

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia And West Virginia
April 15, 2011

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Registering for Clinic.

For information about registering for a Freestyle Clinic with Karlyn Pipes-Neilsen in Virginia Beach on June 11 or June 12, see page 4.

USMS SCM National Top 10 and FINA World Top 10.

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Jack King One Mile Ocean Swim.

The entry for June 26 is on page 10.

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Member Reward Program

Our USMS 2011 Member Reward Program runs from March 18 to July 29. This program was created to show our appreciation for our members. Each Friday during the duration of the program, we will randomly select names from our membership database. All USMS members registered at least 24 hours prior to each weekly selection are automatically enrolled for a chance to win. Winners will be contacted by USMS and mailed a prize. This list (at <http://www.usms.org/reg/rewards.php>) will be updated each week to show the current winners, as well as list the prizes to be awarded in the upcoming week.

For the week of April 1, we had two winners from Virginia:
Steven Triantafell of Warrenton Masters (WAVA)
Courtney Harris of VMST

See **Reward** continued on page _ .

RCA Dive into Spring Meet



The glamorous RCA Aquatic relay team preparing for their March Madness Relay! Monika Easton, Mary Amato, Debbie Desjardins and Lisa Greer

On Sunday, March 27, Rockbridge County Aquatic's hosted the 2nd Annual RCA Dive into Spring meet. Thirty five swimmers braved the snow to compete in this meet. In the very first event (the 500 free) there was a new LMSC record (55-59 age group) turned in by Shirley Loftus-Charley with an impressive time of 5:56.00 breaking the old record by over 2 seconds. In the second half of the meet another LMSC record (50-54 age group) was smashed by Lisa Bennett in the 200 backstroke with a time of 2:37.46 breaking the old record by over a second. In addition to the two new LMSC records there were 69 new meet records set!

The meet concluded with an unofficial "March Madness Relay." Five relay teams competed. The only rule was that competitive strokes were not allowed. It turned out to be quite a
See **RCA** continued on page 3.



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

May 20-22: SwimFest, Atlanta
For coaches and swimmers. See page 3.

May 28-29: 1 and 2 Mile Lake Swims, Reston
See PV website.

June 11 or 12: Freestyle Clini in VA Beach
See page 4.

June 24-26: Zone LC, Middlebury, VT
<http://www.middleburymuffintops.org/lcmchamps/>

June 25: LC in Goldsboro, NC
Entry will be on NC website.

June 26: Jack King Ocean Swim, VA Beach
Entry is in this newsletter.

July 9: 1 and 2 Mile Lake Swim in Charlottesville
Online entries at cablesim.org. Paper entry will be in May and June newsletters.

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Virginia LMSC 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

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Records and Top Ten: Chris Stevenson
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RCA continued from page 1.

spectacle. Many different variations of strokes including cork screw, double arm back stroke and backwards butterfly were performed. Also observed were a fabulous belly flop and an impressive cannon ball off the starting blocks. The relays confirmed that master swimmers are young at heart!

Thanks to everyone who came to the meet, swam and made it such a special, fun event!



In the pool: Patrick Bradley (STON), Lisa Bennett (VMST), Shirley Loftus-Charley (VMST) and Pieter De Hart (SYON). In chairs behind the pool: Robyn Wilhelm (STON) in the center, Hank Mierzwa (STON) to the right.



Presented by  **U.S. MASTERS SWIMMING**

SwimFest 11 – May 20 - 22

Come share the deck with some of the world's top Masters swim coaches in Atlanta, GA at the Steve Lundquist Aquatic Center. Join us for a weekend of interactive clinics and instruction in a friendly, non-competitive environment. For swimmers, whether you are looking to learn the basics, hone your skills or become a more efficient athlete, SwimFest is for you. All levels and abilities are welcome. For coaches, SwimFest is our interactive education platform. You receive classroom instruction from Mentor Masters coaches and the opportunity to put into practice what you learn in supervised on-deck coaching sessions. Friday, May 20 is a coaches-only

round table. Saturday, May 21 is focused on pool swimming and Sunday, May 22 is open water swimming at Lake Peachtree.

