

# The Wet Gazette

Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

## The Athlete's Plate

By Alice Phillips

A well-loved, neighborhood restaurant in the Richmond area serves a dinner that has gained much fame over the years – “Spaghetti ala Joe” is a platter of spaghetti heaped with a hearty meat sauce and melted mozzarella cheese. No one bats an eye as the extra large plate is set before them; many people eat the whole dish, though others will enjoy leftovers for a meal or two afterward.

The size of dinner plates, the size of the portions, and the relative percentages of the food groups have really changed in the past few decades. When I was a child, we ate a fruit or vegetable salad at every dinner along with a cup of green vegetables and a glass of milk. We also had a starch of some sort and a piece of meat, both about the size of a quarter of the plate or smaller. While I won't say it was always exciting, it was the way I learned to eat and the way I tried to feed my own family.

That being said, I have a teenage son who is 6'3" but only about 170 pounds. When he asks what's for dinner, he's really asking what meat is for dinner. I will serve him a large portion of meat and cook him a whole box of pasta or a whole cup (four servings) of rice because I know he will cover his plate with either. “Serving size” is truly relative when you are feeding someone who's growing at the rate he has been. An injury and some recent weight loss led us to see a sports nutritionist recently. She introduced me to something I wish I'd known before – the US Olympic Committee's Athlete's Plate.

The US Department of Agriculture has offered nutrition guidelines for more than 70 years. The first guidelines were called Basic 7 and were designed to maintain nutritional quality during the scarcity and rationing of WWII. About a decade later, the Seven evolved into the Basic Four that most of us Masters remember. This approach lasted until the early 90's.

Since then we've been introduced to a variety of pyramids and plates, from the Harvard Healthy Eating Pyramid to the Physician's Committee for Responsible Medicine's Power Plate. Countries throughout the world have their own guidelines as well – South Korea uses a Food Bicycle and Denmark has a Diet Compass, while Canada's guidelines come in a Food Rainbow.

The USOC Athlete's Plate is a modified version of the current USDA MyPlate, which replaced the Food Pyramid in 2011. My Plate looks a lot like the way I ate growing up, with a serving of dairy, a fruit and a vegetable along with a grain and a protein source – nothing covers more than about a fourth of the plate. What's great about the athlete's plate is the way it takes this same simple approach and layers it with some special situations athletes face.

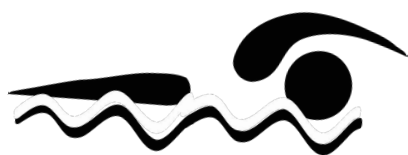
The Athlete's Plate comes in three versions – one for easy training days and weight management concerns, one for moderate training phases, and one for hard training days or race days. Each plate includes lean protein, whole grains and fruits/vegetables, but the relative proportions are adjusted toward the calorie output and digestibility issues inherent in the situations described.

The plates are shown on this page and page 5 and more details are available here:  
<https://www.teamusa.org/About-the-USOC/Athlete-Development/Sport-Performance/Nutrition/Athlete-Factsheets-and-Resources>

What I like most about the USOC guidelines is that they are easy for a teenage boy to visualize and relate to. The approach is similarly workable for the adult athlete who may have a



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## General Information

*LMSC for Virginia Website:*

[www.vaswim.org](http://www.vaswim.org)

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

*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)

*Nearby Zones*

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

*Dixie Zone:*

[www.DixieZone.org](http://www.DixieZone.org)

*Online Meet Registrations:*

[www.clubassistant.com](http://www.clubassistant.com)

