

The Wet Gazette

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

From our Fitness Committee Chair - Pam Dameron

Editor's Note: Pam is a member of Quest Masters in Richmond. She is a dedicated swimmer for fitness and competition.

FITNESS SWIMMING – GTD and FLOG

Looking for a way to put a little fun into your Club's fitness swimming? Join USMS's "Go the Distance" (GTD) and set up virtual swims for your teammates to any destination in the world! Swim down the Mississippi, across the English Channel, or even the Atlantic Ocean. Have individual goals, or team swims.

"Go the Distance" is an event for swimmers to track their distance and workout time over the course of the year. USMS offers incentives for participants when they achieve distance milestones beginning at 50 miles and continuing to 1500 miles. There is no cost, and T-shirts can be purchased with the GTD 2012 logo on the front, and a milestone check off on the back. **Nike and All American Swim Supply** provide awards for certain milestone achievements beginning with a swim cap for 50 miles, to gift certificates, mesh bags, and swim suits. All data is entered on each swimmer's personal "fitness log" (FLOG) on the USMS web site. It's fast and easy to use, and includes swimming, dry land, and cross training sports such as running, and cycling. Swimmers can enter their mileage daily, weekly, or at the end of the month. The website will automatically compile the results for the month, with both mileage and time listed, and will report the total for the year to date.

If you are new to FLOG, you will have to set up your account. Directions from USMS are: "Go to www.usms.org. Click on "Forums" in the upper right corner of the home page. Follow the step-by-step instructions to create your login account. Check your email inbox for an automated confirmation message from the

Discussion Forums. Follow the instructions in that email message to fully activate your account. Once you are activated in the forums, return to www.usms.org. Click on the My USMS tag in the upper right corner of the page. The first time you visit this area, you will need to enter your current membership information in order to link your login account to your membership."

Its time for your team to "Go the Distance!"

FITNESS CHALLENGE

The year 2011 has passed, the holidays are done, and it's time for Masters to return to the pool! How about a Fitness Challenge with your team? For the past 20 years, the Tualatin Hills Barracudas of Beaverton, Oregon, have hosted the February Fitness Challenge. The purpose is to "promote fitness through aquatics by encouraging participants to visit the pool regularly, and to track results over a monthly period." Keeping in mind that your team is looking for consistency of exercise over time, how about a revised challenge for your own group?

There are 3 challenges:

- Count your yardage – set a goal for the month, and try to make it
- Count your days of exercise – plan how many days in the month you will attend practice, and make a firm commitment to do it
- Group against group (perhaps the early morning swimmers vs. the evening group) – find the average number of days or yardage of each group to determine the winner

Within your team, have each member set their goals in writing at the start of the month. As the days progress, members should enter their yardage in **the USMS Go The Distance** site. At the end of the month, the web site can be checked for total yardage by teammates. If a member equals or exceeds their goal, they are winners!

Are you interested in joining the Barracudas in February for the "official" Challenge, complete with awards by age group? Contact them at www.barracuda.org



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

March 3: Greensboro. This meet is in the pool where Nationals will be held. See NC website.

March 17: SCM, Albatross Open (in the DC area). See PV website.

March 25: Rockbridge County (Lexington)

April 13-15: Zone Meet, George Mason U.

April 25-29: USMS SCY Nationals in Greensboro, NC.

June 10-16: FINA World Championship in Riccione, Italy. www.finamasters2012.org

July 5-8: USMS LC Nationals in Omaha, NE. Information is on USMS website.

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Graphics from www.swimgraphics.com

One Hour Swim

Ten brave swimmers completed the One Hour Swim in Virginia Beach. The swimmers participating were: Marianna Berkley, Jeanne Meredith, Arlien Steiner, Mary Ann Peterson, Nancy Speer, Liz Serre, Laura Walker, Bill Nelson, Betsy Goode, Betsy Durrant. Laura and Bill drove over from the Eastern Shore to do the



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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swim. As usual, loyal friends came to count and get splits: Judy Martin, Al Newberry, Glen Kuptke, Collette Nelson, Ed Shivaroni, Terry Sokolik, Tori Jones.

