

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia and West Virginia

Renewal Time!!

All 2008 USMS registrations expired at the end of December. If you registered after November 1, you are okay for 2009. Everyone who has not re-registered needs to do so ASAP. You don't save any money by waiting and you miss out on the magazine and newsletters.

The easiest way to register is to do it online. It really is easy, and you print your own card. Go to www.usms.org and look for the JOIN/RENEW button in the upper right of the home page. A form was in your November newsletter. If you need another form, go to www.vaswim.org, call me or Lisa (phone numbers on page 2).

**DON'T DELAY.
RENEW TODAY!**

LMSC Elections

We have a new LMSC Chair and a new LMSC Vice Chair. **Chris Stevenson**, of Richmond, has served for the last few years as our Vice Chair. He has now replaced **Terry Sue Gault** as the Chair. Many thanks to Terry Sue for her leadership and dedication. Terry Sue is the type of person you can depend on to help wherever and whenever she is needed.

Our new Vice Chair is **Alison Moore**. Alison is new to our LMSC, but brings lots of experience from her years with Oregon Masters. Alison has lived in northern Virginia for several years and participated in local meets as a member of Oregon Masters. Knowing that LC Nationals were to be in Oregon last summer, Alison maintained her membership in Oregon to work with her team and celebrate being part of the great organization that put on an outstanding meet. She is ready now to turn her attention to working in Virginia.

Dave Holland of Richmond and Mike Duignan of Virginia Beach are continuing in their positions as Secretary and Treasurer. We are fortunate to have such a talented leadership team!

My Pacemaker

By Warner Brundage

(Our esteemed editor Betsy has suggested that an article about my experience with having a pacemaker might be of interest given that it is estimated that over 100,000 pacemaker operations are performed annually in the United States and that it is not uncommon to find that an aging Masters swimmer might face a decision to have one inserted. Although I am not generally willing to share publically my medical history, I agreed to write this article in the hope that it might ease any concerns expressed by a person facing this procedure).

Let me set the scene. I had just returned from warm-ups at the Zone SCM Championships at Rutgers back in early December and joined my wife Debbie in the stands. Just then, she noticed an elderly gentleman also returning from warm-ups and said with enthusiasm: "Oh look Warner, he also has a pacemaker."

Now I know that she once again was being supportive of me, but my reaction was to say: "Yeah, but he is 85, and I am just a young guy of 65. How do you think that makes me feel?" "It should make you feel good," she replied. "After all, he is still swimming and enjoying life. And because you now have a pacemaker, you feel great, can once again enjoy competitive swimming, and

maybe you too will still be swimming at 85."

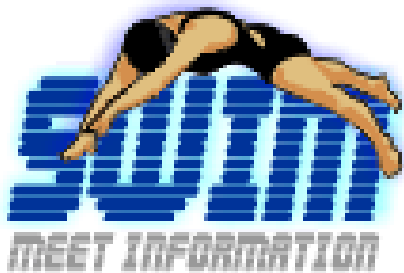
Chagrined, I once again marveled at my luck in marrying this woman.

Well, how did I get to the point back in July of having a surgeon cut into my chest, thread two electrical wires down inside a vein in order to

attach them into the inside of my heart, and then connect the wires to a pacemaker about the size of

See Pacemaker on page 3.





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

Jan 24-25: Charlotte, NC. See NC website or go to <http://www.ncmasters.org/#meets> to sign up for meet online.

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

February 14-15: Richmond. Entry is in this newsletter.

February 28: Greensboro, NC

March 21: Albatross Open SCM. See PV website.

March 28: Duke University, Durham, NC

April 18-19: NC Championship, Raleigh

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

2009

SCY – Clovis, CA
LCM – Indianapolis, IN

2010

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

Pacemaker continued from page 1.

a large Oreo cookie to be inserted under a chest muscle. I'll try not to bore you with my whole medical history.

Suffice it to say, that for most of my life I have been aware of my heart rhythms and irregular beats. I also had a fairly slow heart rate. I understand that such phenomena are not uncommon in athletes, and my doctors were not concerned. But over the last year or so, I would occasionally experience loss of strength during workouts, and a feeling, after workouts, that I might faint. What followed were rounds of tests – stress test, echo cardiogram, calcium scan and even a heart catheterization. My heart's plumbing seemed to be OK, but my symptoms continued, and Debbie continued to urge me to get into see my Doctor.

