

The Wet Gazette

The LMSC for Virginia - Serving Swimmers in Virginia and West Virginia
October 15, 2011

Registration News

Lisa Bennett, Registrar

It is that time of year again! **October 1 begins the club (team) renewal period.** The new 2012 form is on our LMSC website (vaswim.org). The form can be downloaded and sent to Lisa Bennett (Registrar)...or renewing teams may go to clubassistant.com and renew online. Amazingly, the team fees will stay the same for 2012!

Please remember that your swimmers will not be able to renew their membership for 2012 until your team has renewed.

We are anticipating a record 31 teams this year! So it is hoped that we can talk a few of them into hosting a meet!!!

Swimmers may begin to renew for 2012 on November 1. They can go online at vaswim.org and hit the link to renew. They may also go to USMS.org and hit their link to join. If you wish to send me the paper form, you can download it from the site, or email me and I will send you one. Fees for 2012 have gone up by \$2.00 again. Fees for joining all teams (EXCEPT VMST) and Unattached swimmers will be \$39.00. VMST fees will be \$49.00.

Your LMSC will again offer a discount for swimmers 18-24 years of age. Fees for the kids will be \$24.00 for joining all teams (EXCEPT VMST). VMST for the 18-24 year olds will be \$29.00.

PLEASE...if you are joining a team other than VMST....PLEASE do not send the fee for VMST!

So now that everyone is totally confused by all the fees....I hope that everyone has a very successful swimming year! And if you have ANY questions, please let me know!

Annual Meeting of the Virginia LMSC Board of Directors

The Board of Directors of the Virginia LMSC will hold its annual meeting on **Saturday, October 29, at 11:00 a.m. in Richmond.**

The LMSC Board of Directors consists of the elected officers of the LMSC, chairs of standing LMSC committees, representatives from clubs that have at least 10 registered members, and persons in appointed positions that are described in the LMSC bylaws. But the meeting is open to any USMS member registered in the Virginia LMSC, so feel free to attend and get some insight into one way that volunteers contribute to Masters swimming in our state.

The address for the meeting location, an agenda, and supporting materials will be posted on-line at www.vaswim.org.

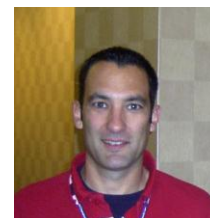
LMSC Officers

Chair: Patty Miller



Vice Chair:
Charlie Tupitza

Secretary: Dave Holland



Treasurer Charlie Cockrell



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

- October 30:** GMUP Sprint Classic
See PV website.
- October 29-30:** SCM in Charlotte
See NC website.

- November 5:** SCM in Virginia Beach
Entry is in this newsletter.
- November 10-15:** Pam Ams
Rio de Janerio, Brazil. Go to usms.org.

- December 9-11:** SCM in Boston
- December 3-4:** Knoxville, TN
Jessica Hart. Phone: 865.974.2439. (day);
336.501.7186 (evenings) Fax: 865.974.1287.
Email: utmastersswim@gmail.com

- January:** Tropical Splash in Alexander;
- January 28-29:** 2-day meet in Charlotte.
- February:** VMST Winter Meet, Richmond
- March:** Warrenton
- April:** Meet at GMU
- April 25-29:** SC Nationals, Greensboro, NC
Hotel information has been posted. Go to usms.org,
Competition, Nationals
- June 10-16:** FINA Worlds in Italy
- July 5-8:** USMS LC Nationals, Omaha
Hotel information is available

Newsletter Editor

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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

LMSC Officers

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Jmartin240@cox.net, 757-721-0890

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chrisl Stevenson@usms.org, 804-282-0124

VMST News

Election for VMST Officers

VMST officers serve two-year terms and all of the officer positions are up for election. Heather Stevenson (current President) is stepping down. Betsy Durrant (Treasurer), Bud Swiger (VP), and Debbie Jaeger (Secretary) have all expressed an interest in running again for their positions. If you are interested in any of these VMST positions, *and the President position in particular*, please email Heather Stevenson at hns@usms.org as soon as possible. New officers will be elected at the annual member meeting to be held at the February VMST meet.

