

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
September 15, 2012

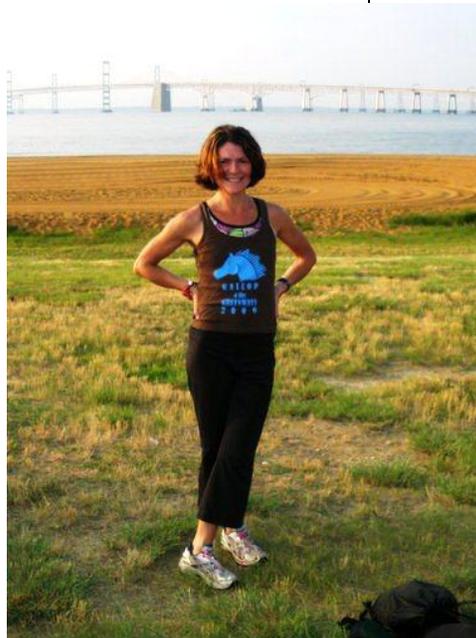
Reflections from a New Masters Swimmer

by Kate Ericsson

Growing up in Florida, I swam year round on swim teams. I remember those outdoor meets huddled with friends in make shift tents constructed out of towels and dipping our fingers into jello boxes for “energy”. I loved swimming competitively when I was young, but in middle and high school my sports shifted to land: field hockey and track.

In my 20’s I considered myself a “runner” and swam only occasionally for fitness and when I had a sports injury. During my two pregnancies in my 30’s, I started swimming again. I didn’t feel comfortable running while pregnant, and turned to the pool for exercise. I swam through all 9 months comfortably (except for flip turns—those I gave up when I became “too buoyant” to execute one gracefully).

It wasn’t until my 40’s that I started swimming with a Master’s group. After I signed myself up for my first Great Chesapeake Bay swim, I realized I needed to take my lap swimming to another level. Swimming with **Marcia Barry** at the Gators in Roanoke prepared me for the 4.4 mile crossings in 2010 and 2011. Surviving them made me feel like I was truly a “swimmer”.



See *Reflections* on page 3.

LMSC Board of Directors Adopts Budget for 2013

The LMSC BOD met by teleconference on Monday, August 20. Those participating in the call were: Patty Miller, Charlie Tupitza, Chris Stevenson, Charlie Cockrell, Dave Holland, Lisa Bennett, Shirley Loftus-Charley, Pam Dameron, Heather Stevenson, Betsy Durrant, Elizabeth Cohen, and a Laurel Davis.

Chair Patty Miller explained that we needed to address the budget now because any fee increases would need to be enacted before the general meeting in October or November.

Several years ago the LMSC treasury had a surplus of funds, and it was decided to operate at a deficit for a few years. This was decided because it would benefit members to receive services without an increase in membership fees. Now, however, it is time to return to a balanced budget. The BOD decided to move to a balanced budget by 2014. Membership dues will increase for 2013 by \$3. This means the LMSC share of membership fees will be \$11. The USMS share will be \$33 for 2013, making a grand total of \$44 for 2013 registration (not including any club or team fees). Swimmers who are 18-24 will continue to have a discounted membership fee of \$33 for 2013. The One Event registration fee will increase by \$3. No changes were made for club registration, sanction fees, or meet profit fees.

Newsletter costs will be reduced by encouraging more members to opt for electronic copies only (see page 2 for more on this) and by limiting the newsletter to 8 pages instead of 12 pages whenever possible.

▲ *Kate Ericsson*



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

September 29: Randolph Macon College in Ashland, VA.

September 30: Pelusa Open Water Series

October 28: Sprint Classic at GMU

November 3: VMST SCM Meet, VA Beach
Entry is in this newsletter.

May 9-12: USMS SC Nationals, Indianapolis
Make plans now!

June 5-13: Pan American Meet, Sarasota

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Read the Newsletter Online

If you would prefer to read the newsletter online instead of receiving a paper copy, notify Chris Stevenson (VAwebmaster@usms.org). The electronic version has photos in color.

Your LMSC BOD believes the newsletter is an important means of communication, but it is one of our largest expenses. Reducing the number of printed copies will save us money. It is your choice whether to read the online or paper version.



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

ONLINE Registration for many meets:

www.clubassistant.com

LMSC Officers

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ctupitza@warrentonmasters.org

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Sanctions: Heather Stevenson

hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson

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Graphics from www.swimgraphics.com

Reflections continued from page 1.

This summer I wanted to try a different open water swim and registered for the Chris Greene Lake Cable Swim in Charlottesville, an event for which I needed to have a U.S. Masters membership. As a new card carrying member, I decided I would also sign up to swim in my first Masters swim meet at the Commonwealth Games of Virginia. I swam the 50 meter fly and 100 meter free, winning both events. (I did confess to my impressed friends and family that I was the only swimmer in my age group.)

