

# Southern Masters Swimming



*We don't get old, we just age up*

## November 2012 Lane Lines

### New Breast Stroke Rule

From SMS & Officials Chair, Chris Frederic

By now you have probably heard about the “new breast-stroke rule” adopted by FINA earlier this year. To clarify, this is not a new rule; it is strictly a new interpretation of the existing rule. Rule 101.2.2 (Stroke) says “Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.” Rule 101.2.3 (kick) says “After the start and after each turn, a single butterfly (dolphin) kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull, following which, all movements of the legs shall be simultaneous...”

With this “new interpretation,” FINA is clarifying that the arms must start **BEFORE** the legs, and there must be “visible separation” of the hands to indicate the start of the pull.

For the swimmer, this means your hands **MUST** move apart to indicate the beginning of the pull. If you dive in with your hands in locked, one-hand-on-top-of-the-other streamline position, your hands must unlock and move apart (separate) before you initiate the dolphin kick. If you dive in with your hands apart, in “Superman” position, you must move your hands farther apart to indicate the start of the pull.

As an Official, we’re looking for “blue (i.e., water) between the hands, or “more blue” (i.e., more water) between the hands before the dolphin kick starts. Once your hands separate, you can begin the dolphin kick. If you have questions about this new interpretation or you aren’t sure your pull-out is fully legal, please discuss it with your coach.

The coaches have been aware of this new rule for a while and are very familiar with it. Good Luck

### SMS Officers

Chris Frederic, Chair

Ellen Hall, Vice Chair

Rob Cambais, Treas

Doug Holmes, Sec.

Doug Kopp, Registrar

Pat Arnold, Sanctions

Tim Root, Open Wtr

Vicki Buccino, Top Ten

Chris Frederic, Meet Officials

Nan Fontenot, Coaches Chair & Web Master

Doug Holmes, Newsletter Editor

## USMS Open Water Rules on Wet Suits

The question on wet suits in open water was answered when the USMS House of Delegates at their annual convention voted to follow new regulations regarding swimsuits for open water competitions. There are now two categories for open water swimwear: Category I is required for all Open Water National Championships and shall be scored separately from Category II, whether in a National Championship event or not. Category I swimwear shall be made from textile materials. For men, the swimsuit shall not extend above the navel or below the knee. For women, the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the knees. There are no "fastener" specifications. Everything else, such as wetsuits, rash guards, arm warmers, arm bands, etc., is considered to be included in Category II, and not eligible for awards. Fortunately in SMS's Open Water meet on May 1, the water should be warm enough not to require wet suits.

## LCM Championship Meet Canceled

Unfortunately, the SMS Championship meet at UNO scheduled for August 18 & 19, 2012 had to be canceled due to only ten registered swimmers a week before the meet. Hopefully more swimmers will register early before the SCM Championships. Your SMS officers host both of these meets, but SMS can not justify the \$2000+ expense with so few competitors. Please reward your hard workouts and come to SCM on December 8 & 9. **Please register early.**

## Southern Master's Swim Meet Schedule

- Sept 29 – Pelican Aquatic Club SCY Meet, Mandeville
- Oct 14 – EMSM October Splash (SCY), Fairhope, AL
- Nov 3 – FINS Turkey Leg Meet, a non-sanctioned SCY developmental meet at Franco's in Mandeville
- Dec 8 & 9, 2012– **SMS SCM Championship**, UNO Pool, New Orleans
- Jan 5, 2013 – Crawfish Masters New Year/New Records SCM Relay Meet, Baton Rouge
- Feb 16-17, 2013 – Auburn Masters Invitational (SCY), Auburn, AL
- March 1-3, 2013 – Crawfish Masters **SMS SCY Championship**, Baton Rouge
- May 1 SMS first Open Water Swim 1K & 3K events
- May 9-12, 2013 – USMS SCY Nationals, Indianapolis IN
- June 22 & 23— **SMS LCM Championship** UNO or BR

## Local One Day Master's Swim Meets Popular This Fall

Thirty five swimmers from Mississippi, Alabama, Baton Rouge, and New Orleans enjoyed swimming in the rain at the Mandeville Pelican Athletic Club Second Annual Masters Meet on September 29. Competition in all strokes in 50, 100, and 200 yard events plus the popular 1000 yard free was followed by lunch. October 14 will feature the second annual EMSM October Splash (SCY) masters meet in nearby Fairhope, Alabama. Several master swimmers who attended last year plan to go again this year. Another one day master's meet will be held Saturday November 3rd in Mandeville. The Franco FINS Turkey Leg Invitational replaces the popular Spooktacular meet. This turkey meet features 50s, 100s, 200s and 500 free in SCYs plus fun relays and a turkey leg for lunch. It should be popular for first-time competitors and fitness swimmers. Swimmers can join USMS for 14 months after November 1st so this is perfectly timed. Join USMS at [Southernmastersswimming.com](http://Southernmastersswimming.com). SMS appreciates coaches who sponsor swim meets that encourage triathletes and all adult swimmers to enjoy competitive swimming. These meets are low key, low cost, and fun.

