

# The Wet Gazette

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

## *News from the Registrar* Shirley Loftus-Charley

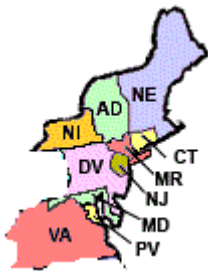
Members can start registering for the 2013 season on November 1. One advantage of registering early is to prevent a lapse in receiving your "Swimmer" magazine." The mailing list is prepared from the list of registered swimmers 1 ½ months in advance of publication. So a subscription for swimmers registered by Nov 15 will receive the Jan/Feb issue. Register by Jan 15 to receive the Mar/Apr issue, etc.

Paying by Credit Card: If you are going to pay by credit card, on November 1 or after, go to the [usms.org](http://usms.org) website. In the left hand corner, of the Home Page, under "In This Section" click on the "Join/Renew tab." The on-line process is very easy to follow and we encourage you to use this method to register.

Paying by Check: Go to the Virginia LMSC website <http://www.vaswim.org/>. Under the "About" tab click on "Forms" and then click on the word "Individual Registration." Print the form, complete it in full and send the completed form along with a check to me. My address is on the form.

We're looking forward to another banner year!!!

Shirley



*Colonies Zone*

↑ *LMSC for Virginia*



## *FALL FITNESS!*

*From Pam Dameron, LMSC Fitness Chair*

Kids are back in school, weather is cooler, leaves are beginning to turn, and, hopefully all Masters swimmers are back in the pool! The USMS Fitness Committee met in September to plan for events for the 2012-13 year. As usual, a program including GTD and Check Off Challenge will be offered, but look for a series of new challenges to be presented throughout the season.

The Virginia LMSC currently has 95 participants in the **Go The Distance** (GTD), and has accumulated 13,987 miles. If you want to keep track of your fitness activities, log on to the USMS web site and record your yardage and/or time for swimming, weights, yoga, etc. When January comes around, it will be time to register for 2013. The goal for next year – double the number of Virginia participants and double the mileage.

For 2013, the **Check Off Challenge** will be hosted by Alaska. "Ididaswim" will follow the southern route for the Ididarod dog sled race. Each of the 20 check points for the race is paired with a USMS swimming event. Since there are more check points than events, an 800 IM was added. What fun! The Challenge can be run in your own pool at practice, at meets, **with or without fins** or paddles, with or without long rests at the walls – anything goes. Watch for sign up notices, and rally your teammates to share the experience!

*Pam Dameron,  
Fitness Chair  
and new LMSC  
Secretary*





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

**Dec 7-9: New England SCM Championship**  
Boston Univ, [www.swimnem.org](http://www.swimnem.org)

**Jan 19-20: Charlotte, NC,** [www.ncmasters.org](http://www.ncmasters.org)

**Feb 3: Tropical Splash, Alexandria, VA**  
[www.pvmasters.org](http://www.pvmasters.org)

► **Feb: VMST meet in Richmond**  
Entry will be in this newsletter and at  
[www.vaswim.org](http://www.vaswim.org)

**Mar 16: Albatross Open, SCM**  
[www.pvmasters.org](http://www.pvmasters.org)

**April 19-21: Colonies Zone Championships**  
George Mason Univ

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

**June 5-13: Pan American Meet, Sarasota, FL**

► **June 22-23: Colonies Zone LC Championship**  
Richmond, VA

### Newsletter Editor

Betsy Durrant  
211 66<sup>th</sup> Street  
Virginia Beach, VA 23451  
757-422-6811 (fax or phone, before 9:30 pm)  
[durrant6@cox.net](mailto:durrant6@cox.net)

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)  
Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

