

The Wet Gazette

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

VMST at Mission Viejo

By Betsy Durrant

Six members of Virginia Masters Swim Team made the trip to southern California for LC Nationals at Mission Viejo. Mission Viejo is in Orange County, near Disneyland. Mission Viejo is a first class facility with plenty of seating, plenty of shade and sufficient warm-up space. Parking is limited, but a shuttle from the hotels was available.

Sandy Galletly, Ida Hlavacek, Kitten Braaten, and I stayed at the same hotel. Ken Novell and his wife Phyllis stayed with their son. Ken managed to swim 2 days, including a relay, and then opted for more family time. Bud Swiger was a “drive by” or “drop in” swimmer for this meet. His daughter and son-in-law live just 20 miles from Mission Viejo at the Camp Pendleton Marine Base. Bud scratched events on Wednesday and Saturday in favor of family time, but showed up Sunday for the 200 fly before catching a flight home. I never saw him, but the photo below shows that he was there. It’s great when you can combine a meet with a vacation or a family visit!



Bud, Kitten, and Sandy



Misty Hyman and Betsy Durrant

A highlight of the meet for me was being interviewed for the “Daily Recap” on the first day. It was thrill to have an opportunity to speak one on one with Misty. The video is on the USMS website.

Everyone finished well in their events. Ida Hlavacek led the way with 2 first place finishes in the 200 fly and 400 IM. Ida was also a close 2nd in the 800 free. I managed the first, but if we had been in the same heat, I fear Ida might have taken it.

A summary:

Kitten Braaten, 58, 14th 800 and 1500, 5th 100 and 200 Fly, 8th 200 back

Ralph Swiger, 57, 4th 200 fly

Ida Hlavacek, 71, 1st 200 fly and 400 IM, 2nd 800, 3rd 200 IM, 4th 200 back

Betsy Durrant, 72, 1st 800, 2nd 50 breast, 3rd 1500, 4th 100 back

Ken Novell, 71, 5th 200 IM, 6th 200 free, 8th 50 fly

Sandy Galletly, 71, 5th 1500 and 200 back, 6th 800, 7th 400 free, 9th 200 breast

The 280+ Freestyle Relay team of Ken, Ida, Betsy and Sandy finished 4th.

2014 National Championships

Short Course in Santa Clara, CA

May 9-12

Long Course in College Park, MD

Aug 13-17

Make plans now for LC at U of MD!!!



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

Oct 6: Peluso Open Water Swim, Richmond
2.4 and 5 Mile Events

Oct 27: George Mason University Sprint Classic

Nov 2: SCM in Virginia Beach
Entry information is in this newsletter.

Nov 9-10: SCM in Charlotte

Dec 7: Germantown, MD

Jan 26: Alexandria Tropical Splash

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

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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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US Master Swimmers start Inner - City Swim Team – 125 and counting.....

*By Annette Patterson, June 6, 2013
Roanoke, Virginia*

It is my pleasure to share an update with you regarding our efforts to launch the first Inner City Swim Team. The City Swim Barracudas are 125 strong and growing!!! Please read the complete update below to gain the full scope of these efforts to impact our City! US Master Swimmers have launched this effort and are working to build the sport for those who have little or no access. The results....overwhelming success...

Last night every swimmer received - a new Speedo bathing suit, T-Shirt, CITY swim team cap and new goggles. Each swimmer met with the coaches, and enjoyed a hot dog , chips and snow cones. This is a true melting pot of culture, socio-economic levels and age ..5 to 55+...the energy and spirit is amazing!!

We are grateful for the support of The Advancement Foundations efforts to launch the first inner city swim team this summer. As you can appreciate, swimming is a life long activity that has numerous benefits but one that eludes those who have limited income. It is our goal that this team will provide both life saving skills, as well as a new found love for the sport. To date, we have attracted 125 swimmers to our team - ages 5 to 55. With the help of many individuals, City of Roanoke Parks and Recreation Department, Roanoke Valley Aquatic Association, Lions Club, as well as key businesses like Member One, Speedo, the Swim Shop and Jammin printing and others, we are able to overcome every barrier which prevented access

to this opportunity in the past.

The City Swim Team is the precursor to all we hope to accomplish in the coming 24 months with regard to building a 30,000 square foot Community Development Center in the City. Since our founding in 2007 the foundation has been in a continuous race to evaluate our impact on long term social change. Our diverse programs have provided us a broad view of our community development both strengths and weaknesses with regard to impacting the underprivileged. Through our work with over 30 valued health and human service nonprofits – such as Feeding America, Big Brothers Big Sisters, Project Access, West End Center and many more, we have leveraged life line services to create more seamless programs.

Through our leadership as the AmeriCorps Vista intermediary for Southwest Virginia, we are able to build the capacity and impact of those nonprofits. However, it is our direct service work within the community that has helped us refine our reach. The Community Development Center will offer a centralized nonprofit center, a business enterprise program, a 10 lane aquatics center and classroom space for educational work in the areas of health, wellness and vocation. Our goal is to complement our community by providing economic development through social enterprise.

We believe the Foundation focus on economic development and support systems brings action oriented engagement for all in the community. By “teaching citizens to fish” we can ensure the future of our community for years to come.