I finally did so, and he suggested that the problem might be electrical and insisted I wear a heart monitor to look at that aspect of the heart. After a weekend of wearing the device and transmitting readings to the monitoring service, I was urged to see my cardiologist. Imagine my surprise when he walked into the examining room and announced that I was going immediately to the hospital to have a pacemaker.

I was extremely reluctant to follow his recommendation. I knew little about pacemakers, and the operation sounded pretty serious to me. Trying to reassure me that everything would be Ok, he told me not to worry because they were probably much more likely to have killed me during the previous heart cath than in the pacemaker operation. (Those cardiologists have a distorted sense of humor).

He went on to explain that my pulse was down to around 30 beats per minute (a condition called bradycardia) and pausing at times for more than 3-4 seconds. Under such conditions, I was likely to faint and injure myself or others, for example, if I were driving. He convinced me that I had an electrical problem which needed to be corrected.

By the next day, my pacemaker was in. And I instantly felt better! No more feeling as if my heart would stop, consider whether it should start up again, and once again kick-in. And although I can no longer brag about my slow heart beat (as if a slow pulse were proof of being an athlete), I feel great now that I beat along at a normal pulse rate.

After the surgery, it was six weeks until I could get back to swimming and a bit longer before I felt confident enough to attend a coached workout. But I am back fully participating in

workouts, have competed in two meets and even set some State records. Now if I only get to the point that my surgeon promised; that I will swim faster this year than I have in the last couple of years. Time will tell whether I achieve this goal, but good docs and medical wonders have given me a chance to do it.

As athletes we all tend to be very in tune with our bodies and the various aches and pains we are prone to, and some of us engage in self-diagnosis (I plead guilty). Not to be a shill for the medical profession, I guess a lesson from my story is that we should not discount some adverse bodily change which we know should be investigated by a doctor.

Editor's Note: The amazing thing to me is that Warner had a very successful meet at SC Nationals in Austin in May (one 2nd place, four 3rd places, one 4th place), did not go to LC Nationals in August due to the recent pacemaker implant, and then competed again in November and December. I think we should all learn to listen to our body (and to our spouse).

Workouts

By Betsy Durrant

When you coach, you prepare a good workout most days, and every once in awhile a workout isn't so good (boring, intervals are off, different reasons). But...every once in awhile you have a really good workout, and your swimmers learn something new and feel good about what they have accomplished.

Recently my morning workout group did a great job during the workout and surprised me and themselves. Here's what we did. I knew what times at which most swimmers were repeating 100s. I asked them to do 4 x 100 on an interval with about 30 seconds rest. I gave each person a goal time to beat as they did the four 100s. The goal times were 5-10 seconds faster than their usual repeats, but they were doing only four and had ample rest. Almost everyone met my challenge. I could tell they were working hard – there was a lot of heavy breathing. They then did a 200 drill/swim for recovery.

See Workouts on page 4.

Workouts continued from page 3.

Next, I told them to keep the same interval, do another 4 x 100, but make the swims about 10 seconds slower. The results were amazing. The majority of the swimmers, even though they thought they were swimming easy, averaged only 3-4 seconds slower, but still considerably faster than their usual pace. This led to an interesting discussion of why they swam almost as fast, but it was so much easier.

Several conclusions:

- **Comfort Zone.** They broke out of their "comfort zone" and realized they could go faster, even if they thought they were tired.
- **Muscle Memory.** They were tired enough to swim without thinking too much, and their bodies continued at relatively the same pace.
- **Anaerobic Threshold.** Just a few seconds can make a huge difference in most swims (and most races). If you are controlled and not in oxygen debt, you can swim at a good pace for a relatively long time. When you cross that threshold from aerobic to anaerobic, there is a very noticeable difference. Good workouts and good races depend on knowing the right pace for the given distance or the given set.

