

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
February 15, 2015

In this Issue...

- Information on the LC Meet in Christiansburg. This meet is part of the Commonwealth Games and is a “Recognized” meet. The date is June 20. It’s a great venue and an opportunity to swim Long Course. The actual entry form will be in the March newsletter.
- Long Course Top Ten listings for individuals. The relays were in last month’s issue.

Stroke Technique

Exhaling—The Hidden Secret to Swimming Farther and Faster

Why breathing out is just as important as breathing in

Terry Heggy | February 3, 2015

Even before the development of scientific studies and advanced laboratories for metabolic analysis, swimmers became aware of the following basic facts:

- Breathing in while your face is underwater is NOT the best respiratory strategy, and
- Air is *absolutely necessary* if you’re planning to swim more than about 50 yards.

These two obvious truths made it necessary to create swimming strokes that allow the mouth and nose to exit the water to access the air. Nearly everyone understands that part, and no one has trouble *inhaling* while their heads are turned. But it’s **under water** where the magic *really* happens.

See *Exhaling* on page 2.

Colonies Zone

Dorothy Donnelly Service Award to Chris & Heather Stevenson



During the annual USMS convention in September, Chris Stevenson and wife Heather received the zone’s Dorothy Donnelly Service Award. The Virginia LMSC duo has volunteered their time in positions such as local record keepers, Webmaster, legal counselor, and Zone Meet Directors. Chris has also been active on the national scene as past chair of the Records and Tabulation Committee, and now national Vice President of Local Operations. Congratulations to both.

Editor’s Note: This notice came from the Colonies Zone website. In addition to the activities listed above, Heather also served as VMST President.

The award has been presented 12 times. The first award in 2001 was presented to Nancy Miller. Charles Cockrell was honored in 2006; Patty Miller in 2007, and Dave Holland in 2010. No award was presented in 2009 or 2013.

The purpose of this award is to recognize and honor swimmers in the Colonies Zone who exemplify the spirit of Dorothy Donnelly in their love of participation in the sport and their work to further Masters Swimming in their LMSC and the Colonies Zone.



If you need an entry and do not have access to email, call me and I will sent you an entry. Betsy

March 1: Greensboro, NC

March 28-29: NC Champs, Cary, NC

April 10-12: Zone Champs, George Mason U.

April 23-26: USMS Nationals, San Antonio

June 20: LC in Christiansburg
Entry will be in the March newsletter.

Newsletter Editor

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Exhaling continued from page 1.

The CO₂ Reflex

Most people think that they feel out-of-breath when they aren't getting enough oxygen. The reality is a bit more complicated.

As your body uses oxygen, it creates carbon dioxide (CO₂) as a waste product. As CO₂ builds up within you, your body senses it and tells your brain that you need to breathe. Your breathing urges are driven by excessive CO₂, *not* by a lack of oxygen. Getting rid of the CO₂ helps relieve the out-of-breath distress.

Swimmers who don't exhale properly will quickly feel winded because of this reflex, even though they probably aren't really suffering oxygen debt. This is

See *Breathing* on page 3.



Rankings: So

LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone: www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

ONLINE Meet Registrations:

www.clubassistant.com

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Graphics from www.swimgraphics.com

Breathing continued from page 2.

why many extremely fit triathletes may feel that they can only swim a few lengths of the pool before needing a long rest break—they're holding their breath.

A word of caution: Hyperventilating (taking a series of deep, fast breaths before you swim) purges your CO₂ reserves, which eliminates the safety mechanism of the breathing reflex. This can cause shallow water blackout, a condition in which your body runs out of oxygen and you pass out and drown without ever recognizing that you're in danger. You should never hyperventilate before swimming and you should not attempt to swim long distances underwater.

Tips for Land Animals

Distance runners and cyclists would never dream of holding their breath during a competition, yet our instincts are to clamp up and stop breathing when our faces are in the water. To become an effective swimmer, we must fight this instinct.