When the entire community pulls together we **can** change the world.

Thank you!

Annette W. Patterson, President

The Advancement Foundation

301 S. Pollard

Vinton, Virginia 24179

[\(540\)815-6106](tel:(540)815-6106)

www.TheAdvancementFoundation.org

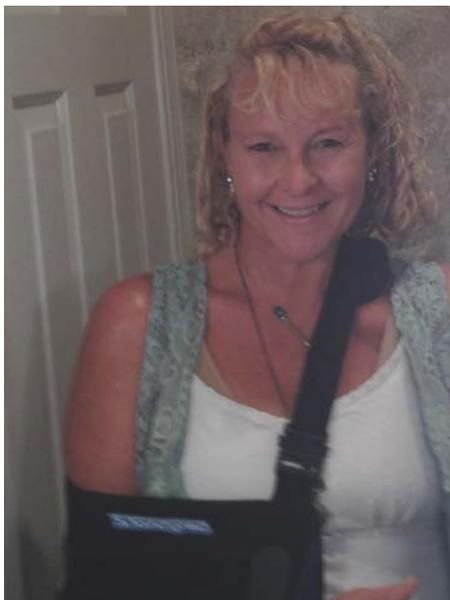


End of Summer Recap from Roanoke

We ended the summer season with 157 swimmers ages 5-67 on the City Swim Barracudas Team. Speedo and The Swim Shop helped us eliminate barriers by underwriting the suits and goggles. Member One Credit Union sponsored the team which allowed us to purchase t-shirts and caps. And yes, the participants of the USMS grant also participated - both as swimmers and as volunteer for the City Swim Team.

Over 25 local master swimmers contributed with time, talent and treasure. Many sponsored one swimmer or entire families to swim together. Numerous high school and college swimmers volunteered to help by life guarding and assisting the Head Coach Louis Tudor. It was so beautiful how the entire swimming community came together to support this team. Our Foundation, The Advancement Foundation's staff and volunteers went door to door to recruit swimmers one by one. This is just the beginning of the journey for us.

At one of my last meets before I gave in to my shoulder issue (torn rotator cuff, bone spur), I helped a 91 year old man up on the block. At that same meet I watched my own Mother of 70 compete. Swimming is a life long sport and one of the only family sports that can serve us well into our 90+. **Louis (Tudor)** and I both agree that we were blessed by our coaches as children and we hope to leave that legacy here in the Roanoke Valley. Not just for the fastest swimmers...for all swimmers.



Annette Patterson



Annette titled this photo "Priceless"

Sunfish Masters Participated In "Save The Bay – Narragansett Bay

By Ginger Cyganiewicz

Encouraged by fellow teammate, **Michele Davidson**, the Sunfish Masters recently participated in "Save The Bay - Narragansett Bay" Virtual Swim. Save The Bay Swim provides funding for projects which protect, restore and improve the ecological health of the Narragansett Bay region. Michele Davidson, a participant of the Save the Bay swim for the past six years, was diagnosed with a medical condition that prevents her from participating in events with strong currents. Not to be deterred, Michele gained the support of the Sunfish Masters Swim Team and the Save the Bay staff to swim the race virtually. Sunfish Master's Coach "**Cy**" **Cyganiewicz** grew up in the New England and was very supportive of the Save the Bay – Narragansett Bay efforts.

At the July 21 practice, Coach Cy verified Michele's swim of 3450 yards which equates to 1.7 nautical miles. Michele finished her swim with a time of 47:59 which was reported to Save the Bay. With the support of her teammates and friends, Michele raised over \$1,000 for this great cause

See Sunfish on back page.

2013 USMS Top Ten SCY Relays for Virginia LMSC

| Place | Age Grp | Event | Club | Time | Swimmers (Age) | |
|----------|-------------|-------------------|-------------|------------------|-------------------------|-------------------------|
| 4 | M55+ | 400 Medley | VMST | 5:24.14Y | R Swiger (56) | E Gaulrapp (70) |
| | | | | | J Mccorkle (61) | K Novell (70) |
| 5 | M55+ | 800 Free | VMST | 10:47.96Y | R Romo (55) | R Swiger (56) |
| | | | | | J Mccorkle (61) | E Gaulrapp (70) |
| 1 | W65+ | 200 Free | VMST | 2:31.51Y | I Hlavacek (71) | L Walker (75) |
| | | | | | B Durrant (71) | B Schreiner (72) |
| 1 | W65+ | 200 Medley | VMST | 2:59.97Y | L Walker (75) | J Martin (70) |
| | | | | | I Hlavacek (71) | B Schreiner (72) |
| 1 | W65+ | 400 Free | VMST | 6:10.75Y | B Schreiner (72) | J Martin (70) |
| | | | | | L Walker (75) | B Durrant (71) |
| 1 | W65+ | 800 Free | VMST | 13:24.94Y | B Schreiner (72) | J Martin (70) |
| | | | | | L Walker (75) | B Durrant (71) |
| 7 | X35+ | 400 Free | VMST | 4:05.44Y | G Harris (49) | A Moore (42) |
| | | | | | L Mastropaolo (39) | G Domson (38) |
| 8 | X45+ | 200 Medley | VMST | 1:57.93Y | K Clear (45) | P Miller (52) |
| | | | | | D Holland (45) | V Van Horn Pate (50) |
| 3 | X55+ | 400 Free | VMST | 5:07.74Y | L Walker (75) | R Swiger (56) |
| | | | | | K Braaten (57) | J Mccorkle (61) |
| 8 | X55+ | 800 Free | VMST | 11:10.30Y | B Durrant (71) | R Romo (55) |
| | | | | | R Swiger (56) | K Braaten (57) |
| 9 | X65+ | 200 Free | VMST | 2:26.58Y | H Sober (70) | L Walker (75) |
| | | | | | B Durrant (71) | E Gaulrapp (70) |
| 6 | X65+ | 200 Medley | VMST | 2:41.73Y | B Durrant (71) | E Gaulrapp (70) |
| | | | | | K Novell (70) | B Schreiner (72) |
| 2 | X65+ | 400 Medley | VMST | 6:25.34Y | J Martin (70) | E Gaulrapp (70) |
| | | | | | K Novell (70) | B Schreiner (72) |

