The Wet Gazette

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

VMST 36th Annual Fall Meet

By Betsy Durrant

Hard to believe that this was number 36! Our first meet was a two-day meet at Old Dominion University in1980. It is "only" 36, not 37 years, because we had to skip a year due to pool availability. The meet has been held at Old Dominion, Norfolk Academy, Princess Anne Rec Center, and Bayside Rec Center. One year we were talked into having it at the University of Virginia with two new meet directors. Unfortunately, neither of the new directors was at the meet. It was an easy decision to move it back to Virginia Beach.

This was a special year for me. We had two new, very efficient, hard-working meet directors: Cindy Hamilton and Mitch Saks.



I handled the paperwork (entries, heat sheets, results) and advised. Many thanks to Mitch and Cindy – great job.

*See **Fall Meet** on page 3.*

LMSC Annual Meeting

USMS is the governing body for Masters Swimming in the United States. USMS is divided into LMSCs (Local Masters Swim Committee). The LMSC for Virginia includes most of Virginia (a few cities in northern Virginia belong to the Potomac Valley LMSC) and a part of West Virginia. Each year a meeting of the LMSC is held in the fall. The agenda includes reports from committees, budget, and elections. This year's meeting was November 6, in Richmond. Secretary Alice Phillips has provided me with notes. I will include more in the December newsletter.

From Registrar Shirley Loftus-Charley.

Had a good year, 110 more members, 8.7 % growth. This is typical of Olympic years. There were nine new clubs and four that did not rejoin.

Elections of New Officers for two-year terms (2016-2018)

- Chair – Kirk Clear, involved in masters since 1991, moved all around including Iceland. Currently swims in Ashburn in northern Virginia.
- Vice Chair – Denise Letendre, agreed to another term.
- Secretary – Alice Phillips, agreed to another term..
- Treasurer – Jan Chu, veterinarian in northern Virginia who has experience with treasurer duties and will get some training/interaction with Charlie Cockrell in November and December.

New Committee Appointments

- Long Distance (Kate Stephenson)
- Sanctions (Steve Hennessy – experience as technical chair in VA Swimming)
- Coaches (vacant).

Additional information will be in the December newsletter.

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

November 20: Invitational in Greensboro

January 21-22: 43rd Sunbelt Championship, Charlotte, NC

January 29: Tropical Splash, Alexandria, VA

February 4-5, 2017: VMST Winter Meet, David Gregg Memorial. New event order; see page 3.

March 18: 2nd Annual Club Tribe Masters Classic

April 7-9, 2017: Zone Championship at GMU

April 27-30: USMS Nationals, Riverside, CA

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VMST swimmer Terry Sokolik at the meet with great granddaughter.

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

Chair: Kirk Clear
kirkclear@gmail.com

Vice Chair: **Denise Letendre**
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Treasurer: Jan Chu
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VARegistrar@usms.org

Sanctions: Steve Hennessy
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Records and Top Ten: Chris Stevenson
chrislstevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

David Gregg Meet in Richmond, Feb 4-5.

Some changes have been made in the format for this year. The meet starts at 2:30 on Saturday and will include the full schedule of 50s, 100s, and 200s, plus the 1000. On Sunday, the meet starts at 8:30 and includes 200 time trials for all 200 events, the 1650, 400 IM, and 500 free.

Meet directors Heather and Chris Stevenson did a survey after last year's meet and got feedback and new ideas.

Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Special awards will be given to the male and female overall high point winners and to the male and female overall winners of three new award categories:

Best Sprinters (lowest cumulative time in all four 50s).

Best Middle-Distance Swimmers (lowest cumulative times in any four 200s - swims can be done all on one day or over both days).

Best Distance Swimmers (lowest cumulative time in 500, 1000, and 1650 Free events).

***Fall Meet** continued from page 1.*

There were 95 entries for the meet. Relays were popular this year with a total of 20 relays. The results should be posted, with splits, at www.vaswim.org.

Meet organizers would like some comments on the meet.

a. Do you like the change in order of events? Other suggestions?

b. Was entering relays easy?

c. Did you like the social at the brewery (except for the parking problems)? If we go there again, we have to work out better parking and a larger room.

d. Any other comments?

Send comments to Betsy Durrant at durrant6@cox.net.

Message from the LMSC Chair "My two cents"

This article was written before the annual meeting on November 6.

I am coming to the end of my two-year term on the board, and I want to review our progress, report on the current state of affairs within our LMSC (most of Virginia and a few counties in West Virginia), and share some important information about the future of our organization. When I agreed to serve two years ago, I admittedly stepped into the role with no pressing agenda. I reported that in terms of the vital administrative and financial organization of our LMSC, our house was in very good order, that there was nothing major that needed "fixing", and that remains true today. We've been fortunate to have had good continuity with a core group of committed officers who have put in countless hours over the years. As my term comes to a close, I especially want to thank my fellow officers who have served with me: **Denise Letendre** (Vice Chair), **Charlie Cockrell** (Treasurer, as well as Official Chair), and **Alice Phillips** (Secretary). Each of these individuals has been responsive and competent in their duties, and they are putting in many hours each week, above and beyond their full-time jobs.

