

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
March 15, 2016

VMST at Colonies Zone Championship April 8-10

It's time to find out who is going and what relays we can form. If you are going, let me know what relays you are interested in.

The Online Roster shows just 4 VMST swimmers. I am sure that will change as the deadline nears. The registration deadline is April 1. Once we get the names of all attending, we can work on relays. Ed Gaulrapp is already working on the 65+ relays. We will need others to step forward for other age groups. I doubt I will be at the meet and Denise Letendre has a family obligation and will not be there. I am in the midst of an evaluation for back surgery.

USMS SC Championship April 28 – May 1 Greensboro, NC

Use the Zone Meet as a warm-up for nationals. Remember... Greensboro is very convenient for Virginia swimmers. If you can't be there for the whole meet, you can go for a day or two.

There are National Qualifying Times for each event. However, **competitors may enter up to three individual events without meeting the national qualifying time.**

Try to make the meet, even for 1 or 2 events. It is an unusual "happening" with all those people who love swimming like you do.

Entries are due by March 28. **ACT NOW.**

The Stevenson Volunteer Service Award From Dave Holland

The Stevenson Volunteer Service Award is a new award that was initiated by the LMSC Leadership in late 2015 to recognize two volunteers each year who have demonstrated exceptional volunteer service on behalf of the 1000+ adult swimmers who participate within the Virginia LMSC.

A plaque will be awarded annually to two people from the Virginia LMSC, and is named in honor of Chris and Heather Stevenson of Richmond, who have given and sacrificed untold hours of volunteer service for the masters' swimming community at the local, regional, and national levels.

The 2015 inaugural award was presented to **Chris and Heather** at the February 2016 David Gregg III Memorial meet in Richmond, where they served as meet directors for VMST.

Congratulations and thank-you, Chris and Heather, for all of your service and hard work to our LMSC, to United States Masters Swimming, and to swimmers of all ages.





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

Apr 28-May 1: USMS SC Nationals Greensboro.

**May 28-29: Reston, VA
Clinic and practice swim May28
1 and 2 mile swims May 29**

June 18: Long Course Meet at Christiansburg.
This meet is recognized, but not sanctioned.
Complete entry is in this newsletter.

July 21-24 Masters Games, Greensboro
Swimming is SCM. Open water on July 25,
1K and 2K, Lake Townsend in Bryant Park
(Greensboro)

August 18-21: Mt Hood, Oregon
USMS LC Nationals

Newsletter Editor

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***The Stevenson Volunteer
Service Award***

To nominate someone for the 2016 Stevenson Award: If you are a member of USMS within the Virginia LMSC, you may nominate one or two people for the 2016 Award by sending an email by November 1, 2016, to vachair@usms.org. Please include your name, the name of the LMSC member(s) you are nominating, and a rationale for your nomination. Nominees will be voted upon at the annual LMSC meeting in November, and winners will be announced in February at the Davidregg III Memorial meet. Each year, two people will be recognized and presented with a plaque.



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

LMSC Officers

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Records and Top Ten: Chris Stevenson
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Graphics from www.swimgraphics.com

Strengthening the Catch

Dryland exercises for more speed in the water

Chris Ritter | March 18, 2015

(This article is from the Training section of the USMS website.)

The catch position and phase of each stroke is paramount to a swimmer's success. Swimmers who improve their catch will automatically increase their power and endurance without any metabolic training. Once a great catch has been established, it can cover up a lot of other technical flaws in the stroke.

Conversely, swimmers who lack an effective catch will never fully achieve their best performance; you can't "out-train" a poor catch in swimming.

Strengthening and improving the catch is yet another reason why getting stronger results in faster swimming. Bottom line: start with the catch when making technical changes.

Connect the Core

The first avenue to improving the catch is to encourage active engagement of the core muscles and connect the pull to the core. I think of the core as starting from the ribs all the way through the bottom of the hips. Many swimmers have no idea if they're activating those muscles to create a solid foundation for force while they're swimming.

