

The Wet Gazette



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

Start Planning Your Taper Now

By Rich Williams, VA LMSC Coaches Chair

The spring season culminates for many Virginia Masters swimmers with Colonies Zones in mid-April. Others will extend their season to mid-May for Masters Nationals. The time is now to develop a plan for success. Far too often, swimmers randomly, and haphazardly, drop a few yards off their training volume the last 2-3 weeks of the season and consider themselves rested. This approach will lead to inconsistent, and often frustrating, results. While many consider the taper phase of the season to be as much “art” as science, we are fortunate in that exercise research has come to a strong consensus on several of the key components needed to achieve a successful peak. Most of the data demonstrates the following:

- Nothing magical happens during a taper. Your end results reflect the work that you completed during the most difficult portions of the season. You cannot “fix” poor regular-season training with a great taper.
- If you are methodical with your approach, it is very difficult to “miss” your taper. If you listen to idle chit-chat at championship meets you will invariably hear people saying that they rested a couple of days too long, or that they missed their peak by a day or two. Nonsense! Fitness does not come and go in that manner, especially when a person is active. If you put in the work during the regular season, and you plan your recovery accordingly, you will enjoy sustained peak performance.
- The three factors that you are manipulating are Frequency, Intensity, and Duration. “Frequency” is the number of exercise bouts per week. “Intensity” refers to the difficulty of the exercise bout, with high-intensity training often called “quality” or “race-pace” training. “Duration” is the length of time you spend engaged in high-intensity training. A successful taper first reduces frequency, then duration, and ultimately intensity.
- Pay attention to all aspects of your training – swimming, weights, cardio, etc. If you engage in a substantial amount of weight training, it should be the first thing that you eliminate. Most men will need 3-4 weeks away from the weights before the championship meet. Women will need 2-3 weeks on average. The same goes for running

and other (non-swimming) cardiovascular training. It is important that you don’t engage in additional swimming bouts as a substitute for this training. Remember, the first thing you drop is frequency. Eliminating dryland is a great way to do that. Enjoy the additional free time!

- Throughout the season, you should track your daily and weekly volume in terms of high-intensity training. Group your yardage by events, i.e. 50s/100s, 200s, 500s, and 1000/1650. You should know how much weekly training volume you complete in each grouping, and reduce your yardage based upon those numbers. For example, if you typically train 3000 yards per week at race-pace for a 50 or 100, drop that number to 2100 (70%) the first week of taper. You should do this with each grouping listed above. Avoid making training decisions based upon your overall yardage. That number is largely meaningless. Your race-pace volume is the key determinant.

- Men typically need to taper a little longer than women - 3-6 weeks vs. 2-4. If you are in doubt as to how long you need to rest, a well-trained VA Masters swimmer should err on the side of resting too long. It is very hard to lose fitness over a period of a few days, but it is quite possible to overwork yourself prior to the meet.

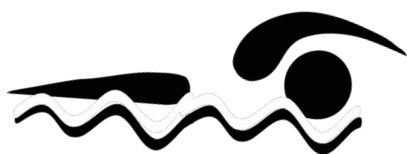
- In terms of duration, your biggest drop in race-pace volume should be in week 1. Reduce your number of “quality” yards in each race-pace grouping by at least 25-30% during your first week of taper. Subsequent weeks should drop an additional 10-15% each week.

- A large portion of your high-intensity training should come in the form of skills training. Isolate starts, turns, and finishes with super-fast sets that provide a ton of rest. Get yourself ready to race!

- The last variable to manipulate is intensity. You need very little fast swimming the last 1-3 workouts before the meet. Get warmed-up, feel flexible, practice your skills, and go home. It is time to sleep and recover.

When the day of the meet arrives, remind yourself to relax and have fun. You should feel confident knowing that you worked several months to prepare for this day, and that you are ready. No one swims well when they are in a bad mood. Enjoy the experience and step to the blocks with energy, enthusiasm and confidence.