Both swim experiences were fantastic. The lake swim was challenging for me due to the warm water temps, but I enjoyed the easy to navigate cable swim and the camaraderie of all the participants even more. I was also excited to be in the presence of such tremendous swimmers who set national records that day, such as Shirley Loftus-Charley. I loved seeing all different shapes, sizes, and ages out in the water doing what they love so well.

The morning that I walked into the beautiful Christiansburg Athletic Complex for the meet I expected the usual chaos and noise that I have become accustomed to at RVAA summer swim meets with screaming children. Imagine my surprise when I entered a space so quiet that I felt I had walked into a sanctuary. I found my friends sitting outside on lounge chairs waiting for their events. Everything ran so smoothly, and I was so disappointed when I was finished early in the day that I stayed and swam in the warm up/cool down lane, promising myself that I would sign up to swim the 1500 meter freestyle next summer.

I am looking forward to participating in more Masters swim events in the future. Swimming has become an important part of my life, and this solitary sport seems less so in the company of others whom I have found to be supportive and welcoming. I have already begun to dream of future vacations centered around open water swims in such beautiful places such as Hawaii and Greece. Who knows where swimming will take me. I am glad to be part of a sport that I will be able to compete in for many years to come.

Registration News

From Lisa Bennett

The new registration period is coming upon us sooner than we had hoped. Please remember that your Club must be renewed or registered prior to your renewal or registration for 2013. Clubs may start to renew on October 1, 2012, and swimmers may join or renew for 2013 on November 1, 2012. Clubs already established may renew online at ClubAssistant.com. There will be a link sent out to the clubs later in September.

PLEASE do not use the 2012 forms for 2013!

We are going to be getting another new team in our LMSC this fall. The **Monarch Aquatics Masters** will run their practices out of ODU, and there will be a host of accomplished coaches running the program. Practices will run Tuesday, Thursday and Friday mornings from 5:30am – 7:30am, with a Saturday practice starting up in the fall. The cost will be \$225 for four months, or \$60 per month. They will also have a punch card option (\$60/10 sessions). Please call Jessica Miller, 757-683-6135, for more information. She may also be reached at: jhmiller@odu.edu. Their website is: www.monarchaquatics.org.

I wish to thank everyone for making my time as Registrar so enjoyable. It has been a pleasure getting to meet so many wonderful people with this job. I will be stepping down in September due to a move, and **Shirley Loftus-Charley** will take over as your new Registrar. I hope to see many of you at the Nationals! Happy Swimming

Wetsuits

By Jim McFarland

There's been a lot of debate recently about wetsuits vs. nonwetsuits, and whether USMS open water events should include wetsuits at all.

First of all, let me say that I'm an admirer of wetsuits - *in triathlons*. Many triathletes are not solid swimmers. That will change (probably) as the sport grows. But for now, wetsuits represent safety for large groups of individuals engaging in

See Wetsuits on page 4.

Wetsuits continued from page 3.

mass-starts, which often resemble schools of bluefish in feeding frenzies. Wetsuits save lives- in those kinds of events.

In addition to safety, the chief advantage of wetsuits for triathletes is improved speed. I've seen swimmers who've benefitted perhaps a minute for a mile swim, and I've seen one swimmer (who has good body position and is a strong swimmer) who was between 6 and 8 minutes faster while wearing a wetsuit due to reduction in drag.

In general, though, wetsuits provide three advantages (besides warmth.)

1. **Increases buoyancy**, which results in better glide and less effort and more horizontal swimming
2. **Provides a slick, streamlined surface** - (even more than the banned tech suits.)
3. **Counters foot drag** for those who cannot plantarflex their feet - (point their toes) or kick properly. This may apply to you if you swim faster with a pull-buoy than without.

But the darker side of wetsuits...

1. **Wetsuiters don't understand the danger they pose** to others, and as a result tend to be more aggressive.
2. **Wetsuits give a false sense of security.**
3. **Wetsuiters don't develop the same proficiency for open water swimming** (most don't, anyway) because they're isolated from the aquatic environment.

For many, wetsuits provide an entry point into open-water swimming, not an endpoint. Because I love the sport, I don't want to see us fighting battles that don't need to be fought; we have common purposes (though not identical.) So here's my short list of solutions:

Hold separate heats; have separate awards.

As for my personal solution to the dilemma: *I flatly refuse to participate in events which fail to have separate award categories (starting now.)*

Separate awards, separate heats. Safer events.

Editor's Note: This is a great topic for discussion. Please send comments to me (address is on page 2).

VMST News

Carl Russ participated in the USMS 1-Mile Open Water Championship at Lake Lure, NC, on August 25. Carl finished 3rd in his age group (75-79). At this time, race results have not been posted online so I can't check on other team members.

Sandy Galletly, our teammate from Scotland, swam in the *Monster Swim* in Loch Ness on August 18. He finished 42nd out of 151 men in the Wetsuit Division. Sandy is 70, but the results were not divided by age group.

