

The Wet Gazette

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

Your Editor's Woes

I was ignoring various leg and back pain for way too long. At the February Meet in Richmond, I realized I couldn't kick at all. I finally went to an orthopedic surgeon; the x-rays showed a very arthritic right hip. Because my husband and I had a trip planned for May, I delayed surgery until June 23. The trip was great, but the hip got worse.

I was ready for surgery, but on Jun 16, I lost my balance and fell backward. This graceful move resulted in a fractured left wrist and a cast. The photo is at about my worst; I certainly look it.



The day I got the cast, I spent a lot of time on the phone with my surgeon's office convincing him not to delay surgery. I did get the new hip on the 23rd as planned and am pain free. Recovery has been slow with only one hand. I wanted to recover at home, but decided Rehab was smarter. I've been here one week and plan to stay one more.

I hope to swim at least something in the fall meet in Virginia Beach. I age up for LC and plan to be ready!



From Richard Scott ...

Calvin Barnes and Dick Scott, members of VMST, swam in a LCM meet at Christiansburg on June 20, 2015. At 91 and 80 years young, they were the oldest swimmers in the meet. Both swam the 1500 m freestyle event, setting new LMSC records! Calvin also swam the 200 m freestyle and 200 m backstroke -- both LMSC records; Dick also set new records in the 50 m freestyle, 200 m breaststroke and 400 m IM.



Calvin and Dick



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

July 25: LC meet in Goldsboro, NC

August 1: Lake Moomaw One Mile Swim
Entry is online and was in the June newsletter.

August 6-9: USMS LC Championship
Spire Institute, Ohio (about an hour from Cleveland)

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This Issue of the Wet Gazette

Because my typing is rather slow these days, I have filled this issue with photos. Please send photos of your team or any group of our swimmers. I like including photos in all issues.

The *Tips of the Month* article on page is from the latest issue of the Maverick Masters newsletter.

It is by Paul Hutinger, ASCA Level IV Coach, 2004 IMSHOF Inductee, 2010 FL LMSC Coach of the Year



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Graphics from www.swimgraphics.com

News from Quest Masters

To celebrate her 70th birthday, **Pam Dameron** swam 10,000 meters for time.



Pam swimming. (Sorry that the quality is not better.)



Pam looking good at the finish.

Patriotic Workouts at Great Neck in Virginia Beach

Coach Karen Mickunas' workout the Friday before Memorial Day weekend.



On July 3, the Rec Center was open, but they cancelled all classes and workouts. The Masters group, of course, met anyway, took 2 lanes and had a fun workout. Unfortunately, the photos are not clear and my editing skills are limited.



Challenge:
Name these Swimmers and
Identify the Occasion

As I was browsing through photos, I came across this great group of swimmers. I don't remember the photo at all. I recognize most of the swimmers, but not all.

If you know, please share the names, the occasion, and the date. It is definitely from Richmond.

Do you have any group photos? I think it is fun to identify swimmers. Send me any we can use as a challenge.



Virginia Senior Games Newport News

Westminster Canterbury (WC), a retirement facility in Virginia Beach took a large number of residents to the Games. A lot of pictures were taken. I selected a few that included other swimmers.



Joan Averette, Pam Clapp, Ellen Stott, Al Newbury

Pam is in charge of athletics at WC and is also a swimmer. Ellen is new to swimming, and we hope she will enter the fall meet.

Joan after her breaststroke event.



Al Newbury. This was Al's first since he broke his arm.

Joan A. and Terry Sokolik. Note Joan's shirt.



Joan, Al, Ellen, Judy Martin, Pam, Susan Marens



Tips of the Month

Note from the Maverick Editor. A member suggested that since Coach Paul's Coaching Tips have been quite useful through the years, that I retrieve some of the oldies but goodies and include them. Some things never change. This tip came from the April, 1999 issue.

Prepare for meets and your longer events with broken swims. The following is an example for the 200 free:

Estimate your goal time for the next meet-- 3:00, or :45 per 50. Do 4 x 50 on 1:00 and pace your 50's for :45. This gives you :15 rest after each 50.

To be more specific for your race, dive on the first 50, giving you :40. A more involved set would be as follows:

1. 4 x 50 with 10 sec. rest per 50
2. 4 x 50 with 20 sec. rest per 50
3. 4 x 50 with 30 sec. rest per 50.

Try to hold your pace on all sets, taking several minutes between sets. You will have more rest as you do each set, to enable you to keep your pace. This works for all strokes, distances, and the IM's. If your times are faster, keep the same intervals, but decrease your pace; if you are slower, increase your pace. Once a week, you should do a set of repeats that increases your performance by stimulating the three energy systems. This maximizes your training and prepares you for meets, with your best strokes. Check your heart rate or time to increase effort for each set.

Warm up--400 yds.

