

The Wet Gazette

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

Three World Records and One National Record on the Same Day!!!

At the VMST Fall Meet on November 2 in Virginia Beach, the VMST team of **Johnnie Detrick, Laura Walker, Marcia Barry, and Shirley Loftus-Charley** set three world records. The world records were in the 400 and 800 Freestyle Relays and the 400 Medley Relay. The previous records for the two Freestyle Relays were held by another VMST team (Walker, Detrick, Betsy Durrant and Beth Schreiner). The Medley Relay record was held by a team from Japan. They also set a USMS National Record in the 200 Free Relay. The previous record was held by Walker, Detrick, Durrant and Schreiner.

The records are in the 280+ age group, which means that the 4 ages total at least 280 years. Johnnie (from Richmond) is 78; Laura (from Pungoteague) is 76; Marcia (from Roanoke) is 65; Shirley (from Afton) is 62. The sum of their ages is 281. It is fortunate when a team has the right swimmers in the right age group. The real challenge, however, is to get all four at the same meet. This team set a record at the LC Zone meet in Richmond in June. They were very motivated to go on a record breaking spree.

Congratulations on an amazing accomplishment!!

Newsletter is Late This Month

I regret that I am later than usual in getting the newsletter to the printer. I usually work on the newsletter the last week of each month and send it to the printer one of the first few days of the next month. Because I was meet director for the meet on November 2, this didn't happen.

Betsy Durrant, Editor

Now is the Time...

For all clubs to register for 2014. Each club must be registered before swimmers can register as members.

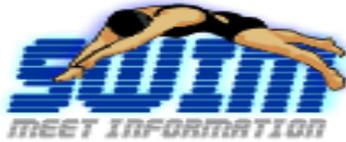
For all swimmers re-register for 2014. Online registration is open. The paper form is available at vaswim.org. If you don't have computer access, call me (Betsy) at 757-422-6811 and I will send you one. You can also contact our Registrar. The number is on your current registration card.

To plan to swim in some meets this spring. Check out the list on page 2.

To think about swimming at LC Nationals in August. The meet will be in College Park, MD, at the U of MD. It's a great pool, indoors, and it is an easy drive for us in Virginia.



The Relay Team:
Shirley Loftus-Charley, Marcia Barry, Laura Walker, Johnnie Detrick



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

Nov 30: Sunfish Crawl Brawl
Prince William campus of George Mason U.
Entry is in this newsletter.

Dec 1-31: 400 Kick for Time (Postal Event)
Information is in this newsletter. Complete entry is at vaswim.org.

Dec 7: Germantown, MD

WAVA Postal Event, through August 15, 2014:
Butterfly is Not a Crime. Information will be in the January newsletter.

Dec 13-15: New England Championship,
SCM, at BU. www.swimnem.org

Jan 26: Alexandria Tropical Splash

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

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

USMS Website
www.usms.org

Latest info on all levels of swimming
www.SwimmingWorldMagazine.com

Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: www.maryland@usms.org
Potomac Valley: www.PVMasters.org

Colonies Zone
www.ColoniesZone.org

ONLINE Registration for many meets:
www.clubassistant.com

LMSC Officers

Chair: Patty Miller
pmillerswmr@gmail.com

Vice Chair: Charlie Tupitza
ctupitza@warrentonmasters.org

Secretary: Pam Dameron
cpdameron@comcast.net

Treasurer: Charlie Cockrell
Charles.Cockrell@alumni.virginia.edu

Registrar: Shirley Loftus-Charley
VARegistrar@usms.org

Sanctions: Heather Stevenson
hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson
chrisl Stevenson@usms.org, 804-282-0124

The Virginia Open Water Series

By Dave Holland

The "Virginia Open Water Series" was a success. The three open water events hosted by VMST and our LMSC were:

- Jack King 1-Mile Ocean Swim in Va. Beach- June 23, 2013
- Chris Greene Lake 1 or 2-Mile Cable Swim in Charlottesville- July 13, 2013
- Lake Moomaw 1-Mile Swim north of Covington- August 3, 2013

In all, there were 13 swimmers who competed in all 3 events (8 males, 5 females). Each received a commemorative blue towel (special thanks to Elizabeth Cohen).

