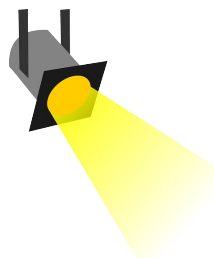


The Wet Gazette

July 2019

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"E Team": the little team that could!

By Suzi Burns

"E Team" is pretty much the "new kid on the block" in our Virginia swimming world. But over the course of the fall and spring, we've been noticed by other teams, swimmers and coaches for our strong swimming at regional meets and most recently the USMS National Competition in Mesa, AZ. At the meet Corey Krall (50), Shirley Loftus-Charley (67), Ann Lyttle (71), and Amanda Sovik- Johnston (38), scored 6 golds, 1 silver, 1 bronze and 5 Top Ten's standings. Lyttle, Sovik-Johnston and Krall were all back into competitive swimming after 40, 20, and 20-year hiatuses respectively.

Our team has done well over the last few years and the reason is Don Easterling (a.k.a., "Coach E" and the reason we chose the name "E Team"). While Coach E's bonafides are amazing by any standard, the reason we are doing well is not just that he knows how to coach but he knows what each of us needs to be competitive and do well no matter our backgrounds, handicaps, or age. To each of us, his approach is personal, he brings out our best, makes us laugh and we all love him for it! His witticisms are frequent, unique, and keep us on our toes: "Suzi....your pullout looks like rigormortis", Hillary get rid of the waterfall hands, and "Bill, your belly button isn't going anywhere...get your head back". Hard to describe what all these mean but if you swim with him, you know!

Coach E began his career as the Head Coach at the University of Texas in Arlington until recruited to North Carolina State University in Raleigh, North Carolina, where he stayed for 25 years as the "Wolfpack's" swimming and diving Head Coach. He led the men's team to 15 ACC championships and started the women's pro-

gram in 1976 winning ACC titles in '79 and '80. In all, he coached 40 All-American and nine Olympian swimmers. Though he retired after 34 years of coaching collegiate swimming, he hasn't strayed far from the swimming world. Eventually he started teaching masters and even now at the age of 86, has not given up his passion for coaching. All to our benefit!

The E Team currently consists of 30 swimmers. Our ages range from 18 to 72. We come from a myriad of backgrounds. In 2016, five members of the current E Team were swimming with Coach at local gym (in two lap lanes). Coach was teaching masters and it became clear to us, that he could give as much as we were able to take to make us swim well and competitively. He got us where we never envisioned, and never gave up on us getting better. For example, after working with coach for 3 years (I had never been a competitive swimmer), he sent me at the age of 69 to the Spring Nationals in Greensboro. I placed 4th in the 100 and 200 breast events and 6th in the 50. Wow was I surprised! In 2017, Coach E prepared me and Christina Bowman (44), who had been swimming with Coach for only one year (also never a competitive swimmer), to compete in the Riverside Spring Nationals. I placed 3rd in all three breast events and top ten in 3 others. Christina shaved a total of 7.5 secs for PB's in 50 back, fly, and 100 IM. It became clear to our fellow swimmers at the gym that we wanted to be a team that was ready to compete. We knew Coach could make this happen. So began E Team!

By August of 2017 we had outgrown our two lanes at the gym. When our local Brooks YMCA opened that month, they graciously provided 4 lanes for us. We knew that we wanted a "team" focus and challenging workouts. Within 2 months we had 10 swimmers, who came mostly due to word of mouth that Coach E was there and also because of his technique-focused rigorous workouts.

E Team swims every M/W/F for 1 ½ hours. The workouts are written for distance, sprint and stroke (each a

[continued on page 3]



General Information

LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.mdusms.org

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone:

www.ColoniesZone.org

Dixie Zone:

