

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia  
December 15, 2013

## “I Can’t Believe I Did It”

By Betsy Durrant

For those of you who receive the newsletter in printed form, I owe you an explanation and an apology. In November, you received a copy of the November 2012 newsletter and later a copy of the November 2013 newsletter. I goofed and I can’t believe I did it.

My explanation is that I tried to do too much too quickly and was extremely careless. The beginning of the month was way too busy. That was mostly because I was meet director for the meet on November 2. I should have relaxed a little and sent the newsletter to the printer a little late. Instead, I rushed and clicked on the wrong file. I did not realize it until I started getting emails and a few phone calls. I immediately sent the correct file to the printer, and he did a great job in getting the second version out quickly.

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## Upcoming Postal Events

There are several interesting postal events coming up. Whether you swim alone or with a group, consider the challenges being offered.

### December 1-31 400 Kick for Time

The information sheet for this event was in the November newsletter. Remember that it must be done in a **yard** pool. The complete entry can be found at [www.vaswim.org](http://www.vaswim.org) or contact me (contact information on page 2).

### October 15, 2013-August 31, 2014 Butterfly is Not a Crime Postal Event.

More information will be in the January newsletter. From the entry form: “Goal: Promote alternative stroke swims of butterfly, backstroke

and breaststroke events. Encourage swimmers to have fun and participate in unique events that challenge them to do something they thought they couldn’t.” How it works... You sign up for the overall event. Submit your results as you complete each swim. You cannot include events done prior to registering for the event. See complete information on page 7.

### January 1-31 One Hour Swim National Championship

This is a great event that should be done by everyone. It is not exactly fun, but there is a great sense of accomplishment when you finish. It is a great test of your fitness and an incentive to train during December and January.



Online entries are encouraged, but you can get a paper entry by contacting Event Director Mel Goldstein at: [goldsteinmel@sbcglobal.net](mailto:goldsteinmel@sbcglobal.net) or 317.253.8289. Entry information and rules can be found at [www.clubassistant.com](http://www.clubassistant.com).

In Virginia Beach, we reserve three lanes on a Saturday. You can swim two to a lane, no circle swimming. Someone is needed to count and write down splits for each 50. One person can time for 2 swimmers. We have 3 heats and everyone swims one heat and times for another. Our date has not been determined yet. We have to work around Winter Swim League at our rec centers.

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## In this Issue:

- Entry for VMST meet in Richmond, February 8-9.
- Information on Butterfly is Not a Crime.
- List of clubs for the LMSC.
- Registration form for 2014.



If you do not have internet access and need an entry, contact me (address and phone below) and I will send you a copy. *Betsy*

Dec 1-31: 400 Kick for Time (Postal Event)  
Entry is at [vaswim.org](http://vaswim.org).

WAVA Postal Event, through August 31, 2014:  
*Butterfly is Not a Crime*. Information will be in the January newsletter. A link to the online entry is at [www.vaswim](http://www.vaswim).

Jan 25-26: Charlotte, NC, SCM

Jan 26: Alexandria Tropical Splash

March 15: Tentative date for Albatross Open

March 23: Rockbridge County, VA  
Entry will be in the January newsletter.

March 29-30: NC Championship, Raleigh

Apr 4-6: Colonies Zone, George Mason University

May 1-4: USMS SC Nationals, Santa Clara, CA

Aug 3-10: FINA Worlds in Montreal

Aug 13-17: USMS LC Nationals in  
College Park, MD

### Newsletter Editor

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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)

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### 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)

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[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

## *Information from our Registrar*

Below are two lists: Clubs that have and clubs that have not yet registered for 2014. This information is as of the end of November. If any of the clubs that have not registered yet are not planning to register a team this year, please let Shirley Loftus-Charley know.