Women:

Kelsey Barklund
Lynda Calkins
Lesley Eicher
Jennifer Johnston
Carolyn Lowe-Thompson
Karen Mickunas
Mary Ann Peterson
Cheryl Ptak

Men:

David Brown
Howard Craddock
Tim David Johnston
Kevin McCartney
Victor Mickunas

Chris Greene Lake Named #25 in list of 100 Top Swims

America's Top 100 Open Water Swims is a list of the most unique, most popular, most historic, most beautiful, most interesting, and most challenging open water swims across the 50 states of the United States of America.

While the list is subjective to some degree, the following criteria is used to determine the list of open water swims below:

1. History
2. Uniqueness
3. Popularity
4. Difficulty
5. Attention to Safety
6. Global geographic distribution

The World Open Water Swimming Association would like to congratulate **The Chris Greene Lake Cable Swim** as one of America's Top Open Water Swims.

The following article is from the USMS publication *Streamlines for Coaches*, September 2013.

Chaos Drills

How to cope with utter disorder or confusion

Bob Jennings | September 20, 2013

You've probably witnessed or heard of one of your swimmers having something chaotic happen in a swim event. Here are three common occurrences and three practice activities that can provide the knowledge swimmers need to handle these difficult situations with confidence.

My goggles are drowning!

One of the most common problems swimmers—particularly novice competitors—face is having their goggles fill up with water after the start of a race. This drill will help swimmers learn to stay calm when fixing the problem while keeping a legal stroke during a race.

While swimmers are standing at the end of the pool, have them take their goggles off and jump in. Once they're in the water, ask them to put their goggles back on underwater, so that both lenses are filled with water. Tell them to swim to the other end of the pool, one at a time, using the black line on the bottom as a guide. Tell them to look for the target at the end of the pool as they approach it. Once everyone has done this, ask the swimmers to discuss how it felt and what they could see with their goggles full of water.

Next, discuss how they could have legally cleared their goggles while swimming each stroke. This is a great way to review the rules. While swimming freestyle, swimmers can stop, tread water, and adjust their goggles as long as they do not push off the bottom. In backstroke, as long as they remain on their backs, they can interrupt their stroke to adjust their goggles. In breaststroke and butterfly both arms must recover simultaneously, so it is best for swimmers to wait until they're at the end of the pool

See *Chaos* on page 4.

Chaos continued from page 3.

to adjust their goggles. If swimmers adjust their goggles mid-pool and the recovery or pull is not simultaneous, they can be disqualified.

Hey, where'd the wall go?

For the second activity, have an individual swim freestyle to the end of the pool and flip too soon, missing the wall entirely. Have the swimmer stop here and ask the other swimmers what can be done in a situation like this. In freestyle, a swimmer who misses the wall may go back and touch the wall legally.

Holy smokes, it's crowded out here!

The third activity covers preparation for an open water mass start. Place four swimmers in a lane, and ask all four to sprint to the other end at the same time. When they get to the other end, ask them to describe what happened. Next, have the swimmers come up with ways to deal with this problem, such as starting in the back of the pack or off to the side of the group to reduce the congestion in the lane.



About the Author—Bob Jennings

Bob Jennings, 60, has been coaching high school swimming for 35 years and coached summer league for 25 years. He was sports director for swimming and diving for Montgomery County Public High Schools for 15 years. He swims for the Florida Aquatic Combined Team.

Photos from Fall Meet in Virginia Beach

**Charlie
Tupitza
(WAVA)
swimming
the 800.
Yes, he did
it fly!**



Gray Ladd and Bill Throne (both VMST)



Megan Shepard, VMST



Cheryl Ptak, VMST

**Tim Dayton
SHYM**

**Thanks to Charlie
Tupitza and Nancy
Speer for the photos.**



3rd ANNUAL SUNFISH MASTERS “CRAWL BRAWL”

&

“THE PLUNGE”

Saturday, November 30, 2013

Warm-Ups: 9:00 AM - Meet Starts: 10:00 AM

USMS Sanction: 123-S0008

LOCATION: George Mason University – PRINCE WILLIAM CAMPUS; 10900 University Boulevard; Manassas, Virginia 20110-2203; (703) 993-8444.