**Colonies Zone**  
[www.ColoniesZone.org](http://www.ColoniesZone.org)

**ONLINE Registration** for many meets:  
[www.clubassistant.com](http://www.clubassistant.com)

### LMSC Officers

**Chair: Patty Miller**  
[pmillerswmr@gmail.com](mailto:pmillerswmr@gmail.com)

**Vice Chair: Charlie Tupitza**  
[ctupitza@warrentonmasters.org](mailto:ctupitza@warrentonmasters.org)

**Secretary: Pam Dameron**  
[cpdameron@comcast.net](mailto:cpdameron@comcast.net)

**Treasurer: Charlie Cockrell**  
[Charles.Cockrell@alumni.virginia.edu](mailto:Charles.Cockrell@alumni.virginia.edu)

**Registrar: Shirley Loftus-Charley**  
[VARegistrar@usms.org](mailto:VARegistrar@usms.org)

**Sanctions: Heather Stevenson**  
[hns@usms.org](mailto:hns@usms.org), 804-282-0124

**Records and Top Ten: Chris Stevenson**  
[chrisl Stevenson@usms.org](mailto:chrisl Stevenson@usms.org), 804-282-0124

# *Fall Meet in Virginia Beach*

*From Chris Stevenson as posted at  
[www.vaswim.org](http://www.vaswim.org):*

On Saturday Nov 3, 76 swimmers converged on Virginia Beach for the annual VMST fall meet; this was a short course meters (SCM) meet. Results for the meet are listed below.

This is always a fast meet, producing many Top 10 rankings and LMSC records, and this year was no exception! Two new national records were set: one by **Erika Braun** (NCMS) in the 40-44 50 free and one by **Marianna Berkley** (VMST) in the 90-94 100 breast. Marianna has been enjoying her new age group and has been on something of a tear through the record books in recent weeks; besides this swim she also set new LMSC marks in two other events to go along with the three records she set last month at the Pickin' Up Steam meet.

In all there were 15 new LMSC records set at the meet; they are listed below. Congratulations to all the swimmers, and thanks to all the volunteers — especially meet director Betsy Durrant — for once again putting on a fine meet.

## *New LMSC Records*

### Women 75-79

**Johnnie Detrick**, 400 free, 7:33.12

**Laura Walker**, 100 back, 1:56.61

**Laura Walker**, 200 back, 4:06.60

### Women 90-94

**Marianna Berkley**, 50 free, 1:12.37

**Marianna Berkley**, 50 breast, 1:38.44

**Marianna Berkley**, 100 breast, 3:40.90

### Men 45-49

**Chris Stevenson**, 800 free, 9:05.08

### Men 55-59

**William Throne**, 50 free, 28.59

**William Throne**, 400 free, 5:11.03

**David Russell**, 50 breast, 37.97

**David Russell**, 50 fly, 32.15

### Men 85-89

**Francis Hall**, 50 free, 52.07

**Calvin Barnes**, 800 free, 19:49.12

### Women 200+ 400 Free Relay

**Catherine Rotch, Carla Grune, Carla Hoeker,  
Cheryl Benn**, 6:56.75

### Men 240+ 400 Free Relay

**Owen Maher, Ralph Swiger, Bill Nelson, Bryan  
Stone**, 5:50.20

### *From Meet Director, Betsy Durrant:*

From my point of view, the meet ran very well. I am eternally grateful to the staff at Bayside Recreation Center. They do so much to make the meet easy to run. Heather Boyko and Karen Connolly were there all day to work and to supervise. The officials did a wonderful job in running the meet smoothly and efficiently. Efficiency never got in the way of helping swimmers. Several missed their heat, and our referee **Rick Valente** made sure they were able to swim in another heat. Rick has worked almost all of our Masters meets at Bayside.

Swimmers from our workouts at Great Neck and Seatack showed up to swim or to volunteer. **John Hodges, Karen Ricker, Cindy Hamilton, Glen Knutson, Art Ghanbari, Joan Averette, Al Newbury, and Clay Beall** were all a great help. When **Cathy Rotch** finished her events, she jumped in to help with awards. **Torie Jones** helped with set-up and helped with the social. **Karen Mickunas** coordinated relays, answered lots of questions, and did anything that was needed.

Special thanks to **Susan Marens** for hosting the social again. Her home is just over a mile from the pool with a lovely lake view. It is a wonderful setting for the party. Thanks also to the swimmers from Great Neck who brought food and beverages for the party.