New for SwimFest 2011, we will be teaching USMS/ASCA Masters Coach Certification Level I and Level II.

Coaches

\$50 SwimFest for Coaches

Friday - coaches only round table
Saturday - clinic with focus on pool swimming
Sunday - clinic with focus on open water techniques (polo shirt included in fee)

\$70 USMS/ASCA Masters Coach Certif. Level I
course taught on Friday from 1:00 - 5:00 PM

\$70 USMS/ASCA Masters Coach Certif. Level II
course taught on Saturday from 8:15 - 1:00 PM

\$120 USMS/ASCA Masters Certif. Level I & II
courses taught on Friday and Saturday

Swimmers

Swimmers register for the two-day clinic and may optionally sign up for swim power testing with "Dr. G". There is a limit of 80 swimmers, so don't delay!

\$130 SwimFest for Swimmers

Saturday - clinic with focus on pool swimming
--AND--
Sunday - clinic with focus on open water techniques
(T-Shirt included in registration fee)

\$110 GST Swim Power Test with "Dr. G": Pull, kick, and swim tests (1-2 strokes)

\$160 GST Swim Power Test with "Dr. G": Pull, kick, and swim tests (3-4 strokes)

Complete information and registration is on the USMS website. Coaches interested in financial assistance should contact Jay Peluso (jpeluso@peluso-law.com).

Dorothy Kaufmann

By Lisa Bennett

As the Registrar, I am privileged to have contact with so many wonderful people. As a Master's Swimmer for 30 years, I cannot tell you the number of incredible people that I have had the opportunity to meet and befriend. One of those is Dorothy Kaufmann (aka "Mom") who passed away on March 3, 2011. I met Dorothy several years ago through her daughter, Karen, who has also been a member of our LMSC family for many years.

Dorothy, who was 83, was a friend to everyone; especially swimmers. She made her way (even in sickness) to most of the USMS Spring Nationals, where she would faithfully sit in the stands taking splits for VMST swimmers and yell out cheers and positive words as they headed to the blocks. Dorothy always had warm hugs and the brightest smile that came from her heart. She genuinely loved those with whom she came in contact. (Karen received her mother's genes of kindness).

Dorothy's death was somewhat sudden. She overcame several illnesses over the years and it was thought that she was on her way to better health. She had plans to come out to Mesa, Arizona, for this year's Nationals where we were expecting to have her sitting in the bleachers, providing words of encouragement to her daughter and the rest of her swimming children. But I know she will be there in spirit. I know she will be smiling, and I know she will be rattling off splits! Please keep Dorothy in your memories and her family in your prayers. And remember to tell those dear to you that you love them!



Freestyle Clinic With Karlyn Pipes-Neilsen

By Betsy Durrant

Several years ago, I ordered a DVD "Go Swim Freestyle with Karlyn Pipes-Neilsen." I found this to be one of the most helpful DVDs that I have used. It concentrates on just a few major points with very clear video and excellent narration. I have shown it to the groups I coach, and we have all benefitted from it. After talking with Jerry Clark, of Charlotte, who has had Karlyn do clinics in Charlotte, I decided to arrange one in Virginia Beach.

For this year, it is a freestyle only clinic. If all goes well, I'll try an all strokes clinic in the future. The city of Virginia Beach is actually putting on the clinic. It worked out better (cheaper) that way than trying to rent pool space. There will be two identical sessions – one on Saturday and one on Sunday. Sign up for just one. Each session is 4 ½ hours. Video analysis is included.

The times are:

Saturday, June 11, 10 am – 2:30 pm

Sunday, June 12, 12:00-4:30 pm.

The cost is \$160. Both clinics are at Seatack Recreation Center in Virginia Beach.

I hope to have the registration form posted on the LMSC website (vaswim.org) by the time this newsletter gets out. However, you can call me (757-422-6811) or email me (durrant6@cox.net) and I will send you the registration information.

The schedule is ½ hour on deck for introductions, discussion, part of DVD; 1 hour in the pool; 1 ½ hours in the classroom; 1 hour in the pool; ½ hour on deck to for review and wrap-up.