Editor's Note: I don't usually repeat articles, but I just found this in an old newsletter (the December 1998 issue of the VMST Newsletter). I think it is one of the best articles contributed from a member. John was 50 at the time. He lives in Charlottesville and is a long-time distance swimmer and VMST member.

England to France in 10 Hours 24 Minutes

by John Shrum, M.D.

On July 31, Shirley Loftus, Bob Lazzaro, of the Terrapin Masters, my two older children, Mo, 19, and Joseph, 17, John Post and myself swam a relay across the Mecca of Open Water Swimming. The Straits of Dover, better known as the English Channel, confront one with staggering obstacles. In a given season, from late July to late September, the tides prevent at least 20 days from being possible for attempts at crossing. Storms and bad weather may knock out another 15 to 30 days, even when the neap tide is acceptable. The logistics, the cost, the time away from work once conquered, the swimmer(s) then get to face what we did – 21 miles through 57 degrees Fahrenheit water and 8 foot swells, along with a head dizzying stomach churning boat ride when not in the water.

The idea began during a half-baked conversation between myself and John Post at Sloan's Restaurant during the late Fall of last year. I said I'd be interested, but actually thought it would be several years yet before I gradually got around to organizing such an expedition myself. But John Post is relentless, if nothing else. Shortly after the New Year he called one Sunday afternoon and queried, "What are you doing on July 29th, 1998?" "I have a feeling you are going to tell me," I replied.

"You are going to swim a relay across the English Channel. We have Reg Brickell lined up as our pilot from July 29 through August 2nd."

This sounded pretty serious, but I was still skeptical of luring four other swimmers into this possible misadventure. Well, my long time training partner, Shirley Loftus, was immediately aboard,



Dr. John Post

and John had not trouble signing on Bob Lazzaro, from Maryland, so now we were four. The four months passed and our numbers did not increase. One day I asked my 19 year old daughter, Mo, if she'd "like to go Europe." Much to my pleasant surprise she was enthusiastic; one week later, to my utter astonishment, 17 year old Joseph said he'd like to join us!

I still felt one dip in 60 degree Fahrenheit water would scrap the plan for my children and in early May the moment of truth arrived. Shirley had discovered an excellent training spot near her home in Afton, Lake Sherando, where we could swim without restriction until Memorial Day. The first day out was raw, misty and windy. The air was about 55 degrees and when I read the water temperature at 56 degrees, I turned to return to the car. "We've got get in," Shirley informed me. I looked to Mo for some support, but she gestured, to my chagrin, sympathetically to Shirl. I would still be standing there on the beach had not the girls plunged in. We went 25 minutes and survived. We returned the next day with Joseph and I was sure he'd balk. Forty-five minutes later the four of us emerged from the bone chilling water and I realized I was in with some pretty tough customers. We were going to England.

I felt like I was in pretty good company. Bob Lazzaro had completed the Boston Light Race in the past, a swim I feel is the toughest open water race in the United States. John Post and two Iron Man Triathlons and one Manhattan Swim Marathon to his credit. Shirl, of course, besides winning 12 national Open Water Championships and being named to this year's All American All Star Team, is no less than a past World Open Water Champion. Mo had swim for the University of Virginia Women's Team this past year, surviving my former teammate Mark Bernardion's body crushing workouts for seven months. Joseph, who swam for CYAC and CHS, was the least experienced of our group, but he had one huge advantage. He is a seventeen year old male, and definitely the fastest pool swimmer of our group. We were a strong team, I felt, in spite of our wide range of ages.

We arrived in London on the morning of July 27th after a six hour flight that seemed to race by for me. We drove to Dover and got settled at our quarters. Within several hours we were training in Dover Harbor, that alone an experience that was like a dream come true. I was actually in Dover,

training to swim the English Channel with my family and friends. The was around 59 degrees which we all seemed to cope with. Shirley's discovery of Lake Sherando and her insistence that we get in, even at 56 degrees, was paying huge dividends.