### *Clubs that have Registered for 2014*

BMS	Blacksburg Masters Swimming
BWST	Blue Wave Swim Team
CMAS	Christiansburg Blue Fin Masters
CNU	Christopher Newport University
CPYM	Crozet Parc YMCA Masters
LAMS	Leesburg Area Masters
LTSM	LetSwim Masters
MAC	Midlothian Athletic Club
POWM	Peluso Open Water Masters
QMST	Quest Masters
RAPP	Rappahannock Raiders Swim Team
WCMS	RMH Wellness Center
RCA	Rockbridge Co Aquatics
SNOW	Snow Masters Swimming
SHYM	South Hampton YMCA Masters
STON	Stonewall Masters
SUNF	Sunfish Masters
VTAC	Tidewater Aquatics Club
VMST	Virginia Masters Swim Team
WAVA	Warrenton Masters Swim Team
WVM	WV Masters Swimming
WVMS	Wytheville Masters Swimming

*Mike Cicchetto and Sarah Anderson from SHYM at the Virginia Beach meet.* →

## *Clubs that have NOT Registered for 2014*

CFYM	Charleston Family YMCA
FSYM	Four Seasons Y Masters
FAFF	Fredericksburg American Family Fitness
HAM	Hargrave Aquatics Masters
MAMS	Monarch Aquatic Masters
NSSC	Norfolk State Swim Club
SHKS	Sharks Swim Team Masters
STEC	Swim Tec LLC Masters
URMS	University of Richmond Masters
VTMS	Virginia Tech Masters Swimming
WMS	Winchester Masters Swim Team

Individuals need to register by the end of December. In November we had 224 swimmers register. At the end of October, the end of 2013 registrations, we had 1155 swimmers. If you registered for the meet on November 2, your registration is good for 2014.

For those of you who need to re-register, there are two ways. Online registration is available at [www.usms.org](http://www.usms.org) or you can find a link at [www.vaswim.org](http://www.vaswim.org). A copy of the paper form is included in this newsletter.



# 2013 CRAWL BRAWL & "THE PLUNGE"

by Ginger Cyganiewicz

It had been a couple of years since we had hosted the Crawl Brawl and "The Plunge" so it was great to bring back the events. For those of you who have never attended the meet Crawl Brawl, it features freestyle, freestyle and more freestyle with distances from 25 – 1,000 yards. (Although the 25 freestyle is not a recognized USMS event, it's offered just for fun). We also offered 50 of each stroke just to break the monotony. Although the number of competitors was small, we felt it important to provide the competition since 500's and 1,000's are often difficult to find. Seventeen teams were represented and there were several who had never swum in a Master's swim meet. Hopefully this was the beginning of their competitive swimming experience.

The Freedom Center has a great staff and the facility is designed to provide a great atmosphere for competition, especially with the new state of the art scoreboard. The officials were awesome! A special note of appreciation to all for taking time during the Thanksgiving holiday weekend to provide the officiating and timing. Plaques were awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place competitors, 49 & Under and 50 & Over for male and female swimmers for the Sprint and Distance divisions. To qualify for the Sprint Award, a swimmer must compete in the 25, 50 and 100 freestyle events. For the Distance Award, a swimmer must compete in the 200, 500, and 1,000 freestyle events. Places are determined by the swimmer achieving the fastest combined total time.

## Sprint Award Winners WOMEN

49 and under:

1<sup>st</sup> – Jenny de Hart (Stonewall Masters) Combined  
Time 1:42.58

2<sup>nd</sup> – Julie Osoteo (P.R. Tri Team of Ohio) 1:57.93

50 and Over

1<sup>st</sup> - Alice Corbett (Sunfish Masters) 2:09.55

*See back page for photo of High Point winners.*

## MEN

49 and under:

1<sup>st</sup> Pieter de Hart (Stonewall Masters) 1:25.69

2<sup>nd</sup> Scott Dallamura (N C Masters) 1:27.80

3<sup>rd</sup> Tim Taylor ( Alexandria Masters) 1:37.88

## Distance Award Winners

### WOMEN

49 and under:

1<sup>st</sup> – Jessica Gunder (Unattached) 20:47.24

2<sup>nd</sup> – Victoria Cline (Unattached) 25:59.17

## *THE PLUNGE*

"THE PLUNGE" is an event created by Coach Cy of Sunfish Masters to add a little fun at the end of the meet. It gets rather spirited as the competition proceeds to see who can go the distance. Rules are simple - A swimmer dives off the block and goes as far as possible with no breathe and no forward propulsion action. The distance is measured as each swimmer plunges into action. Unique plunger awards are presented to the winners. Jessica Gunder was victorious in the women's division at 59.3', while Tim Taylor plunged his way to 63.4' in the men's division.