Heather Stevenson has served as Sanctions Chair for several years, a true balancing act as she has been a liaison between our national office and local meet directors. She has been professional and thorough, and has earned her retirement from this position. She is stepping down and I am seeking someone to step up. **Jim and Patty Miller** are the voices of experience and reason, and although they have larger responsibilities at the national level, they stay involved locally, both doing work behind-the-scenes on our board, and as volunteers at meets and at Chris Greene Lake. Finally, I want to recognize **Shirley Loftus-Charley** (Registrar), **Chris Stevenson** (Webmaster, Top 10 Recorder), and **Betsy Durrant** (newsletter editor). I don't know for sure, but I suspect that these 3 individuals do 12+ hours of work for us on a weekly basis, and the bulk of it requires daily diligence.

Our Board of Directors is experienced and capable, but we are tired, over-worked, and in desperate need of some new faces!!! We have 1224 members in this LMSC, and yet only 10-12 people are serving actively on the Board. With the

exception of Denise, all of us are over the age of 40. We have good male/female equity, but we certainly could benefit from some diversity in terms of age, race (we have no minorities serving), and geography. Most of us are members of VMST, so we'd really like to get some representation from newer clubs. In my final five weeks as Chair, I'm going to put my energy into recruiting some of you to consider running for office, joining the Board as a Chair, or simply getting involved at our next annual meeting… Our next annual meeting is Sunday, Nov. 6, at 7pm, at the home of Jim and Patty Miller (13441 Stonegate Road, Midlothian, Va. 23113). Every member of our LMSC is invited to attend and encouraged to participate. If you cannot attend in person, you have the option of calling in to join the teleconference (that phone number will be posted on the website as the date approaches).

Our committee recently had a lively discussion (via email) about how we spend your money, and the process we consider when expenses or opportunities arise. Each of you has paid dues to join USMS, and some of those fees come to the LMSC. I encourage you to go to our website (www.vaswim.org) and check the financials for yourself- if you are not happy about how we are spending your money, then I encourage you to reach out to me in the next five weeks, or better yet, join us for the annual meeting on Nov. 6. This is your LMSC, so I encourage you to get involved.

When I wrote to you two years ago, I had two broad goals for us, so I'd like to address how we've done:

1. Increase membership by 5%. In 2014, we had 1150 members in our LMSC, in 2015 we inched up to 1159, and last week Shirley reported that we're at 1224 thus far this year (with a month and a half remaining to register). We're up 6% compared to 2014! I wish I could tell you that this jump is attributable to some action or new program we initiated as a Board, but most likely it's the result of the quadrennial Olympic boost (thank you Michael Phelps), and the addition of 10 new teams (Club Tribe in Williamsburg has 40 members, and there are 3 new teams in Tidewater alone). Peluso Masters in Richmond gets some credit, too, as their numbers continue to grow (200 swimmers, up 17 from last year).
2. Increase the opportunities for competition by improving our current meets and adding some new ones. We continue to host several pool meets, as well as two open water events, and they are fairly well attended, but sadly, we have not made significant progress on adding new ones. To add new meets or open water events, we need some manpower, or femalepower (!), pure and simple. Have you ever thought about giving back to our sport? What is stopping you? Well, the research shows that most people will volunteer if they can find a job that matches their skills and interests. Chris Stevenson, Shirley Loftus-Charley, and I are responsible for nominating candidates for the four elected offices, which are Chair, Vice Chair, Secretary, and Treasurer. The Chair position is definitely vacant, as I am stepping down. The others will most likely have people running for re-election, but regardless, we'd love to have a slate of multiple candidates for each office. If you'd like to run, please contact me at vachair@usms.org I am also responsible for appointing a new Sanctions Chair (Heather is stepping down), as well as an Open Water/Long Distance Chair (I am stepping down), and a Coaches Chair (vacant). Again, contact me if an interest strikes you. A full description of all the roles on our Board can be found here: http://www.usms.org/admin/lmschb/content/jobdesc

Finally, I am also accepting nominations for the Stevenson Service Award. This award was initiated last year, and will be awarded annually to two outstanding volunteers from the Virginia LMSC. It is named in honor of Chris and Heather Stevenson. If you are a member of the Virginia LMSC, you may nominate one or two people by sending an email to me at vachair@usms.org and include your name, the name(s) of the LMSC members you are nominating, and a rationale for why that member is deserving. The idea is to honor two people who have gone above and beyond for our members in the past year. Nominations will be reviewed and voted upon at the annual fall meeting on November 6, 2016, and presented at the David Gregg III Memorial meet in February 2017. Winners receive a plaque.

It's been my pleasure serving you as Chair these past two years, and I hope that you'll reach out to me if you have ideas to improve the way we serve your needs. As Chair, I tend to receive a lot of emails that end with "that's my two cents", so I'll end with that thought. If you haven't given your two cents, please check your pockets and give… change is good! That's my $.02… ***Dave Holland Chair***

Pictures from the meet from Cindy Hamilton and Torie Jones.