Legendary swim coach Bill Boomer used the analogy of a rubber raft and a kayak to illustrate what it means to connect or activate the core. The rubber raft requires much more effort to move because it's not tight; rather, it's flimsy and flops around in the water. By contrast, a kayak takes much less effort to move because it's tight and transfers energy far more efficiently than a rubber raft.

Think of the core as the foundation and connection for the pull to become even more powerful. You can still swim fast without this connection, but improving it is a simple way to become even faster

with very little effort. Use the core progression exercises outlined in a separate article to help your swimmers learn how to activate and connect the core. (<http://rittersp.com/core-progression-prone/>)

Strengthen the Pull

Once the core is connected, the swimmer can focus on actually strengthening the pulling motion through a few different exercises. The point of these exercises is not to perfectly mimic the catch, but to develop muscular strength and endurance in the same movement patterns that are used while catching and pulling in the water.

The mistake many swimmers make is trying to perfectly mimic their catch on land. In the water, you only need a few pounds of pressure for a great catch. On land it's a better use of time to strengthen the pulling movement as much as possible, which creates more power when swimming. The exercises described below can help improve your catch and all have accompanying video demonstrations. (<http://rittersp.com/stronger-catch/>)

- **Pull-ups.** Use an overhand grip and start at full extension. Pull yourself up so that your chin is all the way above the bar before lowering back down to the starting point
- **Bent knee row + TRX.** Using a TRX or other suspension system, place both feet on the ground and bend your knees so that your head, shoulders, hips, and knees are in a straight line. Once you're in this starting position you can pull yourself up and lower back down to the starting position
- **Speed skiers + band.** Holding the handle of a band in each hand, start with your arms extended forward and then pull back with straight arms until your arms are almost touching your legs. Repeat, quickly.
- **Slam + MB.** Standing in a tall posture, hold a medicine ball overhead and slam it into the ground directly in front of your feet without bending forward while throwing it down.

See back page for information about the author.

VIRGINIA COMMONWEALTH GAMES AT LIBERTY UNIVERSITY
STATE ADULT SWIM MEET FOR 18 AND UP
Recognized by LMSC for VIRGINIA for USMS, INC.

DATE: Saturday, June 18, 2016

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, 2016 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: 10 am to 11 am. Meet starts at 11:00 am. Swimmers will be able to enter the facility by 9:00 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 13, 2016. Be sure to sign the liability waiver. If you are a registered USMS swimmer, you must provide a copy of your 2016 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.

**VIRGINIA COMMONWEALTH GAMES AT LIBERTY UNIVERSITY
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

NAME: _____ DATE OF BIRTH: _____ SEX: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

AGE (12/31/2015): _____ PHONE: _____ E-MAIL: _____

USMS#: _____ USMS TEAM: _____

(Attach copy of your registration card if you are a registered USMS swimmer. If you are not a registered USMS swimmer, you do not have to complete the USMS number and team information.)

All participants must sign the following liability waivers on the next 2 pages or you will NOT be permitted to Swim!

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times. Relays may be entered on the day of the meet. Relay forms will be available at check-in.

Evt #	Seed Time	Event	Evt #	Seed Time	Event
1		800 meter freestyle	12		50 meter butterfly
2		200 meter medley relays (womens/men/mixed)*	13		200 meter breaststroke
3		400 meter free relays (womens/men/mixed)*	14		100 meter backstroke
4		50 meter breaststroke	15		400 meter freestyle
5		200 meter individual medley	16		400 meter medley relays (w/m/mxd)*
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 (w/m/mxd)*
10		400 meter individual medley	21		1500 meter freestyle
11		200 meter freestyle	22		800 meter free relays (w/m/mxd)*

Number of Events _____ x \$13.00= _____

\$10.00 surcharge per entry \$10.00

\$15.00 relay fee per relay: _____ x \$15.00= _____

Total amount included: _____

MAKE CHECKS PAYABLE TO:

VIRGINIA AMATEUR SPORTS, INC.

711-C 5th Street, NE

Roanoke, VA 24016

Please make sure to sign the additional waivers on the following pages!