The next day we trained again and explored Dover and Folkstone, just five miles away. The big event of the day was the rendezvous with our boat pilot, the incomparable Reg Brickell, Jr. Reggie's dad, who passed away seven years ago, had escorted Channel swimmers across the Strait's for forty years. His swimmers included such notable as Abou Heif, the great Egyptian legend, Penny Lee Dean and Doc Councilman. Reg, Jr, who has now performed the same service for 28 years, and younger brother, Ray, have their own fishing business, so basically, the Channel is Reg's backyard, front yard and living room. He is a Robin Williams look alike with a pirate's ring through his right ear lobe. He has a quick laugh and an impish grin, but even in briefing us about our routine, demonstrated a very serious, experienced manner. We could not help but notice that on a day that we Virginians were bundled up in thick sweaters, overcoats and heavy sweatpants, he and Ray got off their boat, *The Viking Princess*, wearing blue jeans and tank tops.

Reg was very clear. Call him at 6:15 p.m. each night and he's tell us whether we were a "go" or not. "Yes, it was possible," he explained, "five days could and go during our neap tide and bad weather in the Channel would prohibit an attempt." That day was so lousy he speculated that the next day, Wednesday, would be no good. Several hours later, he confirmed his prediction, so we were one down and four days to go. The weather remained grey, cold and windy, but we entertained ourselves with a training swim and more exploration of the town. The English were fun, great conversationalists, and I believe we all felt more and more comfortable with everything except driving on the left side of the road in vehicles that had the steering wheel on the right side. It was always a hellish experience to drive anywhere. It was great to get to know Bob Lazarro and his wife Roberta. Bob was a wonderful traveling companion. He's funny, amiable and a killer in workouts. I didn't even try to keep up with him and Shirley as they plowed the frigid Dover Beach water at a

blazing pace every morning we trained. Bob was a tremendously confidence-inspiring teammate.

Wednesday night, Reg gave John Post the word, another poor day coming up; two down, three to go. The previous evening we met a Japanese team, two women and four men from Tokyo that had succeeded in their swim in 12 ½ hours. They said it was very cold and very rough.



Shirley and John in 1988

We were now resigned to the possibility that our opportunity to swim may come down to our last day. On Thursday, the 30th, we thought we'd take the Hovercraft across the Channel and visit Calais for several hours. The weather was so horrendous, white caps blanketing the water as far as we would see, that all boat traffic across the Straits was canceled. So there was little doubt in our thoughts that Friday, too, would prove to be unacceptable for a chance to cross, but our mood at dinner underwent an abrupt transformation when Dr. Post returned from the phone booth and informed us, "Reg says he'll meet us at Folkstone harbor at 4:30 a.m." Suddenly, things became very quiet.

Everyone's appetite suddenly diminished. My own mouth went dry, my heart rate skyrocketed. Having got all my gear back at our B&B, I slept like a rock...for about 90 minutes. The rest of the night, I lay in my bed in a cold sweat.

We boarded *The Viking Princess* at 4:30 a.m. in Folkstone Harbor and began a 45 minute trip back to Dover, where we would actually start at Shakespeare Beach. The sun rises earlier in England and as we made our way down the coast a beautiful, orange sun illuminated the sky. It was 45 minutes that will forever remain in my memory, as I was apprehensive, exhilarated, joyous and terrified all at once.

When *The Viking Princess* got as far as she could near Shakespeare Beach, our lead off swimmer, Shirley, was instructed to get on her cap and goggles and swim to the beach, walk "clear of water," and await the takeoff signal from Brian, our official observer from the Channel Swim Association.

As we all stood on the deck awaiting Shirley to get off her sweats, she suddenly realized that besides Mo, seven men were standing in a circle staring at her while she stripped down. She started to laugh and giggled that she had never had so much attention getting undressed. Her remark made us all more relaxed and then she even went so far as to twirl her shorts in the air. There were several encouraging yells of “Shake it, Shirl,” and with that, she donned her cap and goggles. She quickly entered the water and her powerful, flawless stroke, quickly reached Shakespeare Beach. She kicked off an old shoe John had given her for good luck and waved at us that she was ready for Brian’s signal. At that moment, 5:28 a.m., July 31st (1998), my heart was in my throat. The sunrise by now was gorgeous, I was on a boat with two of my children watching Shirl getting ready to begin our odyssey to France. It was a great moment.