FACILITY: The Freedom Aquatic & Fitness Center facility is one of the finest facilities in the area. The pool will be set in a 25 Yard 8 lane configuration with non-turbulent lane markers. A new automatic scoreboard has just been installed. A separate area will be available for continuous warm-up/cool-down throughout the meet. The pool has been measured and certified for USMS records and Top Ten.

ENTRY INFORMATION: On-line entries must be received by Monday, November 25, 2013. Mailed entries must be postmarked Thursday, November 21, 2013. The meet is open to all Masters Swimmers holding a valid 2013 or 2014 USMS registration card. You must be a registered USMS swimmer to complete an online entry. Complete On-line entries at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1605&smid=5001 (payment by credit card only). Mailing information is on the entry form. If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org. Registration is \$44.00 which is from November 1, 2013 through December 31, 2014. **You will not be allowed to swim without being registered.** A participant may swim a maximum of individual events. **There is a \$20 pool and equipment surcharge and a fee of \$5 per individual event.**

RULES: 2013 USMS rules and regulations apply. Age is determined by the swimmers age on November 30, 2010. The 500 and 1,000 distances will be limited to 48 swimmers each with priority given to those competing in the Distance Division Championship (See Awards, below). Events will be seeded slowest to fastest, men and women separate.

WARMUPS: Warm-Up safety rules will be strictly enforced. Swimmers must enter feet first in a cautious manner. No diving is permitted in the general warm-up lanes. Diving will only be allowed in designated lanes reserved for one-way swimming approved by the Safety Officer. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment such as kick boards, pull bouys, snorkels, etc. during warm-up is not permitted.

HOSPITALITY: Bagels, fruit and water will be available free for all competitors during the meet.

AWARDS: Ribbons will be awarded for first through sixth places for each age group, men and women. Plaques will be awarded for the Sprint Division (25,50,100) and Distance Division (200, 500, and 1,000) for men and women 49 and below and 50 and above. Places will be determined by the fastest combined total for the sprint events and distance events. Please pick up your awards at the meet as they will not be mailed.

HOTELS: Country Inn & Suites by Marriott (5.4 miles to pool) (75 rooms open to interior hallway) 10810 Battleview Pkwy (703) 393-9797; Fairfield Inn by Marriott (5.5 miles to pool) (80 rooms open to interior hallway) 6950 NOVA Way (703) 393-9966; Hampton Inn (4.8 miles to pool) (125 rooms open to interior hallway) 7295 Williamson Blvd (703) 369-1100; The Courtyard, Manassas, VA (At I-66 exit # 47) 10701 Battleview Pkwy (703) 335-1300; Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966; Springhill Suites by Marriott, Centreville, VA (703) 815-7800.

“The PLUNGE ”

The Plunge is a non-conforming event, thus it is an unofficial race. Each participating swimmer will be given one opportunity to “Plunge” from the block and go as far as possible without kicking or taking a breath. The person going further than others will be declared the champion. Plunge awards will be presented to the male and female Champions.

QUESTIONS: Meet Director: Ginger Cyganiewicz (571) 643-6619 or e-mail sunfishmasters@gmail.com

Complete On-line entries at: https://www.ClubAssistant.com/club/meet_information.cfm?c=1605&smid=5001 or mail entries using this form.

You MUST **ENCLOSE** a copy of your 2013 or 2014 USMS Card. Please complete the right side of the form below in case there is a problem with your entry.