My only disappointment with the meet was that the number of entries was about 15 fewer than the last few years. We'll have to work on that for next year.



## Renewing Friendships ...

This is a special picture for me. **Tracy Jablonski** (in the middle) used to coach the swimmers at Great Neck Rec Center where I (Betsy) coach now. Tracy lives in Roanoke and came to swim in the meet. She was so pleased to see that "her" swimmers were still at it. Al Newbury, Joan Averette, Marianna Berkley and Jeanne Meredith were in the group that Tracy coached.

*Left to right in the photo above: Al, Joan, Tracy, Betsy, Marianna (Jeanne had already left the social)*

---

## ***SOME WORDS OF WISDOM FROM COACH JOHN WOODEN***

Editor's Note: This is part of a list that was sent to me several years ago and unfortunately I do not know the original source. I found a similar list online at BrainyQuotes.com. John Wooden, the "Wizard of Westwood," was the basketball coach at UCLA when they won ten national championships in twelve years.

*"Be more concerned with your character than with your reputation, because your character is what you really are, while your reputation is merely what others think of you".*

*"You can't let praise or criticism get to you. It's a weakness to get caught up in either one."*

*"A Coach is someone who can give correction without causing resentment."*

*"If you don't have time to do it right, when will you have time to do it over?"*

*"If you're not making mistakes, then you're not doing anything. I'm positive a doer makes mistakes."*

*"Failure is not fatal, but failure to change might be."*

*"Things turn out the best for the people who make the best of the way things turn out."*

*"Consider the rights of others before your own feelings and the feelings of others before your own rights"*

*"Do not let what you cannot do interfere with what you can do."*

*"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."*

*"It's the little details that are vital. Little things make big things happen."*

*"Talent is god-given. Be Humble. Fame is man-given. Be grateful. Conceit is self-given. Be Careful."*



# *Summary of the Minutes of the LMSC Meeting Sunday, October 28*

The meeting was called to order by Chair Patty Miller. Those present were: Chris Stevenson (Webmaster/Records and Top10), Charlie Cockrell (Treasurer/Officials Chair), Shirley Loftus-Charley (Registrar), Pam Dameron (Fitness Chair/Representative from Quest Masters), Heather Stevenson (Sanctions Chair/Review Chair), Bud Swiger (Representative from VMST), Jim Miller (Safety Chair), Elizabeth Cohen (Representative from VMST), Betsy Durrant (Newsletter), Craig Charley (RCA, representing small clubs).

Patty reported that we had 29 clubs and over 1100 swimmers for 2012. Patty mentioned that Heather Stevenson has taken over Sanctions and Shirley Loftus-Charley is our new Registrar. Thanks were expressed to Judy Martin and Lisa Bennett for their services in these two positions. Patty informed everyone that our LMSC maintains great communications with our monthly newsletter, monthly emails, and our website. She also announced that VMST will host the Colonies Zone LC Championship at the Richmond GRAP pool in June. Patty's goals for 2013 are to provide more communications to the coaches and to encourage more participation from new volunteers.

Shirley reported that 22 of the anticipated 28 clubs have registered for 2013. All club information has been updated on the website and she will now work on updating "Places to Swim." A motion was approved unanimously to acknowledge the work that Lisa Bennett did as Registrar, making the move to online registration and transitioning the job to our new Registrar.

Heather reported that we had 5 Open Water sanction and 2 meets were recognized during the summer. A discussion followed on how to handle things when a club does not follow LMSC rules in submitting a meet report and fees.

Chris reported that the LMSC has a laser measurement device to be used to certify pools for sanctioned meets. In attempt to reduce costs of the newsletter, most issues will be 8 pages, only going to 12 when absolutely necessary. Members will be encouraged and given the opportunity to opt out of receiving a printed newsletter when they prefer to

read it online. All newsletters are posted on the website before the printed version is delivered.

Officers were elected:

Chair – Patty Miller

Vice Chair – Charlie Tupitza

Secretary – Pam Dameron

Treasurer – Charlie Cockrell

New Business:

1. Dave Holland has proposed a Virginia Open Water Summer Challenge, incorporating 3 of our Open Water swims. More details will follow.