On Brian’s signal, she gave us another wave, and better yet, a smile. She jogged into the water and quickly began the swim. The waves were already very choppy and within minutes Bob was seasick. Reg assured us that as the ocean literally bounces off the Cliffs of Dover at that location, it would become smoother further out.

Shirl continued to plow through the water but she bounced off very high swells. Brian, our observer, informed me the water temperature was 14 degrees Celsius, or about 57 degrees Fahrenheit, and I knew it would get colder in mid-channel. At 30 minutes we help up a chart signifying the time for Shirl and as she swam on, the sky grew lighter yet. It was going to be sunny; Reg was right, as always.

Joseph was our number two swimmer and as he stripped down, with virtually no attention compared to Shirley’s disrobing ceremony, my heart rate approached levels unparalleled. He has virtually no body fat, and spite of his youth and testosterone levels, I was frightened for him. The swells which had subsided somewhat during Shirley’s second 30 minutes now seemed to be gaining again in height. On Brian’s signal, Joseph climbed down the ladder as the rules demand. Within moments Shirl was out, our first hour behind us. She joked about not getting very far, but already, England was several miles behind us. She had done remarkably well.

Joseph looked smooth and strong the whole hour while the rest of us were tossed about like rag

dolls on the deck. By now, Bob was flat on his back, the misery of seasickness overcoming him. After Joseph got out, shivering uncontrollably, he tried to choke down some heated water. He immediately leaned over the edge of our craft and “blew chunks,” as he put it in a postcard he sent to a friend.

So as I looked around and saw Shirl bundled up, trying to keep from being thrown overboard, Bob lying flat out, turning green, my son, Joseph spewing over the bow, my daughter, Mo, fighting swells in 57 degree water and John Post waiting nervously for his turn still 3 hours away, I couldn’t help by needle Joseph, “Are we having fun, yet?” He laughed and acknowledged the fix we had gotten ourselves into.

Joseph was still shivering so violently after he was dressed, under blankets and a sleeping bag, that I finally just lay on top of him and tried to rub his arms and legs. I wondered if he’d ever warm up. I worried that Bob wouldn’t even be able to get into the water. Mo churned through her hour and as her final minutes zoomed by, Bob Lazarro arose from the dead. He simply willed himself from his queasiness and into the water where he took off with a fury. It was as courageous as anything I’ve ever seen in sports. Mo looked positively beatific when she climbed aboard with Brian and Reg’s help. “Good swim. Ow wuz it, luv?” Reg asked.

“Better than being on the boat!” she laughed, drawing guffaws from the three Englishmen.

As Bob blasted onward, my wooziness began to dissipate and my nerves began to roar. Shirl and I had been exchanging Dramamine (hers) for AntiVert (mine) for four hours, so I was having much less trouble with seasickness.

Finally, my moment arrived. The water sucked the breath out of me, but my adrenalin was so high I could have swum through an iceberg. (Well, at least I would have tried.) Reg wanted us to stay on the left side of *The Viking Princess*, so the boat would break the power of the wind sweeping over us. I am so poor at breathing on my right side, however, I took Tarzan - head out of the water strokes – when I tried to swivel my head towards the boat. Thirty minutes seemed slow in arriving, but after that, my 55 minutes signal came quickly. It was at times like any other swim, just colder and rougher, but I did think to myself several times, “Come on France, please get closer.”

At one hour I was out, grateful for my hand warmers and my heavy “dork sweater,” the kids called it. Shirl and Reg informed us we were at the halfway point while I was in the water. I suddenly realized that the coast of France was as visible as England, which was slowly shrinking out of sight.