## Sprint and Distance Winners

From left to right: Tim Taylor (Alexandria), Pieter de Hart (Stonewall), Scott Dallamura (North Carolina) Jessica Gunder (Unattached), and Julie Osoteo (P.R. Tri-Ohio). Not pictured: Jenny de Hart (Stonewall) and Alice Corbett (Sunfish Masters).

## "The Plunge"

Tim Taylor - 1st Men's Division

Jessica Gunder – 1<sup>st</sup> Women's Division

*The Plunge winners: Tim and Jessica*





# 2014 Membership Application

All 2014 memberships expire on 12/31/2014

Renewal – my last USMS number was \_\_\_\_\_  
 New registration

You can register online at:  
<http://www.usms.org/reg/>

**(1) Register with the same name you will use for competition. Please print clearly.**

Last Name		First Name		MI
Street Address				
City		State	Zip	Phone
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	

Related memberships and certifications: I am a \_\_\_\_\_ Masters Coach: \_\_\_\_\_ Certified Official

I would like to receive a link to the newsletter electronically instead of a mailed paper version YES \_\_\_\_\_ NO \_\_\_\_\_

**(2) CHECK BELOW THE APPROPRIATE BLOCK OF THE TEAM YOU ARE JOINING:**

BMS	Blacksburg Masters Swimming	WCMS	RMH Wellness Center
BWST	Blue Wave Swim Team	RCA	Rockbridge Co Aquatics
CFYM	Charleston Family YMCA	SHKS	Sharks Swim Team Masters
CMAS	Christiansburg Blue Fin Masters	SNOW	Snow Masters Swimming
CNU	Christopher Newport University	SHYM	South Hampton YMCA Masters
CPYM	Crozet Parc YMCA Masters	STON	Stonewall Masters
FSYM	Four Seasons Y Masters	SUNF	Sunfish Masters
FAFF	Fredericksburg American Family Fitness	STEC	Swim Tec LLC Masters
HAM	Hargrave Aquatics Masters	VTAC	Tidewater Aquatics Club
LAMS	Leesburg Area Masters	UNAT	UNATTACHED
LTSM	LetSwim Masters	URMS	University of Richmond Masters
MAC	Midlothian Athletic Club	VMST	Virginia Masters Swim Team
MAMS	Monarch Aquatic Masters	VTMS	Virginia Tech Masters Swimming
NSSC	Norfolk State Swim Club	WAVA	Warrenton Masters Swim Team
POWM	Peluso Open Water Masters	WMS	Winchester Masters Swim Team
QMST	Quest Masters	WVM	WV Masters Swimming
RAPP	Rappahannock Raiders Swim Team	WVMS	Wytheville Masters Swimming

**(3) FEES: COMPLETE AND TOTAL THE COLUMN BELOW THAT RELATES TO YOU:**

VMST (Virginia Masters Swim Team)	\$56			
VMST 18-24 Year Olds and 85 years and older		\$45		
All Other Teams & Unattached			\$46	
All Other Teams & Unattached, 18-24 Year Old and 85+				\$35
I wish to contribute this amount to the Int'l Swimming Hall of Fame Foundation				
I wish to contribute this amount to the USMS Foundation				
I wish to contribute this amount to our local LMSC for Virginia				
<b>TOTAL AMOUNT:</b>				

**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**

**(4) PLEASE BE SURE TO SIGN AT THE BOTTOM OF THIS FORM!**

**Benefits of Membership** include a subscription to USMS's magazine, SWIMMER, during the length of the membership year. USMS Registered swimmers are covered with secondary accident insurance: 1) in practices supervised by a USMS member where all swimmers are USMS registered. 2) in USMS sanctioned meets where all competitors are USMS registered.