None of the positions requires an extraordinary amount of time, but we do need officers to run the organization. Here is a very brief summary of the position duties:

President: Run the periodic meetings of the officers (a few telephone conferences or meetings at meets) and the annual member meeting; sign checks; promote VMST and work to keep members and workout groups happy; work to get new VMST meets on the schedule; choose and order the swag for VMST swimmers attending SC and LC Nationals each year; etc.

Vice-President: Step in if the President is unavailable; be in charge of the awards.

Secretary: Take meeting minutes and sign documents as necessary on behalf of the organization, etc.

Treasurer: Keep track of the money; prepare a budget; arrange for annual tax filings as necessary; write checks, etc.

GREENSBORO, APRIL 25-29!!

Don't forget that we are trying to get a big VMST turnout for this meet.

Nationals and Worlds

Many swimmers like to wait until a meet is close before deciding to attend. In the case of World and National Championships, it is advisable to plan ahead in order to have a choice of hotels. This is especially true of **LC Nationals in July** which will be immediately following the Olympic Trials in Omaha. If you want to arrive early and see some of the Olympic Trials, you need to arrange for tickets and for a hotel. Information is available at usms.org. Look under Competition and then Nationals.

World Championships are every two years and will be in Riccione, Italy, in June. I have not seen a deadline for entries, but it is usually early for a world championship. Website: finamasters2012.org. The complete program is at fina.org. Click on Events, World Championships, Masters.

The pool is open for practice on June 7-9. Pool competition run from June 10 to June 16. There is a 3K open water swim on June 17.

I am not sure about relay entries, but I think they have to be entered by the individual entry deadline. I will try to find out. If you are thinking about going, please let me (Betsy) know.

1992 Team Photo

In the September newsletter, there was a team picture from the 1992 SC Nationals in Chapel Hill. Chris Stevenson and I, with help from numerous swimmers, have identified everyone. It is amazing how many in the photo are still swimming. Chris has posted the picture and the names on the LMSC website (www.vaswim.org).

Meets hosted by VMST

November 5 – Virginia Beach (short course meters)

February – Richmond (yards)



Changing for Good

by William G. Ewan, Ph.D.

May 30, 2010

This article is from the USMS website, under Articles.

One of the greatest contributions to psychology in the 20th Century came from research done at the University of Rhode Island. In a book entitled “Changing for Good,” James Prochaska, Ph.D., John Norcross, Ph.D., and Carlo DiClemente, Ph.D. describe their findings. By outlining them here briefly, I hope to help swimmers understand how they can change in the water to become faster.

Many people change life-threatening habits, such as smoking, without help from therapy or psychologists or medication. The authors looked at 40,000 people who stopped smoking. They asked them a lot of questions to find out how they were successful. In doing so they found a very simple pattern. They came to the conclusion that this pattern translates into how we decide to change just about anything in our lives, including a swim stroke. The process in our thoughts can be lightning fast, or we may get stuck for a lifetime in one of six possible stages of change. They found that everyone who needs to change something is in a particular stage between no change and making the change and going on with life.

According to the study, there are six major stages of change: precontemplation, contemplation, preparation, action, maintenance, recycling, and termination.

Precontemplation

This is the stage where you’re not aware that you need to change. But it can also be a stage where you don’t believe you can successfully change and have decided to avoid it.

A swimming example might be: “Coach wants me to move up and down enough to show my swimsuit in the fly every time my hands go in the water. I’ve been swimming this way for five years. He needs to go bother someone else.”

There may come a time when the swimmer begins to think about needing to change. For example, the swimmer may observe that the truly fast swimmers at swim meets show their suits on every arm entry for fly. Or the swimmer may discover by accident that with very high hips in the butterfly, it is easier to swim and go much faster.

Contemplation

With learning and awareness, we move to the next stage of change called contemplation. This is the stage where learning and education are important. We learn and become aware that we need to change something. We imagine and visualize ourselves with the change. It is a time of rehearsal and practice in our thoughts. We become more accepting of others thoughts, actions, and deeds on the subject.