www.DixieZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

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Treasurer: Becca Latimer

Registrar: Shirley Loftus-Charley

Coaches: Rich Williams

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Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
May 15-Sept. 15, 2019	5K/10K ePostal Nationals (LCM)	Any LCM pool	Sept. 23, 2019 (online)
July 20, 2019	Fontana Lake Races (OW)	Almond, NC	July 14, 2019 (online)
July 21, 2019	Maryland Masters Summer Splash (LCM)	Baltimore, MD	July 19, 2019 (online)
Aug. 3, 2019	Lake Moomaw Open Water Swim (ow)	Hot Springs, VA	Aug. 1, 2019 (online); July 27, 2019 (paper)
Aug. 7-11, 2019	USMS Summer Nationals (LCM)	Mission Viejo, CA	July 8, 2019 (online)
Aug. 9-18, 2019	18th FINA World Masters Championships (LCM)	Gwangju, South Korea	June 24, 2019 (online)
Aug. 17, 2019	Potomac Valley Long Haul (LCM)	Springfield, VA	Aug. 14, 2019 (online)
Aug. 17, 2019	Van Der Horst Memorial Championship (LCM)	Cary, NC	Aug. 13, 2019 (online)
Sept. 14, 2019	Maryland Senior Olympics Meet (LCM)	Boys, MD	Aug. 31, 2019 (online)
Sept. 15-Nov. 15, 2019	3000/6000 ePostal Nationals (SCM/SCY)	Any SC Pool	tbd
Sept. 22, 2019	Marathon Open Water National Championships (OW)	Knoxville, TN	tbd
Oct. 6, 2019	Annual SCM Eastern Invitational	Greensboro, NC	tbd
Nov. 2, 2019	VMST Fall Meet	Virginia Beach, VA	tbd

[*E-Team*, continued from p. 1]

separate and specific workout). Swimmers kept coming and now we fill 8 lanes. Depending on the swimmers' focus, the workouts can be from 2,500 to 6,000 yards.

In 2018, two more swimmers, Rebecca Deaton (42) and Emilie MacDonald (18), joined the team and along with Christina and I, were focused on competing at the 2018 Nationals in Indianapolis. Unfortunately, due to illness neither Christina nor I were able to compete, but Rebecca and Emile did and put us on the board with 5 of their swims. Rebecca scored 3 Top Tens in the 50, 100 and 200 breast and Emile a 3rd in the 1650 free and Top 10 in the 500 free.

This year our swimmers did us proud with their awesome swims! But we are not done! E Team continues to grow and thrive. Perhaps Coach's favorite saying sums it up best:

*We ain't where we oughta be,
And we ain't where we wanna be,
But we ain't where we used to be,
And we ain't where we're gonna be!*

..*



Corey Krall:
Model and Designer of E Team Shirts

The Perfect Butterfly

By Coach Don Easterling
Edited by Suzi Burns

The Germans call it *schmetterling*, the Spanish say *mariposa*. We call it *butterfly*. I think it became an official stroke in the mid-fifties, but Mr. Keifer, the designer of lane lines, swam “fly” long before. In the beginning, the breaststroke kick was used if the swimmer was not able to do the dolphin kick. Soon after, collegiate and Olympic competition rules changed and the dolphin kick was required. This change made the fly what it is today. Since then we have learned much about the stroke!

I coach a master's team, called “E Team”, in Charlottesville. This year we had two swimmers who swam fly in this year's National Championship competition in Mesa Arizona. Shirley-Loftus Charley (67 yr) was our first gold medalist in the event. Shirley holds the world record in the 200-meter fly and she accomplished this long before she joined the E Team. Her stroke is unorthodox, but by mutual consent I have not tried to change it much. Shirley's gold in the fly came the day after she swam the 1000 and 1650 free, which to Shirley is almost like a warmup for the fly. The other swimmer was Amanda Sovik-Johnston (38 yr). Amanda had only been with us a few months and had not competed or trained hard since her high school swimming days, 20 years previously.

[continued on page 4]

[**Butterfly**, continued from p. 3]

I worked her like I would a college swimmer and she latched on to it; trust was established between us and she came back for more time and time again. I knew that Amanda was going to do something very special! The “perfect fly” was our goal and she was equal to the burden!

I have learned a lot over the years about the technique necessary to swim a perfect butterfly. To that end, I write this article to share a few personal stories and pearls of knowledge I gleaned along the way that illustrate important aspects of the fly. In addition, I share the story of Amanda’s victory and the training used to help her score her commanding 1st place finish in the 200 fly.

The Fly Technique

Butterfly isn’t just a powerful stroke, it is beautiful. My longtime friend and colleague Mark Bernadino uses three words to describe what we want to see in this stroke: *rhythm*, *flow*, and *timing*. Rhythm refers to the graceful repetitive undulant cadence of the stroke... the stroke is continuous without a pause anywhere; flow is the smooth forward movement that is similar to a graceful stream or wave; and timing, as in a car, makes the elements of the stroke work smoothly. All these combined make the stroke efficient and effective. When one of the three is missing, the other two won’t work well for the swimmer. Doing it right requires the correct technique.