After 40 minutes, I had begun to warm up as Joseph and Bob had said I would, but I then noticed John Post was having a tough time of it. I don’t know what the water temperature was at that point, but I’m sure it was the coldest section we’d encounter. John struggled for about five minutes and suddenly got cranking again as we all shouted encouragement from the side. While he ground toward our destination during his last 10 minutes, I began to realize, “we are going to do it!”

We cheered when he came aboard and Shirley, indomitable as usual, really poured it on toward France. As the coast became larger, the swells grew to 8-10 feet, tipping *The Viking Princess* over as far as it seemed she could without capsizing.

We were all thrown about on deck more violently, at times sliding from one side to the other. Attempts to move about were clumsy and lurching. One didn’t descend the steps to the room below, but rather, one was simply thrown downstairs. Attempts to empty one’s bladder were ludicrous. There was so much rocking, I could not even start stand up when trying to relieve myself. I would have apologized to the girls for peeing on the rim of the toilet, but my aim was so errant I don’t think I hit anything, except the walls, floor and my own shoes. The loads of food we unwisely brought went uneaten, washed overboard, spilled out of cups and crushed by sliding swimmers. Appetites vanished for the day. John ate some gingersnaps and Shirl got down one Power Bar, I think. The Shrumms and Bob ate a total of two chocolate chip cookies.

Shirl, Joseph and Mo churned through rotations once again and with 3 miles to go, Bob Lazarro again overcame his discomfort to pull us to within 1 mile of France.

The swells remained formidable but the water was warming up, possibly to a muggy 60 degrees Fahrenheit! When I hit the water, the adrenalin again swept me along. I don’t know if anyone noticed, but was hard to not swim and smile at the same time. As I closer, *The Viking Princess* stopped and Reg Brickell got into a skiff, *The Amy*, and rowed along side me until I could stand up. I

was still 100 yards offshore and learned later my teammates were snickering at my awkward, clumsy attempts to walk rapidly in thigh deep water. I got from Ray an empty tennis can that I could fill with rocks and sand from the beach at Cape Cris Nez. Finally, on getting “clear of water” as Shirley had been required to do 10 hours, 24 minutes earlier at Shakespeare Beach, I kissed the sand, and then asked some French picnic-ers on the beach, “Ou est la France?” They laughed and said, “You must be an American.” We had done it. I couldn’t wait to get back to the boat.

The trip back was wet and rough, but nothing could dampen our spirits over those three hours. I just floated three feet about the deck. We all just kept reliving the day, smiling and joking in spite of our fatigue. I was so proud of all of us.

We chatted some more with Reg, Ray and Brian at their favorite pub in Folkstone when we got back, but soon we departed for a hot shower and dinner.

The last words I heard from Reg were his congratulations to Mo, “Good swim, Luv.”

We spent one more day in Dover, reviewing our swim over and over and sending postcards. We made a trip out into the English countryside to the Channel Swim Association Secretary-Treasurer’s house to pick up some booty and do some paperwork. We then had one full day in London to sightsee and finally headed home. I had mixed feelings, not wanting the trip to end, but looking forward to our returning to Virginia.

Of course, we’ve talked about little else since getting home. It’s interesting how the English Channel lures swimmers like the *Odyssey*’s sirens. Since returning, both Mo and Joseph have said to me, “you know, we need to do that again, we can break 10 hours.” Definitely.

Shirley and Bob have mentioned the thought of trying solo to me.

I learned the other day that the water in the Channel was up to 64 degrees. It would sure be an adventure.

John and Shirley at race at Lake Placid in 2007.



Fun & Healthy at the Same Time

by Linda Shoenberger
May 4, 2011

Editor's Note: This article is from the Fitness section of the USMS website.

My brother gave me a book one Christmas called *Younger Next Year*. Ho hum, I thought. Looks like another boring self-help book. It sat on the shelf for about a year until I had run out of books to read. I didn't have my Kindle at the time and I needed a good afternoon reading session after my 2-1/2 hour swim workout. So I cracked it open. And I read it practically straight through. Co-written by Manhattan internist Dr. Henry S. Lodge, who is on the faculty of Columbia University's College of Physicians and Surgeons, and his 70-year-old patient, ex-lawyer Chris Crowley, the book is based on medical research about health.

