

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
March 15, 2017

LMSC Service Award Winners Announced February 19, 2017

Betsy Durrant and **Charlie Cockrell** were named the two recipients of this year's Stevenson Service Award, recognizing outstanding volunteer service to Virginia Masters Swimming. The award is presented by the Virginia Local Masters Swim Committee (LMSC), the governing body for U.S. Masters Swimming in Virginia and West Virginia. The award was named for Chris and Heather Stevenson, the award's first recipients and long-time volunteers and supporters of Masters Swimming in Virginia.

Betsy has been part of USMS almost since its inception in the early 1970s, and she has been volunteering in a variety of areas almost as long, including as the first Chair of the Virginia LMSC in 1980. Currently, Betsy serves on committees at both the USMS and Virginia LMSC levels, as well as the Virginia Masters Swim Team (VMST). But possibly her most consistent and impressive role is that of the LMSC newsletter editor: every month for (at least) the last 15 years, Betsy has produced *The Wet Gazette*, our LMSC newsletter.

Charlie too has been involved with Masters Swimming for many years. He has served in a variety of positions within the Virginia LMSC, including a term as Chair. Charlie recently stepped down as LMSC Treasurer after an eight-year run; his has been the

most influential voice in determining the annual LMSC budget during that time. Like Betsy, Charlie also continues to serve on committees at both the USMS and Virginia LMSC levels. He has chaired the Officials Committee and is currently chair of the Rules Committee.

Recognized for going above and beyond for our LMSC members, Betsy and Charlie were honored at the David Gregg III Memorial meet on Feb. 4, 2017, by the current Virginia LMSC Chair, **Kirk Clear**, and the award namesakes, **Chris and Heather Stevenson**. Betsy was presented with a plaque during the swim meet. Charlie was not able to attend the meet, but will be recognized at another Virginia Masters Meet, possibly the **Club Tribe Masters Classic** meet on March 18 in Williamsburg.

Kirk, Betsy, Heather, Chris





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

Betsy

Mar 18: Club Tribe Classic, Williamsburg
Entry was in the January newsletter.

Mar 19: RCA Meet in Lexington
Meet Director Craig Charley has confirmed the date, but the entry is not yet available. Contact: ccharley9@hotmail.com

Apr 7-9: Colonies Zone SCY Championships
George Mason University, Fairfax, VA.
Entry is in this newsletter.

Apr 27-30: USMS SCY Nationals in
Riverside, Ca.

June : LC meet in Virginia Beach
Princess Anne YMCA pool, hosted by TIDE
swim team. Entry will be in the newsletter.

August 2-6: University of Minnesota
USMS LC National Championship,
Minneapolis, MN

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Please note new address, new phone number, and new email. Betsy

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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Building a Better Butterfly

Coaching butterfly endurance without wrecking strokes

[Terry Heggy](#) | January 31, 2017

A well-executed butterfly stroke is one of the most beautiful things in all of sports, and swimming it can be an exhilarating experience that makes your spirit soar. Yet butterfly is also a uniquely demanding stroke because its two-arm, over-water recovery motion requires strength and flexibility that don't come easily to many Masters swimmers. How can you provide adequate butterfly training for your athletes who struggle with this sublime stroke?

First: Forbid Faulty Form

Repetition develops habits. That's why you constantly remind swimmers to focus on **streamlining, efficient breathing, a good catch, and effective pulling**. In the heat of competition, these repetitively-developed habits form the foundation for excellent performance. At the same time, if swimmers practice with poor technique, those *bad* habits are the ones that will show up when they race.

The problem is that many swimmers can only perform a handful of decent butterfly strokes before their form falls apart. Therefore, you want to create sets that recognize this reality and allow your athletes to gradually build up their endurance without ever developing bad stroke habits.

One-Arm Fly

Removing the two-arm recovery allows athletes to swim longer distances while focusing on the **stroke/kick timing, core movement, and waveform nature** of the stroke. Make sure they understand that this is a *butterfly* set, not a one-arm freestyle. Emphasize the undulation and abdominal

involvement in the kick, and provide feedback to ensure that motion is directed *forward* rather than merely up and down.