- Go for a hard run or bike ride, and pay attention to your breathing. You'll most likely find that air is *always* moving either in or out, and that you inhale and exhale for very close to the same duration.
- Apply that same breathing pattern in the pool. This means that you'll start blowing out *as soon as you finish inhaling*, and that you'll more effectively get the CO₂ out of your lungs before turning for the next breath.

Some people find it helpful to count "1, 2," or to silently think the words *in* and *out* to create the habit of rhythm. Experiment to find what works for you.

Alternate Breathing

Many coaches urge swimmers to breathe on every third arm instead of constantly breathing on the same side. This has two primary benefits:

- It makes your stroke more symmetrical and helps you recognize stroke anomalies.

- It makes it easier to switch breathing sides in a race, so you can see your competitors or avoid chaos in open water.

For an alternate-side breathing pattern, you'll have to slightly change your inhale/exhale timing ratio to an "out-out-in" count—but you should still keep air moving at all times.

Breathing with Economy

It seems logical to assume that it's better to take as many strokes as possible between breaths to avoid any drag created by the breathing motion. Well, this might work for some sprinters, but after about 30 seconds of effort, your body switches to metabolic processes that *require* oxygen. If you want to maintain power past that point, you *must* breathe. Although it's a wonderful stroke aid to swim with a snorkel to perfect your alignment and posture, you really do need all the air you can get when it's race time. If you're swimming any sort of distance at all, you should not *ever* hold your breath. Instead, work with your coach to develop a smooth and drag-free breathing motion and good inhale/exhale rhythm.

Blow Away Panic and Keep Your Speed

There are times when you'll feel especially out of breath, such as during the madness of a triathlon start, or coming off the wall from a flip turn. In those cases, rather than slowing down to rest, try blowing out a little harder to curtail the CO₂ reflex. You'll often find that you have more energy than you thought after you get rid of the "bad air."

About the Author—Terry Heggy

Terry "Speed" Heggy has been swimming for more than 50 years. He won his age group in the 2006 USMS 6+ Mile Open Water National Championship, and competed in the USA Triathlon Olympic-Distance National Championship in 2014. He has coached the Foothills Masters Swim Team in Littleton, Colo., since 1986, and is a National Academy of Sports Medicine Certified Personal Trainer. Heggy is also the author of "The Shy Man's Guide to Success with Women."

Editor's Note: This article came from the USMS website (www.usms.org).

Virginia Swimmers in the USMS Top Ten for Long Course

(Relay listings were in the January issue)