Information from the race website described conditions.

"Big Yin" (1 mile)

The "Big Yin" is the longest swim of the day. Conditions can be challenging yet the views down the Loch are awe-inspiring and the feeling of being alone even when you are swimming with others can be exhilarating.

Held on the stunning shores of Loch Ness. Loch Ness holds a staggering more fresh water than all of the other lakes in Great Britain combined! Not only is it the biggest but it has the legendary story of Nessie, the Loch Ness Monster. What better place could there be for a wild swim?

The water temperature in Loch Ness in August can range between 10-15°C (50-59°F) which will add to the challenge of this unique event but it does also mean that wetsuits are recommended.

As for the air temperature, Scotland is notorious for having four seasons in one day so be prepared but on average at this time of year you can expect temperatures of between 18- 21°C (64-70°F).

VMST Officer Update

By Betsy Durrant

As a reminder, the VMST officers are:
President – Elizabeth Cohen (Richmond)
V. Pres. – Bud Swiger (Leesburg)
Secretary – Debbie Jaeger (Manassas)
Treasurer – Betsy Durrant (Virginia Beach)

We have been busy lately with discussions about our budget and how we can use our resources to help the club. For the last few years, our bank balance has remained pretty much the same. Most

of our events make some profit. Our team events with meet/race director in parenthesis are:

1. February Meet in Richmond (Nancy Miller)
2. Jack King Ocean Swim (June McDaniels)
3. Chris Greene Lake Swims (Dave Holland)
4. September Meet at Randolph Macon College in Ashland (Dave Holland and Brent Kintzer)
5. November meet in Virginia Beach (Betsy Durrant)

In addition, we get income from the \$10 team dues.

Our ongoing expenses are for:

1. Relays. VMST pays for all relays.
2. Swim Caps. We have caps with the club logo which are free to members. I always have a supply at meets, but will mail some upon request.
3. LMSC newsletter. VMST assists the LMSC by paying 1/3 of the cost of each monthly newsletter. We used to have a separate monthly newsletter just for VMST. By combining the two newsletters, the cost was reduced for each
4. Specials logo caps for National Meets which are free to participants.
5. Team Spirit gift to all who participate in National Meets. This year it was a tie-dyed long sleeve t-shirt. The shirts do not have the meet on them, just the team name and logo. They are available for sale to all members for \$14.

As stated above, our balance amazingly stays about the same from year to year. The officers voted to spend some money in a variety of ways.

1. Offer two stipends of \$250 each to help pay expenses for two coaches to attend ASCA Masters Certification Clinics.
2. Make a donation to the USMS Foundation Swimming Saves Lives. Our club is known throughout USMS as a club that can get participation from members at national events and consequently win club awards. Making a donation helps USMS and shows us in a different role. The donation will be for \$1500 and will be made in memory of Forrest Sullivan who served VMST as an organizer, officer, event director, and faithful participant.

Please contact me if ...

1. You would like me to send you a detailed accounting of our bank balance and expenditures.
2. If you have suggestions of what VMST can do to help you be a better swimmer or to enjoy the experience more. Also send suggestions of what the officers can do to make this a better club.

Randolph-Macon Meet

Saturday, September 29

Randolph-Macon College, Ashland, VA

Information is online at www.vaswim.org. You can register online at www.ClubAssistant.com. Entry deadline is September 25.

All standard pool events are offered. That means 50,100,200 of each stroke; 100, 200, 400 IM; 500, 1650 freestyle. In addition, there will be 200, 400, and 800 yard relays.

If you need a paper entry, contact Betsy Durrant (757-616-1661). The complete entry was in the August newsletter.

The college team is hosting the meet with VMST. It is a fundraiser for the team. Let's help the team and have some fun. ENTER THE MEET ASAP!

USMS SCY Top Ten

There is not room in this newsletter to include Top Ten listings. However, Chris Stevenson has a summary on the website. You can find the article at:

<http://www.vaswim.org/2012/08/scy-season-wrap/>

OR

go to: www.vaswim.org, scroll down on the home page to "What's New" and you will see the SCY Season Wrap listed.

VIRGINIA MASTERS SWIM TEAM
32nd ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 3, 2012



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 #122-007.

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, 2012. 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.** 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 2013.**

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 m Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 m Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 m 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 m Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 m 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 29.** 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. Online entries close on **Wednesday, October 31.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. 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.

***** PAPER ENTRIES ARE DUE BY OCTOBER 29! ONLINE ENTRIES CLOSE OCTOBER 31!*****

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

Age (on Dec 31, 2012): _____ 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, 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 (\$2) = \$ _____
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 757-615-1661. No calls after 9:30 pm, please!*

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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Virginia Beach, VA 23451-2040

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After the Virginia Beach Life Guard Series 5K: Carol McCammon, Mitch Saks, Liz Serre with daughter Elsie, Chris Sharver (in back), Susan Marens, Steve Myran

