

THE WET GAZETTE

The LMSC for Virginia - Serving Masters Swimmers in Virginia and West Virginia
November 15, 2008

Make Plans for Meets

There are numerous opportunities to compete this winter and spring. Make plans to attend a few and plan your training to prepare for racing. Details of how to get entries are on page 2 in the Calendar.

December

Dec 5-7: SCM Zone Championship at Rutgers University in NJ. This should be a fun meet with a good turnout of swimmers. Entries are due November 26.

Dec 12-14: New England SCM Championship at Boston University. Entries are due November 19. Late entries will be accepted until December 6 with a \$15 late fee. This will also be a well-run meet with lots of swimmers.

January

Jan 24-25: Charlotte, NC

All month: One-Hour Swim

Organize a group effort at your pool. Great conditioning for all swimmers.

February

Feb 1: Tropical Splash, Alexandria, VA

Feb 14-15: VMST Meet in Richmond

The entry will be in the January newsletter.

April

Apr 24-26: Colonies Zone SCY Championship at George Mason University

May

May 7-10: USMS SCY Nationals in Clovis, CA

August

Aug 6-10: USMS LCM Nationals in Indianapolis.

New format!!! Individual events start on Thurs and Fri; Saturday is devoted solely to relays (200, 400, and 800); Individual events on Sunday; Distance events (1500, 800) on Monday. Think about attending – great pool, not too far from Virginia.

Time to Register for 2009 !!!

Your USMS registration for 2008 expires on December 31. Registration for 2009 began on November 1. Any registrations done now are for all of 2009.

Use the Online Registration Option

After many years of discussion, USMS finally has an online option. The new system has been in place since last February. Most of us had already registered for the year by then, so this is our first time to try it out.

Go to www.usms.org. On the right side of the home page, there is button for Renew/Register. The instructions are clear as it leads you through the process. My only hesitation was in giving the credit card information. I register with a nickname, but my credit card has my legal name. The program accepted this discrepancy with no problem.

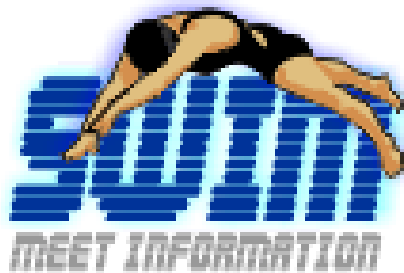


Look up USMS Number or Print Replacement Card

When you register online, you will notice that there is an option to look up your registration number or to print a replacement card. So if you misplace your card, you have a way to print a replacement.

Paper Registration

If you do not have computer access or do not want to use the online system, you may register as you always have. The registration form for 2009 is included in this newsletter on page 7.



If you do not have internet access, call or write to me (editor, information below), and I will send you an entry.

Dec 5-7: Zone SCM. See Colonies Zone website.

Dec 12-14: NE SCM. www.swimnem.org

Jan 24-25: Charlotte, NC. See NC website.

February 1: Alexandria, VA.
See Potomac Valley website.

February 14-15: Richmond. Entry will be posted at www.vaswim.org and will be in the December VMST newsletter and the January LMSC newsletter.

April 24-26: Zone SCY. Entry will be on the PV website and in the March newsletter.

Newsletter Editor

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USMS Nationals

2008

SCY – Clovis, CA
LCM – Indianapolis, IN

2009

SCY – Atlanta, GA
LCM – San Juan, Puerto Rico



Masters Swimming in Virginia
www.vaswim.org

USMS Website
www.usms.org

Latest info on all levels of swimming
www.SwimmingWorldMagazine.com

Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: www.maryland@usms.org
Potomac Valley: www.PVMasters.org

Colonies Zone
www.ColoniesZone.org

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Graphics from www.swimgraphics.com

Big Changes in USMS

A Report from the USMS Convention in September

By Betsy Durrant

USMS is entering an exciting time. Through the leadership of our new Executive Director, new projects are underway and many old projects are finally being completed. Rob Butcher was hired as our Executive Director in June and jumped right in to get things rolling.



Rob came to USMS from World Racing Group where he was Chief Marketing Officer for its national racing league the World of Outlaws, sanctioning body, and seven speedway properties.

Aside from his professional experience, Rob is a competitive swimmer. He was a

four-year scholarship swimmer for Georgia Southern University, graduating in 1994 with a Bachelor's degree in Marketing. In 1995, he earned a Masters degree in Sports Administration, also from Georgia Southern University. From 1996-1997, Rob served a post-graduate internship with Auburn University, working in the Auburn sports marketing department. From 1998-2000, he was a member of the Prudential athlete assistance program as he trained and competed in the 2000 U.S.A. Swimming Olympic Trials.