Place	Gender	Age Group	Event	Name	Club	Time
10	Women	65-69	100 Free	Marcia Barry	VMST	1:23.11
5	Women	65-69	200 Free	Marcia Barry	VMST	2:54.62
3	Women	65-69	400 Free	Marcia Barry	VMST	6:02.45
5	Women	65-69	800 Free	Marcia Barry	VMST	12:37.53
2	Women	65-69	1500 Free	Marcia Barry	VMST	23:52.17
2	Women	65-69	50 Back	Marcia Barry	VMST	42.98
2	Women	65-69	100 Back	Marcia Barry	VMST	1:34.99
2	Women	65-69	200 Back	Marcia Barry	VMST	3:22.47
10	Women	25-29	400 Free	Karen Blaha	UC12	5:06.42
10	Women	60-64	200 Breast	Barbara Boslego	VMST	3:47.09
3	Women	70-74	50 Free	Susan Bricken	CMAS	38.42
3	Women	70-74	100 Free	Susan Bricken	CMAS	1:31.93
3	Women	70-74	50 Back	Susan Bricken	CMAS	48.14
9	Men	45-49	50 Back	Kirk Clear	VMST	32.40
7	Men	18-24	100 Free	Nathan Destree	UC12	56.27
1	Women	75-79	50 Free	Johnnie Detrick	VMST	39.37
4	Women	75-79	100 Free	Johnnie Detrick	VMST	1:38.53
4	Women	75-79	200 Free	Johnnie Detrick	VMST	3:48.22
5	Women	75-79	50 Breast	Johnnie Detrick	VMST	56.31
4	Women	75-79	100 Breast	Johnnie Detrick	VMST	2:07.09
7	Women	75-79	50 Fly	Johnnie Detrick	VMST	1:02.70
5	Women	75-79	200 IM	Johnnie Detrick	VMST	4:23.05
6	Women	70-74	400 Free	Betsy Durrant	VMST	7:45.69
7	Women	70-74	800 Free	Betsy Durrant	VMST	16:31.74
6	Women	70-74	1500 Free	Betsy Durrant	VMST	31:33.83
8	Women	70-74	100 Back	Betsy Durrant	VMST	2:01.92
10	Women	70-74	200 Back	Betsy Durrant	VMST	4:19.85
10	Women	70-74	50 Breast	Betsy Durrant	VMST	56.72
3	Men	18-24	50 Back	William Ericson	VMST	30.01
4	Men	18-24	100 Back	William Ericson	VMST	1:06.49
4	Men	18-24	200 Back	William Ericson	VMST	2:27.80
8	Women	60-64	50 Fly	Terry Sue Gault	VMST	38.84
10	Women	45-49	200 IM	Barbie Gregory	POWM	2:52.54
5	Women	75-79	100 Back	Lucille Griffin	VMST	2:00.93
7	Women	75-79	200 Back	Lucille Griffin	VMST	4:18.83
2	Women	75-79	50 Fly	Lucille Griffin	VMST	52.34
2	Women	75-79	100 Fly	Lucille Griffin	VMST	2:00.22
1	Women	75-79	200 Fly	Lucille Griffin	VMST	4:27.67
5	Men	50-54	50 Free	Gregory Harris	VMST	26.40

7	Men	50-54	100 Free	Gregory Harris	VMST	59.26
8	Men	50-54	50 Breast	Gregory Harris	VMST	33.86
5	Men	50-54	200 Breast	Gregory Harris	VMST	2:45.10
5	Men	50-54	200 IM	Gregory Harris	VMST	2:28.19
5	Men	50-54	400 IM	Gregory Harris	VMST	5:31.78
9	Women	70-74	800 Free	Ida Hlavacek	VMST	17:00.34
7	Women	70-74	1500 Free	Ida Hlavacek	VMST	34:16.14
10	Women	70-74	100 Back	Ida Hlavacek	VMST	2:07.92
9	Women	70-74	200 Back	Ida Hlavacek	VMST	4:18.63
7	Women	70-74	100 Fly	Ida Hlavacek	VMST	2:21.23
7	Women	70-74	200 Fly	Ida Hlavacek	VMST	6:11.80
7	Women	70-74	200 IM	Ida Hlavacek	VMST	4:26.56
6	Women	70-74	400 IM	Ida Hlavacek	VMST	9:42.25
10	Men	25-29	100 Free	John Hogan	VMST	55.37
3	Men	25-29	200 Free	John Hogan	VMST	2:02.10
6	Men	25-29	400 Free	John Hogan	VMST	4:33.59
4	Men	25-29	800 Free	John Hogan	VMST	9:20.27
1	Men	25-29	1500 Free	John Hogan	VMST	17:37.50
4	Men	25-29	100 Fly	John Hogan	VMST	59.27
6	Men	45-49	200 Fly	Dave Holland	VMST	2:27.19
3	Men	45-49	400 IM	Dave Holland	VMST	5:07.27
7	Women	35-39	50 Back	Danielle Joslin	POWM	36.25
6	Women	35-39	200 Back	Danielle Joslin	POWM	2:52.92
6	Men	18-24	200 Breast	Eric Judd	WVM	2:57.97
7	Women	25-29	200 Free	Denise Letendre	VMST	2:22.08
4	Women	25-29	400 Free	Denise Letendre	VMST	4:49.97
2	Women	25-29	800 Free	Denise Letendre	VMST	9:44.89
7	Women	25-29	100 Breast	Denise Letendre	VMST	1:20.33
2	Women	25-29	200 Breast	Denise Letendre	VMST	2:49.95
10	Women	25-29	100 Fly	Denise Letendre	VMST	1:11.84
3	Women	25-29	200 Fly	Denise Letendre	VMST	2:31.30
5	Women	25-29	200 IM	Denise Letendre	VMST	2:32.64
2	Women	25-29	400 IM	Denise Letendre	VMST	5:20.93
7	Women	60-64	200 Free	Shirley Loftus-Charley	VMST	2:44.75
10	Women	60-64	400 Free	Shirley Loftus-Charley	VMST	5:46.55
5	Women	60-64	800 Free	Shirley Loftus-Charley	VMST	11:32.43
9	Women	60-64	100 Fly	Shirley Loftus-Charley	VMST	1:33.61
2	Women	60-64	200 IM	Shirley Loftus-Charley	VMST	3:10.15
2	Women	60-64	400 IM	Shirley Loftus-Charley	VMST	6:37.89
8	Women	70-74	50 Breast	Susan Marens	VMST	56.28