Lodge got a brainstorm one day that doctors spend their lives studying disease. They don't focus on health. They learn how to treat disease once people become unhealthy. So he decided to expand his horizons and he began to pay attention to studies about health and aging and disease prevention. Chris Crowley became his subject. Crowley had come into the office one day complaining of general malaise. Basically he was complaining about growing old, getting weak and feeling lethargic.

The book is interesting in a way that rarely comes through in standard "let's-get-healthy" books. It talks about cell regeneration and how it is stimulated by vigorous exercise. Crowley and Lodge discovered that really hard exercise (like tough swim practices) regenerates cells so that they don't die and cause disease. Lodge put Crowley on a regimen of hard, fun exercise six days a week—four days of aerobic exercise and two days of weight lifting. Crowley chose to ski, run and hike—hard.

Swimmers have been doing this for years. We swim hard four, five and sometimes seven days a week. We go to competitions where we put our heart and soul into every race. And the key

ingredient is we LOVE it. It is so easy for us simply because we love to swim. Lodge and Crowley discovered that working hard at an exercise you love not only makes your body healthy, it makes you feel happy. Cells are regenerated while engaged in a vigorous sport and happy feelings come from being with people who enjoy exercising together. Swimming makes me happy and I read articles all the time in *SWIMMER* and on usms.org about how much swimming makes other people happy and healthy.

On May 2, 1970 USMS was founded and today we have coaches standing on pool decks all over the country giving us the opportunity to get and stay healthy. We have almost 60,000 members across the United States. We are welcomed with open arms at swim practices daily throughout the U.S. What fun! In fact what more fun can we have than going to swim practice, getting healthy and happy with exercise and camaraderie?

The opportunities for health through swim fitness are vast because of USMS. Pool competitions, open water swims, workouts, clinics and swim camps abound because swimmers got together and said, "We love this sport. We want to do more of it. We want to swim hard for the rest of our lives." And USMS has made it possible for us to do so. Whenever someone complains that they are "getting old," we swimmers know they are really missing out. Ask them to join us! Tell them our doors are open all across the country at the pools. We'll help them feel good and healthy just like we do.

New Sanctions Chair

After many, many years as our Sanctions Chair, **Judy Martin** has retired from the position. **Heather Stevenson** has agreed to take over. The Sanctions Chair approves entry forms to be sure all rules are followed and is a liaison for a meet/event director to get help with their event. Heather has just completed service as VMST President. Judy will continue to compete and undoubtedly volunteer for another position. Many thanks to Judy!

Check-Off Challenge



Checkoff Challenge 2012



2012 Check-Off Challenge

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2012 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your [t-shirt](#) when you complete the event.

Where and when do I accomplish the Check-Off Challenge?

The events may be swum in practice or in meets, in yards or in meters, any time during 2012. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the [entry form](#) or [enter online](#). You must have your 2012 registration number before you can enter.

How do I score the Check-Off Challenge?

"Scoring" is simple – just mark the event on the bullseye target on the back of the t-shirt.

When do I receive my T-shirt?

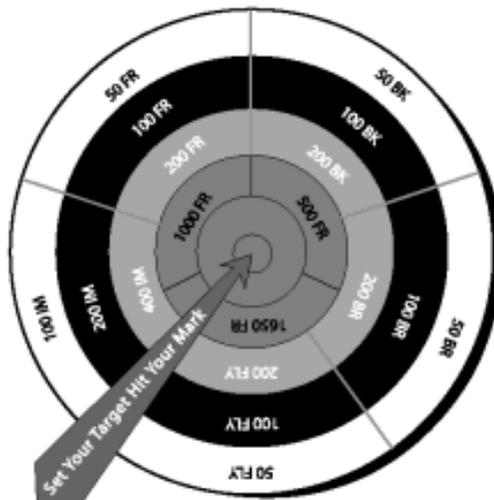
Swimmers whose entries are received by the end of each month will receive their shirt and cap in the following month. Entries will be accepted until November 1, 2012.

