

Southeastern LMSC Newsletter



Pictured: Cheryl Corvo; Photo Credit: Caleb Whitehead

Upcoming Meets and Events

Pool meets:

March 13, 2021: St. Patrick's Day Invitational.
Kingsport, TN. [Information](#).

Open Water:

June 6th: 14th Annual Chattanooga Rat Race (5K). Chattanooga, TN. For more [information](#).

September 12: Swim Hobbs Island (1, 2, or 5 miles). Huntsville, AL. For more [information](#).

September 26th: Bridges to Bluffs (10K).
Knoxville, TN. For more [information](#).

October 9th: Swim the Suck (10K)
Chattanooga, TN. For more [information](#).

Other Southeast Zone Meets & Events:

<http://www.southeastzone.org/meets.html>

Other USMS Meets & Events:

http://www.usms.org/comp/event_search.php?utm_campaign=top_nav&utm_medium=event_s_and_results

SELMSC NEWS & LOGO CONTEST!

Welcome to the Winter edition of the 2021 SE LMSC newsletter. We hope your year is off to a good start. As the new year gets up and running, we are announcing the start of the [Southeastern LMSC Logo Contest](#)! Do you have an idea for a Logo? One that incorporates the nuances of our states (TN, AL, FL)? Even better if it uses colors that complement those of the [USMS logo](#)! Please send your submission, in jpeg or pdf format, to SEChair@usms.org. The winner will have their fees reimbursed (\$60). Deadline April 1, 2021.

In other exciting LMSC news, we would like to welcome two new Board Members: Claire Letendre (Secretary) and Pia Vanheyste (Membership Coordinator). Please see page 5 for an introduction to our two new Board members. A big THANK YOU to outgoing Board members, Laura Ladd and Sara Wolf, for their work through the end of 2020.

TIME TO THINK ABOUT SERVING ON OUR LMSC BOARD

Our LMSC Bylaws call for elections to take place every two years. This spring, a Nominations Committee will be formed to solicit and accept nominations for five elected leadership positions: Chair, Vice Chair, Secretary, Treasurer, and Membership Coordinator (formerly known as Registrar/Registration Chair). Collectively, this group serves as the Executive Committee of the LMSC. Information on

responsibilities of each position, as well as the nominations and election process can be found in our [Bylaws](#). We anticipate a call for nominations will be made in early May with elections to follow.

In addition to these elected positions, there are appointed positions (both as Chairs and members of committees), including Competition, Top 10/Records, Newsletter, Website, Fitness, Coaches, Officials, and Open Water. In practice, these committees may consist of a single Chair but opportunities to serve as committee members may represent a good way to ease into a leadership role. The Chairs of these committees, along with the five elected officers, make up the LMSC Board, which holds quarterly meetings.

USMS Swimmer Meets a Portuguese Man o' War

by Pia Vanheyste

Have you ever faced a situation that required a mental toughness you didn't know you had? What helped you gain that toughness?

I know swimming builds physical strength. I've long suspected it also builds mental strength. Last summer, I was convinced. I was swimming in the Choctaw Bay, a swim I'd done a few times before. Jim was by my side in his single-person kayak. All was going well when, suddenly, I made contact with a Man-of-War. From my right fingers, down my right side, and all the way to my right ankle. The immediate pain was horrible. I screamed and tears started welling. Jim yelled for me to get in the boat but ... I couldn't imagine that would go well.

Mentally, I gathered myself. Fighting the pain, I turned towards shore. It was twenty minutes away. I started swimming. "You can swim, you can, you can. You are trained by a great coach who has put you through some tough sets. You can swim, you can, you can." Even as my right elbow gradually stiffened, I kept pushing, Jim kayaking by my side. My progress seemed so slow. Afterwards, Jim said that he has not seen me go that long, regular, and strong.

I now believe that pushing myself outside my comfort zone during practice has made me mentally able to conquer more than I ever believed possible! (Although I had definitely not planned, nor do I recommend, this approach for checking your mental toughness.)