Because I spent so much of my childhood swimming years with raw speed but no sense of pace, I really stress the importance of pace in my workouts. I have always been in awe of good distance swimmers who know the difference in their pace for a 500 and for a 1650. I'm learning how to pace and improving my swimming, and I'm trying to teach those I coach to develop the same skills.

More on Workouts

By Betsy Durrant

Because many of swim alone at least part of the time, I thought it might be useful to have information from coaches on how to write a workout. I wrote to several coaches requesting information and I encourage anyone with experience to send me information on how you create workouts.

From Kathryn Gregory who coaches at a YMCA in the Northern Neck area of Virginia.

Thanks for thinking of the many uncoached swimmers in our LMSC. When I go to meets and talk with these folks, they are often desperate for

help and advice. This response is probably more, or different than what you requested, but here goes:

Let me preface my remarks with some comments on our program. We are small, with about 20 swimmers, and over the years we have attracted folks of very different abilities and experiences. Most are older, but we have several youngsters, even a 19-year-old for our first teenage participant. We are blessed with a facility without the usage press of many in metropolitan areas, so we have the luxury of exclusive pool time, and some buffer for finishing up. Practices are 1 1/2 hours, three times weekly, but some folks are in the water two hours.

Our season begins in September and runs until the end of July. I have a general overall blueprint which focuses on endurance and basic skills early, builds toward scheduled meets, and takes swimmers as far as they are willing and able to go toward meeting their individual goals by season's end.

Our workouts per session are the same for everyone in terms of skills and focus, but there are three levels with different distances and repetitions, sometimes skill readiness (i.e., dolphin for fly), and individual limits. I print them out and post on Lucite stands for each lane. This frees me to get splits, observe technique, give feedback, and answer questions as needed. Amazing how well a written plan, for their level, in front of folks works. Hard to not finish the whole thing! They really learn terms, and can make up a practice independently, since the sheets are retained for their later use.

We begin with deck warm up, very individual, with some cords, shakers, stretching, walking around pool deck. The advanced level swim workout averages about 3500 - 4000+ yards, the level I is about 2500 yards, and the level II is from 1500-1800 yards.

There is a warm up series which repeats until everyone is in, or for 15 minutes, whichever comes first. I then stop folks (blow my "dreaded whistle"), encourage a small amount of in-water stretching, and then with all eyes front, do a skill set, which is teaching and practice for about 5 - 10 minutes, with a particular single focus. In the early season I may do 1-3 weeks spotlighting one stroke, its drills, turns, etc., then move on to another stroke. Later the skill sets are more competition-oriented, i.e., finishes, starts, finer points.

We use drills throughout the workout, even on intervals; some practices have more drills than

See Gregory on page 5.

Gregory continued from page 4.

others. Kicks and pulls, sometimes on intervals are also incorporated.

Because I have a low tolerance for boredom, I make every workout different and do not have a single exact format other than **warm up, skill set, main set, and cool down**. The main set is the "guts" of the workout, usually increasing in intensity throughout, and this is where intervals, usually comprising the bulk of the yardage, are primarily used. With a particularly challenging set, I add some purposeful recovery swims. Then notch it back up again. I also like ladder swims and broken distance swims for variety. Regular sprints are important, especially in meet readiness; they may either be at beginning of main set or, more often, after building up to them with some challenges.

The cool down is where I encourage drills and "mindful" or "aware" swimming. It is a time not only to bring pulse and breathing rate down, but to savor the lessons learned in practice, repeating new skills or drills. "Water feel" at the beginning and end of a workout is a good technique to use.

Generally for fun, I add silly stuff, like a loud, "Gobble! Gobble," after a 25 breast pull, dolphin kick, around Thanksgiving, "Boo," at Halloween, toy day where all swim aids are allowed, or feature time trials to prepare for postal events, i.e., 10, 15 and 30-minute swims for the Hour. Distance challenge swims, for people not wishing to do their distance event at a meet, can be opportunities for achievement. Double turn 50's and vertical jumps are fun, as are t-shirt swims to demonstrate drag. Videos are wonderful teachers, and there are some great ones on YouTube these days. Video recording is also a super tool.

Then of course, parties are additional morale-boosters.