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General Information

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

Nearby Zones

Colonies Zone: www.Colonies-Zone.org

Dixie Zone:

www.DixieZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

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Secretary: Alice Phillips

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Registrar: Shirley Loftus-Charley

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 Stephenson

Safety: Jim Miller

Sanctions: Steve Hennessy

Webmaster: Chris Stevenson

Upcoming Swim Meets, Events and Clinics

(meet information in this newsletter for meets in blue below)

Date	Meet	Location	Registration Deadline
Feb. 24, 2018	USMS Coach Certification (levels 1-3)	Washington, DC	Feb. 23, 2018 (online)
Feb. 25, 2018	USMS Stroke Development Clinic and ALTS Instructor Certification	Washington, DC	Feb. 24, 2018 (online)
Mar. 3, 2018	Albatross Open (SCM)	North Bethesda, MD	Feb. 26, 2018 (online)
Mar. 4, 2018	Dreaming of Spring	Warranton, VA	Mar. 1, 2018 (online)
Mar. 11, 2018	Frank Clark Memorial Meet	Greensboro, NC	Mar. 6, 2018 (online)
Mar. 17, 2018	Club Tribe Masters Classic	Williamsburg, VA	Mar. 13, 2018 (online)
Apr. 13-15, 2018	Colonies Zone SCY Championship	Fairfax, VA	Apr. 6, 2018 (online)
Apr. 28, 2018	Coastal Master's Invitational	Bolivia, NC	Apr. 24, 2018 (online)
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 26-27, 2018	Jim McDonnell Lake Swims (1-mile and 2-mile)	Reston, VA	May 23, 2018 (online)
June 2, 2018	John Shrum Memorial Cable Swim	Charlottesville, VA	tbd
June 16, 2018	Virginia Masters State Open Water Championships	Richmond, VA	tbd
July 14, 2018	2nd Annual TIDE Speedo Meters LCM Meet	Virginia Beach, VA	July 11, 2018 (online), July 9, 2018 (paper)
July 18 - Aug. 5, 2018	UANA Pan American Masters Championships	Orlando, FL	June 30, 2018 (online)
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)



3rd Annual Club Tribe Masters Classic

College of William & Mary Rec Center Pool
400 Brooks Street (at Compton Drive)
Williamsburg, VA 23186
(757) 221-3310

March 17, 2018

Sanctioned By: LMSC for Va. for USMS
Sponsored By: Club Tribe (1693)
Meet Director: Kyle Ahlgren
(clubtribealumni@gmail.com)
Meet Referee: TBD

Welcome to the 3rd Annual Club Tribe Masters Classic! Prep for Colonies Zones and bid farewell to Winter at the College of William & Mary's sneaky-fast 8-lane pool. Test your team's sprinting prowess in the most thrilling relay of them all: the 100 (4 x 25) Medley Relay. This meet is graciously hosted by William & Mary's stellar varsity swimming teams and staff.

Location: College of William & Mary Student Recreation Center Pool. Address: 400 Brooks Street (at Compton Drive), Williamsburg, VA 23186. Telephone number: (757) 221-3310. This is an 8-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.

Parking: Ample parking is available in the William & Mary Hall parking lot, which is also located at the corner of Brooks Street and Compton Drive. Please adhere to posted parking regulations.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with US Masters Swimming and must include a copy of their LMSC card if using paper entry.

Awards: All four swimmers on the fastest overall relay teams in each of the Women's, Men's and Mixed 100 Medley Relay will receive pewter Jefferson cups commemorating victory.

Entries: \$8.00 per individual event plus a \$12.00 facility fee. Relays will be deck-entered and deck-seeded at no cost. Deck entries for individual events will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

Entry Deadline: *On-line entries are strongly encouraged:* www.clubassistant.com – meets are listed on the left side of the Club Assistant home page by date. The deadline for on-line entries is **Tuesday, March 13, 2018**. In order to be seeded, paper entries must be received by **Tuesday, March 13, 2018**. Entries received after the deadline will be considered deck entries and will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

Relay Entry Deadlines and Seed Times: Relay cards for the 100 Medley Relay are due before the conclusion of the 50 Free. Relay cards for the 200 Free Relay are due before the conclusion of the 200 IM.

