

The Wet Gazette

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

Rockbridge County Aquatics Meet on March 24

Rockbridge County Aquatics (RCA) is located in Lexington, VA. The **“Dive Into Spring”** meet is one day and offers a full range of events (except the 1000 free). The 500 free (1st event) and 1650 free (last event) are limited to the first 20 who sign up.

Entries are paper only and are due on Monday, March 18. Craig Charley is the meet director. The entry is in this newsletter.

Attention VMST Swimmers

It's time to think about spring Championship Meets. Please let me (Betsy Durrant) know if you are considering going to:

- a) SC Zone Meet at George Mason U, Apr 19-21
- b) USMS SC Nationals in Indianapolis, May 9-12
- c) Pam Ams in Sarasota, June 5-13.

I have only been to Sarasota once, so I don't know very much about the area. If anyone has made plans and has selected a hotel, let me know.

EVERYONE should be planning on swimming the LC Zone Meet in Richmond, June 22-23! It's a great opportunity to swim in an outstanding pool, and we need to support a big meet hosted by VMST.

I started looking at hotels for LC Nationals in Mission Viejo, CA. I have never been there and know nothing about the area. If you



are familiar with the area, please let me know.

3000 and 6000 Results

Twelve Virginia swimmers completed the 3000 yard postal event, and eleven completed the 6000 yard event. Three swimmers (Ellen Marks, Shirley Loftus-Charley and Craig Charley) completed both events! Shirley was first in both events; Adam Barley won the 3000; Craig won the 6000. Results of Virginia swimmers can be found on page 3.

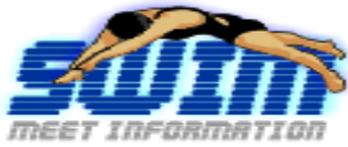
In the relay results, there is an interesting family relay listed. This relay is unofficial because the swimmers represent different teams, but they are family. Amy Charley (VMST), Shirley Loftus-Charley (VMST), Craig Charley (RCA), and Terry Loftus (NOVA) combined for a very impressive 3K family relay with a combined time of 2:38.30.35. There can't be too many families in the country who are able (or willing!) to do that. Terry Loftus swims for NOVA, a team in southern California.

Attention All Swimmers and Coaches

If you or someone you coach did the One Hour Swim, please let me (Betsy Durrant) know. I like to search results for Virginia swimmers and list those who completed the swim. However, there are so many entries that I always omit several swimmers.

Also, I'm interested if you had an organized swim or if you did the swim on your own. Send names of anyone who was of particular help in counting/timing.





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

Feb 23: Greensboro, NC

Mar 2: Maryland Masters

Mar 16: Albatross Open, SCM
www.pvmasters.org

Mar 24: Lexington, VA
Entry is in this newsletter.

April 19-21: Colonies Zone Championships
George Mason Univ

May 9-12: USMS SC Nationals, Indianapolis
Make plans now! Online entry will be available.

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

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

Aug 7-11: USMS LC Nationals,
Mission Viejo, CA

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Graphics from www.swimgraphics.com



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

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Lane 8

Inspiring and Challenging

By Betsy Durrant

As all coaches know, and most swimmers who swim with a group know, each lane develops a unique personality. Lane 8 in the workout group at Great Neck Rec Center in Virginia Beach is inspiring and at the same time challenging.

The five regulars in this lane range in age from 76 to 90. They are: Joan Averette, Al Newbury, Jeanne Meredith, Terry Sokolik, and Marianna Berkley. Over the years, they have developed into a very close group. They keep in touch, travel together, watch over each other and celebrate together. Whenever someone is missing, the others always know where the missing swimmer is and when he/she will be back. The only time any of them miss practice is for illness, an appointment or a trip.

Marianna, Terry and Joan love to travel. Terry has 7 children and keeps up with all the grandchildren and great grandchildren. Marianna travels with her daughters – most recently to Costa Rica. In the last 6 years she has gone to Mexico to live with a family and practice Spanish, Peru, and Mongolia (for a Habitat for Humanity build). Joan and Terry have been on two cruises together.

Part of the challenge of coaching this group is the travel. Someone is always “getting back” to swimming. It has been a learning process for me (and I’m still working on it) to know how to structure a group workout for them. I want them to do the group workout, but I know they generally need more rest. All are good swimmers.

Two of my favorite anecdotes...