Thank you to Coach Cheryl for pushing me, and making me mentally tough. And thank you to all the Auburn Masters for your camaraderie, and making the workouts fun.

A Word from our Fitness Chair ... by Cheryl Corvo (Coaches Chair / Fitness Chair)



Pictured: Cheryl Corvo; Photo Credit: John Reed

Ask swimmers what their fastest stroke is, and they usually limit their choice to one of the standard four: fly, back, breast or free. The world's fastest moving stroke, however, isn't really a stroke at all; it's more of a secret weapon. Competitive swimmers and coaches have come to know it as the fifth stroke: the underwater dolphin kick. If you aren't using it, then you aren't taking advantage of the most explosive moments of your swims.

Underwater dolphin kick has completely transformed the sport. Swimmers are moving at their highest velocity at the starts and turns of their races, driven by the force from jumping off the blocks, and pushing off the wall. This force provides momentum going into the streamline and continuing into the start of the stroke. The fastest swimmers have a strong push, accelerating off the wall and into a tight streamline. They then extend the distance covered at high speed with underwater dolphin kicks for the full fifteen meters.

Underwater dolphin kicking is responsible for an evolution in the sport of swimming. Olympic Champion Mark Gangloff said that "It's fun to see this young generation that has embraced it at an early age because they're even better at it than people of my generation...Now, the club coaches have invested in doing these amazing things underwater." This has caused the times to get faster and faster.

The best swimmers consistently take full advantage of their walls, but underwater dolphin kicking isn't a skill that develops overnight. Like everything else in this grueling sport, it takes thoughtfulness and practice. J.P. Mortenson presents a [nice overview](#) of how the dolphin kick has evolved since it was first used by American Jesse Vassallo in the 1970's, only to disappear and reappear with Japanese Daichi Suzuki in the 1980's. A few years later, it would really catch on when a couple of Stanford swimmers began practicing it followed by the 1988 Olympic Games in Seoul where five of the eight swimmers in the men's 100m backstroke final kicked underwater off their starts for 20 meters or more.

If you would like to try it, Mark McCluskey produced an article that includes a video showing the power of a good underwater dolphin kick followed by drills and additional insight into the 5th stroke.

<https://www.swimmingworldmagazine.com/news/the-fifth-stroke-dolphin-kick-drills-that-can-improve-performance/>.

And now, a set to work on that kick, courtesy of Wito Vanheyste, Auburn Masters Swimmers:

A WORKOUT	B WORKOUT
Warm-Up (600)	Warm-Up (600)
300 swim 200 kick 100 skull	300 swim 200 kick 100 skull
Pre-Set (1600)	Pre-Set (1200)
4 x $\begin{cases} 8 \times 25's \text{ kick (w/ fins) on 30s} \\ - \text{ Odd rounds FL w/ kickboard, even rounds BK} \end{cases}$ 16 x 50's on 1:10 #1-8: 25 FL drill 25 BK swim #9-16: 25 FL swim 25 BK drill	4 x $\begin{cases} 6 \times 25's \text{ kick (w/ fins) on 35s} \\ - \text{ Odd rounds FL w/ kickboard, even rounds BK} \end{cases}$ 12 x 50's on 1:20 #1-6: 25 FL drill 25 BK swim #7-12: 25 FL swim 25 BK drill
Main Set (900)	Main Set (600)
Odd rounds FL, evens non-BK: 2 x $\begin{cases} 6 \times 75's \text{ on 1:30} \\ - 25 stroke 25 recovery FR \\ 25 stroke \\ - Stroke is FAST \end{cases}$	Odd rounds FL, evens non-BK: 2 x $\begin{cases} 4 \times 75's \text{ on 1:30} \\ - 25 stroke 25 recovery FR \\ 25 stroke \\ - Stroke is FAST \end{cases}$
Cooldown: 300 choice	Cooldown: 200 choice
3400 SCY	2600 SCY

If you would like to submit your favorite workout for possible publication in the next newsletter, please send it to the Coaches/Fitness Chair (ccorvo2010@gmail.com).