One-arm butterfly can be swum primarily as a relaxed timing drill, or it can be swum *hard*, on intervals that aren't much slower than freestyle sendoffs. You can add variations for variety or to adapt for athlete ability levels:

- **Switching sides**—Swim odd lengths (or repeats) on one side, evens on the other; or count strokes before switching (e.g., 6 strokes on each arm).
- **Breathing**—Breathe to the side (either on the pulling side or opposite), or in a normal butterfly breathing position.
- **Resting arm**—The nonstroking arm can be held to the front in catch position, or to the side with the hand next to the hip.

Three-Stroke Monte

This go-to drill for butterfly rhythm is also known as the “right arm, left arm, both arms” pattern. You can choose how many strokes to use for the pattern; most swimmers find **3 right, 3 left, 3 full** to be sustainable over a decent distance.

Splendid Segments (aka Breakout Bliss)

This is my favorite “perfect stroke” butterfly set because it builds butterfly endurance and encourages swimmers to hold form without crushing their spirit. The idea is to swim a long continuous distance alternating between perfect butterfly and relaxed freestyle. Tell your swimmers to leave each wall with a great butterfly breakout followed by as many *flawless* butterfly strokes as possible. As soon as the stroke begins to degrade, swimmers switch to relaxing freestyle until they reach the next wall. Then, they push off hard again, using a powerful dolphin kick (see [Dynamite Dolphin Kick, SWIMMER Magazine, Sep/Oct 2016](#)) to propel them into another awesome

breakout and superlative stroke segment. If the stroke deteriorates in any way, shut down the fly until the next wall.

Watch carefully to ensure that *every* butterfly stroke taken is strong and rhythmic. The point is for swimmers to practice *perfection*, not to “be tough” at the expense of form. Of course, as endurance increases, the expectation for additional perfect strokes off each wall rises. But realistically, toward the end of a typical 10-minute version of this set, I would expect to see more than a few swimmers executing just *one* good stroke before switching to the easy free—and that’s OK.

Variations include asking swimmers to be perfect coming *into* the wall, or to come off the wall swimming freestyle and perform their perfect fly strokes in the *middle* of the pool. At the end of practice, another nice variant is to swim a long set of 25s that starts with perfect fly, switching to relaxed freestyle (or one-arm fly) as soon as fatigue makes two-arm perfection impossible. The advantage of 25s is that each swimmer has clear water and can swim down the middle of the lane without worrying about collisions; the endurance is developed by doing a *bunch* of them.

Finally: Furnish Fruitful Feedback

As you help swimmers build butterfly endurance, you need to recognize each athlete’s unique relationship with the stroke. For those blessed with smooth shoulder flexibility and natural rhythm, you can assign longer butterfly swims and shorter intervals. For those whose physiology makes the stroke a challenge, you can suggest additional flexibility exercises while limiting the amount of continuous fly you request.

Regardless of the athlete, though, feedback from the coach is a critical element in preventing the adoption of bad habits. Let swimmers know when their form has deteriorated and provide *immediate* correction. And when they *are*

performing the stroke correctly, be generous with the high fives and encouragement. Before you know it, your entire team will become fervent fly fanatics!



About the Author—Terry Heggy

Terry "Speed" Heggy has been swimming for more than 50 years. He won his age group in the 10K Open Water Championship in 2006, competed in the National Championship Olympic Distance Triathlon in 2014, and qualified again for USAT Nationals in 2015. He's the head coach of Team Sopris Masters in Glenwood Springs, Colo., and is a USMS-certified Level 3 Masters coach and an NASM Certified Personal Trainer.

Editor’s Note: This article came from the USMS website (usms.org), under Training/Drills

VMST Relay Availability for Zones

Name: _____ Age: ____

Saturday Relays:	Yes	No	Stroke
9 – Mix 400 Free	___	___	_____
11- Mix 200 Medley	___	___	_____
25- W 800 Free	___	___	_____
26- M 800 Free	___	___	_____
27- W 400 Medley	___	___	_____
28- M 400 Medley	___	___	_____
29-W 200 Free	___	___	_____
30-M 200 Free	___	___	_____
Sunday Relays			
35 Mix 800 Free	___	___	_____
37-Mix 400 Medley	___	___	_____
39- Mix 200 Free	___	___	_____
53-W 400 Free	___	___	_____
54-M 400 Free	___	___	_____
55-W 200 Medley	___	___	_____
56-M 200 Medley	___	___	_____

See back page for more information.