10	Women	70-74	100 Breast	Susan Marens	VMST	2:10.82
5	Women	70-74	200 Breast	Susan Marens	VMST	4:39.69
9	Women	70-74	50 Fly	Susan Marens	VMST	58.32
9	Women	70-74	100 Back	Judy Martin	VMST	2:05.33
6	Women	50-54	50 Breast	Patricia Miller	VMST	40.10
9	Women	50-54	100 Breast	Patricia Miller	VMST	1:30.05
10	Women	50-54	200 Breast	Patricia Miller	VMST	3:19.68
7	Women	40-44	800 Free	Alison Moore	VMST	11:44.16
4	Women	40-44	1500 Free	Alison Moore	VMST	21:58.23
9	Women	30-34	200 Free	Claire Russo	VMST	2:26.28
6	Women	30-34	100 Breast	Claire Russo	VMST	1:23.54
4	Women	30-34	200 Breast	Claire Russo	VMST	3:00.71
8	Women	30-34	200 IM	Claire Russo	VMST	2:43.24
2	Women	70-74	50 Free	Beth Schreiner	VMST	38.16
1	Women	70-74	100 Free	Beth Schreiner	VMST	1:27.97
1	Women	70-74	200 Free	Beth Schreiner	VMST	3:21.46
2	Women	70-74	50 Back	Beth Schreiner	VMST	46.70
2	Women	70-74	100 Back	Beth Schreiner	VMST	1:49.12
7	Men	50-54	50 Free	Chris Stevenson	VMST	26.44
1	Men	50-54	200 Free	Chris Stevenson	VMST	2:08.24
2	Men	50-54	400 Free	Chris Stevenson	VMST	4:32.22
4	Men	50-54	50 Back	Chris Stevenson	VMST	29.99
3	Men	50-54	100 Back	Chris Stevenson	VMST	1:03.71
1	Men	50-54	200 Back	Chris Stevenson	VMST	2:22.61
2	Men	50-54	50 Fly	Chris Stevenson	VMST	27.18
1	Men	50-54	100 Fly	Chris Stevenson	VMST	1:01.48
10	Women	30-34	50 Back	Lori Strobl	POWM	35.36
10	Women	50-54	50 Back	Val Van Horn Pate	VMST	36.39
7	Women	50-54	200 Back	Val Van Horn Pate	VMST	2:53.21
10	Women	50-54	200 Fly	Val Van Horn Pate	VMST	3:08.67
8	Women	75-79	50 Free	Laura Walker	VMST	46.10
8	Women	75-79	100 Free	Laura Walker	VMST	1:47.56
6	Women	75-79	50 Back	Laura Walker	VMST	55.42
8	Women	75-79	200 Back	Laura Walker	VMST	4:23.72
2	Men	30-34	200 Free	William Walters	UC12	2:01.46
2	Men	30-34	400 Free	William Walters	UC12	4:19.88
2	Men	30-34	400 IM	William Walters	UC12	4:51.24
9	Women	75-79	50 Free	Barbara Zaremski	VMST	47.71
9	Women	75-79	50 Back	Barbara Zaremski	VMST	1:00.64
4	Women	75-79	200 Fly	Barbara Zaremski	VMST	5:45.40

