

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia
January 15, 2010

Coaches Corner

By Jay Peluso

I would like to take this opportunity to thank Chris Stevenson and the rest of the LMSC Board for appointing me as the Coaches Committee Chair for 2010. I would also like to thank Dr. Jim Miller for his years of service as the Committee Chair and to wish him success in his exciting new role with FINA. In the coming months my plan is to provide the coaches of our LMSC with all of the tools and training they need to support our swimmers in reaching their goals and maximizing their potential.

As you all know, Masters swimming presents many challenges you don't find in other coaching jobs. Our practices are filled with athletes from 19 to 90, competitive to fitness, once-a-weekers to two-a-dayers (I'm not sure those are words but I'm sure you understood them) and everything in-between. We hope to use this space to provide workouts, motivation, training techniques and Q&A every month. In order to do that, we need to hear from you, the athletes.

Please send in your questions, comments, concerns and requests and we will do our best to provide you with the answers. In the mean time, the holidays are over. It's time to stop working out and start training.

Train Hard, Train Smart, Have Fun

Jay Peluso
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LMSC Officer Update

Alison Moore (of Gainesville, Virginia) has been the Vice Chair for our LMSC for the last year. There was concern for awhile that Alison might have to step down as Vice Chair. Her workout group includes swimmers from Potomac Valley and from Virginia. There was concern she would have to register in PV, but not so (at least for now).

This is good news for the LMSC as Alison has been active in USMS for a number of years. She moved to Virginia from Oregon where she was very active in a very active LMSC.

LMSC Vice Chair
Alison Moore



Two New Features

I think everyone will agree with me that more variety in the newsletter makes it more interesting. This month we have two new features:

Coaches Corner by **Jay Peluso** (page 1).
Gazette Vignette by **Dave Holland** (page 3).

Please help Dave and Jay by making suggestions for subjects.

Any other contributions are always welcome!



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

January 30-31: Charlotte, NC

See NC Website for information. Online entries are encouraged.

January 31: Alexandria, VA

See PV website

February 13-14: Richmond

Entry is in this newsletter.

March 6-7: UMBC, Baltimore, MD

March 20: Albatross Open, North Bethesda
Check PV website.

March 27: Duke University, Durham, NC
Check NC website.

April 10-11: Raleigh, NC

Information will be on NC website.

April 22-24: Zone Meet, George Mason U.

Entry will be in the newsletter when available. I believe online entries will be used also.

May 20-23: USMS Nationals, Atlanta

Entry will be in Swimmer Magazine and online.

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Virginia Website

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

LMSC Officers

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Sanctions: Judy Martin

Jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson

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Gazette Vignette- January 2010

In 2009, Charlotte Hollings aged up into the 45-49 age group and started ripping through the LMSC record books, setting new standards most recently at the VMST Fall Meet in Virginia Beach on November 7. The Wet Gazette contacted her to profile her in a new bi-monthly series that we've dubbed the "Gazette Vignette".

Where do you swim and how often?

I swim at the Kilmarnock YMCA 3 - 4 times a week and cross-train 2-3 times a week as well: lifting weights, erging, elliptical, running.

Tell us about your coach...

Our coach is Kathryn Gregory. She founded the Master's program here 10 years ago and has been it's only coach. She has been participating in Master's swimming for 23 years and coaching for 11. Kathryn does an excellent job at planning workouts and running practices. She modifies the workouts to fit all skill levels and is very encouraging to all of us, whether we swim for recreation or for competition. At the 2008 USMS convention in Atlanta, Kathryn was awarded the Kerry O'Brien National award for entrepreneurial effort and excellence



What is your background as a swimmer and athlete?

I participated in age group swimming back when I was 10 - 18, mostly during the summers, and then got more interested in rowing. I rowed through high school and college and spent 5 years with the US National Team, earning a gold medal at the World Championships in 1994.

What motivates you to participate in Master's swimming?

I love the camaraderie, meeting new people, competition and a reason to work hard and stay in shape. I spent a lot of years training on my own when I was rowing. With swimming, I really appreciate knowing that when I get to the pool there

will be others there to work with, people who will push me and motivate me and that makes it so much easier to get up in the morning.

Outside of the pool, who are you?

My husband, John, and I run a rowing school for adults. It's called *Calm Waters Rowing* and we've been in business for 10 years now. The business keeps me too busy to swim when we're in-season so my swimming is limited mostly to November - March.

People might be surprised to know that...

At the age of 10, I could do 8 pull-ups, more than all but one of the guys in my class.

What is your favorite swimming memory?

