 85, is on a roll in her new age group! For the Short Course Meters (SCM) Top Ten, Jeanne was **first in the 50 back**, **2<sup>nd</sup>** in the 50 free, **2<sup>nd</sup>** in the 200 free, and **3<sup>rd</sup>** in the 100 free.

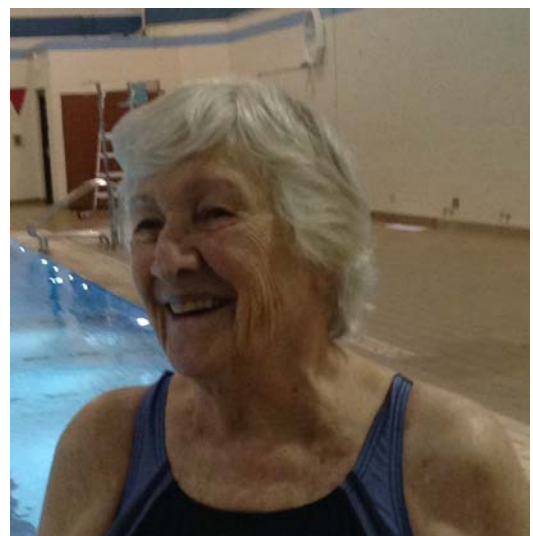
In the One Hour Swim, a National Championship Event, Jeanne was **1<sup>st</sup> in her age group**. She was ahead of the **2<sup>nd</sup>** place swimmer by an amazing 395 yards!

Who knew 67 years ago, in 1947, that she would be competing in 2014??? Jeanne received



the medal shown for a mile swim in Long Island Sound at Greenwich, CT. She was a teenage life guard at the time; her family couldn't understand why she would want to be in race.

Jeanne lives in Virginia Beach and swims three days a week in the workout group at Great Neck Rec Center.





**If you do not have internet access and need an entry, contact me (address and phone below) and I will send you a copy. Betsy**

WAVA Postal Event, through August 31, 2014:  
*Butterfly is Not a Crime.*

March 23: Rockbridge County, VA  
Complete entry was in the Jan newsletter.  
Page 2, the actual entry is in this newsletter.

March 29-30: NC Championship, Raleigh

Apr 4-6: Colonies Zone, George Mason University  
Information is in this newsletter. I do not have a paper entry. Either enter online or contact the Meet Director.

May 1-4: USMS SC Nationals, Santa Clara, CA

June 7: LCM: Eastern North Carolina Spring  
Splash. Goldsboro NC

June 21: Commonwealth Games, Christiansburg

Aug 3-10: FINA Worlds in Montreal

Aug 13-17: USMS LC Nationals in  
College Park, MD

**See a list of Open Water events on page 3.**

*Let's have a big turnout of Virginia swimmers at LC in Maryland. Make plans now!*

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Virginia LMSC Website  
[www.vaswim.org](http://www.vaswim.org)

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

Latest info on all levels of swimming  
[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

Nearby LMSCs  
North Carolina: [www.ncmasters.org](http://www.ncmasters.org)  
Maryland: [www.maryland@usms.org](mailto:www.maryland@usms.org)  
Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

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

ONLINE Registration for many meets:  
[www.clubassistant.com](http://www.clubassistant.com)

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### LMSC Officers

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*Kick continued from page 1.*

rules are that you have to use a kick board, no fins, and no flip turns. It was to be done during the month of December. I timed for a few swimmers and noted that it was split between breaststrokers and freestylers.

Because it was only 400 and could easily be done in practice, Barbara Boslego did the kick once a week. She improved each time.

Below is a summary of Virginia results:

Val Van Horn Pate, VMST, 51, 2<sup>nd</sup>, 6:28.00

Nancy Speer, VMST, 51, 6<sup>th</sup>, 7:12.54

Shirley Loftus-Charley, VMST, 61, 2<sup>nd</sup>, 7:23.56

Barbara Boslego, VMST, 62, 3<sup>rd</sup>, 7:33.20

Cheryl Benn, VMST, 60, 6<sup>th</sup>, 8:29.58

Hank Mierzwa, STON, 63, 5<sup>th</sup>, 7:29.67

Howard Craddock, VMST, 60, 7<sup>th</sup>, 8:26.11

Ray Funkhouser, VMST, 63, 8<sup>th</sup>, 8:30.35

Bruce Summers, RCA, 67, 5<sup>th</sup>, 12:27.54

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## ***Postal Events***

*By Betsy Durrant*

In my opinion, postal events are a great idea. For those of us that like to compete, you can compete without leaving home. For those who don't like to compete, you can complete the event on your own and then be able to measure your progress. I like to compare my Hour Swim from year to year. Whenever we organize a specific time for a postal swim in Virginia Beach, we get a modest turnout. To be honest, some swimmers just do the swim and never submit their results. I find that okay since they are at least measuring their own progress.