From Chris Stevenson, backstroker extraordinaire, who is our LMSC Chair and handles our Records and Top Ten.

Hi Betsy, a great idea. Here are my answers.

1. We usually do about 1000 warm-up; the last 200-300 is increasing speed to get the HR up a little bit. This is probably on the low side, others do more warm-up. If we are going to do an especially fast/hard set, we might do a "transition" warm-up set to get up to full speed. I don't do enough cool-down, I should do more (300-500 is probably best).
2. I usually don't do drills, though they can definitely be a good idea.

3. The entire workout is done on intervals. Some sets are done with only a little rest, some with a lot (and the expectation is that you will go much faster on those sets).

4. I don't know about tricks...I think that one should do sets at varying speeds. They shouldn't all be at the same speed and with the same amount of rest. Some sets should be longer and with perhaps less rest; others should be fast, close to race-pace, and with less rest. Try to hit all the target HR "zones." Also don't forget to do kick sets, and they should be just as hard & intense as the other sets. Don't use them as breaks between hard swim sets.

I hope that helps!

From Jim Miller who coaches in Richmond.

There are several points that I think are valuable within a well designed practice.

- The coach has to accept his role as motivator and entertainer. Keeping the athletes motivated goes a long way to enhancing their effort and results.
- Select a simple goal for each practice and introduce a drill to teach this goal. This should be blended into the warm-up.
- Once the main set starts, bring back the drill to re-teach the concept as fatigue sets in.
- Include fast swimming at some point in every practice with enough rest to entice the sprinters in the group to challenge the middle distance athletes, which tend to be the ones that dominate a practice.
- I use intervals even during the warm-up to gradually raise the heart rate and rarely provide a main set that is not interval based.

Example: Goal for this work-out is front quadrant freestyle position

Warm Up

- 1 x 400 easy swimming decreasing the stroke count by 1 per 50 as the 400 progresses
- 6 x 50 @ Odd 50's on 1 descending free 1,3,5
Even 50's on 1:10 finger tip drag to catch-up position on first 25 - almost catch-up on second 25
- 6 x 75 with fins @ 1:30 - flutter on side at 45 degrees (one arm extended); swim second 25; flutter on other side for the last 25

See Miller on back page.

2008 LCM Top Ten for Virginia LMSC

Women 40-44					
Place	Event	Name	Age	Club	Time
7	400 IM	Paula E Jones	40	VMST	06:12.5
Women 45-49					
Place	Event	Name	Age	Club	Time
6	50 Breast	Patricia M Miller	47	VMST	39.67
10	200 Breast	Patricia M Miller	47	VMST	03:14.9
Women 50-54					
Place	Event	Name	Age	Club	Time
10	200 Fly	Kitten Braaten	53	VMST	03:33.7
Women 60-64					
Place	Event	Name	Age	Club	Time
4	200 Free	Marcia Barry	60	VMST	02:48.0
3	400 Free	Marcia L Barry	60	VMST	05:52.5
2	800 Free	Marcia Barry	60	VMST	12:04.7
1	1500 Free	Marcia L Barry	60	VMST	22:53.1
4	50 Back	Marcia L Barry	60	VMST	42.27
3	100 Back	Marcia Barry	60	VMST	01:31.9
3	200 Back	Marcia Barry	60	VMST	03:20.0
Women 65-69					
Place	Event	Name	Age	Club	Time
2	50 Free	Beth Schreiner	67	VMST	35.54
2	100 Free	Beth Schreiner	67	VMST	01:21.7
3	200 Free	Beth Schreiner	67	VMST	03:05.4
6	400 Free	Beth Schreiner	67	VMST	06:57.6
4	800 Free	Beth Schreiner	67	VMST	13:57.4
5	50 Back	Beth Schreiner	67	VMST	46.85
10	100 Free	Betsy Durrant	67	VMST	01:33.3
8	400 Free	Betsy Durrant	67	VMST	07:04.9
9	800 Free	Betsy Durrant	67	VMST	14:47.6
7	50 Back	Betsy Durrant	67	VMST	49.82
5	100 Back	Betsy Durrant	67	VMST	01:47.6
6	200 Back	Betsy Durrant	67	VMST	03:52.3
4	50 Breast	Betsy Durrant	67	VMST	49.88
6	100 Breast	Betsy Durrant	67	VMST	01:55.6
6	1500 Free	Ida M Hlavacek	66	VMST	29:28.7
9	200 Back	Ida M Hlavacek	66	VMST	04:07.1
7	100 Fly	Ida M Hlavacek	66	VMST	02:06.4
4	200 Fly	Ida M Hlavacek	66	VMST	04:46.6
5	400 IM	Ida M Hlavacek	66	VMST	08:54.6
8	50 Back	Judy Martin	66	VMST	49.92
7	100 Back	Judy Martin	66	VMST	01:50.2
4	200 Back	Judy Martin	66	VMST	03:51.0
6	50 Breast	Judy Martin	66	VMST	53.06
10	50 Breast	Susan E Marens	66	VMST	54.14
10	100 Breast	Susan E Marens	66	VMST	02:02.5
6	200 Breast	Susan E Marens	66	VMST	04:20.5
8	100 Fly	Susan E Marens	66	VMST	02:08.0