In 1968 I was fortunate to coach a young man named Doug Russell. After losing the 100 fly to the great Mark Spitz six times, we changed everything to prepare for the 1968 Mexico City Olympics and Doug won the gold! Because of this remarkable victory I was asked to speak at the “World Swimming Coaches Clinic” in California. I was scared to death as I was to speak in front of coaches I had admired for years. I told a joke or two, did a magic trick, and we were off! The first thing I said was, “control the surface water when your hands enter in front of your shoulders, elbow above the wrists, wrist above your fingers. This creates lift and reduces drag.” They were all writing, so I began to relax and I continued, “as the hand enters the water, hold every drop. This is where the first kick downward occurs. The hands press out, under, and back. The hand speed must not slow down but rather should increase. Water does not get tired, the swimmer does! To be fast we must con-

centrate on doing this correctly! The fingers are pointing down, in still water, which creates leverage as the hands continue downward and pass under the hips. Then the 2nd kick takes place without a pause anywhere.”

Early in the evolution of the stroke swimmers kicked using one big and one small kick. Later it was learned that the two kicks should be exactly the same without a pause, thus creating a transfer of power from the feet, to the legs, and up through the body. Do not dive the head and shoulders as the hands enter the water in an attempt to elevate the hips. Done correctly your kick will lift the hips.

Proper breathing during the stroke is essential. Remember the two “L’s”- *late* and *low*. If you raise your head to breathe with the second kick, you negate the hip rise. Keep your head and chin low and close to the water. Breathe late, when the hands come under the hips.



Head down with breath

The fly turn is an open turn, where the two hands touch the wall simultaneously, the knees lift up towards the chest, and both feet are placed on the wall for the pushoff. As the pushoff begins one arm is underwater and pivots forward as the other arm is rapidly moved over and close to the head. I predict that the rules will change in the future to allow a flip turn; this will result in faster fly times than we currently see.

Though I shared most of these key aspects of the fly with my colleagues in '68, they hold true today.

Training for the 200 Fly

As noted earlier, I knew Amanda could do something special if we planned strategically. I was designing very hard practices for her but was afraid they might be too much; I was wrong. Each week opened new doors and we were excited to continue our forward momentum. A

few specific training techniques were especially helpful. They follow.

Underwater Kicking

Underwater kicking, which is referred to as the “fifth stroke” regardless of the stroke, was a special focus of Amanda’s training. We tested gains in the fifth stroke every day with the goal of reaching, what I call, the “point of no return”. That threshold is reached when you are faster swimming on top than you are underwater kicking. But, you must work each day to increase this distance by doing underwater work. Many decent swimmers can kick 25 yards underwater, but not with speed. If you try hard, with and without fins, you can increase that underwater kicking distance with speed.

Swim, kick and pull sets

In a regional meet before nationals, Amanda swam the 200 fly in 2:28.8. Her splits were fine but fell apart at the end. That data helped us plan the next phase of her training. She did negative repeats (i.e.,



Vertical kicking

1st 100 at 75% speed, 2nd 100 -much faster). With 50s, we did easy 50 then sprint 50. Then descending 100s and 50s. All these were done with swim, kick, and pull sets. Basically, Amanda, always did “workouts” versus “practices.”

Amanda never faltered in completing hard consistent kick sets. All coaches know how much a hard kick set takes out of a swimmer, but I think we often don’t do enough. If swimmers are left alone on kick sets with no demands, it’s a waste of time. With a bit of imagination, the kick sets can be made to be challenging. In my 34 years of college coaching the number one area in which incoming freshman swimmers were lacking, was kicking. As noted, Amanda’s workouts had plenty of kick sets!

Equipment to Augment Training

Exercise Bands

I introduced bands after 3 months of training Amanda. She was strong but I wanted to assure that her shoulders could take the hard workouts. She also did some weight training with her husband.

Monofin

The monofin was used in demanding kicks sets above and below water. Deep water vertical kicking, using a monofin, while maintaining a streamline position with the upper body, arms and hands, was an essential core and leg strengthening element of training. In addition to what I designed for Amanda, she designed some amazing underwater kicking sets. She understood the importance of this type of training and pushed herself to do better each time.

Parachute

Short training sets with a parachute creates drag and increases the swimmer’s overall strength. We did these periodically interspersed with other sets as described above.

The Race

Amanda swam a perfect race in Mesa. She dropped almost 12 seconds finishing with a 2:17.17 time. Had she had anyone near in the last 50, I am sure she would have made a 2:15 time. She stayed underwater executing perfect sets of kicking on the start and all 7 turns. With each, she gained 3 strokes of rest on the defending champion. Finally, at the 150 turn Amanda pulled almost even but was a bit ahead on the breakout. She had so much left and worked the 175-yard turn to come up a full body length ahead. With that she pulled away and won by 3 body lengths!