We had two sessions for swimming the 3000 or 6000 yard swims. One was on a Saturday, the other was after practice one morning. We always seem to have volunteers willing to count and time. The 400 Kick was one Saturday afternoon. The Hour Swim was several heats on a Saturday morning. When someone can't make the Saturday, we try to accommodate them one morning after practice.

I do not particularly enjoy doing the Hour Swim, but I like the feeling of accomplishment when I finish. Some of our slower swimmers like the fact that we all start together and end together, no one has to wait for the slower swimmers to finish. Ask your coach to schedule a time for postal events.

## ***Summer Open Water Events***

► The Jack King One Mile Ocean Swim is being incorporated into the Virginia Beach Life Saving Service Ocean Swim Series. It will not be a USMS event. Insurance will be provided through the Life Saving Service. The three events are listed below. Details will be at: [www.vbls.org](http://www.vbls.org)

VBLA Ocean Swim Series "Jack King 1 Mile" June 15

VBLA Ocean Swim Series "3K/1 Mile" July 21

VBLA Ocean Swim Series "5K/1 Mile" August 17

► Chris Greene Lake One and Two Mile Cable Swims will be on Saturday, July 12.

► Reston Masters, May 24-25. There is a clinic and both a one and two mile swim.

► Peluso Open Water Masters, a USMS club, offers the following events. These events are not USMS sanctioned. Information is at: [pelusopenwater.com](http://pelusopenwater.com)

Peluso Open H2O Race Series

3 unique open water challenges:

April 19, 2014 - Cold Water, Fast Current

May 31, 2014 - The RVA Mile

Aug 23, 2014 - Glow Swim (Night Racing)

► Lake Moomaw. I do not have any information on this yet. I believe Dave Holland is talking with the organizers, and they are considering the feasibility. It was August last year, so there is time to keep you informed. Those who participated last year thought it was a really beautiful setting.

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## ***Attention VMST Swimmers Going to Zones at GMU***

*By Betsy Durrant*

The meet is April 4-6. For the last few years, I have coordinated relays, but have had others help form them. This year, I am unable to attend this meet. In the past, Bud Swiger, Ed Gaulrapp, and Debbie Jaeger have helped create relays. They will continue to do so this year. Bud has agreed to fill out the entries, post the relays, and be the coordinator. If you have requests for relays, let Bud know at: [mssswim@aol.com](mailto:mssswim@aol.com).

# ***Building an Efficient Freestyle Triathlon swim training with equipment: fins, paddles, and snorkels***

Erica Smith | January 16, 2014

*Editor's Note: While the title refers to triathlon swimming, I believe the points made are beneficial to all swimmers. This article is from the USMS website (usms.org).*

## **First, the fine print**

Before you begin incorporating training equipment into your workout sets, it's important to understand that such tools should be used to correct technique, not swim faster in training sets. Improper use of paddles can accelerate shoulder fatigue and lead to rotator cuff injury. Therefore, it's important to use paddles strategically during workouts—with your goal of distance open water swims in mind, you should avoid using paddles to do speed work in the pool.

## **Efficient freestyle for a triathlon swim**

Freestyle is a long axis stroke (as is backstroke): The body is held in alignment to facilitate rotation around the long axis of the spine. The head is kept in line with the spine, which is in line with the legs. Excess movements disrupt this alignment and make the stroke less efficient. Seemingly minor flaws, such as sinking feet, hips that sway rather than rotate, and improper head position, can present significant hindrances. One stroke flaw tends to lead to another: if head position is too high, it results in the legs sinking. There are several other flaws that affect alignment and the ability to rotate.

When it comes to long distance freestyle in a turbulent open water environment, keeping the body in alignment is crucial to an efficient stroke. There are additional considerations for a triathlon swim, since the race is not over at the conclusion of the swim. Efficient swimming is crucial in the overall success in triathlon, and it has less to do with split time than it does with an athlete's energy level after the first transition (T1).