2017 Colonies Zone SCY Championship



Friday, April 7-
Sunday, April 9,
2017
USMS Sanction 107-S002



Hosted by: George Mason University Swimming & Diving
George Mason University Aquatic and Fitness Center, Fairfax, Virginia

Sanctioned by Potomac Valley LMSC for USMS, INC. #107-S002

Welcome to the 2017 Colonies Zone Short Course Yards Championship meet. The swimming facility will be configured as two separate 8-lane competition courses, women in one course and men in the other, with both courses displayed on the scoreboard. The all deep-water lanes, overflow gutters and non-turbulent lane lines should allow for some very fast swimming! A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

ENTRIES:

Online entries will close Friday, March 31. Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Masters Swimmers holding a valid 2017 USMS registration card. Your membership to USMS will be verified in online meet entry. Age is determined by a swimmer's age on April 9, 2017. 2017 USMS rules and regulations apply.

FEES:

Meet surcharge (required) \$25. Individual event fee \$5 each.

SEEDING:

Saturday and Sunday events will be seeded slowest to fastest. Women will swim in the shallow end on Saturday and the deep end on Sunday. Men will swim in the deep end on Saturday and the shallow end on Sunday. Friday night events will be seeded fastest to slowest, men and women combined.

RELAYS:

Relay Deck Entries will be accepted **BEFORE 10am** Saturday and Sunday, or Friday night, or they may be mailed in with your meet entry. Relay Entry Forms are available at www.patriotmasters.org/Colonies.April.2017.Relay.pdf.

DISTANCE EVENTS:

You must check in Friday **BEFORE 3:30pm** for the 1000/1650 or you will be scratched. *Choose either the 1000 free or the 1650, not both.* The 1000 is limited to the first 112 entries received and will be swum in the deep end. The 1650 is limited to the first 72 entries received and will be swum in the shallow end. Please ask a friend to count for you in the distance freestyle races. Swimmers entering the 1000 free and 1650 free must enter using a provable time. It can be done in practice and signed off by a coach or come from the USMS meet results database.

PSYCH SHEETS:

Psych sheets and rosters will be available on our meet website www.patriotmasters.org/ColoniesZone2017.htm before the meet.

AWARDS:

Medals will be awarded to the first three places in each age group, and to each member of a winning relay. Special Championship awards to the highest scoring team in three divisions: Large, Medium and Small Team. Individual events are scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2.

RESULTS:

Available on-line at www.patriotmasters.org/ColoniesZone2017.htm and www.colonieszone.org. Swimmers who are registered with USA-Swimming and want their times entered into the USA-Swimming SWIMS database should contact the meet director before the meet. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. In the deep end, 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.

DIRECTIONS:

If you are using Google Maps, Nottoway River Ln, Fairfax VA will get you to the correct parking lot.

- **From the West:** Take I-66 east to Route 123 (exit 60), south on Route 123 for 2.7 miles to Braddock Rd, left on Braddock, left on Sideburn, park in Lot C.
- **From the South:** Take I-95 north to exit 160, north on Route 123 for 14.5 miles to Braddock Rd, right on Braddock, left on Sideburn, park in Lot C.
- **From the North:** Take I-95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 6 miles to Sideburn, right on Sideburn, park in Lot C.

POOL ENTRANCE: The GMU Aquatic & Fitness Center has requested that all swimmers enter thru the side door (closest to Parking Lot C). This door will open at 2:30pm on Friday and 8:30am on Saturday and Sunday. If you get dropped off at the front entrance, walk down the outside stairs to the side door. Also the pool has a "No deck chair" policy.