RETURNING TO COMPETITION

by Conner Bailey (Sanctions Chair)

USMS has established guidelines [<https://www.usms.org/events/covid-19-event-resources>] to help event directors develop safety plans that will allow for a return to pool and open water competitions. This guidance contains recommendations that limit number of entrants and other suggestions designed to reduce risks from the COVID pandemic. Event directors also must be aware of state, municipal, and – perhaps most importantly – facility requirements. For example, Auburn University currently would limit a Masters meet to a total of 50 participants, including timers, officials, and those working the scorer's table.

These guidelines and requirements are likely to evolve in the months to come as we and our partners within USA Swimming gain experience in putting on safe events. Those interested in hosting pool or open water events later this year are encouraged to contact our LMSC Sanctions Chair (Conner Bailey, cbailey@aq.auburn.edu) who can share safety plans used in recent events and help you develop a safety plan that fits your conditions.

RETURN TO COMPETITION: SWIM MEET OBSERVATIONS

by Rick Schumacher (Top 10 Chair)

With our first Southeastern LMSC meet in 12 months just around the corner, many members might be wondering what swim meets are like during a pandemic. As both a volunteer assistant swim coach at the McCallie School in Chattanooga and a volunteer official, I have helped out at 6 meets this Fall and Winter and have some first-hand observations on how meets can be relatively safe and fun for participants. Often, you have to be creative.

Obviously, the size of the facility is important. The maximum number of swimmers, coaches, lifeguards, and officials is very different at a large 50m x 25yd facility as opposed to a 6 lane 25 yard pool with no warmup or cool down area. Most aquatic facilities have limited seating capacity. At a few meets, spectators weren't allowed at all. One unexpected benefit is that we have had no problems getting volunteer timers, since often times this is the only way for parents to see their kids swim!!

Warmup can be tricky since that's the one time when all swimmers want to use the pool simultaneously. We've had to hold multiple short warmup sessions (ie, 15-20 minutes per session) for larger meets so that everyone has ample time to warm up. For one of our away meets in the Atlanta area, since we were told that we would not be allowed into the pool area until 30 minutes prior to the start of the meet, we rented a conference room at a nearby hotel for an hour and held a team meeting with a nice long stretching session to prepare. We also have kids wear their suits to a meet, so they can minimize locker room time and also maximize warmup time.

Mask wearing has been required at all meets. While it's not always easy to get teenaged boys and girls to comply, they've generally gotten used to it and understand that if they aren't wearing their masks, then they won't be able to compete. At most meets, teams sit in their own areas, and we socially distance as much as space permits.

Our swimmers have become accustomed to bringing a few Ziploc bags with their names written in Sharpie on them, so that they can place their mask in their bag before getting on the blocks. Some meets have placed baskets or buckets behind the starting blocks for competitors to place their "mask in bag", which has been helpful to keep their masks both dry and (relatively) germ-free.

Ensworth did a particularly good job of managing swimmer traffic flow during a meet they hosted in early February. Swimmers in the next heat were "on deck" in socially distanced folding chairs (assigned Lanes 1-10), on the Lane 10 side of the pool. Swimmers in the following heat ("in the hole" were also in socially distanced folding chairs, again assigned 1-10. When competitors finished their event, they would all exit via the Lane 1 side, and the next heat would walk to their lanes from the Lane 10 side. Basically, there was a one-way, counterclockwise traffic flow, like what you've probably experienced at some grocery stores.

Overall, while we have missed the spectators and the social camaraderie that is so enjoyable at meets, we have been able to hold a handful of meets and our kids have been able to compete. With the lack of distractions, some of our kids are swimming very fast this year, and many swim teams are finding that the kids are developing particularly tight bonds and friendships within their respective teams, since they spend so much time together. While it's certainly been a weird time, and vaccines can't come soon enough, in my opinion it is absolutely possible to hold competitions that are safe and enjoyable for all.

We welcome our newest Board Members:

Pia Vanheyste is our new membership coordinator.