A swimming example might be: “Coach is on to something! I’ve seen fast swimmers and they really stay high in the water and show their suits on the fly. Some really stick their butts out of the water. I would like to try it.”

At this stage successful changers learn that for every change there may be a temporary breakdown or slowing down in the things that are changing. There will be setbacks. A swimmer might feel like the stroke is wrong or uncomfortable because it is different. A simple change in body position in the butterfly will not necessarily feel better. The stage of contemplation is the time when we take full ownership of the situation and learn as much as possible about what it takes, how it will happen, what will prove that it is a good change, and what it will take to finally say we have succeeded at changing something.

One of the most important findings of the research was that we need to make a pros and cons list for changing. This can be done on paper or may occur in our heads. It may take several pros and cons lists over days, months, or years to get to a point where one is ready to change. Researchers found that once a pros and cons list has twice as many reasons for changing something as cons against changing it, the person is not only ready to change but is capable of it. This seemed to underlie all of the smoking habit changes of the 40,000 smokers they studied.

Preparation

This is the time when we increase learning and understanding. We may practice a little and get some feedback from others on our butterfly swimming. We may try out the changes and test the situation. But ultimately what happens in the preparation stage is that we set a date to act. You finish all preparations for actually changing the behavior. In the case of showing your suit on the butterfly, you set a date and from then on you will swim that way. You have decided and are ready, willing, and able to make the change for good.

Action

This is actively thinking about the change, changing the thing that you want to change, and getting used to the new situation. You have done whatever is necessary to succeed at the change and are now living the change. In our swimming example, you are dealing with the wishes to do the butterfly the old way, to return to what is comfortable or your habit. You are dealing with needs that were satisfied in swimming the other way.

Maintenance

If all is successful, and you spend enough time and effort, you enter a stage called maintenance. The change has become natural or automatic. The old habit of dropping the legs and dragging through the fly has gone away.

Recycling

Often we will do something called recycling. That is, you may come to the pool and find yourself at the precontemplation, contemplation, preparation, or action stage. A negative word for recycling is relapse. But it is perfectly normal and natural and is usually a necessary part of changing.

For example, during hard swims, you may be really tired, and you're likely to forget to hold the body high in the water, and your swimsuit won't show. Being successful has to do with how quickly you can get back to the action stage from wherever you went. That is, instead of thinking, "Boy I'm terrible. I'll never swim the butterfly right. I'm going to just forget about staying high in the water," encourage yourself with, "Come on. You can do it. If you don't give up, you'll make it." Cheerleading and being positive does wonders for getting a change to stick.

In the case of the 40,000 smokers, it took each an average of 43 serious attempts to stop smoking forever. So the speed at which each returned to the action stage of not smoking was critical. For example if a 40-year-old smoker waits a couple of years between attempts to stop smoking, he or she may not succeed until 123 years old. That is, 43 attempts on average for success, times the number of years between attempts, plus starting age of 40. Any lack of speed in returning to the action phase explains why, to the uninformed smoker, it is easier to die than to quit smoking. If serious attempts and returns to action occur over less than a year or two, success is virtually assured.

Termination

And lastly, using our swimming example, you have made it. You will always swim the fly with your swimsuit showing every time your arms enter. It's not an issue. You don't think about it. It is no longer a change.

If you think about this six-stage process you may begin to understand that all human change can be seen this way. It may involve changing drinking habits, eating habits, smoking habits, betting habits. It can describe our decision to open a door, to buy a new car, to have soup for dinner, to go on a date. In some cases much of our thinking is lightning fast, in other cases we die of the thing that needed to change.

With this, I wish all of you success in changing. Change and the ways we get to change seem to unite us all as human beings. Hopefully this knowledge will move each of us to great change.

Bill Ewan, 67, swims for New England Masters and helped create the NEM video clinics. Ewan has a Ph.D. from University of California, Berkeley in linguistics and spent much of his career in speech research and working as a behavioral therapist at a psychiatric hospital.