## LMSC Officers

*Chair:* Kirk Clear

*Vice-Chair:* Denise Letendre

*Secretary:* Alice Phillips

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*Coaches:* Rich Williams

*Fitness:* Brianna Lovell

*Long Distance:* Kate Stephenson

*Newsletter:* Heather and Chris Stevenson

*Officials:* Charlie Cockrell

*Records & Top Ten:* Chris Stevenson

*Review:* Heather Stevenson

*Safety:* Jim Miller

*Sanctions:* Steve Hennessy

*Webmaster:* Chris Stevenson

## Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
Jan. 1 - Feb. 28, 2018	USMS 1-Hour ePostal Nationals	Your choice of pool	Feb. 28, 2018 (online)
Jan. 20-21, 2018	Charlotte Swim Masters Sunbelt Meet	Charlotte, NC	Jan. 14, 2018 (online)
Jan. 21, 2018	Maryland swim Series Meet #4	Annapolis, MD	Jan. 18, 2018 (online)
Feb. 3, 2018	VMST David Gregg III Memorial Meet	Richmond, VA	Jan. 30, 2018 (online)
Feb. 24, 2018	USMS Coach Certification (levels 1-3)	Washington, DC	tbd
Feb. 25, 2018	USMS Stroke Development Clinic	Washington, DC	tbd
Feb. 25, 2018	USMS Adult Learn-to-Swim Instructor Certification	Washington, DC	tbd
Mar. 4, 2018	Frank Clark Memorial Meet	Greensboro, NC	tbd
Mar. 17, 2018	Club Tribe Masters Classic	Williamsburg, VA	tbd
Apr. 3-7, 2018	YMCA Nationals	Greensboro, NC	tbd
Apr. 13-15, 2018	Colonies Zone SCY Championship	Fairfax, VA	tbd
May 10-13, 2018	USMS Spring National Championships	Indianapolis, IN	Apr. 9, 2018 (online)
May 15 - Sept. 15, 2018	USMS 5K/10K ePostal Nationals (50 m pools only)	Your choice of 50 m pool	Sept. 15, 2018 (online)
May 27, 2018	USMS Middle Distance Open Water National Championship (2-mile)	Reston, VA	tbd
July 18 - Aug. 5, 2018	UANA Pan American Masters Championships	Orlando, FL	tbd
Sept. 15 - Nov. 15, 2018	USMS 3000/6000 ePostal Nationals (25 yd and 25 m pools only)	Your choice of pool	Sept. 15, 2018 (online)



## 2018 VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center  
12207 Gayton Road, Henrico, VA 23233  
(804) 754-3401

**Saturday, February 3, 2018**

*Because of new swim lesson schedules at NOVA, this will be a one-day meet (Saturday only) this year. Distance events are the 400 IM, 500 Free, and 1650 Free. The 1000 split (based on the timing system record of the touch at the 1000) of each 1650 will be uploaded to the USMS results database. No split request for the 1000 will be necessary. For fun, there will also be a 100 Mixed Free Relay☺ at this meet.*

**Sponsored By:** Virginia Masters Swim Team    **Sanctioned By:** LMSC for Va. for USMS, Inc.    **Meet Referee:** TBD

**Meet Directors:** Heather and Chris Stevenson ([hnsrva@gmail.com](mailto:hnsrva@gmail.com) or [chrisl Stevenson@gmail.com](mailto:chrisl Stevenson@gmail.com))

**Location:** NOVA of Virginia Aquatic Center (address above). This is a 10-lane, 25-yard indoor pool with a fully electronic timing system. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming and must include a copy of their USMS card with paper entries or register online. One event (day of) USMS registrations will be permitted. Virginia registration will also be available at the meet.

**Entries:** \$4.00 per individual event plus a \$8.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Deck entries will be accepted until 30 minutes before the meet start time at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 6 events per day, plus relays.

**Relays:** Relays will be deck-entered and deck-seeded at no cost. Entries for all relays are due no later than the start of Event 17 (the Women's 500 Free).

**Entry Deadline:** *On-line entries are strongly encouraged:* [www.clubassistant.com](http://www.clubassistant.com) – meets are listed on the Club Assistant home page by date. The deadline for on-line entries is **Tuesday January 30, 2018**. To be seeded, paper entries must be received by **Tuesday January 23, 2018**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily. The 100 Mixed Free Relay☺ is a non-conforming event and times for this event are not eligible for USMS records or Top Ten.

**Warm-up/Warm-down Procedures:** Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

**Awards and Results:** Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Results will be posted at [www.vaswim.org](http://www.vaswim.org) and will be uploaded to the USMS results database.

*Special awards* will be given to the **male** and **female** overall winners in two award categories: **Best Sprinters** (lowest cumulative time in all four 50s); and **Best Distance Swimmers** (lowest cumulative time in the 400 IM, 500 Free, and 1650 Free).