1,000 Freestyle Entry Limit, Check-In and Wait List: The 1,000 Free will be limited to the first twelve (12) entries received, whether on-line or by paper entry. **Positive in-person check-in for the 1,000 Free is required by 2:45 PM** on the day of the meet. Swimmers who are unable to enter the 1,000 Free because the entry limit has been reached may place themselves on a first-come, first-served wait list upon arriving at the meet. Swimmers granted entry in the 1,000 Free from the wait list must pay the \$8.00 individual entry fee. We will post the final 1,000 Free heat sheets by 3:15 PM. W&M varsity swimmers will serve as lap counters for the 1,000 Free.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Women and Men will swim separately in all individual events except the 1,000 Free, which will be combined. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but may otherwise be combined. Age groups will be combined in all events.

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 THESE LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Meet Results and Heat Sheets: Meet Results will be posted at www.vaswim.org and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, March 16, and will be posted at multiple locations on the pool deck.

Williamsburg Info and Lodging: Spring often visits Williamsburg early, and the Merchants Square Farmer's Market will be in full swing. There are myriad hotel, motel and B&B options in all price ranges a short distance from the pool. Good resources for local lodging include: www.colonialwilliamsburg.com/stay and www.bandbwilliamsburg.com/.

Saturday Evening Swimmers' Social: Swimmers, friends and family members are encouraged to gather informally immediately following the conclusion of the meet for repast and revelry at Paul's Deli, 761 Scotland Street in Williamsburg (directly across from Zable football stadium). Paul's is family-friendly with a very flexible ordering and seating system.

Questions: If you have questions, please feel free to contact Meet Director Kyle Ahlgren at (202) 957-3936 or clubtribealumni@gmail.com.

Event Schedule Notes: The 100 Medley Relay is NOT USMS-sanctioned and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants. Unattached swimmers and swimmers on smaller teams are ENCOURAGED to coordinate and assemble 100 Medley Relays and chase the pewter!

On-line entries strongly encouraged!

Online entries close *March 13!*

Enter online at: www.ClubAssistant.com

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

Paper entries are due by **March 13th**.

Note that your paper entry must contain three (3) pages: this page, the Payment Information Page and the waiver page. Your paper entry must also enclose a copy of your USMS registration card, which can be retrieved at www.usms.org/reg/getcard.php.

Please provide the following information:

Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 3/17/2018:		M or F (circle)	Birthdate (Mo/Day/Yr):
LMSC:	Club:	Phone:	

ENTRY FORM

Warm-Up: 2:00PM – 2:55 PM / Meet Begins at 3:00 PM

#	Event	Seed Time
1-2	50 Back	
3-4	200 Free	
5-6	50 Free	
7-8	100 Breast	
9-10	100 IM	
11-12	1,000 Free	
13-15	100 Medley Relay (Women, Men and Mixed)	DECK ENTERED
16-17	100 Fly	
18-19	200 IM	
20-21	50 Breast	
22-23	100 Free	
<i>15-Minute Break</i>		
24-26	200 Free Relay (Women, Men and Mixed)	DECK ENTERED
27-28	100 Back	
29-30	400 IM	
31-32	50 Fly	

Payment Information

Entry Fees

Total Events ____ x \$8.00:	
Surcharge:	\$12.00
Total Amount Enclosed:	

**Make checks payable to:
Club Tribe Masters 1693 Inc.**

Questions? Contact Kyle Ahlgren
(202) 957-3936; clubtribealumni@gmail.com.

**Mail Paper Entry To:
Club Tribe
5108 Wehawken Road
Bethesda, MD 20816**

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

Virginia LMSC Social Funding Program



Ever wonder what your teammates look like without wet hair or swim caps?

Want \$100 for a fun social get-together?

Do you ever get extra hungry after a hard practice?

The Virginia LMSC Board is piloting a new program to encourage teams or groups to get together outside of practice



- You must get at least 8 people together for the social
- Pick a fun place after practice or plan a time that works for everyone
- You will be reimbursed for \$100 of your food and beverage* costs
 - We will ask for photos from your event 📷
 - You do not have to be a registered club to apply



APPLY NOW! Click here and complete the online form:
<https://goo.gl/forms/oNa0bgMWcV50bb8e2>
Email: vatreasurer@usms.org with questions



*please no alcoholic beverage reimbursements

We have funding for 10 groups, so apply today!

