



L to R: Jackson Curry, Mia Flory, Katelyn Lough, Will St. John, Zoe Deeble, and Sarah Dunham at our team picnic.

## WRAPPING UP THE PAST SEASON AND LAUNCHING THE NEW

On May 16th we celebrated the completion of our 2020-21 short course season, as well as the 2019-20 season, with a team picnic at Camp Horizons. Join us in congratulating our seniors from 2020 and 2021: Olivia Arndt, Sarah Arnold, Mia Constantin, Ryan Deavers, Derek Estep, Maddie McCay, Erik Payne, and Nathan Smith.

Coach Martin's last day is June 4th as he will be moving soon AND getting married in May 2022! Martin's joy in working with our kids, his encouragement, and VIBRANT personality on deck have been such an asset to our team over the last several years. **THANK YOU, Martin!**

We also want to thank each and every one of you for your part in helping make the Great Community Give such a HUGE success for our team! The event raised over \$4,500 for our team thanks to the 100+ donations made during our power hour.

## UPCOMING EVENTS

*Mark your calendars for these upcoming meets  
and other important dates*

June 4

Andrew Hartle Invitational | Greensboro, NC

June 18

SMAC Long Course Meet | Waynesboro

June 25

LY Long Course Meet | Lynchburg

July 9

Long Course Summer Awards | Christiansburg

July 15

Long Course Senior Champs | Lynchburg

July 22

Long Course Age Group Champs | Christiansburg

August 1

2021-22 Registration opens

# COACH'S NOTES

- Scot Budde

**Long Course Season is Here!** More than twenty of our VAST Gators kicked off our long course season by competing in Christiansburg during the last weekend in April. Many of our swimmers enjoyed watching professional athletes achieve Olympic Trial standards, while others swam in a long course meet for the very first time. Those are two very distinct but extraordinary accomplishments, and I'm glad that I was able to see those achievements.

So what's the big deal about "long course?" Long course is swimming in a 50-meter pool (you'll see it abbreviated as "LCM" or long course meters), as opposed to a 25-yard pool ("SCY"). Long course is the international standard for competition, as you see during Olympic competition. The blatantly obvious difference is that a LCM pool looks twice as long as a SCY pool, so you don't turn as often. No big deal, right? Well, that time between your last stroke/kick before you turn and the first stroke/kick after your turn is a small break for your muscles, which makes a huge difference in being able to repeat those motions, especially as the distance of the event gets longer. Secondly, meters vs. yards: about the same? A meter is almost 10% longer than a yard, so 50 meters is the same as 55 yards. So first, you turn only half as often; second, you have to swim an extra 5 yards (the distance from the flags to the wall in a SCY pool) before you get to turn. All of this makes doing your motions correctly so much more important.



L to R: Abigail Kullander, Sarah Dunham, and Zoe Deeble

## RECENT MEETS

Our swimmers are working hard and improving - every bit counts! Click on the below links to see individual meet results and stats.

- [SC Senior Champs](#)
- [SC Age Group Champs](#)
- ISCA [International Senior Cup](#)
- Swim RVA [Shamrock Showdown](#)
- ISCA [East Elite Showcase](#)
- HOKI [May Day LC Invitational](#)

And that is why, **no matter what level swimmer you are for our team, learning and training in a LCM pool is tremendously important for your development as a competitive swimmer.** As our swimmers who competed in Christiansburg two weeks ago can attest, it makes swimming in a SCY pool so much easier!