### Nearby Lodging:

- Hilton Richmond Hotel & Spa, 12042 W. Broad Street, Henrico, VA 23233. Phone: (804) 364-3600.
- Aloft Richmond West, 3939 Duckling Drive, Glen Allen, VA 23060. Phone: (804) 433-1888.

**On-line entries strongly encouraged!**

**On-line entries close *Tuesday January 30th!***

**Enter online at: [www.ClubAssistant.com](http://www.ClubAssistant.com)**

**(search for the meet by date on the left of the Club Assistant home page)**

**Paper entries are due by Tuesday January 23<sup>rd</sup> for seeding.**

**Note that both this page and the following signed waiver page must be submitted with paper entries.**

**Fill in the following information:**

Name:		Sex:		USMS Reg. No.:	
Address:					
City:		State:		Zip Code:	
E-Mail Address:					
Age as of 2/3/2018:			Birthdate (Mo/Day/Yr):		
LMSC:		Club:	Phone (Day):		Phone (Night):

**Saturday, February 3, 2018**

**Warmups: 2:00-3:00 PM; Meet Starts: 3:00 PM**

Women	Time	Event	Men	Time
1		400 IM	2	
3		200 Breast	4	
5		100 Free	6	
7		50 Fly	8	
9		200 Back	10	
11		100 Breast	12	
13		50 Free	14	
15		100 IM	16	
17		500 Free	18	
BREAK – 5 Minutes				
19	--	100 Mixed Free Relay <sup>©</sup>	--	--
21		200 Fly	22	
23		200 IM	24	
25		100 Back	26	
27		50 Breast	28	
29		100 Fly	30	
31		50 Back	32	
33		200 Free	34	
200 YARD RELAYS				
35	--	200 Medley Relay	36	--
37	--	200 Free Relay	38	--
39	--	200 Mixed Medley Relay	--	--
--	--	200 Mixed Free Relay	40	--
BREAK – 5 Minutes				
41		1650 Free	42	

**Entry Fees**

Total event fees: \_\_\_\_ x \$4.00: \_\_\_\_  
Surcharge: \$8.00  
**Total Amount Enclosed: \_\_\_\_**

**Make checks payable to:**

Virginia Masters Swim Team

**Send paper entries to:**

Chris Stevenson

7702 Hampshire Road, Henrico, VA 23229

**Questions?** Contact Heather or Chris Stevenson

(804) 310-3069 or (804) 332-4339

[hnsrva@gmail.com](mailto:hnsrva@gmail.com) or [chrisl Stevenson@gmail.com](mailto:chrisl Stevenson@gmail.com)

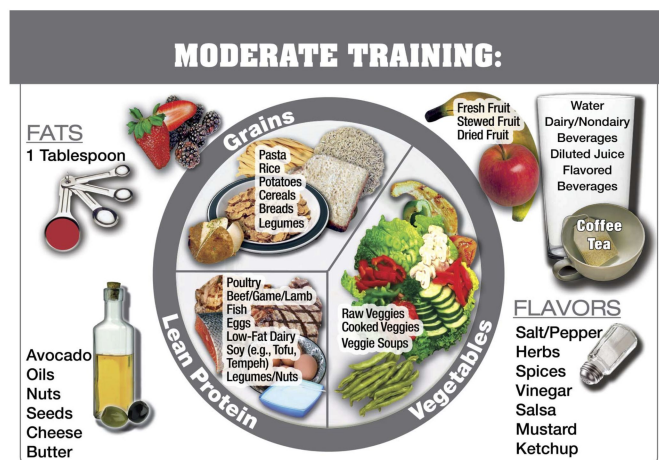
**FOR PAPER ENTRIES: A COPY OF YOUR USMS  
REGISTRATION CARD MUST BE ENCLOSED FOR  
YOUR PAPER ENTRY TO BE ACCEPTED!**

<sup>©</sup>The 100 Mixed Free Relay is a non-conforming event.

Times for this event will not count for USMS records or Top Ten.



busy life that can complicate healthy eating. Just thinking about how your plate looks as you are assembling it can really help achieve balance, variety and moderation. Athletes with particular food allergies or preferences would have to adapt the USOC recommendations, but for most situations they are remarkably easy to use. Spaghetti ala Joe doesn't fit on any of the three athlete plates, it can still be included in an eating plan as long as it's a special occasion treat or a nice opportunity to split dinner with another portion conscious athlete.



