

# The Wet Gazette

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

## SwimFest

Betsy Durrant

SwimFest is a clinic run by USMS for coaches and swimmers. This is the third year that it has been offered. The first year was in The Woodlands, TX. Last year it was in San Diego, CA. Coach Jay Peluso, our LMSC Coaches Chair attended the San Diego SwimFest. This year it was on the East Coast in the Atlanta area, May 20-22. Because Jay thought it was valuable training for coaches, our LMSC BOD budgeted money to send three coaches to this year's SwimFest.

Alice Phillips of Richmond, Kami Whitney of Warrenton, and I were fortunate to have the opportunity to attend. I learned so much! I have already incorporated some of the drills into my workouts. SwimFest was actually three clinics within one. ASCA (American Swim Coaches Association) certification for Level I and II was offered. There was clinic for coaches and a clinic for swimmers.

The ASCA Level I certification was held Friday afternoon; Level II certification was Saturday morning. Friday night was the keynote address for all coaches (ASCA and Clinic). The Coaches Clinic (for those not in the ASCA classes) was Friday evening, all day Saturday at the pool, and Sunday through lunch at a lake. The Swimmers Clinic paralleled the Coaches Clinic (Saturday at the pool; Sunday at the lake).

The keynote speaker Friday evening for the coaches Dr. Genadijus Sokolovas. "Dr G" was the Director of Physiology and Sport Science for USA Swimming from 2000 to 2008. He now works as consultant with various Olympic athletes and USA Swimming teams. As the keynote speaker, he discussed his GST Swim Power Test. This test "measures and analyzes changes in velocity, force, acceleration, and power at each phase of a test subject's stroke." (from the SwimFest booklet) We watched a video of various swimmers with the graph of velocity shown as the swimmer swam

See *SwimFest* on page 3.

## Success in the Desert

by Bob Schreiner

Not that I would ever accuse any member of the Virginia Masters Swim Team (VMST) of geographical ignorance, but I would bet my last bottle of vintage Port that way more than half the U.S. population has never heard of Mesa, Arizona. Why should they? After all, there are no professional sports teams from Mesa and it might be one of only a dozen or so cities that hasn't charged Lindsey Lohan with a DWI offense. Despite such a nondescript reputation, Mesa is the thirty-eighth largest city in the States. I know that for a fact because two sources other than Wikipedia make that claim.

Not even I, however, would have suspected that such an unknown metropolis would have the wherewithal to host a USMS national championship, be it long, short, or due course. It did, however, thanks to the stewardship of the Mesa Aquatics Club Masters, official host of the USMS Spring Nationals, and the Kino Aquatics Center, the host facility.

I found it highly interesting that the Kino Aquatics Center was affiliated with and adjacent to the Kino Junior High School. In my day in the even more inconspicuous city of Hays, Kansas (someone's home town), there was no such thing as an aquatics—"What kind of word is that," a resident would ask.—center, and the only things affiliated with or adjacent to the junior high school were a used car lot and a wheat field. Another fact not

Bob in  
Tombstone, AZ

See *Desert* on page 3.





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

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 25-26: LC in Greenville, SC

June 26: Jack King Ocean Swim, VA Beach  
Entry was in April and May newsletters and is online at [www.clubassistant.com](http://www.clubassistant.com).

July 9: 1 and 2 Mile Lake Swim in Charlottesville  
Online entries at [cableswim.org](http://cableswim.org). Paper entry is in this newsletter.

July: LC Meet at Hains Point in DC  
No definite information on this yet.

August 3-6: LC Nationals at Auburn University, AL  
Entry will be in *SWIMMER Magazine* and online.  
Entry deadline is June 29; surcharge increases on June 16.

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Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)



Virginia LMSC Website  
[www.vaswim.org](http://www.vaswim.org)

USMS Website  
[www.usms.org](http://www.usms.org)

Latest info on all levels of swimming  
[www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com)

Nearby LMSCs  
North Carolina: [www.ncmasters.org](http://www.ncmasters.org)  
Maryland: [www.maryland@usms.org](mailto:www.maryland@usms.org)  
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*SwimFest continued from page 1.*

through the whole stroke. It was fascinating and very informative. Swimmers had the opportunity to sign up for this testing with a DVD and analysis for an additional charge.