Pia was born and raised in Belgium. The story goes that as soon as she could walk, no puddle was left untouched, whether she was dressed up or not. At the age of two, she visited a real pool with her family. Her oldest brother, age 11, decided to put her on his shoulders and go off the diving board. The instructions were to just keep her hands above her head with her arms straight. Her mother nearly ... Pia thought it was super fun! And so her swim career began.

Fast forward a few years ... Pia started coaching in 2009 (USAS certified) and also assisted with the setup of a dryland program for her son's team. When her son went to college (AU) he encouraged Pia to get back in the water and so she did. Pia discovered USMS in 2015 and decided to explore meets. The first one was at Auburn where she met Conner and many other great swimmers.

Pia is still associated with Auburn Masters and is a certified USMS coach. She is excited to take on the membership coordinator position.

Claire Letendre is our new secretary.

Claire has been swimming since she was very young. Her parents met through USMS and her first time in the water was at a Master's swim meet at the ripe old age of four weeks. She swam competitively for the Parkway Swim Club in St. Louis, and then for Eastern Michigan University. Her college events were the mile, 200 Fly and 400 IM. As a Master's swimmer, she has retired the 200 fly and 400 IM.

Claire started volunteering at the age of 16 as the Ozark LSC athlete representative. She spent two years on the Adaptive Swimming Committee and then, from 2007 to 2017, was an athlete representative to the United States Swimming Rules and Regulations Committee. She received the USA Swimming Athlete Distinguished Service Award in 2019.

Immediately following her college career, Claire started Master's swimming and has swum on teams in the Michigan, Georgia, New England, Illinois, Virginia and now, Southeastern LMSCs. She has been on the USMS Rules Committee since 2015 and is now the vice chair of the committee. When not volunteering, Claire is a pediatric audiologist in Pensacola, Florida, and is looking forward to being on the board!

Southeastern LMSC Volunteer Positions:

LMSC Chair. Michelle Smith, Eastern Shore Masters Swimmers, Fairhope, Alabama.

Vice Chair. Vacant

Secretary. Claire Letendre, Gulf Coast Pirate Swimming, Pensacola, Florida.

Registration Chair. Pia Vanheyste, Auburn Masters Swimmers, Auburn, Alabama.

Treasurer. Helen Naylor, Vanderbilt Swim Masters, Nashville, Tennessee.

Coaches Chair. Cheryl Corvo, Eastern Shore Masters Swimmers, Fairhope, Alabama.

Sanctions Chair. Conner Bailey, Auburn Master Swimmers, Auburn, Alabama.

Officials Chair. Frank Odell, About Time Masters Swimming, Cullman, Alabama.

Fitness Chair. Cheryl Corvo, Eastern Shore Masters Swimmers, Fairhope, Alabama.

Top 10 Chair. Rick Schumacher, McCallie School Masters, Chattanooga, Tennessee.

Communications Chair. Barbara Calhoun, Vanderbilt Swim Masters, Nashville, Tennessee.

Open Water Chair. Helen Naylor, Vanderbilt Swim Masters, Nashville, Tennessee.

The LMSC Board meets quarterly: January, April, July, and October.

The LMSC Newsletter will be published quarterly (or so): February, May, August, and November. Please submit pictures or articles of interest to swebmaster@usms.org.by the beginning of the month of publication.

Consider a position with the LMSC. For information on LMSC Volunteer Roles, please see:

- [Chair](#)
- [Vice-Chair](#)
- [Secretary](#)
- [Treasurer](#)
- [Membership Coordinator](#)
- [Communications Chair](#)
- [Top Ten Recorder](#)
- [Sanctions Chair](#)
- [Coaches Chair](#)
- [Officials Chair](#)
- [Open Water Chair](#)
- [Fitness Chair](#)
- [Awards & Recognition Chair](#)
- [Safety Chair](#)
- [Affiliated Organization Liaison](#)

For the 2020-2021 Season, as of mid-February, we have [641 members and 33 clubs!](#)