2. Chris and Heather Stevenson will be meet directors for LC Zone Meet. They are looking for sponsors to help offset the expense of pool rental.

*Editor's Note: Contact Chris or Heather (addresses on page 2) if you are interested in being a sponsor.*

3. Free USMS merchandise (caps, stickers) is available for the cost of shipping. Shirley will let meet/event directors know how to order.

4. We do not have a logo for our LMSC. Other LMSCs in the Zone do. Would anyone like to work on designing a logo for the LMSC.

*Editor's Note: Our LMSC encompasses all of Virginia except for Arlington, Fairfax, Alexandria and Falls Church. It also includes all of West Virginia except Hancock, Brooke, Ohio and Marshall Counties. If you have an idea for a design, contact Patty Miller.*

5. The size of the LMSC Board of Directors was discussed. Patty will check the By-Laws to see if /how the size can be reduced.

The complete minutes are posted on the website:  
[www.vaswim.org](http://www.vaswim.org).

---

**DON'T FORGET  
TO REGISTER FOR 2013!  
REGISTRATION IS NOW OPEN  
FOR 2013.  
FOR ONLINE REGISTRATION,  
GO TO USMS.ORG.  
PAPER REGISTRATION FORM  
IS ON PAGE 7.**

---

## *Three New Clubs!!!*

Shirley Loftus-Charley reports that there are three new teams in our LMSC:

**West Virginia Masters Swimming (WVM).** They use the University of Charleston & the Charleston YMCA pools.

**Monarch Aquatics Master Swimming (MAMS)** They practice at JC Scrap Chandler Pool at Old Dominion University Student Recreation Center.

**Sharks Swim Team Masters (SHKS)** who swim at Ramer Hall Pool in Quantico and Woodlands Pool in Stafford.

---

## *One Hour Swim Postal Event January, 2013*

### *Attention all clubs and coaches in our LMSC:*

This is a great event for your club to do together. In Virginia Beach, I arrange for the pool for one Saturday morning in January. We run three heats. Everyone is expected to count and time for another heat. There is a limit to how many can swim at once because no circle swimming is allowed; you can split the lane and swim two to a lane.

The timer/counter records splits for each 50. It is very informative for swimmers to see how well they maintain a pace. I encourage everyone to do it as a measure of fitness, even if they do not want to submit their entry for official results.

Swimmers can stop to rest anytime they want to. The purpose is to see how far you can swim in an hour. I have known swimmers to do this event as a series of 500s, resting 5-10 seconds after each 500. Others might think of it as a series of 100s, even if they do not actually stop after each 100. Most people, of course, swim it straight through at a steady pace.

Start talking it up now, so swimmers can prepare mentally; build yardage and confidence. It is a perfect event for triathletes who want to do an Ironman race. Some of the slower swimmers like

this event because everyone starts and ends together – no waiting for the slowest swimmers to finish.



## **USMS SWIMMING SAVES LIVES FOUNDATION**

VMST received a thank you note from Rob Butcher, USMS Executive Director, and Jeff Moxie, SSL Committee Chair.

*Thank you for your donation to the U.S. Masters Swimming, Inc. Swimming Saves Lives Foundation in honor and memory of Forrest Sullivan.*

*Volunteers such as Forrest Sullivan are the life blood of our organization. We are extremely grateful to him for his obvious passion for the sport and to the Virginia Masters Swim Team for this donation. Each donation to SSL helps to provide resources for programs that focus on the vital lifesaving and lifetime benefits of swimming.*

---

## *More on the SSL Foundation*

*From Betsy Durrant*

**Louis Tudor**, longtime coach and swimmer from Roanoke, received a grant from the Swimming Saves Lives Foundation to help fund a program in southwest Virginia. The purpose of the program is to teach adults to swim in an area of the state where many adults never had the opportunity to learn to swim as children.

I will follow up on this program and publish an update and more details.