At Jeanne Meredith’s 2nd meet, I didn’t know her but I counted for her distance event (800, I think). I wrote down each 50 split and was amazed at how consistent she was. When I congratulated her and mentioned the even splits, she replied “What’s a split?” She is a natural for distance events.

At 90, Marianne has had some health issues and sometimes has some problems with body position. She has earned the right to use a buoy or fins whenever she feels she needs them. Last weekend, we did the One Hour Swim. When Marianna was getting ready, she said she planned to stop after each 50. We all agreed that it was a good

idea if she needed to. She started the hour, and never stopped at all. She swam a lot of backstroke, but kept on going for the whole hour. Afterward, she went out to lunch with the others.

Al was not able to do the swim this year due to cataract surgery. He came to the pool and timed for all three heats. That shows a lot of dedication.

I asked each of these swimmers some questions about their background and how they got started with the group. Here are the replies.

Joan Averette. Joan was working at Bayside Rec Center and started a program in 1994 to help seniors learn the skills needed to participate in Senior Games. Jeanne, Marianna, and Al were part of the original group along with Russell Davis. The first practices were at Bayside and soon expanded to Great Neck Rec Center. Joan had previously (1993) participated in national Senior Games at Baton Rouge. She reports that nothing has equaled her shock of walking in the natatorium at LSU and seeing that the competition pool was 50 meters. Joan joined a Masters program at the YMCA to better prepare herself for meets. Her first USMS meet was in 1995 at Norfolk Academy. One of my favorite meets with Joan was SC Nationals in Austin. Joan anchored our 65+ Medley Relay in a very close race. She held off the other team’s fastest swimmer, and we won!



Al Newbury. Al joined the first workout group in 1994 and also competed in the USMS meet in 1995 at Norfolk Academy. He said his favorite meet was last spring at SC Nationals in Greensboro. Al had a great meet there both in individual events and on relays. Al is the “lane boss.” He tries to keep everyone on the assigned interval and explains the set to those who have trouble hearing.

Jeanne Meredith. Jeanne first competed in a local Senior Games meet and then at the USMS meet at Norfolk Academy. She comments: “Quite a difference between the two.” Her favorite meet was LC Nationals in Indianapolis in 2009. She says “This meet helped me a great deal at a very difficult time.” Also, our ladies’ relay set a national record at this meet.



Terry Sokolik. Terry joined the workouts in 1997 and first participated in a meet at Ft Eustis in 1998.

Her favorite meet was national Senior Games in Orlando in 1999 when 2 daughters, 4 grandchildren, 2 siblings and spouses all came to cheer her on and stay for a visit to Walt Disney World. The grandchildren wore shirts that said "Go Grandma." Terry went to SC Nationals in Austin in order to see a grandson whose graduation she had missed. She won most of her events but scratched on the last day to go hear her grandson's band play at a restaurant. She values family above all else.



Marianna Berkley. Marianna says that she tried to join USMS in 1995, but the coach of the group then told her she should join Silver Slippers (exercise groups for Seniors). After seeing her swim more, he changed his mind and encouraged her to go to a Senior Games meet in Williamsburg. (I wonder if that coach knows how many USMS records

Marianna has set and how many World rankings she has.) "USMS has been my life line since - both health wise and these people I swim with." Her favorite meet was Nationals in 2010 in Atlanta where she won



the 200 IM in the 85-89 age group. She says that as a kid she was lucky when the WPA (a federal project during the depression) build a large pool in her small town in Nebraska. At 14 she got a certificate as a Junior Life Guard and from then on was in the water every summer.

For me as the coach, it is a pleasure to be friends with each one of the Lane 8 crew. It is an inspiration to me and to others, but it is also a challenge as a coach to meet their needs and challenge them. See group photo on back page.

From the E-Mailbag ...

Jewell Grigsby-Martin of Stafford

The February Fitness Challenge is a postal event in which swimmers see how much yardage they can log in the month of February. For the last

few years, it has been run by Oregon Masters. Jewell wrote:

I start my February Fitness challenge on the first and I will be swimming every day in February - two or three times each day except on Fridays when I only swim once a day.

Editor's Note: I am not sure how many years Jewell has done this event, but she holds the record for number of yards in the 65-69, 70-74, 75-79, and 80-84 age groups. I am sure she also participated earlier than that. Here are her current records:

2000 at age 68, 515,800 yards

2005 at age 73, 601,650 yards

2008 at age 76, 364,000 yards

2012 at age 80, 229,100 yards

These totals and her note about swimming multiple times each day may seem excessive and obsessive, but Jewell manages this without injury.