How much does it cost?

Each entry is \$20, which includes a custom-designed Check-Off Challenge [t-shirt](#) and shipping.

The 2012 Check-Off Challenge is sponsored by the Hammerhead Aquatics Swim Team and sanctioned by the Florida Gold Coast LMSC for USMS, Inc., sanction #502-002.

Checkoff Challenge 2012



The 2012 Check Off Challenge!

Sanctioned by Florida Gold Coast Masters LMSC for USMS, Inc. # 502-002

It's time to make some waves in the pool. The new swimming season is approaching quickly so it's time to think about your fitness goals for 2012. Challenge yourself to swim all the pool events whether in practice or in meets including that dreaded 200 butterfly! This is a great way to stay focused in practice and to join in the camaraderie at the local swim meets.

PLEASE PRINT CLEARLY:

NAME _____ SEX ____ AGE on 1/1/12 ____ BIRTH DATE ____/____/____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE (____) _____ - _____ EMAIL _____

TEAM OR CLUB _____ USMS# _____

T-shirt Qty: ____ S ____ M ____ L ____ XL @ \$20 ea. = \$ _____ TOTAL = \$ _____

Ship to (if different than above):

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

Liability Release Waiver: I, the undersigned participant, intending to be leally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Please visit www.usms.org/fitness for additional entry forms, and feel free to distribute copies.

Mail this form and your check to:

Hammerhead Aquatics

2716 NE 6th Lane

Wilton Manors, FL 33334-2508

COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the entry form above.



**U.S. MASTERS
SWIMMING**

RCA Dive Into Spring Meet

The Community Pool

194 Wallace Street Lexington VA, 24450

Sunday, March 25, 2012

Sponsored By: Rockbridge County Aquatics

Sanctioned By: LMSC for Va. for USMS, Inc: 122-01

Meet Director: Craig Charley craig@rockbridgeswims.org

Meet Referee: Gordon Hair grhair919@aol.com

Location: The Community Pool Address: 194 Wallace Street, Lexington, VA 24450. Telephone number: (540) 463-5441. This is a 6-lane, 25-yard Indoor pool with a semi-automatic electronic timing system including 6 lane scoreboard.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will not be available at the meet. **Entries:** \$4.00 per individual event plus a \$6.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time at a cost of \$7.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. Events will be swum slowest to fastest.

Entry Deadline: Entries must be received no later than **Monday, March 19, 2012**, or they will be considered deck entries. The 500 and 1,650 are limited to the first 20 registered athletes.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. Event 38 is intentionally omitted. "NT" will be seeded arbitrarily. Heats will be swum slowest to fastest. A 4 person unofficial March Madness relay will be announced (must be a different stroke other than Butterfly, Backstroke, Breaststroke, or Freestyle and can change the style from swimmer to swimmer)

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Instructions given by the designated Safety Marshall shall be obeyed at all times. Lane 6 will be maintained as continuous warm-up/warm-down lane during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THIS LANE ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times. A swimmer may be disqualified at the discretion of the meet director or Meet Officials for failure to comply with these rules.

Awards: Awards *will* be given for first, second, and third place in each individual event by the standard Masters age groups. Awards will be given for relays.

Results: Results will be posted on our website at www.rockbridgeswims.org. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Hospitality: We will offer a wide variety of refreshments for swimmers and officials throughout the meet.