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

Recognized by LMSC for VIRGINIA for USMS, INC., Recognition No. 125-R001

DATE: Saturday, June 20, 2015

LOCATION: Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA

FACILITY: 8 Lane, 50 Meter Pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-ups and cool-downs. **Pool has been measured and certified for USMS records and Top Ten.**

SPONSORED BY: Virginia Amateur Sports, Inc. and Virginia Masters Swim Team

MEET DIRECTORS: Howard Butts (lvswimn@comcast.net) and John Pero (jdpero@cox.net)

MEET REFEREE: Mary Ferrari

ELIGIBILITY: This is a USMS recognized meet for purposes of USMS Records and Top Ten times by USMS swimmers. Standard USMS age groups will be used (18-24, 25-29, 30-34, 35-39, etc). For meets held in 50 meter pools, your age as of December 31, 2015 is considered your swimming age for the meet. All USMS swimmers **must** include a copy of your registration card with your entry or submit it at the meet for times to be submitted for USMS Records and Top Ten consideration.

ORDER OF EVENTS: Warm-ups: 9 am to 9:45 am. Meet starts at 10:00 am. Swimmers will be able to enter the facility by 8:00 am.

Evt #	Event	Evt #	Event
1	800 meter freestyle	12	50 meter butterfly
2	200 meter medley relays (women/men/mixed)*	13	200 meter breaststroke
3	400 meter free relays (women/men/mixed)*	14	100 meter backstroke
4	50 meter breaststroke	15	400 meter freestyle
5	200 meter individual medley	16	400 meter medley relays (women/men/mixed)*
6	200 meter backstroke	17	200 meter butterfly
7	50 meter freestyle	18	50 meter backstroke
8	100 meter butterfly	19	100 meter freestyle
9	100 meter breaststroke	20	200 meter free relays (women/men/mixed)*
10	400 meter individual medley	21	1500 meter freestyle
11	200 meter freestyle	22	800 meter free relays (women/men/mixed)*

*Relays: There will be one heat of each relay; Women, Men and Mixed relays will be swum in the same heat. All relays will be deck entered.

ENTRIES: \$13.00 per event; \$10.00 surcharge to help defray cost of equipment rentals, mailing, medals, etc. Relays will cost \$15.00 per each relay entered. Relays will be deck entered and deck seeded. Swimmers may enter up to five (5) individual events plus relays. If entering 5 events please mail in registration & payment in order to receive a \$15 discount (after mail in fee)! *With the discount 5 events is \$45 – discount NOT available through online registration.* **There will be an additional \$5.00 fee for all mail-in registrations.**

ENTRY DEADLINES: ENTRIES ARE DUE BY JUNE 12, 2015. Be sure to sign the liability waiver. If you are a registered USMS swimmer, you must provide a copy of your 2015 USMS card. Paper entries should be mailed to the address at the bottom of this page. **Online entries are available at www.Commonwealthgames.org.**

RULES: Current USMS rules on Masters swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest. Men and women will swim together. Swimmers will be expected to cooperate with the safety marshal who will monitor warm-ups. No diving during warm-ups except in designated lanes.

AWARDS: Medals will be awarded for 1st through 3rd places in each event in each age group and also for relays.

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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Virginia Beach, VA 23451-2040

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Quest members getting ready for the winter meet Feb 7-8 at NOVA.
Bob Griffin, Opal Brink, Cleary Maly, Cindy Ficara, Alicia Dalton, Pam Dameron, Beth Yeomans