## **Using equipment to “build the line” in freestyle**

Deliberate use of equipment during pool workouts can train the body into holding an optimal hydrodynamic body shape while in the water, making for economical energy use.

### ***Snorkel***

Improper head position tends to be a primary flaw from which secondary flaws arise. The good news is that improper head position is usually an easy flaw to correct. Using a snorkel, keep your head steady and make sure that you set your gaze at the bottom of the pool, a few inches in front of you. Focus on staying in alignment and rotating symmetrically around your long axis—your spine. An added benefit of using a snorkel is being able to focus on breathing rhythm and resultant buoyancy changes.

### ***Fins***

Although commonly used for generating speed, fins are better used for the purpose of balance while swimming freestyle. The effect can also simulate the sense of balance one gets from swimming in a wetsuit. The impact of kicking on propulsion in distance freestyle is minimal. With that in mind, use a narrow kick with a short vertical sweep while wearing fins and thinking about keeping feet at the surface. In this way, you are also forming a more hydrodynamic shape.

### ***Paddles***

First, find a set of paddles that are only slightly larger than your hands. It's not necessary to get paddles much larger than that. You'll be using paddles to improve your feel for the water and find resistance for the catch at the front of the stroke. Remember to keep your elbow elevated through all parts of the stroke and don't break at the wrist. In a triathlon swim where the water is constantly moving, it can be challenging to feel the catch with every stroke. Once you master this in the pool, chances are that you'll be able to consistently feel for the catch in open water. Pro tip: Don't use wrist straps to keep your paddles on, just the finger

See ***Building*** on last page.

**2013 USMS Top Ten SCM for Virginia LMSC**

<b>Place</b>	<b>Age Group</b>	<b>Event</b>	<b>Name</b>	<b>Age</b>	<b>Club</b>	<b>Time</b>
5	W18-24	200 Breast	Kerry J Kelley	23	SHYM	3:19.89M
8	W25-29	800 Free	Sarah B Anderson	27	UC12	10:15.72M
7	W25-29	1500 Free	Sarah B Anderson	27	UC12	19:29.01M
7	W30-34	200 Free	Claire C Russo	30	VMST	2:23.83M
10	W30-34	50 Breast	Claire C Russo	30	VMST	38.25M
5	W30-34	100 Breast	Claire C Russo	30	VMST	1:22.11M
8	W30-34	100 IM	Claire C Russo	30	VMST	1:13.80M
10	W35-39	50 Breast	Jenny E de Hart	36	STON	39.55M
9	W40-44	400 IM	Alison Moore	43	VMST	6:11.48M
8	W60-64	100 Free	Shirley A Loftus-Charley	62	VMST	1:13.52M
3	W60-64	200 Free	Shirley A Loftus-Charley	62	VMST	2:34.05M
3	W60-64	400 Free	Shirley A Loftus-Charley	62	VMST	5:27.85M
2	W60-64	800 Free	Shirley A Loftus-Charley	62	VMST	11:00.23M
1	W60-64	1500 Free	Shirley A Loftus-Charley	62	VMST	21:05.88M
7	W60-64	100 Back	Shirley A Loftus-Charley	62	VMST	1:28.72M
3	W60-64	200 Back	Shirley A Loftus-Charley	62	VMST	3:04.30M
10	W60-64	100 Breast	Shirley A Loftus-Charley	62	VMST	1:39.12M
5	W60-64	200 Breast	Shirley A Loftus-Charley	62	VMST	3:24.52M
7	W60-64	50 Fly	Shirley A Loftus-Charley	62	VMST	39.62M
3	W60-64	100 Fly	Shirley A Loftus-Charley	62	VMST	1:28.03M
1	W60-64	200 Fly	Shirley A Loftus-Charley	62	VMST	3:08.31M
4	W60-64	100 IM	Shirley A Loftus-Charley	62	VMST	1:25.10M
2	W60-64	200 IM	Shirley A Loftus-Charley	62	VMST	3:00.75M
1	W60-64	400 IM	Shirley A Loftus-Charley	62	VMST	6:09.68M
8	W60-64	200 Breast	Barbara E Boslego	62	VMST	3:42.52M
7	W65-69	100 Free	Marcia L Barry	65	VMST	1:24.76M
4	W65-69	200 Free	Marcia L Barry	65	VMST	2:53.82M
3	W65-69	400 Free	Marcia L Barry	65	VMST	5:56.44M
2	W65-69	800 Free	Marcia L Barry	65	VMST	12:06.10M
1	W65-69	1500 Free	Marcia L Barry	65	VMST	22:58.42M
2	W65-69	50 Back	Marcia L Barry	65	VMST	41.31M
1	W65-69	200 Back	Marcia L Barry	65	VMST	3:13.92M
10	W65-69	200 Back	Kathryn S Gregory	67	VMST	3:59.11M
8	W65-69	400 IM	Kathryn S Gregory	67	VMST	8:36.44M
10	W70-74	200 Free	Ida M Hlavacek	71	VMST	3:45.77M
6	W70-74	800 Free	Ida M Hlavacek	71	VMST	16:09.55M
6	W70-74	1500 Free	Ida M Hlavacek	71	VMST	31:56.30M
10	W70-74	100 Back	Ida M Hlavacek	71	VMST	1:59.06M
7	W70-74	50 Breast	Susan E Marens	71	VMST	57.85M
8	W70-74	100 Breast	Susan E Marens	71	VMST	2:08.60M
9	W70-74	50 Fly	Susan E Marens	71	VMST	56.95M
8	W70-74	100 Fly	Ida M Hlavacek	71	VMST	2:19.19M
7	W70-74	200 Fly	Ida M Hlavacek	71	VMST	5:43.23M
9	W70-74	200 IM	Ida M Hlavacek	71	VMST	4:39.12M