Women 70-74

Place	Event	Name	Age	Club	Time
1	50 Free	Barbara M Zaremski	71	VMST	36.87
2	100 Free	Barbara M Zaremski	71	VMST	01:26.9
4	200 Free	Barbara M Zaremski	71	VMST	03:18.2
8	800 Free	Barbara M Zaremski	71	VMST	15:48.8
5	50 Back	Barbara M Zaremski	71	VMST	49.09
3	100 Back	Barbara M Zaremski	71	VMST	01:47.1
5	200 Back	Barbara M Zaremski	71	VMST	04:00.8
7	50 Breast	Barbara M Zaremski	71	VMST	59.5
7	100 Breast	Barbara M Zaremski	71	VMST	02:13.4
7	200 Breast	Barbara M Zaremski	71	VMST	04:50.7
10	100 Fly	Barbara Zaremski	71	VMST	02:32.8
5	200 Fly	Barbara Zaremski	71	VMST	05:40.3
8	200 IM	Barbara M Zaremski	71	VMST	04:10.1
5	400 IM	Barbara Zaremski	71	VMST	09:40.2

2	50 Free	Johnnie Detrick	73	VMST	37.45
5	200 Breast	Johnnie Detrick	73	VMST	04:21.0

6	50 Free	Laura Walker	71	VMST	39.52
10	100 Free	Laura Walker	71	VMST	01:34.2
7	100 Back	Laura Walker	71	VMST	01:54.2

5	50 Fly	Lucille Griffin	70	VMST	50.09
1	100 Fly	Lucille Griffin	70	VMST	01:50.6
1	200 Fly	Lucille Griffin	70	VMST	04:08.4
7	200 IM	Lucille Griffin	70	VMST	04:08.7
3	400 IM	Lucille Griffin	70	VMST	08:36.4

Men 18-24

Place	Event	Name	Age	Club	Time
8	200 Back	Martin Hosek	22	UNAT	03:00.3

Men 30-34

Place	Event	Name	Age	Club	Time
6	200 Back	Jose-Luis Gallagher	32	UNAT	02:38.7

Men 40-44

Place	Event	Name	Age	Club	Time
6	50 Back	Bill Winters	41	VMST	31.31
6	100 Back	Bill Winters	41	VMST	01:07.2
6	200 Back	Bill Winters	41	VMST	02:31.3
9	200 IM	Bill Winters	41	VMST	02:27.7

4	200 Free	Chris Stevenson	44	VMST	02:01.4
4	400 Free	Chris L Stevenson	44	VMST	04:18.8
2	50 Back	Chris Stevenson	44	VMST	27.95
2	100 Back	Chris L Stevenson	44	VMST	01:00.6
1	200 Back	Chris L Stevenson	44	VMST	02:13.5
3	100 Fly	Chris L Stevenson	44	VMST	58.29
3	200 Fly	Chris Stevenson	44	VMST	02:18.3

9	1500 Free	Dave Holland	41	VMST	18:46.4
10	50 Fly	Dave Holland	41	VMST	27.74
10	100 Fly	Dave Holland	41	VMST	01:02.7