Competition Etiquette ... “Competiquette”

By Chrystie McGrail, New England LMSC Coaches
Chair

[This article is reprinted with permission from the author and the New England LMSC. Thanks to Chrystie for writing this article and credit to Alana Aubin for editing and formatting the online article at <http://www.nelmsc.org/news-blog/2017/1/22/competition-etiquette-competiquette>. Feel free to take a trip up north and enjoy swimming with your colleagues in the New England LMSC!]

A few notes on the “lay of the land” for the racing waters we inhabit.

New England does meets like no other. We have two of the biggest, fastest, bestest (that's a word, right?) championship meets every single year. On top of that, we have multitudes of fun mini meets of all styles and a slew of open water events for the truly crazy folks.

With this many events it's often evident that a few folks didn't quite get the memo on the etiquette surrounding some of the rules and common practices of Masters competition. As such, I was enlisted to write a quick article sharing some of the taboo things that happen at swim meets.

The most common issues surround the enigmatic meet warmup, and that is what this article will focus on.

WARMUP TADAS AND TADON'TS

NO DIVING: There are **only two instances** when it is okay to dive in the pool during a competition - the first is when the **starter beeps**, signaling the beginning of your race (don't miss that one; it's important) and the second time is when the **officials have opened specific lanes** for sprints.

Two key words in that sentence are *officials* and *specific*. If you are unsure if a lane is a sprint lane, ASK! They may look all official and scary in their pristine white shirts hovering about your lane like sharks...no wait, these are masters meets - they are likely lounging in a chair nearby chatting with other swimmers to catch up on the kids and family.

SPRINT LANES ARE FOR SPRINTING: If you see a **completely empty lane** during a fairly busy warm up, it is safe to say that it's probably not some Utopian turn of fate to allow you a perfect warm up - **it's a**

sprint lane. ASK an official if it's a sprint lane and if it is - please **don't get in and start doing your normal laps**. Sprint lanes only happen during the last 15-20 minutes of a warm up and are usually announced. A note about “sprinting”: The definition of sprinting is moving at full speed. Always respect that each individual's “full speed” is very different. You can do this by observing the lane you are going to sprint in to make sure that those before you have the opportunity to finish their sprint as they wish without being impeded.

NO PADDLES: Leave 'em at home. No one wants to be whacked with your paddles in the middle of a frenetic warm up pool. Oh, and this is actually in the rulebook - no paddles.

ON YOUR LEFT: Much like life, swimming depends on a lot of non-verbal communication. We can't very well yell out “ON YOUR LEFT” underwater when passing someone like runners do (though most of us probably wish we could). Make sure you **pick up the clues** and follow the general **rule of thumb** that **passing happens on the left** (similar to driving).

And don't hang out in the middle of the lane. If you're at the wall, stopping in the middle is always bad news; **stay to the right if you are stopping**.

KNOW WHEN WARMUP ENDS: There is nothing worse than the highly responsible first heat of the meet standing cold and ready behind the blocks, waiting to race, while the officials or meet directors chase up and down the pool trying to clear that last person (or few people) out of the competition pool. **Respect your fellow swimmers** and **clear the pool at the scheduled time**. Don't know what time it is? ASK.

Lastly...

BE FRIENDLY: 99.8% of masters swimmers are super friendly. Be one of them. Many of the notes above say “ASK” because at a Masters meet you will be instantly surrounded with some of the best people in the universe and they are extremely helpful. **Don't feel bad asking questions;** it's a great way to make new friends!

Got questions, comments, or criticisms? Track me down at a swim meet and tell me! Or I guess you could email me: NEcoaches@usms.org

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2018 David Gregg Meet

By Chris and Heather Stevenson

VMST's 2018 David Gregg III Memorial Meet was held Feb. 3rd in Richmond. Ninety-six swimmers entered the meet, and there was a lot of fast swimming! The results have been uploaded to the USMS database and posted on the LMSC website (vaswim.org). Check the website for additional pictures.