The three coaches from Virginia took part in various aspects of the clinic. Alice did the ASCA Level I and Level II courses. I took just the Level II course. Kami had done the ASCA classes in March in Warrenton, so she participated in the Coaches Clinic. Regardless of which part of the weekend you were participating in, everyone gathered at the pool for lunch on Saturday. Swimmers and coaches had participated in three classroom rotations from 8:00 to 10:45. Bobby Patten of Dallas led the “History of Swimming;” Cokie Lapenski of Marin Masters (CA) led “There is an App for That;” and Alan Tyson, a physical therapist from SwimMac in Charlotte, led “Axis Dryland.”

*SwimFest is continued on back page.*

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*Desert continued from page 1.*

found in Wikipedia is that Mesa's Kino Aquatics Center had more water in its four pools than existed in the entire western third of Kansas (and a lot of Arizona, to be honest).

Somehow, word spread far and wide about the championships and more than 1,800 USMS swimmers found their way to Mesa and to the Kino Aquatics Center—a double navigational achievement. Some VMST team members showed the same kind of derring-do and exploring spirit as that of Jesuit missionary Eusebio Francisco Kino—for whom the center is named—in getting there. Father Kino had to survive the Sonoran desert in the 1700s to arrive in the area from Spanish Mexico and minister to the Tohono O'odham nation, but some VMST members had somewhat similar voyaging challenges. How does one get from Long Lane, Missouri, to Mesa, for example? Perhaps a better question: Why is anyone in Long Lane?

Oh yeah, I'm expected to write about swimming. Sorry 'bout that! Since I am nearly as comfortable in water as Charlie Sheen is at a Trappist retreat, you must excuse any of my mental wanderings (should they occur). Anyway, as always, VMST fared very well as a team, and

several members excelled. Chris Stevenson, for example, continued his dominating performances in national events, winning three championships (100 and 200 back, 100 fly) with ease. “With ease” is an understatement, since Chris broke his own national records in both the 100- and 200-yard backstroke events. To me, he is Professor Velocity. Chris was not the only VMST male swimmer to earn championship status during the meet, however. Teammates Billy Gaines won the 1,000 free and Dave Holland took first in the grueling 400 IM with excellent times.

Among the VMST women, young Kate Hibbard won the 200-yard IM in a time that beat her own Virginia record. Similarly, Suzanne Newell set a new Virginia record (previously held by teammate Lisa Bennett) in the 100 IM. I would be remiss (and in serious marital trouble) if I failed to mention my wife's dominating performance during the Mesa meet. Simply put, Beth Schreiner won every event she entered, that is, the 50-, 100-, and 200-yard freestyle and the 50-yard backstroke. She broke Virginia records in the three freestyle races, two of her own. (Yes, we celebrated, but that's another story for a less innocent audience.) Beyond these excellent individual showings, the women relay teams also lived up to their well-deserved and long-standing national reputation by winning two events. VMST natatory maven Betsy Durrant, Ida Hlavacek, Susan Marens, and Beth won not one but two women's relays, the 200-yard freestyle and the 200-yard medley.

In addition to those sterling accomplishments, numerous other VMST swimmers joined some already mentioned above in racking up valuable points for the team with 2nd and 3rd place finishes. Specifically, Chris took 2nd in both the 200 butterfly and 200 free, while Billy scored 2nd place points in the 200 butterfly. Fellow VMST 2nd place finishers were: Adam Barley in the 200 IM, Lisa Bennett in the 200 breaststroke, Donna Hodgert in the 200 fly, and Danielle Myers in both the 200 fly and the 1,000 free.

Bronze or 3rd place medalists included Adam in the 200 fly, Lisa in the 100 fly, Suzanne in the 100 free, and Donna in the 100 fly. Tom Woods and Warner Brundage joined Betsy and Beth in capturing 3rd place points in the 200-yard mixed medley relay. Well done, everyone.