# Registration 2013 - USMS and LMSC for Virginia

	<b>New</b>	<b>Renewal - Your Current/Past USMS #</b>
--	------------	---

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_

**Important: Register with the name that you will use when you enter meets. Please read carefully and print clearly.**

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Email Address: _____	Are you an Official:	<input type="checkbox"/>	USMS	<input type="checkbox"/>	USA-S
	Are you a Coach:	<input type="checkbox"/>	USMS	<input type="checkbox"/>	USA-S

**Swim Teams**

ACAM	Atlantic Coast Athletic Club (C'ville)	UNATTACHED		
BMS	Blacksburg Masters Swimming	RCA		Rockbridge Co. Aquatics
BWST	Blue Wave Swim Team	SHKS		Sharks Swim Team Masters
CFYM	Charleston Family YMCA	SHYM		South Hampton YMCA Masters
CNU	Christopher Newport University	SNOW		Snow Masters Swimming
FAFF	Fredericksburg American Family Fit	STEC		SwimTec LLC Masters
FIN	Fin-Atics	STON		Stonewall Masters
FSYM	Four Seasons Y - Masters	SUNF		Sunfish Masters
LAMS	Leesburg Area Masters	URMS		University of Richmond Masters
LTSM	LetSwim Masters	VMST		Virginia Masters Swim Team
MAC	Midlothian Athletic Club	VTAC		Tidewater Aquatics Club
MAMS	Monarch Aquatic Masters	WAVA		Warrenton Masters Swim Team
MRTY	Martinsville Y Masters	WMS		Winchester Masters Swim Team
POWM	Peluso Open Water Masters	WVM		WV Masters Swimming
QMST	Quest Masters	WVMS		Wytheville Masters Swimming

Make check payable to:  
**LMSC for Virginia**

Mail this form and check to:  
**Shirley Loftus-Charley, Registrar**  
**65 Ledges Lane**  
Afton, VA 22920  
(540-470-8385)

VARegistrar@usms.org

NOTE: If joining from 9/1/13 through 10/31/13, with the exception of 18-24 year olds, fees are reduced by \$9.00.\*\*\* 18-24 year olds MUST REGISTER PRIOR TO YOUR 25<sup>TH</sup> BIRTHDAY.

Fees:	VMST	\$54	VMST 18-24 yr old	\$43					
	**All Other Teams And Unattached	\$44			<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:10%;">Other Fees:</td> <td style="width:90%;">I wish to contribute \$1 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2013 registration fees.</td> </tr> <tr> <td></td> <td>I wish to contribute \$1 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2013 registration fees.</td> </tr> </table>	Other Fees:	I wish to contribute \$1 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2013 registration fees.		I wish to contribute \$1 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2013 registration fees.
Other Fees:	I wish to contribute \$1 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2013 registration fees.								
	I wish to contribute \$1 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2013 registration fees.								
	**18-24 yr old	\$33							

**TOTAL AMT: \$**

**PLEASE BE SURE TO SIGN YOUR FORM -**

**WAIVER:** 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 MASTER 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.

SIGNATURE (required): \_\_\_\_\_ DATE: \_\_\_\_\_

Benefits of Membership include: A subscription to USMS Magazine, USMS Swimmer, during the length of the membership year(\$11.00 of the annual dues are designated for the magazine subscription), and periodic mailings from the Local Masters Swim Committee. VMST members also receive additional VMST news letters.

USMS Registered Swimmers are covered with secondary accident insurance. 1) In practices supervised by USMS coach or USA Swimming certified Coach where all swimmers are members of USMS or USA Swimming. . 2) In competitive swimming events for which a USMS sanction has been issued.

*Local Masters Swim Committee Newsletter*  
*Betsy Durrant, Editor*  
*211 66<sup>th</sup> Street*  
*Virginia Beach, VA 23451-2040*

*Prstd Std*  
*U. S. Postage*  
**PAID**  
*Richmond, VA*  
*Permit #3022*

*Photos taken at Randolph-Macon College Meet by Dave Holland*



*RMC Coach Brent Kintzer, Calvin Barnes,  
And Dave Holland*



*Michael Lee and Pieter deHart*