At the convention this year, Rob explained his vision for USMS and committees discussed how they could work to further this vision. An excerpt from Rob Butcher's pre-convention report:

"Only 25% of our membership in any given year is competitive, be it pool competitions, open water, or virtual, meaning 60% to 75% of the membership is a member for other reasons. It's a given that the 25-40% who are competitive will renew its membership each year because they need to in order to compete. But unlike USA Swimming or USA Triathlon, which has 90% or more of its membership as competitive, USMS membership is a choice. If a coach or club does not require USMS membership for its swimmers, then we must provide such compelling value that

he/she will choose to be a member and subsequently renew membership.

If we are to retain and grow membership, we will continue to support the competitive experience and also promote opportunity outside the competitive box. We must continue to develop member benefits, member programming, support coach and instructor development, and create an experience that appeals to the 60-75% non-competitive membership audience."

Some of the actions that were proposed, subject to budget approval:

- a) Centralization – bring all staff members to one location to increase efficiency, productivity, and accountability. Also, to foster staff communication and identify opportunities.
- b) People – USMS is transitioning from a volunteer run organization to an administration charged with execution. This will require new personnel.
- c) IT (Information Technology) – As USMS focuses on Membership Services, Coach and Club Services, and Marketing and Promotion, we must invest in our website (www.usms.org). We need vibrancy, freshness, content and service.
- d) Marketing & Promotion – USMS is in need of an updated look and increased promotion.

The vision and plan presented by Rob Butcher was accepted by the House of Delegates. In order to fund the opening of a new office, the consolidation of employees in one location, and the hiring of additional staff, the House of Delegates approved a \$2 dues increase for 2010. Note that this is not for 2009, but for 2010. The HOD also approved additional dues increases for up to 5 years. Note that this is for "up to" 5 years and will not necessarily be implemented for each year. For 2009, the HOD authorized using reserves to begin funding the new initiatives.

At present, Rob and his administrative assistant Ashley Gangloff are operating out of a temporary office in Charlotte, NC. The location of a permanent USMS office is being studied, but has not been determined at this time.



New on the website: Ashley Gangloff is keeping the homepage of our website fresh with a new article twice a week. Old articles can be accessed through the Features Archive. Check it out at www.usms.org.

More from the Convention...

The Saturday night banquet includes all sports at the convention:

USA Swimming, USA Diving, USA Water Polo, USA Synchronized Swimming and United States Masters Swimming

Each sport presents one or two awards.

Michael Phelps was the winner of the USA Swimming's Swimmer of the Year. Michael was not present to accept the award, but his mother, Debbie Phelps, was there in his place. She gave a very personal, humorous speech and graciously posed for pictures after the banquet.



Our Registrar Lisa Bennett (SwimQuest Masters) with Mrs. Phelps.



Jeff Roddin, Potomac Valley Registrar, with Mrs. Phelps. See next article →

Virginia was represented at the convention by eight delegates. Lisa Bennett (Registrar), Dave Holland (LMSC Secretary), and Chris Stevenson (LMSC Vice Chair and Top Ten/Records Chair) were the three official delegates from Virginia.

Sandy Galletly was an At Large delegate, appointed by the President.

Charlie Cockrell, although living in Alabama, is still a member in Virginia. He is Chair of the Officials Committee.

Patty Miller is Legal Counsel. Jim Miller is the immediate Past President. Betsy Durrant is a member of the Board of Directors.



Lisa, Sandy, Betsy, Charlie, Chris, and Dave after the banquet.

Jeff Roddin Makes Things Happen

I love to harass Jeff Roddin at every opportunity (egged on by Mark Gill, of course). This time, however, Mark has given me a great story about Jeff. Mark's account is below.

At work at NASA, Jeff met an astronaut, Mike Massimino, who was scheduled to go into space in October. While chatting at a charity dinner, Jeff learned that the personal item the astronaut planned on taking with him into space was a Michael Phelps swim cap. His son, a swimmer, came up with the idea. Massimino had tried getting a signed cap from Speedo, Michael's agent, etc. and had gotten the run around. He finally was mailed a cap, but it didn't seem he was going to get the publicity that he wanted for swimming and NASA. That's where Jeff comes in.

When Jeff and I were at Olympic Trials, we were sitting near Debbie Phelps. Jeff went over

See Roddin on page 5.

Roddin continued from page 4.

one day, introduced himself and explained about the cap. Debbie and Michael had no idea this was happening. Jeff put Debbie in touch with Mike Massimino. She invited Mike to come speak at her school, and Michael Phelps and his family were invited to come watch the launch.

The shuttle mission was scheduled for October but got scrubbed and rescheduled for 2009 (date still TBD).

News from the Chinn Group

By Betsy Durrant

Wayne White, race director for the Lake Montclair swim, is also the coach for the Chinn Aquatic Center workout group. After many years of successful swims, Mother Nature forced the first cancellation of the lake swims. Of course it is disappointing for the entrants, but it is also extremely disappointing for the organizers. In many ways it is more stressful to have to cancel than to run the race.