*See Schreiner on page 4.*

*Schreiner continued from page 3.*

Somewhat analogous to President Gerald Ford saying, "I watch a lot of baseball on radio," yours truly participates in a lot of USMS swim meets in dry clothes. While my participation can be officially or unofficially be referred to as "unpaid observer" or "unauthorized scribe," I want the readers to know that I can distinguish a woman's swimsuit from a man's suit at least 75 percent of the time. So, I know what I'm seeing as either an "observer" or "scribe." For example, I was just as sharp-eyed as any capable swimmer to note that Betsy Durrant was sporting a new suit with a large "Q" logo. I knew immediately what it stood for. Any **q**uick and **q**ualified **a**quatic, wine-**q**uaffing **q**ueen, and **q**uasi-**q**uartermaster of VMST traveling teams should be properly identified in and around the pool, and the "Q" did just that. I know it doesn't work just like that, but that's just the way it works. After all, my favorite sporting **b**rutes who play **b**eautiful, **b**ona fide (if occasionally **b**affling) **b**aseball in **B**oston are nationally recognized by the "B" on their uniforms.

To further prove that my powers of observation far exceed my ability to stay afloat at any water depth, I am sure that I was one of only a very few in the too-crowded and ill-shaded bleachers at the Kino Aquatics Center to notice Ida's fashion-setting and dazzling black and yellow racing suit. Even one of Ida's respectful teammates—whom I will not identify for safety reasons—turned to me (and no one else!) and asked, "What is Ida wearing?" as Ida stood on the diving block prior to a strong butterfly leg of a medley relay event. Perhaps I give extra attention to these VMST swimmers, their unchanging physiques, and their trendy suits because I was the person—only St. Louis Cardinal fan Tom Wood would know this—who, based on years of personal experience, gave ex-Cardinal great Curt Flood his most famous quote: "The funny thing about [my] uniforms is that you hang them in the closet and they get smaller and smaller." Why does it happen to baseball and softball players, wine aficionados, authors, and not to swimmers?

Besides swimsuits, another thing I like about many VMST swimmers is their sense of adventure. Beth and I weren't witness to the excursion, but reliable sources told me that prior to the opening of Mesa's "Spring Nationals," two ladies from the Commonwealth—don't tell them I told you, but

their names are Betsy and Susan ventured north of Mesa to see the magnificent red rock country around Sedona. That is credible, I guess, but I also heard that several bottles of Arizona wine (!) were with them in their rental car. As a Ford owner, I could have predicted, the Chevrolet rental car suffered a terminal injury en route back to Mesa, thus stranding the ladies in a barren part of Arizona that only had views of mountains to the north and saguaro cacti to the south. Just before one of the ladies was about to uncork (or uncap) a bottle of their stash for survival purposes, out of the west came one after another a state trooper and a deputy sheriff to the rescue. (I'm not making this up, readers.) With full protection from the law, they were able to arrange for a backup rental car from Prescott, and the ladies ultimately returned to Mesa prior to their first events. (Any moviemakers out there?)

Unfazed by prior tribulations, these very same ladies ventured out once again after their final swims to see more of the Wild West. It is hard for me to believe, but rumor has it that they were witness to a gunfight in Goldfield and indulged in several adult beverages while astride saddles in the vicinity of Tortilla Flat. The only thing I find believable is that their (second) rental car held up throughout their crazy adventure. I might add that it's a good thing no state trooper or deputy sheriff rode out of the west to meet them on that trip and find out what they were up to!

In a serious post-meet reflection, I came up with a strong belief, shared by my wife and other competitors, that the meet director and organizers had other important things to do each evening of the meet. While the Kino facilities were fine and the organizers and officials were pleasant and accommodating, someone was suffering from a serious case of urgency. Many swimmers from VMST and less illustrious swim clubs bore witness to a time line that ran faster than the cartoon character (and Arizona native) Roadrunner fleeing the ignoble intentions of Wiley Coyote. It was not only VMST swimmers who arrived at the pool only to find out that their scheduled event was now an hour or more earlier. Dashes to the starting blocks without a warm up were not a rarity in Mesa—ask Susan. As Beth put it, "it's the first time I've done warm up and swim down at the same time." Or, to paraphrase Bob Hope, "To give you an idea of how fast the meet was run, we began on Thursday with

two rabbits and when we left on Sunday we still had only two.” Something tells me that absentee meet announcer sine qua non Mark Gill would have somehow helped everyone adjust, and with good humor to boot.