Dinner in Atlanta after nationals. Around the table, starting on the left:

Dorothy Kaufmann, Marianna Berkley, Betsy Durrant, Laura Walker, Susan Marens, Judy Martin, Sandy Galletly, Karen Kaufmann.

Photo taken by Lesley Galletly.

Gender	Age Group	Name	Event	Time	Age	Club	USMS	FINA
Men	25-29	Adam Barley	400 Free	4:20.99	29	VMST	2	
Men	25-29	Adam Barley	800 Free	9:05.39	29	VMST	3	5
Men	25-29	Adam Barley	50 Back	29.50	29	VMST	9	
Men	25-29	Adam Barley	100 Back	1:05.24	29	VMST	9	
Men	25-29	Adam Barley	200 Back	2:17.32	29	VMST	2	
Men	25-29	Adam Barley	200 Breast	2:40.49	29	VMST	6	
Men	25-29	Adam Barley	100 Fly	1:00.51	29	VMST	10	
Men	25-29	Adam Barley	200 Fly	2:24.76	29	VMST	4	
Men	25-29	Adam Barley	200 IM	2:17.12	29	VMST	2	
Men	25-29	Adam Barley	400 IM	4:50.55	29	VMST	1	4
Men	85-89	Calvin Barnes	200 Free	4:20.19	86	VMST	4	9
Men	85-89	Calvin Barnes	1500 Free	34:54.07	86	VMST	3	3
Men	85-89	Calvin Barnes	100 Back	2:12.42	86	VMST	3	9
Men	85-89	Calvin Barnes	200 Back	4:33.11	86	VMST	1	3
Women	50-54	Lisa Bennett	50 Free	30.50	54	VMST	8	
Women	50-54	Lisa Bennett	100 Free	1:07.30	54	VMST	7	
Women	50-54	Lisa Bennett	200 Free	2:27.53	54	VMST	4	
Women	50-54	Lisa Bennett	400 Free	5:18.12	54	VMST	7	
Women	50-54	Lisa Bennett	800 Free	10:43.84	54	VMST	2	5
Women	50-54	Lisa Bennett	1500 Free	20:31.22	54	VMST	4	8
Women	50-54	Lisa Bennett	100 Back	1:20.87	54	VMST	5	
Women	50-54	Lisa Bennett	200 Back	2:57.13	54	VMST	8	
Women	50-54	Lisa Bennett	50 Breast	38.29	54	VMST	1	4
Women	50-54	Lisa Bennett	100 Breast	1:26.49	54	VMST	3	
Women	50-54	Lisa Bennett	50 Fly	36.03	54	VMST	10	
Women	50-54	Lisa Bennett	100 Fly	1:17.99	54	VMST	5	
Women	50-54	Lisa Bennett	200 Fly	3:01.54	54	VMST	6	
Women	85-89	Marianna Berkley	50 Free	1:00.49	88	VMST	2	
Women	85-89	Marianna Berkley	100 Free	2:27.50	88	VMST	3	9
Women	85-89	Marianna Berkley	100 Back	2:37.77	88	VMST	3	8
Women	85-89	Marianna Berkley	50 Breast	1:16.24	88	VMST	3	7
Women	85-89	Marianna Berkley	100 Breast	2:48.41	88	VMST	3	3
Women	85-89	Marianna Berkley	200 Breast	6:25.23	88	VMST	3	2