6	W70-74	400 IM	Ida M Hlavacek	71	VMST	9:17.51M
1	W75-79	50 Free	Johnnie Detrick	78	VMST	39.21M
1	W75-79	100 Free	Johnnie Detrick	78	VMST	1:30.21M
5	W75-79	50 Breast	Johnnie Detrick	78	VMST	55.96M
6	W75-79	100 Breast	Johnnie Detrick	78	VMST	2:04.88M
2	W75-79	100 IM	Johnnie Detrick	78	VMST	1:50.40M
3	W75-79	200 IM	Johnnie Detrick	78	VMST	4:08.06M
7	W75-79	50 Free	Barbara M Zaremski	76	VMST	44.76M
7	W75-79	100 Free	Barbara M Zaremski	76	VMST	1:44.76M
8	W75-79	200 Free	Barbara M Zaremski	76	VMST	3:59.47M
2	W75-79	200 Fly	Barbara M Zaremski	76	VMST	5:37.00M
7	W75-79	100 IM	Barbara M Zaremski	76	VMST	2:06.27M
1	W75-79	400 IM	Barbara M Zaremski	76	VMST	10:04.63M
7	W75-79	50 Back	Laura S Walker	76	VMST	56.57M
5	W75-79	50 Free	Laura S Walker	76	VMST	44.19M
10	W75-79	400 Free	Kathleen M Broderick	75	VMST	10:03.95M
2	W85-89	50 Free	Jeanne H Meredith	85	VMST	1:01.31M
3	W85-89	100 Free	Jeanne H Meredith	85	VMST	2:17.95M
2	W85-89	200 Free	Jeanne H Meredith	85	VMST	5:03.93M
1	W85-89	50 Back	Jeanne H Meredith	85	VMST	1:20.97M
3	W85-89	50 Back	Terry Sokolik	86	VMST	1:24.18M
3	W85-89	50 Free	Terry Sokolik	86	VMST	1:08.73M
5	W85-89	50 Breast	Terry Sokolik	86	VMST	1:37.73M
3	W85-89	50 Breast	Miriam K Tuovila	88	VMST	1:23.01M
3	W85-89	100 Breast	Miriam K Tuovila	88	VMST	3:07.96M
4	W85-89	100 IM	Miriam K Tuovila	88	VMST	3:06.41M
2	W90-94	50 Free	Marianna Berkley	91	VMST	1:18.70M
2	W90-94	50 Back	Marianna Berkley	91	VMST	1:25.39M
1	W90-94	50 Breast	Marianna Berkley	91	VMST	2:05.91M
2	W90-94	100 Breast	Marianna Berkley	91	VMST	4:22.65M
7	M18-24	800 Free	Brady Thomas	24	UC12	11:18.78M
7	M30-34	200 Free	Adam S Barley	32	VMST	2:01.86M
6	M30-34	100 Breast	Adam S Barley	32	VMST	1:09.90M
8	M30-34	100 Fly	Adam S Barley	32	VMST	59.67M
2	M30-34	200 Fly	Adam S Barley	32	VMST	2:13.62M
2	M30-34	100 IM	Adam S Barley	32	VMST	1:02.38M
10	M30-34	200 IM	Gary Ladd	34	VMST	2:24.73M
8	M35-39	200 Back	Dave Romack	36	UC12	2:29.56M
5	M35-39	100 Fly	Pieter A de Hart	35	STON	1:04.41M
4	M35-39	200 IM	Pieter A de Hart	35	STON	2:21.50M
9	M60-64	200 Breast	John W Mccorkle	62	VMST	3:11.78M
9	M60-64	200 IM	John W Mccorkle	62	VMST	2:51.24M
5	M60-64	400 IM	John W Mccorkle	62	VMST	6:15.22M
9	M70-74	100 Back	Warner F Brundage	70	VMST	1:34.23M
5	M70-74	400 IM	Edward H Gaulrapp	71	VMST	7:59.41M
9	M75-79	200 Back	Alfred C Newbury	79	VMST	4:09.75M