I think it's probably the swimming I did as a kid. I just loved swimming outdoors in the summer and being at the pool all day. We were a small team in Northern Virginia, not part of the huge NVSL program but winning the league championships when I was 11 or so was fantastic. I still love going to watch my niece and nephew swim at their summer meets and I often help out with timing or running clerk of course cards back and forth. It's been great fun getting back into swimming and I'm so fortunate I found such a great team to be part of in this area.

Do you have a memorable master's experience or "vignette" to share?

I was at one of my first meets as a Master's swimmer and, as is often the case, there were young kids, teenagers, doing the timing. As I approached the blocks for my event, one of them looked at me and said "Wow, you're young". Well, I was feeling pretty good about myself, a teenager calling me young having gone north of 40, but then the other kid chimed in, "Yeah, the last guy up here was 84!" But that's the great thing, about Master's swimming, I look around and think, wow, if I can look that good when I'm 55, 65, 75, pick a number, I'll be pretty happy.

Vignette Continued

From Chris Stevenson, our Top Ten and Records Chair:

Charlotte has set 10 LMSC records (8 SCM, 2 SCY) in 3 meets over the past 6 weeks or so. Pretty impressive! Here are the records:

SCY

200 free, 2:12.86, Sunfish Meet, Nov 28

500 free, 5:51.70, Sunfish Meet, Nov 28

SCM

100 free, 1:07.95, VMST Fall Meet, Nov 7

200 free, 2:24.71, VMST Fall Meet, Nov 7

400 free, 5:04.36, Last Chance Meet, Dec 13

800 free, 10:38.44, VMST Fall Meet, Nov 7

1500 free, 20:18.52, VMST Fall Meet, Nov 7

100 IM, 1:18.67, Last Chance Meet, Dec 13

200 IM, 2:52.52, Last Chance Meet, Dec 15

400 IM, 6:06.91, VMST Fall Meet, Nov 7

Editor's Note: I noticed that in the fall meet on Nov 7, Charlotte swam the 100, 200, 800, 1500 free and the 400 IM!

Editor's Note: The following article is from the website for *SwimmingWorld Magazine*. I find a lot of good articles in the magazine and on the website. I highly recommend it. To subscribe, go to www.swimmingworldmagazine.com. I really like this article, but debated whether to use it or not. It's really intended for the reader's of *Swimming World* who are not Masters swimmers. However, you might like to share it with some non-swimming friends.

A Message to Non-Masters Swimmers December 24, 2009

Guest editorial by John Craig

PHOENIX, Arizona, December 24. FOR the people who read *Swimming World*, but are not involved in Masters swimming, that branch of the sport probably seems a pretty silly offshoot. Viewed from a certain angle, it is. There is absolutely nothing tangible at stake: no college admissions or scholarships, no Olympic glory. Nothing.

But that's exactly what makes Masters swimming so much fun: the lack of pressure. When you're swimming in high school, you may have a college admission hanging in the balance. In college swimming, you have a team depending on you. So failure is something that often can seem scary.

In Masters swimming, the only failure is not showing up and doing what's healthy for you. Right now, you're probably thinking, once I'm out of school, that's it for swimming, I'm on to the next phase of my life, no more of this mindless drudgery. But once you've been out of school for a while, after you've been making a living for a while, the idea of performing a labor of love with like-minded people just for the fun of it will seem infinitely more appealing. In the business world, the subtext of every handshake and every smile is, how can you help me make money? At Masters meets, no one wants anything from you. If people greet you warmly, it's because they're genuinely glad to see you.

If you happen to miss practice for some reason, no one gets angry at you. (The very idea is actually ludicrous.) Very few people overtrain in Masters swimming. Yet you'd be surprised how many ex-college swimmers find themselves doing best times, at least in the sprint events, in their late 20s and even early 30s, off of much less yardage.

Swimming eight thousand plus yards a day for six days a week is a job. Swimming three thousand yards a day three times a week is a hobby. Hobbies are fun. Jobs, unless you really love them, are, well, jobs.

The Masters meets themselves are great fun. There's very much a cocktail-party-by-the-pool atmosphere, at least at the larger meets. The difference is that it's healthy: you're fueled by endorphins rather than alcohol. You swim your events, then loosen down and hang out and socialize. Maybe you get a little nervous before your event, but after the catharsis of an all-out effort, you can just relax and bask in the natural high. (And if you swim poorly, the only person you'll disappoint is you.)

The following exchange I had at the recent New England Masters championships is typical: *Me (approaching a couple of strangers):* Excuse me, but I don't see any familiar faces nearby, so I'm afraid I have to ask a complete stranger for a zip. (I turn around.)