4	200 Fly	Dave Holland	41	VMST	02:18.6
5	200 IM	Dave Holland	41	VMST	02:25.5
Men 45-49					
Place	Event	Name	Age	Club	Time
9	50 Back	David B Malsbury	47	VMST	31.13
9	100 Back	David B Malsbury	47	VMST	01:09.0
5	50 Breast	David B Malsbury	47	VMST	33.12
6	100 Breast	David B Malsbury	47	VMST	01:15.4
Men 65-69					
Place	Event	Name	Age	Club	Time
5	400 Free	Sandy Galletly	66	VMST	05:43.3
6	800 Free	Sandy Galletly	66	VMST	11:58.0
3	1500 Free	Sandy Galletly	66	VMST	22:24.3
8	200 Breast	Sandy Galletly	66	VMST	03:34.4
Men 75-79					
Place	Event	Name	Age	Club	Time
10	200 Breast	Thomas F Lyons	75	VMST	04:58.7

2008 LCM Top Ten - LMSC for Virginia

Men 160-199					
Place	Event	Club	Time	Swimmers	
3	200 Medley	VMST	01:55.5	Chris L Stevenson (44), David B Malsbury (47) Dave Holland (41), Bill Winters (41)	
Men 240-279					
Place	Event	Club	Time	Swimmers	
9	200 Medley	VMST	02:45.3	Harry M Sober (65), James W Davis (62), Edward H Gaulrapp (66), Bill Nelson (55)	
7	400 Free	VMST	06:07.1	Ralph B Swiger (52), Richard A Scott (73) Edward H Gaulrapp (66), Harry M Sober (65)	
7	400 Medley	VMST	07:07.8	Ralph B Swiger (52), Richard A Scott (73) Edward H Gaulrapp (66), Harry M Sober (65)	
Men 280-319					
Place	Event	Club	Time	Swimmers	
9	200 Free	VMST	02:55.6	L Clay Beall (62), Thomas F Lyons (75), Owen C Maher (73), Richard Cheadle (71)	
7	400 Free	VMST	06:50.5	L Clay Beall (62), Thomas F Lyons (75), Owen C Maher (73), Richard Cheadle (71)	
4	400 Medley	VMST	07:50.6	L Clay Beall (62), Thomas F Lyons (75), Owen C Maher (73), Richard Cheadle (71)	
Women 240-279					
Place	Event	Club	Time	Swimmers	
2	200 Free	VMST	02:23.4	Barbara M Zaremski (71), Beth Schreiner (67) Kitten Braaten (53), Marcia L Barry (60)	
2	200 Medley	VMST	02:48.3	Marcia L Barry (60), Betsy Durrant (67) Kitten Braaten (53), Beth Schreiner (67)	
5	200 Medley	VMST	03:15.0	Judy Martin (66), Susan E Marens (66),	
3	400 Free	VMST	06:42.4	Susan E Marens (66), Judy Martin (66), Lucille Griffin (70), Debbie K Jaeger (46)	
2	400 Medley	VMST	07:22.4	Judy Martin (66), Susan E Marens (66), Ida M Hlavacek (66), Debbie K Jaeger (46)	