**SCM Top Ten
USMS and FINA World**

Women	85-89	Marianna Berkley	100 IM	2:46.15	88	VMST	2	3
Women	85-89	Marianna Berkley	200 IM	6:31.25	88	VMST	2	
Men	35-39	Brian Blalock	200 Fly	2:30.38	39	SHYM	7	
Men	35-39	Brian Blalock	200 IM	2:28.80	39	SHYM	9	
Men	30-34	Pieter De Hart	200 Back	2:20.37	32	UNAT	5	
Men	30-34	Pieter De Hart	100 Fly	1:01.69	32	UNAT	7	
Men	30-34	Pieter De Hart	200 IM	2:18.19	32	UNAT	3	
Women	75-79	Johnnie Detrick	50 Free	37.53	75	VMST	1	1
Women	75-79	Johnnie Detrick	100 Free	1:32.86	75	VMST	1	6
Women	75-79	Johnnie Detrick	50 Breast	52.93	75	VMST	2	6
Women	75-79	Johnnie Detrick	100 Breast	1:59.48	75	VMST	2	6
Women	75-79	Johnnie Detrick	200 Breast	4:09.87	75	VMST	2	5
Women	75-79	Johnnie Detrick	100 IM	1:52.70	75	VMST	1	6
Women	75-79	Johnnie Detrick	200 IM	4:12.16	75	VMST	1	3
Women	65-69	Betsy Durrant	200 Free	3:11.15	69	VMST	9	
Women	65-69	Betsy Durrant	400 Free	6:48.12	69	VMST	7	
Women	65-69	Betsy Durrant	800 Free	14:03.21	69	VMST	3	9
Women	65-69	Betsy Durrant	1500 Free	26:37.52	69	VMST	5	7
Women	65-69	Betsy Durrant	50 Back	48.36	69	VMST	6	
Women	65-69	Betsy Durrant	200 Back	3:50.75	69	VMST	8	
Women	65-69	Betsy Durrant	50 Breast	51.06	69	VMST	3	
Men	25-29	Billy Gaines	100 Free	53.62	29	VMST	4	
Men	25-29	Billy Gaines	200 Free	1:55.42	29	VMST	1	7
Men	25-29	Billy Gaines	400 Free	4:09.84	29	VMST	1	3
Men	25-29	Billy Gaines	800 Free	8:39.20	29	VMST	1	1
Men	25-29	Billy Gaines	50 Fly	26.80	29	VMST	8	
Men	25-29	Billy Gaines	100 Fly	58.71	29	VMST	4	
Men	25-29	Billy Gaines	200 Fly	2:12.04	29	VMST	1	7
Men	25-29	Billy Gaines	200 IM	2:15.39	29	VMST	1	
Women	35-39	Elizabeth Graf	50 Back	35.31	35	SHYM	4	
Women	35-39	Elizabeth Graf	100 Back	1:15.47	35	SHYM	5	
Women	35-39	Elizabeth Graf	200 Back	2:42.33	35	SHYM	2	
Women	25-29	Kate Hibbard	400 Free	4:40.36	26	VMST	3	
Women	25-29	Kate Hibbard	50 Back	31.77	26	VMST	1	

Women	25-29	Kate Hibbard	100 Back	1:06.51	26	VMST	2	2
Women	25-29	Kate Hibbard	200 Back	2:25.05	26	VMST	2	3
Women	25-29	Kate Hibbard	100 IM	1:10.54	26	VMST	3	
Women	25-29	Kate Hibbard	200 IM	2:27.08	26	VMST	1	3
Men	25-29	Michael Hipps	50 Back	28.90	28	VMST	6	
Women	65-69	Ida Hlavacek	100 Free	1:34.87	68	VMST	10	
Women	65-69	Ida Hlavacek	800 Free	15:07.51	68	VMST	5	
Women	65-69	Ida Hlavacek	50 Back	49.23	68	VMST	9	
Women	65-69	Ida Hlavacek	100 Back	1:47.65	68	VMST	7	
Women	65-69	Ida Hlavacek	200 Back	3:59.83	68	VMST	10	
Women	65-69	Ida Hlavacek	100 Fly	2:01.38	68	VMST	8	
Women	65-69	Ida Hlavacek	200 Fly	4:27.98	68	VMST	5	
Women	65-69	Ida Hlavacek	400 IM	8:38.41	68	VMST	8	
Men	40-44	Dave Holland	800 Free	9:27.50	43	VMST	3	
Men	40-44	Dave Holland	100 Fly	1:03.05	43	VMST	7	
Men	40-44	Dave Holland	200 Fly	2:20.00	43	VMST	2	
Men	40-44	Dave Holland	400 IM	5:03.86	43	VMST	3	10
Men	60-64	Scott Kauffman	50 Free	28.34	60	VMST	8	
Women	95-99	Marie Kelleher	100 Free	3:51.88	98	VMST	1	
Women	95-99	Marie Kelleher	50 Breast	2:10.80	98	VMST	1	
Women	35-39	Andrea Latell	200 Back	3:17.90	37	VMST	10	
Women	55-59	Shirley Loftus-Charley	100 Free	1:10.45	59	VMST	3	10
Women	55-59	Shirley Loftus-Charley	200 Free	2:34.31	59	VMST	4	9
Women	55-59	Shirley Loftus-Charley	400 Free	5:12.43	59	VMST	1	3
Women	55-59	Shirley Loftus-Charley	800 Free	10:32.57	59	VMST	1	2
Women	55-59	Shirley Loftus-Charley	1500 Free	19:47.98	59	VMST	2	2
Women	55-59	Shirley Loftus-Charley	50 Breast	43.96	59	VMST	8	
Women	55-59	Shirley Loftus-Charley	200 Breast	3:20.99	59	VMST	4	
Women	55-59	Shirley Loftus-Charley	100 Fly	1:22.07	59	VMST	8	10
Women	55-59	Shirley Loftus-Charley	200 Fly	2:55.79	59	VMST	2	2
Women	55-59	Shirley Loftus-Charley	100 IM	1:21.22	59	VMST	4	6
Women	55-59	Shirley Loftus-Charley	200 IM	2:51.87	59	VMST	2	2
Women	55-59	Shirley Loftus-Charley	400 IM	5:58.09	59	VMST	1	1
Men	75-79	Owen Maher	50 Free	37.41	75	VMST	8	