Four new LMSC records were set at the meet: Carina Masson, Craig Bauer, and siblings Rachel and Luke Nelson each set one apiece. Carina set the record in the 30-34 Women's 100 Back, Craig in the 65-69 Men's 100 Free, Rachel in the 25-29 Women's 50 Back, and Luke in the 18-24 Men's 200 Fly. Congratulations!

In addition to ribbons for 1st, 2nd, and 3rd places, we also gave out four special awards:

- The **Sprinter Award** went to the swimmers with the lowest cumulative time in the four 50 events. Sidney Glass and Rachel Nelson showed their fast-twitch mastery of the short distances in claiming these awards.
- The **Distance Award** went to the swimmers with the lowest cumulative time in the 500, 1000 and 1650 freestyles; these went to Julie Roddin and Joseph Kelleher. Joseph, at 76 years young, was the only man tough enough to do all three distance events!

Kudos to all those swimmers who made it to the meet, we hope you enjoyed it. And, as always, thanks to all the officials and volunteers who made it possible!



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Workouts of the Month

Workout #1: Work on fast stroke 50s

Warm Up: 800 choice (mix it up)

200 streamline kick on back

16 x 25 underwater dolphin kick with fins on 1:00

EZ 100 Free

Main Set (1,400) - work the 50s!

4 x [3 x 25 EZ free on :30, 1 x 50 fast stroke on :50]

4 x [2 x 25 EZ free on :30, 1 x 50 fast stroke on :55]

4 x [1 x 25 EZ free on :30, 1 x 50 fast stroke on 1:00]

4 x [1 x 50 fast stroke on 1:05]

Cool Down: 300 EZ choice

Total: 3,000 yards/meters

Workout #2: Triathlete training

Warm Up: 600 choice

Main Set (2000)

2 x 400 swim with 30 sec. rest

2 x 300 swim with 20 sec. rest

2 x 200 swim with 15 sec. rest

2 x 100 swim with 10 sec. rest

Cool Down: 300 EZ choice

Total: 3,000 yards/meters

Upcoming in March ... IM Madness

If you like IMs, North Carolina Masters is sponsoring an ePostal event that you might love:

IM Madness 2018

Choose either the Sweet 8 (800 yards), Sweet 12 (1200 yards) or Sweet 24 (2400 yards) events, each of which includes specific sets that must be swum in a specified manner and specific order, but the sets are all about IMs. You can do this ePostal at any 25-yard pool between March 1 and March 31, 2018. See the following website for more information and a description of the "Sweet" 8, 12, and 24:

<http://www.ncmasters.org/138-s001-info.pdf>

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

Upcoming Open Water and Postal Swims

John Shrum Memorial Swim

Saturday, **June 2nd**, Chris Greene Lake,
Charlottesville, Virginia

Look for registration to open in late February.
Please contact the race director, Kate Andrup
Stephensen (kands606@gmail.com) if you
have questions.

USMS 1-hour ePostal National Champi- onship . . . Going on NOW!

Looking for a fun challenge to start off the
new swimming year? Join other masters
swimmers across the country in the one hour
postal swim. The objective: swim as many
laps as you can in the 25yard pool of your
choosing. You have **through February
28th** to complete the swim. See the USMS
website for registration details:

<http://www.usms.org/comp/event.php?MeetID=20180101S003Y>.

USMS Coach Certification Clinic

Are you interested in becoming a USMS Certified Coach?

If so, now is the time. USMS is hosting a day-
long clinic in Washington, D.C. on **February
24, 2018** (the registration deadline is February
23rd) The Level 1 and Level 2 sessions have
filled up, but the Level 3 certification is still open
for those who are already Level 2 certified.

The VA LMSC Board wants to promote certifica-
tion of coaches in our LMSC. Therefore, any VA
LMSC member who attends any of the Washing-
ton, D.C. coach certifications may apply to have
the LMSC reimburse half of the registration fee
for the certification. Please contact Becca La-
timer (VA LMSC Treasurer) at
vatreasurer@usms.org for reimbursement or if
you have any questions.