Women 280-319				
Place	Event	Club	Time	Swimmers
1	200 Free	VMST	02:50.6	Betsy Durrant (67), Johnnie Detrick (73) Lucille Griffin (70), Barbara M Zaremski (71)
3	200 Medley	VMST	03:48.5	Susan Henley (76), Betsy Durrant (67), Ida M Hlavacek (66), Barbara M Zaremski (71)
2	400 Free	VMST	07:31.8	Ida M Hlavacek (66), Betsy Durrant (67) Barbara M Zaremski (71), Susuan Henley (76)
1	400 Medley	VMST	07:02.0	Barbara M Zaremski (71), Betsy Durrant Lucille Griffin (70), Johnnie Detrick (73)
2	800 Free	VMST	16:04.7	Betsy Durrant (67), Susan Henley (76), Ida M Hlavacek (66), Barbara M Zaremski (71)
Mixed 160-199				
Place	Event	Club	Time	Swimmers
10	200 Free	VMST	01:56.9	Paula E Jones (40), Dave Holland (41), Patricia M Miller (47), Bill Winters (41)
2	2 200 Medley	VMST	02:04.7	Chris L Stevenson (44), Patricia M Miller (47) Dave Holland (41), Paula E Jones (40)
Mixed 200-239				
Place	Event	Club	Time	Swimmers
7	800 Free	VMST	13:03.4	Ralph B Swiger (52), Debbie K Jaeger (46) Judy Martin (66), Bill Nelson (55)
Mixed 240-279				
Place	Event	Club	Time	Swimmers
4	4 200 Free	VMST	02:08.2	Barbara M Zaremski (71), Beth Schreiner (67) Jim W Miller (58), Chris Stevenson (44)
9	9 200 Medley	VMST	02:36.1	Jim W Miller (58), Betsy Durrant (67), Cavid B Malsbury (47), Barbara Zaremski (71)
4	4 400 Free	VMST	06:13.4	Judy Martin (66), Ralph B Swiger (52), Betsy Durrant (67), Bill Nelson (55)
5	5 400 Medley	VMST	07:31.4	Judy Martin (66), Ralph B Swiger (52) Ida M Hlavacek (66), Edward Gaulrapp (66)
Mixed 280-319				
Place	Event	Club	Time	Swimmers
2	400 Free	VMST	05:38.8	Barbara M Zaremski (71), Johnnie Detrick (73) Owen C Maher (73), Harry M Sober (65)
3	400 Free	VMST	08:11.3	Susan Henley (76), Thomas F Lyons (75), E Marens (66), Richard Cheadle (71)
3	400 Medley	VMST	07:32.4	Betsy Durrant (67), Richard A Scott (73) Lucille Griffin (70), Owen C Maher (73)

In the last VMST Newsletter (December 15th) I threw out a suggestion that at this year's mid-meet social in mid-February (to be held at the home of Steve and Molly Bittner – 2208 Logan Street, Richmond) we make a concerted effort to gather up all of the past VMST championship trophies, plaques (and even banners, come to find out) and display them in one place. No other idea surfaced, and the Bittners have most graciously agreed to do this, so this idea is a go. There is a strong need, therefore, for everyone who has one of the championship awards or *knows where any of them are* to make every effort humanly possible to get these items to the Bittner residence on or before the social date, February 15th. (Of particular interest to me are the three championship trophies from Catonsville LC in 2000. I can't find anyone who knows where they are). After the social the trophies and plaques will remain at the Bittner's until next year's social, wherever that may be. The banners will return from whence they came, probably not to be displayed again, at least anytime soon. This is sort of a last shot at getting these awards together under one roof, so let's give this a huge effort.

**VMST
Team
Awards:
Plaques,
Trophies
And
Banners**

**By Dick
Cheadle**



VMST David Gregg III Memorial Meet

**NOVA of Virginia - Aquatic Center
12207 Gayton Rd, Richmond, VA 23233
(804) 754-3401**

February 14 and 15, 2009

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # 129-001

Meet Directors: Nancy Miller (nancymillr@aol.com) and Diane Cayce

Location: NOVA of Virginia - Aquatic Center. Address is 12207 Gayton Road, Richmond, VA 23233; Telephone number (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$4.00 per individual event plus a \$7.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than February 6, 2009 or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 2 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Awards will be given for first, second, and third place in each individual event. No awards for relays.

Results: Results will be posted on our website at www.vaswim.org and in our newsletter. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Social: Join us for our Masters potluck after the meet on Saturday, February 14th. \$8.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

Nearby Lodging: Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300

The Holiday Inn is at Gaskins Rd exit of I64.

There are 10 double rooms being held for the night of 02/14/09 at a rate of \$85.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 30, 2009.