Men	75-79	Owen Maher	50 Fly	46.14	75	VMST	3	
Men	75-79	Owen Maher	100 Fly	2:04.33	75	VMST	3	
Men	75-79	Owen Maher	100 IM	1:51.28	75	VMST	7	
Women	65-69	Susan Marens	200 Breast	4:19.75	68	VMST	6	
Women	65-69	Judy Martin	100 Back	1:47.34	68	VMST	6	
Women	65-69	Judy Martin	200 Back	3:53.19	68	VMST	9	
Women	65-69	Judy Martin	50 Breast	52.47	68	VMST	5	
Women	80-84	Jeanne Meredith	50 Free	53.37	82	VMST	6	
Women	80-84	Jeanne Meredith	100 Free	2:06.10	82	VMST	5	
Women	80-84	Jeanne Meredith	200 Free	4:34.76	82	VMST	6	
Women	80-84	Jeanne Meredith	400 Free	9:34.78	82	VMST	3	7
Women	80-84	Jeanne Meredith	800 Free	20:06.35	82	VMST	4	6
Women	80-84	Jeanne Meredith	50 Back	1:11.45	82	VMST	9	
Women	40-44	Alison Moore	400 IM	5:55.94	40	VMST	5	
Men	75-79	Alfred Newbury	200 Back	4:16.52	76	VMST	9	
Men	75-79	Alfred Newbury	50 Fly	1:00.01	76	VMST	9	
Men	75-79	Alfred Newbury	100 Fly	2:19.50	76	VMST	7	
Women	45-49	Alice Phillips	200 IM	2:43.05	45	VMST	5	
Men	35-39	Michael Picotte	50 Free	24.63	38	VMST	1	
Men	35-39	Michael Picotte	100 Free	51.52	38	VMST	1	4
Women	25-29	Claire Russo	100 Breast	1:22.93	27	VMST	4	
Women	25-29	Claire Russo	200 Breast	2:58.53	27	VMST	5	
Women	65-69	Beth Schreiner	50 Free	34.55	69	VMST	1	7
Women	65-69	Beth Schreiner	100 Free	1:20.43	69	VMST	1	
Women	65-69	Beth Schreiner	200 Free	3:02.72	69	VMST	4	
Men	75-79	Richard Scott	1500 Free	36:25.30	75	VMST	8	
Men	75-79	Richard Scott	50 Breast	53.11	75	VMST	9	
Men	75-79	Richard Scott	100 Breast	2:00.25	75	VMST	9	
Men	75-79	Richard Scott	200 Breast	4:27.56	75	VMST	5	
Men	75-79	Richard Scott	100 Fly	2:49.35	75	VMST	9	
Men	75-79	Richard Scott	200 Fly	5:27.28	75	VMST	3	
Men	75-79	Richard Scott	200 IM	4:14.75	75	VMST	6	
Men	75-79	Richard Scott	400 IM	9:38.42	75	VMST	3	
Women	80-84	Terry Sokolik	400 Free	10:52.85	83	VMST	6	