Stranger: I don't know, I really feel as if I ought to get to know you better first.

Bystanders: (laugh)

I know, there's no reason that type of exchange couldn't have taken place at a non-Masters meet, but somehow it just seemed more typical of a Masters meet.

Masters swimmers tend to be a friendly, likable group. The kind of adults who get a kick out of doing fast times -- one of the more innocent pleasures available -- are by and large people you can trust. This isn't the same crowd who cause mischief and even mayhem elsewhere in the world. You often hear parents saying that one reason they're happy their kids swim is because it keeps them out of trouble; it soaks up their excess energy, and keeps them away from drugs and drinking, as well as various other kinds of trouble. Well, it can keep adults out of trouble too. (Once we're grown up, we have to be our own parents.)

There's no reason to be intimidated by the thought of joining a program, either. Masters swimmers are not all super-competitive ex-collegiate stars trying to recapture their glory days (though there is an element of that). The atmosphere is much more like the local 5K run, where people of all abilities compete. Masters athletics are generally about self-improvement, not victory. One of the most telling things about Masters swimming is that people usually form friendships with their closest rivals. I've seen it happen a number of times.

Another thing that's hard to miss at a Masters meet is the number of good-looking older people. Masters swimmers don't necessarily look younger (that's primarily a function of skin elasticity). But they're fit-looking, some amazingly so. When people see a good-looking 20 year old, they tend to think, ah youth. But a good-looking 70 year old is somehow far more impressive, mostly because they're so rare. But you do seem them at Masters meets.

Have you ever, upon returning from vacation, immediately started planning the next one? I've found the same thing with Masters meets; I come home and start thinking about the next one. Once my head gets out of swimming mode and I get involved in other things, the feeling fades. But the fact that my first thought upon returning from a meet is that I want to go to another one speaks to how much fun they are.

VMST News

Website: President Heather Stevenson has created a website for VMST news. You can find it at: <http://sites.google.com/site/virginiamastersswimteam/>

Relays: At the Fall Meet, several groups went for the new World Record relays (400 and 800 free relays). Some of the swims have held up as World Records, some have been replaced by faster times. I like the following email exchange.

From **Dave Holland:**

Looks like our WR is gone but not forgotten. We can say that it was totally unbreakable for 4 wks. If only Chris and Michael had been faster !!

[160-199]800m Freestyle Men Short Course

- Mountain View Masters, 10:06.61
- Virginia Masters (Michael Picotte, Charles Cockrell, Dave Holland, Chris Stevenson) 08:43.47
- Longhorn Aquatics, 07:52.82

From **Michael Picotte:**

Guys,

Thanks for letting me participate in the first place. No one can take away from the fact that WE were 'World' Record Holders, for a least brief time anyway.

Let's keep preparing and come back stronger next year! I'll be at least a few seconds faster towards my contribution.

Congratulations!!!!!!! To Chris on his three, individual, WORLD Record(S)!!!! Way to Represent VMST! Keep it Up! Have A GREAT NEW YEAR!

You've seen him in a Speedo; you've seen him in jammers; you've seen him in a tech suit. But Jim Miller looks great escorting his daughter, Becky, at her wedding!