**2013 USMS Top Ten SCM Relays for Virginia LMSC**

Place	Age Group	Event	Club	Time	Swimmers (Age)	
1	W280-319	200 Free	VMST	2:34.24M	Shirley A Loftus-Charley (62)	Laura S Walker (76)
					Johnnie Detrick (78)	Marcia L Barry (65)
1 *	W280-319	400 Free	VMST	5:38.90M	Johnnie Detrick (78)	Laura S Walker (76)
					Marcia L Barry (65)	Shirley A Loftus-Charley (62)
1 *	W280-319	400 Medley	VMST	6:32.81M	Marcia L Barry (65)	Johnnie Detrick (78)
					Shirley A Loftus-Charley (62)	Laura S Walker (76)
1 *	W280-319	800 Free	VMST	12:53.99M	Marcia L Barry (65)	Laura S Walker (76)
					Johnnie Detrick (78)	Shirley A Loftus-Charley (62)
1 #	W320-359	200 Free	VMST	4:33.41M	Joan Averette (77)	Marianna Berkley (91)
					Terry Sokolik (86)	Jeanne H Meredith (85)
5	X240-279	400 Medley	VMST	6:39.68M	Kathryn S Gregory (67)	Ralph B Swiger (57)
					Kitten Braaten (58)	Bill L Nelson (60)
6	X280-319	400 Free	VMST	8:22.84M	Richard A Scott (78)	Kathleen M Broderick (75)
					Betsy C Chambers (66)	Frank H Miller (72)
3	X280-319	800 Free	VMST	18:59.17M	Richard A Scott (78)	Kathleen M Broderick (75)
					Patricia Sikora (61)	Frank H Miller (72)
*	World Record					
	The ladies on this relay are representatives of VMST. They are from different parts of the state.					
	Shirley is from Afton; Marcia is from Roanoke; Johnnie lives in Richmond; Laura is from Pungoteague.					
#	The ladies on the 320+ first place relay all practice together at the Great Neck Rec Center in Virginia Beach. Along with a few others, they make up the "infamous" Lane 8. Their ages are misleading; they are beautiful swimmers.					

*Local Masters Swim Committee Newsletter*  
*Betsy Durrant, Editor*  
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**PAID**  
*Richmond, VA*  
*Permit #3022*

***Building*** continued from page 4.

straps. If they are hard to keep on using only finger straps, it means you are breaking your wrists or dropping your elbows. This immediate feedback will help you feel your catch properly.

### **Using all three at once**

Each training tool has its own role, but the three can also work together. It's a good way to work on hip rotation and lengthening strokes (referred to as "DPS" or distance per stroke), which make your freestyle more efficient. While training for the swim portion of a triathlon, always consider the swim within the context of the whole race, and how you'll want to feel in transition and on the bike course. Feeling a sense of control in the water as well as confidence will mean the beginning of a well-rounded triathlon race.



### ***About the Author—Erica Smith***

*Erica Smith is an open water swimmer and former NCAA All-American swimmer. She's currently an assistant coach for the men's and women's swim teams at Eastern Michigan University, where she's working toward a masters degree in exercise physiology. Erica owns and operates BuoyantSwim, a triathlon swim clinic series in southeast Michigan.*