Copy of USMS Card Here (Trimmed & Taped)			Please supply the following information also:
USMS #	Team		Daytime Phone #
Name (As it appears on USMS Card):			Evening Phone #
Birth Date:	Age	Sex	Email:

RELEASE OF LIABILITY BY PARTICIPANT:

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: _____

DATE: _____

CIRCLE EVENT NUMBERS YOU WISH TO SWIM AND INDICATE SEED TIMES IN YARDS:

Event #	Seed Time	Event Name	Seed Time	Event #
	<u>WOMEN</u>		<u>MEN</u>	
1	_____	500 yd. Freestyle	_____	2
3	_____	50 yd. Freestyle	_____	4
5	_____	200 yd. Freestyle	_____	6
7	_____	50 yd. Butterfly	_____	8
9	_____	*25 yd. Freestyle	_____	10
11	_____	200 yd. Individual Medley	_____	12
13	_____	1,000 yd. Freestyle	_____	14
15	_____	50 yd. Breaststroke	_____	16
17	_____	100 yd. Freestyle	_____	18
19	_____	50 yd. Backstroke	_____	20

*** 25yd Free is a non-conforming event and thus the times are considered unofficial but will be counted in the Sprint Division Championship.**

THE PLUNGE COMPETITION WILL BEGIN IMMEDIATELY AFTER THE COMPLETION OF THE MEET.

MAIL TO: Ginger Cyganiewicz, 1104 SPAIN DRIVE, STAFFORD, VA 22554

SURCHARGE for pool & equipment: \$20.00 **INDIVIDUAL EVENT FEE:** \$5.00 per event

DECK ENTRIES: \$25.00 surcharge, \$7.50 per individual event if lanes are open.

CHECK PAYABLE TO: SUNFISH MASTERS,

ENTRIES POSTMARKED: Thursday, NOVEMBER 21, 2013

400 Kick for Time



A USMS
Postal Event

December 1-31, 2013

USMS Sanction
383-S019

Why the 400 Kick for Time?

It's a repeating set we do at MEMO, and we wanted the world to have just as much fun. Kicking is an important component of fast swimming, and really, does anyone kick enough?

RULES

1. Must use a kickboard
2. No "stroking" into wall
3. No flip turns
4. You may do the 400 Kick for Time in any 25 yard length pool
5. Must be completed between December 1-31, 2013
6. Must be postmarked by January 10, 2014 and received by January 17, 2014
7. Swimmers who change age groups during the event may enter and pay twice, but must kick the event twice, once in each age group.
8. One watch per swimmer
9. No fins
10. Two per lane, maximum, with no circle swimming

AWARDS

Unique 400 Kick Awards for the first three finishers in each age group, men and women

ENTRIES

US Mail to:

Marcia Benjamin
769 Rodney Dr.
San Leandro, CA
94577-3826

Check Payable to:

MEMO Swim Team

Entry fee:

\$10.00

T-shirt:

\$20 (including shipping)

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
211 66th Street
Virginia Beach, VA 23451-2040

<p><i>Prstd Std</i> <i>U. S. Postage</i> PAID <i>Richmond, VA</i> <i>Permit #3022</i></p>
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Fall Meet in Virginia Beach

By Betsy Durrant

We had 84 entries for this year's meet. That was down a little from previous years (90-95). There were 8 teams represented: Binghampton University Masters, Reston Masters, Rockbridge County Aquatics, Sarasota YMCA Sharks, South Hampton YMCA Masters, Virginia Masters Swim Team, Warrenton Masters, Wytheville Masters. We had a number of swimmers who were participating in their first Masters meet.

We had some great officials again. As always, they did a great job. We are extremely fortunate to have access to a great pool and wonderful cooperation from the staff. The timers once again were the swim and dive team from Ocean Lakes High School. They were accompanied by their coaches Dave Bostic and Laura Eldredge. Jen Wheeler, an Ocean Lakes graduate, swam in her first Masters meet. Coach Eldredge, her former coach, counted for her on the 400.

I have an important suggestion for swimmers who register online. Please enter with the full name on your registration card. Although Club Assistant allows you to enter a "preferred" name, please don't. I had to manually change all "preferred" names to the name on the registration card. Also, make sure you register with the club (team) on your registration card. If you change clubs or join a club after you have registered, please notify our Registrar. Your name and club must match what is in the registration system. If you want to enter with a nickname (I do), then use that name when you register for 2014.

Many thanks to those who helped at the meet. Cathy Rotch was responsible for getting the meet t-shirts. She did a great job!