Nearby Lodging: Holiday Inn Express (540) 463-7351, Comfort Inn-(540) 463-7311, Wingate Inn- (540) 464-8100

Directions: DIRECTIONS TO THE COMMUNITY POOL:

- Take 81 south to exit 191 (64 west) , • Take 1st exit 55 • At end of ramp, turn left on Route 11 south
- Stay on Route 11 for approximately 1 mile. • Cross bridge • Stay left on Route 11 bypass
- Follow Route 11 bypass for approximately 2 miles to the 1st stop light • Turn Right on Main (route 11)
- Take 1st right turn on Waddell street at the Farmers' Coop • Go straight through Maury River Middle School Parking lot.
- Turn left into Pool parking lot If anyone is taking route 60 west into Lexington, it will bring you all the way into town. Take a left off of route 60 onto Walker street (at the KFC). Take a right on Houston Street when Walker dead ends after a block or two. Take a left on Taylor street. Take a left on Wallace. Take a left at the Maury River Middle School parking lot and come up hill and turn left again into the Pool parking lot.

Sponsored by: Rockbridge County Aquatic Masters **Sanctioned By:** LMSC for Va. for USMS, Inc: 122-01

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 CAUSE 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.

Please fill in the following:

Date:		Signature:	
Name (First, MI, Last):			
Gender:		USMS Number:	
Address:			
City:		State:	Zip:
Email:		Age as of 3/25/12:	
Phone Number (Day):		Cell Phone Number:	

Warm Ups: 11:45am-12:45pm; Meet Starts at 1:00pm

At 12:15PM lanes 2 & 5 are one way sprints. Lanes 1,3,4,6 will remain as general warm-ups

****The 500 and 1,650 freestyles are limited to the first 20 registered athletes.****

<u>Women</u>	<u>Time</u>	<u>Event</u>	<u>Men</u>	<u>Time</u>
1	_____	**500 Freestyle**	2	_____
3	_____	100 Backstroke	4	_____
5	_____	50 Breaststroke	6	_____
7	_____	100 Butterfly	8	_____
9	_____	200 Individual Medley	10	_____
11	_____	200 Freestyle	12	_____
13	_____	50 Backstroke	14	_____
15	_____	200 Breaststroke	16	_____
17	<i>Deck Entered</i>	200 Medley Relay	18	<i>Deck Entered</i>
		15 Minute Break		
19	<i>Deck Entered</i>	200 Freestyle Relay	20	<i>Deck Entered</i>
21	_____	400 Individual Medley	22	_____
23	_____	100 Freestyle	24	_____
25	_____	200 Backstroke	26	_____
27	_____	100 Breaststroke	28	_____
29	_____	200 Butterfly	30	_____
31	_____	100 Individual Medley	32	_____
33	_____	50 Freestyle	34	_____
35	_____	50 Butterfly	36	_____
37	<i>Deck Entered</i>	March Madness Relay		
		10 Minute Break		
39	_____	**1,650 Freestyle**	40	_____

A photocopy of your current USMS registration card must accompany your entry.

Event Fees:	
Total Events:	_____ X \$4.00 = _____
Surcharge:	\$6.00 \$6.00
Meet Tee-Shirt (optional):	\$15.00 _____
Total Amount Enclosed:	_____
Make Checks Payable to :	
Rockbridge Storm	

Mail Entries to:
 Craig Charley
 207 H East Nelson Street
 Lexington, VA 24450

Questions? Contact Craig Charley craig@rockbridgeswims.org (540) 463-5441 or (540) 447-0326



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

Prstd Std
U. S. Postage
PAID
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Permit #3022

Workout

Warm-Up (1000)

300 as 75 free/25 non-free

300 as 25K/25D/25S Fins ok

400 Pull as 2 x 200. Rest 15 seconds

Main (1500)

5 x 100 transition from warm-up to faster swimming. 1:30, 1:45, 1:55, 2:05, 2:20

4 x 100 on 1:25, 1:40, 1:50, 2:00, 2:15

3 x 100 on 1:20, 1:30, 1:45, 1:55, 2:10

2 x 100 on 1:15, 1:25, 1:40, 1:50, 2:05

1 x 100 fast

Workout was done in a 25 meter pool. One person could hold the fastest intervals. It starts out easy; as the number of 100s decreases, so does the interval. Set your interval so that the 2 x 100 is challenging, then add 5 sec for 3 x 100, 4 x 100, 5 x 100. The slower lanes in this workout did 4 x 100 and 3 x 100, then switched to 50s.