Starter Bill Gill and Referee Charlie Cockrell

Meet organizers are deeply indebted to Charlie Cockrell. We had difficulty getting officials and Charlie stepped up to be referee and recruited Bill to be starter.

Swimmers from the Eastern Shore of Virginia: Robin Patterson, Laura Walker, Scott Snyder, Chad Buist, Bill Nelson



Karen Lyons and Mary Chapman – selling merchandise and giving out awards.





Megan Shepherd

Article is from www.usms.org



To Breathe or Not to Breathe

Conventional & unconventional ideas about how often to breathe in sprint freestyle

Scott Bay | October 27, 2016

As terrestrially based creatures, we need to breathe. In most sports, breathing happens naturally, without any real thought required by the athlete as to when or how much to breathe. But swimming is different, and sprint freestyle is even more so.

There are several different schools of thought for when and how much to breathe in a 50-meter sprint freestyle race. Some say you should breathe no more than twice, some say once, and still others say not at all. So who's right, if any of them are?

The answer is, "it depends." Swimming in general and Masters in particular has such a diverse population and everyone comes to the table with a different set of genetic traits and talents. Among these is the ability to use oxygen as a fuel at all levels of effort. Without getting too far into the science of energy systems, it's easy to say that your body will tell you how much oxygen it needs for what you are asking it to do. In any event, the amount of oxygen you need is unique to you.

Breathing FAQs

What's so bad about breathing during a sprint?

Nothing in particular UNLESS it throws off your bodyline or balance in the water. So what does that mean? The simple answer is that when many of us put in maximum effort we tend to go a little overboard with all of our movements. That means when you go to breathe, you head and neck come out of the axis down the long part of your body and your hips do the same. This increases drag exponentially, not just a little, and it slows you down considerably. As a result, many swimmers seek to limit the number of times that they breathe during a sprint race to keep from slowing down.

But I really like to breathe. Is there hope for my sprinting?

Of course! Sprinting and breathing are not mutually exclusive actions. You just have to make sure that when you do breathe, you're doing everything you can to make sure you're doing it well and not compromising your bodyline. If you look closely at the women's 50 free in the Olympics you can see more than one of the top sprinters in the world sneak a breath or two and one of them even more! You might be wondering how it's possible. You just have to make sure you're doing it right.

Sprint Freestyle Breathing Tips

Here are some simple tips for keeping your bodyline when you breathe while sprinting:

- Regardless of the style of freestyle you swim, you must make sure that your shoulder leads your head out of the water.
- Turn your head just enough to catch some air in the bow wake generated by your head.
- Get a quick breath without gulping at the air and get your face back in the water before your shoulder.
- Timing is key! Find your rhythm slow at first and then ramp it up to race pace.

Seeing is Believe

As you practice improving the speed of your breaths and learn to maintain your bodyline, ask someone to video you so you can see your progress. Look for a few things:

- Did you grab "quick air"?
- Did you maintain stable hips?
- Did you keep every movement as close to that centerline as possible?
- Were all your movements fast but controlled?

If the answer to any of these questions was "no," make adjustments and keep trying.

Drills

- **Top Hat Drill:** I learned this drill from 2013 Coach of the Year Stu Kahn. Take a paddle with no straps and place it on top of your head and start swimming freestyle. The force of the water will keep it there if you're in alignment even when you turn your head to breathe. This takes a few tries!
- **Countdown Drill:** Swim 25s at maybe 90 percent of race pace. Start with breathing four times per 25 and reduce by one breath during each subsequent 25. The key is to not hold your breath but learn how to relax those parts of your body that are not helping you swim faster. This is breath control NOT breath holding. Repeat this several times with however much rest you want until you find the oxygen your body needs to perform at a high level.
- **Starts from the Block**: OK, this really isn't a drill, but many times I've seen and even heard swimmers exhale as they explode off the blocks. If this describes you, that means your body is looking for air right away. Even the most talented swimmer will slow down a little if he's grabbing air immediately off the start.

Spot Check

How do you know if you are doing it right? The clock doesn't lie. You have to experiment with the different skills and number of breaths to figure out what produces the best time. The best time to work on this is not at practice, but after a good warm-up when you don't have the pressure of the workout looming. That's when you'll be fresh and ready to put in some high-quality work. Pay attention to the clock and how you feel, and after a while you'll develop your own best way of sprinting!

- ***About the Author—Scott Bay***
- *Scott Bay is a USMS-certified Masters coach and an ASCA Level 5 coach and has been actively coaching and teaching swimming since 1986 to swimmers of all ages. The Masters swimmers he currently coaches include national champions, All Americans, and world record holders, who have swum to more than 300 Top 10 swims and 30 world records in just the past 5 years. Throughout his career Bay has taught thousands how to swim or how to swim better. He's also written numerous articles on technique and coaching and contributed to USMS's coach certification curriculum. Bay presents at clinics across the country and has written an instructional book, "Swimming Steps to Success." (Human Kinetics, 2015). Bay is the past chair of the USMS Coaches Committee, and the Head Coach of YCF Masters.*



Scott explaining to swimmer

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At the Virginia Beach meet: Marianna Berkley, Jeanne Meredith and Laura Walker