LMSC for Virginia Top Ten for LCM 2009

Place	Event	Name	Age	Club	Time
Women 35-39					
6	400 IM	Alison B Moore	39	VMST	06:16.89
Women 50-54					
9	200 Fly	Kitten Braaten	54	VMST	03:34.34
Women 65-69					
1	50 Free	Beth Schreiner	68	VMST	00:34.54
1	100 Free	Beth Schreiner	68	VMST	01:19.86
7	100 Free	Betsy Durrant	68	VMST	01:29.75
2	200 Free	Beth Schreiner	68	VMST	02:59.26
5	200 Free	Betsy Durrant	68	VMST	03:10.95
4	400 Free	Betsy Durrant	68	VMST	06:48.88
5	800 Free	Betsy Durrant	68	VMST	14:21.67
2	1500 Free	Betsy Durrant	68	VMST	27:08.62
7	1500 Free	Ida M Hlavacek	67	VMST	30:04.21
3	50 Back	Beth Schreiner	68	VMST	00:45.94
7	50 Back	Betsy Durrant	68	VMST	00:48.68
8	50 Back	Judy Martin	67	VMST	00:50.10
8	100 Back	Betsy Durrant	68	VMST	01:45.66
6	200 Back	Betsy Durrant	68	VMST	03:46.76
9	200 Back	Judy Martin	67	VMST	04:00.09
3	50 Breast	Betsy Durrant	68	VMST	00:47.73
5	100 Breast	Betsy Durrant	68	VMST	01:52.70
6	100 Fly	Ida M Hlavacek	67	VMST	02:07.94
4	200 Fly	Ida M Hlavacek	67	VMST	04:45.37
9	200 IM	Ida M Hlavacek	67	VMST	04:13.34
7	400 IM	Ida M Hlavacek	67	VMST	09:12.01
Women 70-74					
1	50 Free	Barbara M Zaremski	72	VMST	00:36.96
6	50 Free	Laura S Walker	72	VMST	00:40.49
1	100 Free	Barbara Zaremski	72	VMST	01:25.42
6	100 Free	Laura S Walker	72	VMST	01:32.29
2	200 Free	Barbara M Zaremski	72	VMST	03:20.07
5	1500 Free	Barbara M Zaremski	72	VMST	31:52.86
1	50 Back	Barbara M Zaremski	72	VMST	00:48.26
4	50 Back	Laura S Walker	72	VMST	00:50.52
3	100 Back	Laura S Walker	72	VMST	01:48.67
5	100 Back	Barbara M Zaremski	72	VMST	01:49.65
3	200 Back	Laura S Walker	72	VMST	03:53.13
8	200 Back	Barbara M Zaremski	72	VMST	04:26.04
4	200 Fly	Barbara M Zaremski	72	VMST	05:43.92
9	200 IM	Barbara M Zaremski	72	VMST	04:27.37
4	400 IM	Barbara Zaremski	72	VMST	09:54.95



Beth Schreiner



**Betsy Durrant and
Judy Martin**



**Ida Hlavacek and
Barbara Zaremski**



Laura Walker

Women 80-84

8	50 Free	Jeanne H Meredith	81	VMST	00:53.72
10	50 Free	Terry Sokolik	82	VMST	01:00.13
7	100 Free	Jeanne H Meredith	81	VMST	02:03.71
7	200 Free	Jeanne H Meredith	81	VMST	04:32.02
5	400 Free	Jeanne H Meredith	81	VMST	09:21.13
5	800 Free	Jeanne H Meredith	81	VMST	19:04.31
10	50 Breast	Terry Sokolik	82	VMST	01:25.70
8	100 Brst	Terry Sokolik	82	VMST	03:40.48
8	50 Fly	Terry Sokolik	82	VMST	01:24.75

Women 85-89

4	50 Free	Marianna Berkley	87	VMST	01:05.50
4	100 Free	Marianna Berkley	87	VMST	02:22.38
3	50 Breast	Marianna Berkley	87	VMST	01:15.40
3	100 Brst	Marianna Berkley	87	VMST	02:52.71
1	200 Brst	Marianna Berkley	87	VMST	06:16.17
4	50 Fly	Marianna Berkley	87	VMST	01:53.69
3	200 IM	Marianna Berkley	87	VMST	06:20.13

Men 45-49

3	200 Free	Chris L Stevenson	45	VMST	02:01.76
3	400 Free	Chris L Stevenson	45	VMST	04:21.26
1	50 Back	Chris Stevenson	45	VMST	00:28.44
1	100 Back	Chris Stevenson	45	VMST	01:00.55
1	200 Back	Chris L Stevenson	45	VMST	02:19.21
1	100 Fly	Chris L Stevenson	45	VMST	00:59.10

Men 65-69

6	400 Free	Sandy Galletly	67	VMST	05:48.18
8	800 Free	Sandy Galletly	67	VMST	12:07.64
7	1500 Fr	Sandy Galletly	67	VMST	22:49.41
7	400 IM	Art Wolfe	69	VMST	07:19.90

Men 70-74

10	400 IM	Richard A Scott	74	VMST	10:06.91
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RELAYS**Women 280-319**

Place	Event	Club		
1	400 FR	VMST		5:53.62
		B Zaremski		72
		B Schreiner		68
		L Walker		72
		B Durrant		68
1	800 FR	VMST		13:30.94
		B Durrant		68
		L Walker		72
		B Zaremski		72
		B Schreiner		68

**Jeanne Meredith****Terry Sokolik****Chris Stevenson**

Women 320-359

Place	Event	Club	
1	200 FR	VMST	3:27.23
		B Zaremski	72
		T Sokolik	82
		M Berkley	87
		J Meredith	81

Kitten Braaten and Sandy Galletly



Mixed 240-279

Place	Event	Club	
8	400 FR	VMST	5:51.04
		T Woods	66
		K Braaten	54
		J Meredith	81
		C Stevenson	45
4	400 MR	VMST	6:27.56
		K Braaten	54
		S Galletly	67
		R Swiger	53
		B Schreiner	68
3	800 FR	VMST	11:54.61
		R Swiger	53
		K Braaten	54
		S Galletly	67
		B Durrant	68