All Amanda’s hard work, especially with kick sets and underwater work, paid off. It is never too late to swim the perfect butterfly. And to get there, what we are, or become, in our pursuit of that excellence, is what really matters!

..*



Lake Moomaw 1- Mile Swim Alleghany County, Virginia, Saturday, August 3, 2019

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc.

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at:

https://www.clubassistant.com/club/meet_information.cfm?c=2402&smid=11901

Your credit card will be charged to "ClubAssistant.com Event Billing"

EVENT: There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet and turn counter-clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer's left. A 2x 3-foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 1 minute apart.

Warm-up begins at: 7:45am **Check-in Closes at:** 8:45am **Race begins at:** 9:00am

Eligibility: Open to all swimmers 18 years & older. Paper entries must include a copy of your 2019 USMS card. Online entries will be verified automatically. "One Event" is available through [online registration](#) for an additional fee of \$31.50. To renew or join USMS online, visit usms.org/reg.

Rules: Current 2019 USMS rules will govern the race.

Entries: All snail mail entries must be postmarked by July 27, 2019. Online entries will close at 4:59pm Eastern Time on August 1, 2019. Late or race day entries will NOT be accepted. [Online entry is strongly encouraged.](#) Entry fee is \$42.00. To be guaranteed a free t-shirt, enter online by 5pm on July 13, 2019.

Safety: For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The WestRock water rescue team will be on site with boats, rescue boards, and rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 1-minute intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, for both men/women.

Awards/ Social: Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race.

Accommodations: Please call Josh Taylor at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

Directions: Google Map "Coles Point Drive, Hot Springs, VA 24445".

Race Directors Contact: Dave Holland 804-467-2425 (VMST); Josh Taylor 540-962-2178 (Chamber)

**PLEASE STAPLE A LEGIBLE COPY OF YOUR 2019 USMS CARD HERE:
TRIM THE COPY AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with WestRock Rescue Squad
(i.e. seizures, diabetes, asthma, etc.) _____

**1 Mile Seed
Time →**

**1650 yd Time:
(min) : (sec)**

AVOID THIS FORM: REGISTER ONLINE AT WWW.VASWIM.ORG		PAPER ENTRY CHECKLIST	DID YOU REMEMBER...?
\$ 42	1- Mile Entry Fee per swimmer		Completed entry form
\$ <u>FREE</u>	T-Shirt Included free if entry postmarked by 7/11 (or online by 7/13). A few shirts may be available on race day, first-come.		Copy of USMS card
\$ 42 per swimmer	Total Enclosed (check or money order Payable to VMST)		Signed waivers (next page)
T-Shirt Size: (please circle) S M L XL XXL XXXL			

Please use the checklist above to ensure that your entry is complete!!!

**Mail this completed form with check or money order payable to VMST, postmarked by July 27, 2019 to:
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238**

Name: _____ Email address: _____

Phone Number: _____ Age on August 3, 2019: _____

**YOU MUST READ AND SIGN 2 WAIVERS (BELOW & USMS
WAIVER AT USMS.ORG). INCLUDE THIS PAGE AND THE USMS
WAIVER WITH YOUR ENTRY.**

LAKE MOOMAW RELEASE BY PARTICIPANT FROM LIABILITY:

**AS A CONDITION OF MY PARTICIPATION IN THIS EVENT AND ANY ACTIVITIES INCIDENT THERETO, I
HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR
LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: THE
ALLEGHANY HIGHLANDS CHAMBER OF COMMERCE AND TOURISM, THE UNITED STATES GOVERNMENT,
WESTROCK CORPORATION AND THE WESTROCK WATER RESCUE STAFF, EVENT SPONSORS, EVENT STAFF,
OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES.**

SIGNATURE OF PARTICIPANT

DATE SIGNED

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

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And the mystery swimmer from last month was . . . Bill Winters, VMST

Do You Need a Fitness Challenge??

The 2019 SmartyPants Vitamins U.S. Masters Swimming Summer Fitness Challenge kicked off July 15th and runs through July 31st. You can still join in the fun. Register now and accept the challenge!

How will you complete the 2K challenge? With your club? Solo? With fins, paddles, AND a snorkel? All butterfly (kidding!)? The choice is yours -- just swim and have fun!

Participants receive:

- SmartyPants Vitamins samples and bright green event swim cap
- Exclusive discounts from USMS partners
- Access to free training plans through their My USMS account
- Satisfaction of swimming for a great cause; net proceeds benefit the USMS Swimming Saves Lives Foundation

ACCEPT THE CHALLENGE

Event dates: July 15-31

Entries close: July 31

Fee: \$12