## Report on the 2012 USMS National Convention

Chris Frederic and Doug Holmes attended the USMS Convention in Greensboro NC where the 2012 USMS National SCY Championships were held. Both SMS delegates took advantage of the 5:30-7 AM stroke and distance clinics each morning coached by USMS coaches of the year in Greensboro's new 100m X 25 yd pool complex. The September 16-19 USMS Convention joined the larger USA Aquatic Convention at the awards banquet honoring Missy Franklin, Outstanding USA swimmer, David Boudia, Olympic gold diver, the Olympic synchronized swimming duo, the gold medal women's water polo team, USMS Coach of the year, service awards, and Hall of Fame inductees. Chris also attended the USMS Coaches Certification Clinic.

We attended three 8 AM to 6 PM days going to the House of Delegates where twenty committees reported on rules, legislation, championships, records, registration, distance, open water, fitness, LMSC development, coaches, policy, history, sports medicine, finance, investments, and audit. The six state Dixie Zone Committee approved the Dixie Zone Championships for 2013. They are SCY in Clearwater, SCM Rowdy Gaines meet in Orlando, LCM in Greenville, SC, Open Water in St. Petersburg, and National 5K in Ft. Myers. Chris attended Coaches and Officials committees, while Doug concentrated on Open water and Distance which are becoming more popular at local, zone, and national meets with increasing numbers of triathletes, cross training, fitness, and distance swimmers. Transitioning from an all-volunteer USMS organization since 1982 to one of shared responsibility with a permanent staff has been almost seamless. A paid staff of about fifteen in Sarasota Florida under Executive Director Rob Butcher made the USMS a more professional, efficient, and dynamic organization in representing its 57,00 members. Our USMS membership has doubled in the last decade. SMS has doubled since the 1980s and at 681 members in 2012 has grown at about the same rate as USMS. Thank you for sending Chris and me to the Convention.

## *Three Southern Master Swimmers compete in the USA Triathlon Age Group National Championships in Burlington Vermont*

Many SMS members from Louisiana and Mississippi compete in triathlons, duathons, aquathons, open water or distance swimming in pools. Doug Holmes, SMS secretary, and Doug Kopp, SMS registrar, drove 3300 miles round trip just to compete for a few hours on August 18 & 19, 2012. To qualify to go to Burlington, one must win their age group title or place in the top ten percent of finishers at a USAT race. Each of the 3700 competitors at Burlington was trying to be among the top eighteen finishers to make TEAM USA and qualify for completion at the ITU (International Triathlon Union) World Championships in September, 2013. The IYU Championship site will be at Hyde Park, the site of the 2012 London Olympics Triathlon. Doug Holmes, age 76, and Nancy Kuhlmeier, age 53, each finished in sixth place, Doug in Olympic distance ( 1500m swim, 40 km bike and 10 km run) and Nancy in the sprint distance (half the Olympic distance). Doug Kopp, age 63, competed in both distance over the weekend in between World Championship triathlon events in Spain and in Nevada. The fastest athletes in the Olympic distance swam the mile (1.5K) in eighteen minutes, biked the 25 mile (40K) at an average of just over 26 mph, and ran the 6.2 miles (10K) at a sub five minutes per mile pace. The best overall time at the Olympic distance was 1:53:32. Similar top pace performances also took place in the sprint race where the winning time was 55:01.

The air and water temperature was 74 degrees and the setting on Lake Champlain between the Green and Adirondack mountains in historic Burlington was inspiring. However, a 52 year old man died of a probable heart attack on the mile swim in four foot waves on Lake Champlain. Therefore, USMS/SMS encourages members to attend safety and instructional clinics like the one Tim Root is conducting at Bennett's in Zachary, La. SMS plans their first open water swim event in April 2013. Look for more information in the next newsletter.

### **Avoid Shoulder Injury**

Injuries to the shoulder are the most common injury for athletes in all aquatic disciplines. Shoulder injuries mean critical time is lost from training and competition. Prevention is a must in order to train at the level you desire. Lucky for us, Dr. Jim Miller of Virginia Masters and Past President of US Masters Swimming, has put together a great video of exercises to prevent shoulder injuries in aquatic sports. The exercises are easy to do and can be done at home with minimal equipment. The exercises are for prevention; so if you are injured already, please see your orthopedist or physical therapist. To watch the video, go to [www.fina.org](http://www.fina.org) and click on the Sports Medicine page.