**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 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.

**Signature (required):** \_\_\_\_\_ **Date** \_\_\_\_\_



## ***VMST David Gregg III Memorial Meet***

**NOVA of Virginia Aquatic Center  
12207 Gayton Rd, Richmond, VA 23233  
(804) 754-3401**

**February 8 and 9, 2014**

**Sponsored By:** Virginia Masters Swim Team

**Sanctioned By:** LMSC for Va. for USMS, Inc. - Sanction # 124-S002

**Meet Director:** Nancy Miller ([nancymillr@aol.com](mailto:nancymillr@aol.com)) **Meet Referee:** Bob Rustin

**Location:** NOVA of Virginia Aquatic Center. Address: 12207 Gayton Road, Richmond, VA 23233. Telephone number: (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**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 be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

**Entries:** \$4.00 per individual event plus a \$7.00 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 each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. **NOTE:** The 200-yard event entered on Saturday by the swimmer may not be repeated on Sunday. The results of heats swum on Saturday and Sunday in each of these events will be combined, and results will be published on Sunday.

**Entry Deadline:** Entries must be received no later than **February 1, 2014**, or they will be considered deck entries.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

**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. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

**Awards:** Awards will be given for first, second, and third place in each individual event. No awards for relays.

**Results:** Results will be posted on our website at [www.vaswim.org](http://www.vaswim.org). If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

**Social:** Join us for our Masters potluck after the meet on Saturday, February 8th. \$10.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

**Nearby Lodging:** Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300  
The Holiday Inn is at the Gaskins Rd South exit off I-64. There are 10 double/queen rooms being held for the night of 02/08/2014 at a rate of \$80.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 25, 2014.

**RELEASE**

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete.

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 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.

**Fill in the following information:**

Date:		Signature:	
Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 2/09/2014:		Birthdate (Mo/Day/Yr):	
LMSC:	Club:	Phone (Day):	Phone (Night):

**SATURDAY, February 8**

**Warmups: 1-2 PM; Meets Starts: 2 PM**

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
9	_____	1000 Free	10	_____
11	_____	1650 Free	12	_____
13	_____	400 IM	14	_____
15	_____	500 Free	16	_____

**SUNDAY, February 9**

**Warmups: 7-8 AM; Meet Starts: 8 AM**

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
17	_____	100 Free	18	_____
19	_____	Novice 50 Fly	20	_____
21	_____	50 Fly	22	_____
23	_____	100 Breast	24	_____
25	_____	Novice 50 Free	26	_____
27	_____	50 Free	28	_____
29	_____	100 IM	30	_____

**BREAK**

31	_____	200 Free	32	_____
33	_____	100 Back	34	_____
35	_____	Novice 50 Breast	36	_____
37	_____	50 Breast	38	_____
39	_____	100 Fly	40	_____
41	_____	Novice 50 Back	42	_____
43	_____	50 Back	44	_____

**RELAYS RELAYS RELAYS RELAYS**

45	_____	200 Medley Relay	46	_____
47	_____	200 Free Relay	48	_____
49	_____	200 Mixed Medley Relay	50	_____
51	_____	200 Mixed Free Relay	52	_____

**ENTRY FEES**

Total Events (both days) _____ x \$4.00:	
Surcharge:	\$7.00
Social (\$10.00/person):	
(number attending social: _____)	
<b>TOTAL AMOUNT ENCLOSED:</b>	

**Make checks payable to:  
Virginia Masters Swim Team**

Questions? Contact Nancy Miller – (804) 338-1540 or [nancymillr@aol.com](mailto:nancymillr@aol.com) or James Wolfle – (804) 272-2485 or [wolfle@aol.com](mailto:wolfle@aol.com)

**Mail Entry To: James Wolfle**  
3109 Williamswood Road  
Richmond, Virginia 23235

**A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED**

*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*

## **Crawl Brawl**

### **High Point winners:**

**Tim Taylor (Alexandria)**

**Pieter de Hart (Stonewall)**

**Scott Dallamura (NC)**

**Jessica Gunder (UNAT)**

**Julie Osoteo (Tri-Ohio)**

**Front: Victoria Cline (UNAT)**

### **Not pictured:**

**Jenny de Hart (Stonewall)**

**Alice Corbett (Sunfish)**