Women	80-84	Terry Sokolik	50 Breast	1:24.07	83	VMST	10	
Women	80-84	Terry Sokolik	50 Fly	1:26.38	83	VMST	6	
Women	80-84	Terry Sokolik	100 IM	2:53.16	83	VMST	9	
Men	45-49	Chris Stevenson	100 Free	54.77	46	VMST	3	8
Men	45-49	Chris Stevenson	200 Free	2:05.82	46	VMST	5	
Men	45-49	Chris Stevenson	400 Free	4:22.21	46	VMST	3	5
Men	45-49	Chris Stevenson	50 Back	27.38	46	VMST	1	2
Men	45-49	Chris Stevenson	100 Back	58.40	46	VMST	1	2
Men	45-49	Chris Stevenson	200 Back	2:07.55	46	VMST	1	1
Men	45-49	Chris Stevenson	50 Fly	26.50	46	VMST	2	2
Men	45-49	Chris Stevenson	100 Fly	57.37	46	VMST	1	1
Men	45-49	Chris Stevenson	200 Fly	2:11.40	46	VMST	1	1
Men	45-49	Chris Stevenson	100 IM	1:02.18	46	VMST	2	2
Men	45-49	Chris Stevenson	200 IM	2:15.74	46	VMST	3	3
Men	18-24	Christopher Stickle	800 Free	10:00.09	20	UNAT	2	n/a
Men	18-24	Christopher Stickle	1500 Free	20:02.30	20	UNAT	4	n/a
Men	18-24	Christopher Stickle	200 Fly	2:39.85	20	UNAT	6	n/a
Men	18-24	Christopher Stickle	400 IM	5:35.00	20	UNAT	5	n/a
Women	75-79	Vera Suit	200 Free	5:26.94	78	VMST	10	
Women	85-89	Miriam Tuovila	50 Free	1:15.63	85	VMST	5	
Women	85-89	Miriam Tuovila	50 Breast	1:13.80	85	VMST	1	
Women	85-89	Miriam Tuovila	100 Breast	2:46.59	85	VMST	2	
Women	85-89	Miriam Tuovila	200 Breast	6:03.72	85	VMST	1	
Women	85-89	Miriam Tuovila	100 IM	2:54.12	85	VMST	3	
Women	25-29	Betsy Turner	800 Free	10:27.17	26	VMST	7	
Women	25-29	Betsy Turner	200 Fly	2:44.96	26	VMST	7	
Women	25-29	Betsy Turner	400 IM	5:44.78	26	VMST	5	
Women	70-74	Laura Walker	50 Free	42.07	73	VMST	7	
Women	70-74	Laura Walker	100 Back	1:56.80	73	VMST	6	

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

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Reward continued from page 1.

The reward for April 1 was: TRISWIM Shots (2 oz bottles of TRISWIM Shampoo, Conditioner, Lotion and Body Wash).

The reward for April 8 is: Hammer Nutritional products (Recovente, Hammer Gel and Heed).

Steve Triantafell of Warrenton ►

New Team in Midlothian!

A new US Master Swim team will be starting at Woodlake Swim and Racquet Club The first session will be April 2.

The Club address is: Woodlake Swim & Racquet Club,
14710 Village Square Place, Midlothian, Virginia 23112

The head coach will be Gene Bryson, 7 years as US Masters Head Coach,
Assistant Coach AAU 3 years

Assistant Coaches: Erica Sena, 4 years assistant US Master, 3 years head coach age group swim teams

Katlyn Allen, 2 years Assistant Coach age group swim teams

Jessie Burnett, 1 year teaching

The team will meet: Saturdays, 8:30-9:30 a.m., Mondays & Wednesdays, 7:30-8:30 p.m.

The contact is Gene Bryson, 804 - 269 - 2272, gbryson@acninc.net