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Commonwealth Games Release and Waiver of Liability

I AM AWARE THAT DURING MY PARTICIPATION AND ATTENDANCE AT THE VIRGINIA COMMONWEALTH GAMES AT LIBERTY UNIVERSITY ("GAMES") AND RELATED SERVICES AND ACTIVITIES, VIRGINIA AMATEUR SPORTS, INC AND ITS AGENTS, EMPLOYEES AND ASSOCIATES ("SPONSOR") WILL BE PROVIDING VARIOUS FACILITIES AND ARRANGEMENTS FOR THE GAMES, AND THAT CERTAIN RISKS AND DANGERS MAY ARISE, INCLUDING BUT NOT LIMITED TO HAZARDS INHERENT IN THE SPORT (S) IN WHICH I WILL BE TRAINING, PREPARING OR COMPETING; NEGLIGENT OR OTHER CARELESS ACTS AND OMISSIONS BY OTHER PARTICIPANTS, SPECTATORS AND THE SPONSOR; AND HAZARDS OR DANGEROUS CONDITIONS OF THE FACILITIES AND GROUNDS USED AS A PART OF THE GAMES.

IN CONSIDERATION OF THE ACCEPTANCE OF MY ENTRY BY THE SPONSOR AND THE RIGHT GRANTED TO ME TO PARTICIPATE IN AND ATTEND THE GAMES AND RELATED ACTIVITIES, I DO HEREBY ASSUME ALL THE ABOVE RISK, AND AGREE THAT, IN THE EVENT OF AN INJURY TO ME AS A RESULT OF AN ACCIDENT WHICH OCCUR DURING MY INVOLVEMENT AND PARTICIPATION OF THE GAMES, MY RECOVERY AGAINST THE SPONSOR, SHALL BE LIMITED TO A CLAIM FOR MEDICAL EXPENSES INCURRED AS A RESULT OF THE INJURY, AND ONLY TO THE EXTENT THAT SUCH MEDICAL EXPENSES ARE NOT OTHERWISE COVERED OR PAID BY MY INSURANCE COVERAGE, MEDICAL OR OTHERWISE. FURTHERMORE, FOR THIS CONSIDERATION, I AGREE TO PRESENT MY CLAIM FOR THE PERSONAL INJURY TO THE SPONSOR WITHIN SIX (6) MONTHS FROM THE DATE OF INJURY; IF I FAIL TO DO SO, I AGREE THAT I WILL HAVE WAIVED ANY AND ALL RIGHT I HAVE TO RECOVER AGAINST THE SPONSOR FOR SAID INJURY.

ADDITIONALLY, IN CONSIDERATION AND ACCEPTANCE OF MY ENTRY BY THE SPONSOR AND THE RIGHT TO PARTICIPATE IN AND ATTEND THE GAMES AND RELATED ACTIVITIES, I CONSENT TO RECEIVE ANY AND ALL EMERGENCY MEDICAL TREATMENT AS MAY BE DEEMED APPROPRIATE UNDER THE EXISTING CIRCUMSTANCES AS THEN DETERMINED BY THE SPONSOR OR ITS AGENTS. I ALSO GRANT VIRGINIA AMATEUR SPORTS, INC. PERMISSION TO USE LIKENESS, VOICE, AND WORDS IN TELEVISION, RADIO, FILM, OR IN ANY FORM TO PROMOTE ACTIVITIES OF THE VIRGINIA COMMONWEALTH GAMES AT LIBERTY UNIVERSITY. I ALSO UNDERSTAND THAT THERE WILL BE NO REFUNDS.

PARTICIPANTS SIGNATURE _____

PRINT NAME: _____ DATE: _____

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

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Information about the author of the article on page 3.

About the Author—Chris Ritter

Chris Ritter is the founder of RITTER Sports Performance online training programs and the author of the e-book, SURGE STRENGTH, which details how to strength train specifically for swimming performance. Ritter, a swimmer himself, has a degree in kinesiology and exercise science and he specializes in training athletes of diverse abilities, ranging from beginners to Olympians. Follow him on Twitter @RITTERSP or like his Facebook page for updates and training tips.