1. 3 x 100 (30 sec rest after each 100)-best time + 20 sec (1:30 + 20 = 1:50)--rest 2 min.
2. 3 x 100 (45 sec rest after each 100)-best time + 15 sec (1:30 + 15 = 1:45)--rest 2 min.
3. 3 x 100 (60 sec rest after each 100)-best time + 10 sec (1:30 + 10 = 1:40)--rest 2 min.
4. 1 x 100--all out--1:30 + 5 sec = 1:35.

Swim this workout each week, write down your average times for each set and compare times. Try to improve your times each week by 1 or 2 seconds for each set, until you reach your goal time. This also teaches you pace for your events.

You can use a similar workout for any distance by adjusting your times and intervals to correspond to the length of your swim.

Karlyn Pipes

Karlyn has a new book out:

The Do-Over.

"A journey from the depths of addiction to becoming a World Champion"

The book will be available for pre-order on Amazon.com July 2015. I have not seen the book yet, but am looking forward to it. I have known Karlyn and her Mom for some time; her story is frightening (what could have happened) and inspiring (what did happen). *Betsy*

One-minute tip from Karlyn: Do you want to swim FASTER? Then do a short SPEED set at the end of a workout. Try 10 x 25's odd FAST-RELAXED, even SUPER-EASY on :30. Afterwards, swim down for at least a 200.

Relax!

By: Karlyn Pipes

What is the key to swimming faster with less effort? It's simple...just RELAX!

Is your body tight or rigid when you swim? If so, you may be wasting energy...energy that you could be using to swim faster.

Here are six areas where you may be carrying extra tension and stress. Once you become aware of where your problem areas are, you can take steps to teach yourself how to relax.

Stiff neck: I know...you have been told that to get your hips to the surface that you should push your head down. While your hips may indeed rise, your

feet now sink and the tension in your neck and shoulders causes your trapezius muscles to fire. Now that your neck is tight, your whole body may be rigid and tense. Tension could be what is causing your feet to sink in the first place! A forced or stiff neck may also push your head under water causing unwanted drag and making it difficult to get your mouth up to the surface to breathe. Try to relax, keep your head neutral and in-line-with-the-spine. Swim "taller" by elongating the space between your head and shoulders, but try not to add stress to the area. Maintain good body position by looking at the bottom of the pool, NOT the toes in front of you or the wall.

Let it Go: If your mouth is tightly closed when you swim, there is a good chance you are holding your breath and clenching your jaw. To breathe more effectively, hum your air out mostly through your nose, but always leave a little in reserve and relax the jaw by opening your mouth underwater as you exhale. Sounds crazy, but swimming with an open mouth uses less energy and can help you soften your breathing. Trust me, as long as there is some air flowing out your nose and mouth, no water will be coming in. When you feel yourself tightening up, whether it be in a race or in training, repeat the mantra " Let. It. Goooooooooooo."

Tight recovery: Many athletes swim with a controlled or tight recovery expending energy that could be used for the power phase. The key word here is RECOVERY, as in easy, rest or take a break. The goal is to find the most comfortable way to get the arm back to the start of the stroke. So, relax the upper back and shoulders, loosen up the wrist and let the arm swing.

Forced hand entry: Top Masters swimmer Joe Dunn was helping his girlfriend Mali Apple who was concerned that she never seemed to have a "feel" for the water. Joe noticed that Mali swam with a rigid recovery and her forced hand on entry was causing her to knife into the water at the start of

her pull. In other words, Mali's arm was ON when it should have been relaxed or OFF. She never "felt" the water! Once Joe pointed this out, Mali relaxed her hand and arm on the recovery. As a result, she was able to connect with her catch and feel real power in her pull for the very first time.

Hard hand: When you pull with a hard hand and tight fingers, the small muscles in your forearm and shoulder are activated to create power. To engage a much larger group of muscles, you need to connect with the "Power of the Y." Here's how it works: draw an imaginary line along the bottom of your palm from thumb to pinky, then down into your wrist. When you swim, apply pressure or "UMPH" to this area making sure to keep your fingers and upper palm RELAXED, while the wrist remains FIRM. If done correctly, you will engage the lats and the muscles all along your side allowing you access to a much more powerful pull.

Stiff ankles: Inflexible ankles can make a swimmer kick too big causing drag and energy drain. For an effective flutter kick, point your feet inwards, think "floppy feet" and make sure your big toes are constantly tapping each other. If you like to use FINS, I suggest the ALPHA FIN by AquaSphere. These are made of EVA foam, are super light and the use promotes ankle flexibility.

Karlyn Pipes will be inducted into the International Swimming Hall of Fame class of 2015 on June 20th. To book an INSPIRATIONAL TALK or swim technique clinic, please email aquaticege@hawaii.rr.com or visit www.karlynpipes.com

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Do you know these important people?



*They are our **LMSC Officers.***
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Denise Letendre, Vice Chair
Charlie Cockrell, Treasurer
*Second row: **Alice Phillips,***
Secretary