The spring sun was toasty for most of the meet and the southern wind dried out skin and suits in record-breaking time. While the few attending VMST fans were avid, everyone noticed the absence of Dorothy Kaufmann, recently deceased mother of VMST member Karen Kaufmann. Dorothy was the supreme statistician for VMST and a regular and enthusiastic supporter of each and every VMST swimmer. Trying to sneak a split time or final result past Dorothy was as futile as attempting to sneak a sunrise past a rooster. We missed her, and we missed Karen’s contribution, doomed by a bad case of bronchitis that forced her to scratch all her events. However, those who competed did so with distinction, and I am delighted that I was there.

Now, can anyone tell me how to find Auburn?

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## VMST News



### ***Mighty Mermaid Lisa Bennett***

*By Chris Stevenson*

USMS Spring Nationals at Mesa, AZ, was an unusual event for Lisa Bennett: it was her sixth time competing at short-course nationals in the same age-group, 50-54. Since nationals were rather early this year, she was just days away from advancing into the next age group. Lesser swimmers might have skipped the meet and waited for next year, but Lisa was game. And she did quite well, too, collecting three top-3 finishes in the age group she was about to leave behind.

But Lisa is part of The Mighty Mermaids, and her fellow Mermaids had a surprise birthday gift for her: a round-trip plane ticket to California so she could participate in the SPMA short-course Regional Championship...as a 55-year-old!



Lisa didn’t let the opportunity go to waste, winning all of her events and setting new LMSC records in each swim. Two of the swims — the 50 and 100 Breast — were also new national records! Hats off to Lisa for her accomplishments, and to all the Mighty Mermaids for their generosity.

That’s what masters is all about.

### ***VMST and LC Nationals***

Entries for Auburn (LC Nationals) close on June 29. If you are thinking about going, don’t delay and miss out.

When the entry deadline passes and the meet roster is published, someone will put out an email to find out who is interested in and available for relays.

When making travel arrangements, keep in mind that Auburn is Central Time and Atlanta is Eastern Time. Be sure to plan for the drive and for the time change. Also, keep in mind that the meets runs Wednesday through Saturday. All of the meet information is in the current issue of *SWIMMER Magazine*. Online registration is open now.

So far, I have heard that the following team members are planning to go:

Bud Swiger, Tom Woods, Sandy Galletly, Nancy Speer, Susan Marens, Judy Martin, Betsy Durrant, Kitten Braaten, Beth Schreiner. I haven’t spoken with them, but I think Chris Stevenson, Lisa Bennett and Ida Hlavacek will be going. I am sure there are others; let me know.



# Chris Greene Lake 1- & 2-Mile Cable Swims

## Charlottesville, Virginia, Saturday, July 9, 2011

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation  
Sanctioned by: LMSC of Virginia for U.S. Masters Swimming, Inc. Sanction # 121-05  
**SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at [www.cableswim.org](http://www.cableswim.org)**  
**Your credit card will be charged to "ClubAssistant.com Event Billing"**

**Event:** There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a counter-clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records.

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

### **Check-in Closes at:**

2-Mile: 8:15 AM  
1-Mile: 10:15 AM

**Eligibility:** Open to all swimmers 18 years & older as of July 9, 2011. All swimmers must be registered with U.S. Masters Swimming. **Paper entries submitted without a copy of your 2011 USMS card will be returned. Online entries will be verified automatically.** To renew or join USMS online, visit [www.usms.org/reg](http://www.usms.org/reg)

**Rules:** Current 2011 USMS rules will govern both races.

**Entries:** All snail mail entries must be postmarked by **June 30, 2011. Online entries will close at 11:59pm Pacific Standard Time on July 4, 2011.** Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$25/ \$40.

**Safety:** For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

**Seeding:** Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

**Age Groups:** 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

**Awards/ Social:** For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 1-mile race. Drinks and snacks will be provided.