Mixed 280-319

Place	Event	Club	
10	200 Medley	VMST	03:41.5
		J Martin	67
		M Berkley	87
		T Woods	66
		S Galletly	67



**Beth Schreiner
Tom Woods, Betsy Durrant
Robin Blakney, Judy Martin**

A Brand New Year: Goals for 2010

By Chris Stevenson

It is that time of year again: the New Year rolls around, and often with it a renewed commitment to our favorite sport. The primary motivation for most masters swimmers is fitness, and why not? Swimming is a great whole-body form of exercise with a fairly low incidence of injuries compared to other physical activities.

But rather than some vague commitment to “work out” or “get in better shape” this year, it might be helpful to set some specific and tangible goals to increase your fitness and health through swimming.

Here are some ideas for fitness goals:

- a commitment to *a minimum number of swimming workouts* every week;
- a commitment to *incorporate cross-training*, such as yoga, cycling or weight-lifting, on a weekly basis;
- a commitment to *learning or emphasizing a new stroke* in practice.

Whatever your goals, it is worthwhile to track your progress using a daily journal. It doesn't take much time at all, and USMS has a nifty one: a fitness log, or FLOG. It is free for USMS members, and allows you to total up your training in various categories (eg, swimming, running, lifting weights) by week, month or year. You can enter your daily workouts totals in just minutes. Directions for setting up a FLOG account are online at:

<http://www.usms.org/features.php?id=142>

If you set up a FLOG account, you will run across references to the *Go The Distance* (GTD) fitness event. If you enter the event—which just requires a single click—your FLOG mileage will be tallied

automatically for GTD. Participation is seamless and requires no further work on your part.

Whether or not you participate in GTD, tracking your mileage allows you to set another type of goal: *a commitment to reach a specific swimming milestone* by the end of the year. For example, to reach 300 miles by year-end, one would have to average slightly more than 10,000 yards per week in the pool. Or why not go for 365 mile, an average of one mile per day? This is a very impressive achievement, to be sure.

Regular participation in swim meets can act as a spur to help you achieve your fitness goals. The clock doesn't lie or care about your feelings, but training to swim faster will absolutely result in significant fitness gains. Here are some ideas for competition-based goals:

- *Beat the age curve*. On the LMSC website there is a swim rating calculator that adjusts for the effects of aging on performance (go to www.swimscore.com). Improving your rating means that you are dealing with the effects of aging better than masters record-holders, which is an impressive feat.
- *Improve at least one time* from the previous year. If “beating the age curve” is good, this is even better. You have to feel good about yourself if, even though you are a year older, you still improve at least one time.
- *Achieve a “recent best” time*. Masters athletes may be the only people who can look forward to getting older and “aging up” into a new age group. When you do so, wipe the slate clean of all previous swimming times, and start fresh. Then in each subsequent year try to achieve at least one best time within that 5-year time block.

Of course, many swimmers take the “competition” aspect of swim meets quite seriously, and

See Goals on back page.



VMST David Gregg III Memorial Meet

NOVA of Virginia - Aquatic Center

12207 Gayton Rd, Richmond, VA 23233

(804) 754-3401

February 13 and 14, 2010

Sponsored By: Virginia Masters Swim Team

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

Meet Director: Nancy Miller (nancymillr@aol.com)

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 5, 2010 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 13th. \$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 02/13/10 at a rate of \$71.00 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 31, 2010.

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 2/14/10 _____ Birth date (Mo/Day/Yr) _____
LMSC: _____ Club: _____ Phone (Day): _____ (Night) _____

Order and Select Events

SATURDAY February 13th
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	_____

*** 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 _____

SUNDAY February 14th
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	_____

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*

Goals continued from page 9.

aggressively pursue national Top Ten times, LMSC records, and the like. If those things help get you out of bed and into the swim pool, they are a great thing. But in addition it is nice to have goals which don't depend on how fast OTHER people swim.

Of course, there is another compelling reason to consider participating in meets: (re)connecting with the masters swimming community. As of early December, there were over 1100 swimmers registered in our LMSC, an all-time high; these are friendly people with whom you can share an immediate connection. Meets like Colonies Zones and Nationals allows you to cultivate friendships with many people from other LMSCs. The swimming world can be pretty small, too; I can't count the number of times I've re-connected with people I haven't seen for decades. Think of it as Facebook with speedos and beer.