HOTELS:

- Courtyard Fairfax Fair Oaks - 703-273-6161 (3 miles from the pool). A special meet rate of \$99 is available for King and Queen/Queen rooms until March 17 and includes a hot breakfast buffet. Call 703-273-6161 and ask for the George Mason University room block.
- Holiday Inn Express - 703-359-2888 (2 miles from the pool)
- Fairfax Marriott at Fair Oaks - 703-352-2525 (4 miles from the pool). A special meet rate of \$99 is available for King rooms until March 10. Call 703-352-2525 and ask for the "Colonies Zone Championship group rate".
- Springhill Suites Fairfax Fair Oaks - 703-691-7880 (3 miles from the pool).

QUESTIONS:

Meet Director: Cheryl Ward (571) 214-5394 e-mail cherylaward@yahoo.com

Friday, April 7, 2017 - Session 1 - Events 1-3

Warm-ups start at 3:00 PM

Meet Session starts at 4:00 PM

#	Sex	Event
1	Mixed	1000 Y Free
3	Mixed	1650 Y Free

If you need a paper entry, contact Cheryl Ward (phone number is above).

Saturday, April 8, 2017 - Session 2 – Events 5-30

Warm-ups start at 9:00 AM

Meet Session starts at 10:00 AM

#	Sex	Event
5	Women	100 Y Free
6	Men	100 Y Free
7	Women	200 Y Fly
8	Men	200 Y Fly
9	Mixed	400 Y Free Relay
11	Mixed	200 Y Medley Relay
13	Women	50 Y Breast
14	Men	50 Y Breast
15	Women	200 Y IM
16	Men	200 Y IM
17	Women	500 Y Free
18	Men	500 Y Free
19	Women	100 Y Back
20	Men	100 Y Back
21	Women	200 Y Breast
22	Men	200 Y Breast
23	Women	50 Y Fly
24	Men	50 Y Fly
25	Women	800 Y Free Relay
26	Men	800 Y Free Relay
27	Women	400 Y Medley Relay
28	Men	400 Y Medley Relay
29	Women	200 Y Free Relay
30	Men	200 Y Free Relay



Johnnie Detrick and Warner Brundage

Sunday, April 9, 2017 - Session 3 - Events 31-56

Warm-ups start at 9:00 AM

Meet Session starts at 10:00 AM

#	Sex	Event
31	Women	200 Y Free
32	Men	200 Y Free
33	Women	100 Y IM
34	Men	100 Y IM
35	Mixed	800 Y Free Relay
37	Mixed	400 Y Medley Relay
39	Mixed	200 Y Free Relay
41	Women	50 Y Back
42	Men	50 Y Back
43	Women	100 Y Breast
44	Men	100 Y Breast
45	Women	400 Y IM
46	Men	400 Y IM
47	Women	50 Y Free
48	Men	50 Y Free
49	Women	200 Y Back
50	Men	200 Y Back
51	Women	100 Y Fly
52	Men	100 Y Fly
53	Women	400 Y Free Relay
54	Men	400 Y Free Relay
55	Women	200 Y Medley Relay
56	Men	200 Y Medley Relay

Please note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."

Barbara Boslego and Debbie Brundage



Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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IMPORTANT

COLONIES ZONE CHAMPIONSHIP IS APRIL 7, 8, 9.

Let's get a good turnout from ALL swimmers in Virginia – all teams and unattached swimmers. Neither SC or LC National Championships are convenient for Virginians – Riverside, CA, and Minnesota, MN. So plan your big meet for The Zone Meet!

Entry information is in this newsletter.

Note to VMST swimmers: If we have good representation, we can put together LOTS of relays. This is one of the few meets that offers 200, 400, and 800 relays for Short Course.

Relay entries for Saturday, Apr 8, must be turned in by early Saturday morning. Sunday relay entries are due early on Sunday. We usually try to turn them in before we leave the meet the day before (late Friday and late Saturday). This enables the meet officials to get them entered in the computer correctly.

The team (VMST) pays for all (VMST) relays.

I'm not sure who will be coordinating relays this year. When you enter the meet, let me (Betsy) or Denise Letendre know what relays you want to swim in and what stroke for the medleys. Also, make a note of relays you definitely do not want to swim. Denise and I will get the information to the right person if we are not doing the relays. See form on page 4.