### **Accommodations:**

Doubletree Hotel (6 miles from lake) 990 Hilton Heights Rd. Charlottesville, VA 22901 (434) 973-2121 or (800) 222-TREE	Hampton Inn (9 miles from lake) 2035 India Rd. Charlottesville, VA 22901 434-978-7888 or (800) 426-7866
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**Directions:** (mapquest "Chris Greene Lake")

#### **from Washington, D.C:**

**(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)**

Take Rt. 29 toward Charlottesville, VA. In Earlsville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

#### **from Richmond, VA:**

**(Distance: 75 miles, Drive Time: ~ 90 minutes)**

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

#### **from Waynesboro, VA:**

**(Distance: 34 miles, Drive Time: ~ 45 minutes)**

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

### **Race Director Contact:**

Dave Holland, 804-282-6224  
Email: [HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)



# 2011 Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

Avoid this form, avoid errors by registering online at [www.cableswim.org](http://www.cableswim.org)

PLEASE INSERT SEED TIME  
FOR EVENT(S) YOU ARE ENTERING

	<p><b>U.S. MASTERS SWIMMING</b> PLEASE STAPLE A LEGIBLE COPY OF YOUR 2011 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:</p> <p>Emergency Contact Name: _____</p> <p>Emergency Contact Phone: _____</p> <p>Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____</p>
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<b>2- MILE</b> 8:30 am	>>>> Clockwise <<<<	1650 yd time: ____ : ____
<b>1- MILE</b> 10:30 am	<<<< Counter-Clockwise >>>>	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	<b>CHECKLIST</b>
\$ _____	\$ 25.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$ _____	\$ 40.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$ _____	T-Shirt: included free with entry; \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$ _____	Additional T-Shirt: \$12.00 each XS-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Signed Release Below
\$ _____	<b>Total Enclosed (Check or money order payable to VMST)</b>	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) XS S M L XL XXL XXXL

Additional T-Shirts: indicate quantity and size: \_\_\_\_\_

**Please re-check the checklist to ensure that your entry is complete!!**  
**Mail this completed form with check or money order payable to VMST, postmarked by June 30, 2011 to:**  
**Dave Holland, 504 West Drive Circle, Richmond, VA 23229-6832**

**RELEASE BY PARTICIPANT FROM LIABILITY**

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 Swimming, Inc.; Virginia Swimming, Inc.; NOVA of Virginia Aquatics, Inc.; United States Masters Swimming; LMSC of Virginia; Virginia Masters Swim Team; each swim club participating in the Event; Event Meet Sponsors, Event Meet Directors; Albemarle County and its officers, agents, and employees; Charlottesville-Albemarle Rescue, Individual Event Officials; or any other person participating in administrating the Event. In addition, I agree to abide by and be governed by the rules of the USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **AGE ON 7/9/11:** \_\_\_\_\_

**Phone (H):** \_\_\_\_\_ **Phone (W):** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

PLEASE PRINT CLEARLY

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

<p><i>Prstd Std</i> <i>U. S. Postage</i> <b>PAID</b> <i>Richmond, VA</i> <i>Permit #3022</i></p>
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*SwimFest continued from page 3.*

From 10:45-1:00, there were two pool rotations: Video taping and analysis by Bobby and Cokie and a chance to try out various FINIS equipment. After lunch, the clinic coaches went through the four strokes. Swimmers were in the water, coaches lined up around the pool. The clinic coach introduced a drill or technique, the swimmers tried it, the other coaches talked individually with the swimmers to reinforce what the clinic coaches were teaching.

Saturday night we were on our own for dinner. A group met in the bar to go to dinner together. Some stayed at the bar and had dinner there because Dr. G. had his computer with him and was going through some of the videos of the swimmers done that day and then going back to some Olympic swimmers for comparison.

Sunday was a special treat because I didn't know what to expect with an open water clinic. We met for two hours in the class room for discussion and instruction from Steve Munatones "The World's Foremost Expert on Open Water Swimming" (*from the clinic brochure*). Then we went to a beautiful lake less than a mile from the hotel. Swimmers and coaches could participate or observe. Steve went over techniques and training tips. After lunch, a group took advantage of the lake for a 2-mile swim.

It was truly memorable and worthwhile weekend. I'll have more in future issues from Kim and Alice. Thanks to our LMSC for making our participation possible!