Arlie Steiner of Virginia Beach

Arlie wrote this remembrance of Owen Maher.

In 2012 I swam in four VA meets - a record for me. The Virginia Beach crowd didn't attend all of those, but Owen Maher did, so I never felt alone. [He even swam in more 2012 VA meets than I did.] Owen's smile and support always welcomed me. He willingly critiqued my strokes or enlisted someone he considered more qualified. I still go off the block based on his input years ago. My time with Owen was limited since he often left right after the meets to get home to his loving bride of 47 years. However, I will always treasure my interactions with him. I admired Owen Maher as someone who fully lived his own life while touching the lives of so many others.

Catherine S. Leitch of Roanoke

My mother, Karin Stronach, died on January 13 after a 10-month battle with lymphoma. She was one of the first Virginia Masters. In going through some of her things, I came across two photos from the early days. One is marked "Fayetteville 1978." I recognize mom, Babs Carter, and a couple of others. You very well may be in these photos. Would you be interested in copies? I also have a 1977 newspaper article about mom in which article she talks about starting the Virginia Masters team. In the accompanying photo, mom is

See Mail on bottom of page 5.

3000 yard Results

W25-29: 4 – Amy Charley, VMST
6 – Ellen Marks, RCA

W40-44

W45-49

W50-54 15 – Nancy Speer, VMST

W55-59 27 – Kathy Gregory, UNAT

W60-64 **1 – Shirley Loftus-Charley, VMST**
9 – Lynda Calkins, VMST

W70-74 3 – Susan Marens, VMST

M25-29 3 – Craig Charley, RCA

M30-34 **1 – Adam Barley, VMST**

M35-39 11 – Christopher Seaman, STON

M45-49

M50-54

M55-59 32 – Charles Day, FAFF

6000 yard Results

3 – Ellen Marks, RCA

8 – Susan Harrison, RCA

11 – Julie Woodzicka, RCA
12 – Lisa Green, RCA

11 – Ellen Mayock, RCA

1 – Shirley Loftus-Charley, VMST

1 – Craig Charley, RCA

11 – William Mulvihill, UNAT

6 – Matthew Bickley, VMST

13 – Ralph Swiger, VMST

Club/Team Names and locations:

VMST (Virginia Masters Swim Team), state-wide;

RCA (Rockbridge County Aquatics), Lexington;

STON (Stonewall Masters), Lexington;

FAFF (Fredericksburg American Family Fitness), Fredericksburg;

UNAT (Unattached, no team/club affiliation)

Mail continued from page 4.

standing in front of a Virginia Masters pace clock.

Editor's Note: I replied to Catherine that I would love to have the photos. (I will try to include one next month.) I thought she was in Roanoke, but was not sure. I asked her where she lived and where she swam. She replied: *I am in Roanoke. I swim with a Masters group at The Kirk Family YMCA. I used to swim at The Gator Center. I compete on rare occasion (only when my teammates are successful in talking me into it). As I get older, the blocks get higher and wobblier. I do like to work out as if I were going to compete, though. You may know some of my teammates: Wilton Kennedy, Jenny Kellinger, Annette Patterson, Lynda Calkins.*



**U.S. MASTERS
SWIMMING**

RCA's Dive Into Spring Meet

The Community Pool

194 Wallace Street Lexington VA, 24450

Sunday, March 24, 2013

Sponsored By: Rockbridge County Aquatics

Sanctioned By: LMSC for Va. for USMS, Inc: Sanction #123-S002

Meet Director: Craig Charley ccharley9@hotmail.com

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 18, 2013**, 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: Sanction #123-S002

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 3/24/13:	
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	_____	50 Butterfly	22	_____
23	_____	400 Individual Medley	24	_____
25	_____	100 Freestyle	26	_____
27	_____	200 Backstroke	28	_____
29	_____	100 Breaststroke	30	_____
31	_____	200 Butterfly	32	_____
33	_____	100 Individual Medley	34	_____
35	_____	50 Freestyle	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
 103 Wallace Street
 Lexington, VA 24450

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



Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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Photo from 1998. Marianna Berkley, Joan Averette, Al Newbury, Jeanne Meredith, Terry Sokolik
When I first saw this photo, I thought “Everyone looks so young.” Then I realized that we were all a lot younger 15 years ago!