Don't forget to renew your membership - online at www.usms.org. A paper copy will be in the Nov newsletter.



VIRGINIA MASTERS SWIM TEAM
31st ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 5, 2011



Short Course Meters

Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

Facility: Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **Pool has been measured and certified for USMS records and Top Ten.**

Important Notes: Lockers require a quarter (25 cents). No glass containers in the pool area.

Directions: **From I-64**, take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area**, take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Director: Betsy Durrant

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #121-007.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2011. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org or be prepared to register with LMSC for Virginia on the day of the meet.** USMS registration (through LMSC for VA) is \$39 for 2012. Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **All new registrations after November 1 will be valid through December 2012.**

ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

Men and Women will swim together. Back-to-back events are not a good idea.

- | | |
|------------------------------------|-------------------------------------|
| (1) 800 m Freestyle | (12) 50 m Butterfly |
| (2) 200 Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke | (17) 200 m Butterfly |
| (7) 50 m Freestyle | (18) 100 m Individual Medley |
| (8) 100 m Butterfly | (19) 50 m Backstroke |
| (9) 100 m Breaststroke | (20) 100 m Freestyle |
| (10) 400 m Individual Medley | (21) 200 Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 Free Relays (W/M/Mixed)* |

*** Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.

Entries: \$5.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event.** Swimmers may enter a total of 5 individual events and 4 relays.

Entry Deadline: In order to be seeded, paper-entries must be received by **Monday, October 30.** The easiest way to enter is on online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for 4th through 6th places.

Social: There will be a social immediately following the meet. Directions will be provided at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. There will be only one heat of each event. You must choose whether you are going to do a Women's, Men's, or Mixed Relay – they will be swum at the same time. Relay entry forms will be available at Check-In.

***** ENTRIES ARE DUE BY OCTOBER 30!*****

ENTER ONLINE AT <https://www.ClubAssistant.com>

Age (on Dec 31, 2011): _____ Phone: _____ E-mail: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign the waiver**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of 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.

Swimmer's signature: _____ Date: _____

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times. Relays may be entered on the day of the meet. Relay forms will be available at check-in.

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	800 m Free	(12)	_____	50 m Fly
(4)	_____	50 m Breast	(13)	_____	200 m Breast
(5)	_____	200 m IM	(14)	_____	100 m Back
(6)	_____	200 m Back	(15)	_____	400 m Free
(7)	_____	50 m Free	(17)	_____	200 m Fly
(8)	_____	100 m Fly	(18)	_____	100 m IM
(9)	_____	100 m Breast	(19)	_____	50 m Back
(10)	_____	400 m IM	(20)	_____	100 m Free
(11)	_____	200 m Free	(22)	_____	1500 m Free

Please note that there is no break in the meet program. Think carefully before entering back-to-back events. Relays (events 2,3,16,21,23) will be deck entered. There will be no entry fee for relays.

Number of Events _____ x \$5 = \$ _____
 \$10 Surcharge = \$ 10
 Number of people for social _____ x \$5 = \$ _____
 Results Mailed (\$1) = \$ _____
 Total Amount Enclosed = \$ _____

Results will be posted at www.vaswim.org. If you want results mailed to you, fill in blank to the left.

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at durrant6@cox.net or phone Betsy at 757-422-6811. No calls after 9:30 pm, please!

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

Prstd Std
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Permit #3022

New Workout:

Location: **Burkwood Swim and Racquet Club** 9120 Burkwood Club Drive **Mechanicsville, VA 23116.**
POC: George Massey (Coach) 804-516-7378

Mon/Wed/Fri 5:30-6:30am or 9:30-10:30am

Tues/Thurs 7:00-8:00pm

Saturdays 7:00-8:30am. Call 804-730-2472 and check availability. Not every Saturday.

Cost: \$5.00 drop in rate. (Call first so you can be put on the guest list at the front desk.)

The practices themselves will have both Masters members and nonmembers so for insurance purposes BSRC will cover the practices.