## Coach's Corner: When Failure is a Good Thing

By Rich Williams, VA LMSC Coaches' Chair

The human body is a remarkably adaptive organism. When it is presented with physical demands which it cannot meet, it initiates a cascade of physiological events so that it will be better prepared for that stimulus in the future. When you exercise, you are simply trying to take advantage of your body's adaptive nature. If you challenge yourself with a difficult workout, your body rewards you by getting stronger and faster. With certain training disciplines, this concept is easily applied. If you are capable of bench pressing 50 pounds 8 times, you need to attempt (and to fail) the 9th repetition. This "failure" alerts the body that it may have to meet a demand in the future that it cannot currently meet. Adaptations occur, and over time, your strength improves until it can meet that demand.

How can we apply this training concept to swimming? Brent Rushall, PhD has developed a training system that attempts to do so through the use of short training units performed for multiple repetitions at race-pace intensity. A typical set is constructed using the following guidelines:

- Pick one event you wish to train (i.e. the 100 free).
- Pick a training unit that is shorter than the event you have chosen. For this example, let's choose 25 yards.
- Calculate your race pace for that training unit. If your best in-season 100 free is 1:11, subtract 2 seconds to compensate for the advantage of diving off the blocks, and then divide by 4. In this example, 69 seconds divided by 4 is 17.25 (or 17 low).
- Set an interval that allows you to get 15-20 seconds rest per repeat. In this example, the interval should be :35.
- When you swim this set, keep in mind that it does not have a pre-determined ending. You want to swim until you fail. Hold 17 low for as many repeats as possible on the :35 interval. As the set progresses, this task will become increasingly difficult until you can no longer do it. After you miss the goal time, the set is over.
- Once you are able to complete 30 repeats without missing your goal time, make your goal time faster (16 High), and start the process again.
- There are ways to increase your intensity even further. After the first "failure," instead of finishing the set, you can take an extra :30 rest, and then resume. This method will allow you to force a few more repetitions at your race pace.

If your times have not improved much in recent years, or if you just feel like you are in a training rut, give this set a try. It is a fun way to track your progress over time, and a great tool to help you achieve your goals.

*Local Masters Swim Committee Newsletter*  
*Chris and Heather Stevenson, Editors*  
7702 Hampshire Road  
Henrico, VA 23229

*Prstd Std*  
*U.S. Postage*  
**PAID**  
*Richmond, VA*  
*Permit #3022*



For Virginia LMSC swimmers in the Richmond area on December 31st . . . .

Join SwimRVA in the 2018 New Year's Challenge! The New Year's Challenge is about setting a goal of how far you can swim. The format is repeating 100 yard swims on an interval. The interval is designed so that you have time to finish each 100 yard swim, get some rest and then start another. Past participants have had goals of 3 x 100s up to 100 x 100s. The measure of success is not how far you swim, but whether you reached YOUR goal and set a NEW GOAL for next year. SwimRVA encourages registered USMS swimmers to bring along non-registered friends to enjoy the event and help them learn more about USMS swimming. The New Year's Challenge should be rejuvenating and is designed to help each and every participant focus on the SUCCESS they will achieve in and out of the pool in 2018. Will you ACCEPT THE CHALLENGE?

DATE: Sunday, December 31st, 2017, 1:00 PM - 4:00 PM

LOCATION: SwimRVA, 5050 Ridgedale Parkway, Richmond, VA 23234

Registration is LIVE: <https://runsignup.com/Race/VA/Richmond/SwimRVANewYearsChallenge2018>

For more information please contact SwimRVA at [scott.bennett@swimrichmond.org](mailto:scott.bennett@swimrichmond.org) or 804-271-8271, or Brianna Lovell VA LMSC Fitness Chair at [vafitness@usms.org](mailto:vafitness@usms.org) or 757-876-9846

*All proceeds from the event will go towards the Learn-to-Swim program and SwimRVA's mission to elevate aquatic access to ensure everyone has the opportunity to learn how to swim and develop the skills to stay active, healthy and fit forever. The Learn-to-Swim program is a cost free swim lesson program provided to second graders in the region. The goal is to have every elementary school in the region involved in the program by 2020!*