VMST had a very nice meet at Chinn for several years. It was not held last year due to conflicts. Wayne and the Chinn group are still discussing whether or not to have a meet this spring. If the meet is to be held this year, I will include the entry in the January newsletter.

Mark Daniels, one of the Chinn swimmers, has sent me some pictures from workouts and meets. I will include them as space allows.



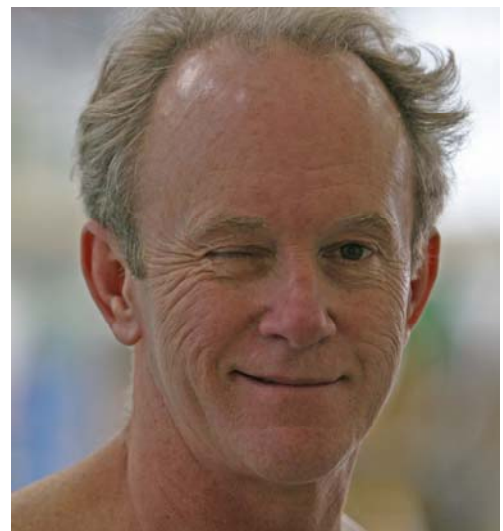
Jennifer Barnett



John Barber (back of head), Jason Salmanoff and Phil Deegan



John Barber



Mark Daniels

Spotlight on Warrenton Masters

Masters Swimming, For Life!

Most of us who follow swimming read a lot about world champions and national record holders. Sometimes we may even picture ourselves as a Phelps, a Lezak, or a Coughlin, as we fly down the lane in a hi-tech, full-body Fastskin and chase down the French guy in front of us. Positive thinking is good, of course. But the reality is that most of us in Masters Swimming will never be at the level of catching the French anchor swimmer Alain Bernard in a relay. Our goals (and times) are decidedly more quotidian than Olympian.

For us, Masters Swimming is more about the 60 year old guy who suffers a heart attack during which his heart stops twice. The guy survives, fortunately, and gives up cigarettes and starts swimming with us.

Then there's the mailman whose sister beats him by 8 minutes in a triathlon. The mailman is a nice guy. He's a laidback guy, actually, and not necessarily competitive. So it's kind of amazing how the kidding from his sister compels him to join Masters and start working out hard. The following year, he tops his sister at the same triathlon by two minutes, and drops his swim time from 27 to 14 minutes.

There are moms, too, who competed in their youth and want some time for themselves to get back into shape. Before they know it, they're pulling on swim caps that their children have decorated, as their families cheer them on at a meet.

And don't forget the 79 year old lifelong swimmer, who discovers new competitors in their age group. Now they know they can no longer just show up and take home the gold. Now they've got to swim!

There's the 40 year old who was a competitive swimmer as a kid who just beat his best "life" time. There's the brick layer who started swimming three years ago, and a lap swimmer who never had a team to swim with who breaks a minute for the first time in the 100 free. There's the coach that has swum competitively his whole life improving his times as he gets older. There's the high school girl, her senior citizen counterpart, and others that just want to stay in shape and not race. There's the teacher who wants to perfect her technique while coaching her High School team, and the government workers taking out their frustrations in the pool after a long commute. There's the swimmer who wants to learn the proper technique to avoid injuries.

Masters Swimming is about all that and more. It's about fifteen adults driving into the city from the country to cheer and encourage each other like they were kids at a swim meet. And if Dara Torres is any proof, it may even be about Olympic and World Champions.

One thing in common on most Master's teams is competition. The original meaning of the word "competition" is "*come together to "seek" improvement*". We all know that working together helps us improve, and that's our goal for the Warrenton Masters Swim Team. When we actively seek improvement together we get much further ahead.

By focusing on the original intent of "competition" and avoiding its modern, win-at-all-costs meaning, we make swimming an activity for life, which keeps us looking forward to the next practice. The camaraderie of Master's Swimming helps us stay focused and pushes us to excel, not only in swimming, but in other aspects of our lives, as well.

The Patriot Master's Sprint Classic sponsored by the Patriot Masters Swim Team is a great event each year for all swimmers, especially ones that are just getting back into swimming. Races from 25 yards to 200 yards are events everyone can enjoy!

Charlie Tupitza

Coach, Warrenton Masters Swim Team



Stephanie Strong, Jeremy Worst, Kami Whitney, Karen Lehmann, Mike King, Raleigh Conway, Rob Humphreys, Charlie Tupitza, Troy Holland, Todd Goins, Tom Lyons. Missing (in the shower) Sarah Rosenbaum, Kara Draper, Simon Thorton