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Fill in the following information:

Date _____ **Signature** _____

Name: _____ Sex: _____ USMS Reg No. _____

Address: _____

City: _____ State _____ Zipcode: _____

E-Mail Address: _____

Age as of 2/15/09 _____ Birth date (Mo/Day/Yr) _____

LMSC: _____ Club: _____ Phone (Day): _____ (Night) _____

Order and Select Events

SATURDAY February 14th
Warmups: 1:30-2:30 PM ; Meet Starts: 2:30

Women	Time	Event	Men	Time
1	_____	* 200 Choice	2	_____
3	_____	1000 Free	4	_____
5	_____	1650 Free	6	_____
7	_____	400 IM	8	_____
9	_____	500 Free	10	_____

SUNDAY February 15th
Warmups: 7:30-8:30 AM ; Meet Starts: 8:30 AM

Women	Time	Event	Men	Time
11	_____	200 IM	12	_____
13	_____	200 Fly	14	_____
15	_____	200 Breast	16	_____
17	_____	200 Back	18	_____
19	_____	100 Free	20	_____
21	_____	Novice 50 Fly	22	_____
23	_____	50 Fly	24	_____
25	_____	100 BR	26	_____
27	_____	Novice 50 FR	28	_____
29	_____	50 FR	30	_____
31	_____	100 IM	32	_____
BREAK				
33	_____	200 FR	34	_____
35	_____	100 BK	36	_____
37	_____	Novice 50 BR	38	_____
39	_____	50 BR	40	_____
41	_____	100 FL	42	_____
43	_____	Novice 50 BK	44	_____
45	_____	50 BK	46	_____
RELAYS RELAYS RELAYS RELAYS				
47	_____	200 Medley Relay	48	_____
49	_____	200 FR Relay	50	_____
51	_____	200 Mixed Medley Relay	52	_____
53	_____	200 Mixed FR Relay	54	_____

*** The 200 Choice event means you may swim any 200 event of your choosing (Except for the 200 FR). Please indicate your choice clearly on your entry form.**

My 200 Choice is _____

Total Events ___ x \$4.00 _____

Surcharge \$7.00

Social \$8.00/each person (Number attending social: _____)

Total Amount Enclosed \$ _____

Make checks payable to: Virginia Masters Swim Team

Questions? Contact Nancy Miller - (804) 741-7077 or nancymillr@aol.com or James Wolfle (757) 393-1799 or wolfle@aol.com

Mail to: James Wolfle
401 Florida Avenue
Portsmouth, Virginia 23707

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED

Local Masters Swim Committee
Lisa Bennett, Registrar
11812 Winfore Drive
Midlothian, VA 23113-2455

Prstd Std
U. S. Postage
PAID
Richmond, VA
Permit #3022

Miller continued from page 5.

Main Set

20 X 75 - 100

- | | |
|---|------------------------------------|
| (1) First 4 @ 1:40; Second 4 @ 1:25; | (4) 4 x 50 drill/swim again @ 1:05 |
| (2) 4 X 50 drill/swim as above on the 50's @ 1:05 | (5) Fifth 4 @ 1:55 alternate 1:15 |
| (3) Third 4 @ 1:50; Fourth 4 @ 1:35 | (6) 4 x 50 drill/swim as above |

From Cathy Leitch who swims at the Y in Roanoke.

I am a Masters swimmer in Roanoke, Virginia, and I would like to encourage anyone traveling to Roanoke to stop in at the Y and join us for a workout.

The Masters Swimming program at the Kirk Family YMCA has about 50 participants. There are workouts offered in the morning at 5:30, 6:30, and 9:30, and at noon. The workouts are coached from the deck by one of three coaches, two of whom are former collegiate swimmers and one of whom is a former world-class triathlete. The program accommodates a wide spectrum of ability, from former collegiate swimmers who still compete to triathletes to former age-group swimmers who stay in shape through swimming to adults new to the sport.

I can speak most informatively about the hour-long workouts offered every weekday at noon. The average yardage is 3000, give or take depending on how much non-free we swim. A few of us get in early to swim a longer warm-up and often swim 3600-4000 yards or more. **The workouts usually combine pulling, swimming, and kicking, with some drilling and hypoxic work** thrown in on occasion for added variety. Several intervals are set to accommodate various levels of ability. As a former age-group swimmer, I find the workouts challenging and thoroughly satisfying.

P.S. I believe you may know my mother, **Karin Stronach**, from the early days of Virginia Masters. She still lives in Hampton and swims, but she no longer competes.