Note the number of relays that are for 400 and 800 yards. These are from the Zone meet at George Mason University in April.

The relay Kings and Queens are:

Swiger (4), Gaulrapp (5),McCorkle and Novell (3)

Martin (4), Walker, Durrant, Schreiner (6)

I will publish the individual Top Ten lists next month.



Bud Swiger and Robert Romo ↑

← Ken Novell and Harry Sober

VIRGINIA MASTERS SWIM TEAM
33rd ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 2, 2013
Short Course Meters



Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

Facility: Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **Pool has been measured and certified for USMS records and Top Ten.**

Important Notes: Lockers require a quarter (25 cents). No glass containers in the pool area.

Directions: **From I-64,** take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area,** take Shore Drive to First Court Rd. There is a stoplight at the intersection and a water tower nearby. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Director: Betsy Durrant

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #123-00_.

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2013. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry. **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 or be prepared to register with LMSC for Virginia on the day of the meet.** Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. **All new registrations after November 1 will be valid through December 2014.**

ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat begins at 10:00 am.

Men and Women will swim together. Back-to-back events are not a good idea.

- | | |
|--------------------------------------|---------------------------------------|
| (1) 800 m Freestyle | (12) 50 m Butterfly |
| (2) 200 m Medley Relays (W/M/Mixed)* | (13) 200 m Breaststroke |
| (3) 400 m Free Relays (W/M/Mixed)* | (14) 100 m Backstroke |
| (4) 50 m Breaststroke | (15) 400 m Freestyle |
| (5) 200 m Individual Medley | (16) 400 m Medley Relays (W/M/Mixed)* |
| (6) 200 m Backstroke | (17) 200 m Butterfly |
| (7) 50 m Freestyle | (18) 100 m Individual Medley |
| (8) 100 m Butterfly | (19) 50 m Backstroke |
| (9) 100 m Breaststroke | (20) 100 m Freestyle |
| (10) 400 m Individual Medley | (21) 200 m Free Relays (W/M/Mixed)* |
| (11) 200 m Freestyle | (22) 1500 m Freestyle |
| | (23) 800 m Free Relays (W/M/Mixed)* |

*** Relays**

There will be one heat of each relay. Women, Men, and Mixed Relays will be in the same heat. No charge for relays.

Entries: \$6.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event.** Swimmers may enter a total of 5 individual events and 4 relays.

Entry Deadline: In order to be seeded, paper-entries must be received by **Monday, October 28.** The easiest way to enter is on online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates. Online entries close on **Wednesday, October 30.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for 4th through 6th places.

Social: There will be a social immediately following the meet. Directions will be provided at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! In an effort to provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 2,3,16,21,23. There will be only one heat of each event. You must choose whether you are going to do a Women's, Men's, or Mixed Relay – they will be swum at the same time. Relay entry forms will be available at Check-In.

***** PAPER ENTRIES ARE DUE BY OCTOBER 28! ONLINE ENTRIES CLOSE OCTOBER 30!*****

ENTER ONLINE AT <https://www.ClubAssistant.com>

Age (on Dec 31, 2013): _____ Phone: _____ E-mail: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign the waiver**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

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 of 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.

Swimmer's signature: _____ Date: _____

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times.

Relays may be entered on the day of the meet. Relay forms will be available at check-in.

| <i>Evt #</i> | <i>Seed Time</i> | <i>Event</i> | <i>Evt#</i> | <i>Seed Time</i> | <i>Event</i> |
|--------------|------------------|--------------|-------------|------------------|--------------|
| (1) | _____ | 800 m Free | (12) | _____ | 50 m Fly |
| (4) | _____ | 50 m Breast | (13) | _____ | 200 m Breast |
| (5) | _____ | 200 m IM | (14) | _____ | 100 m Back |
| (6) | _____ | 200 m Back | (15) | _____ | 400 m Free |
| (7) | _____ | 50 m Free | (17) | _____ | 200 m Fly |
| (8) | _____ | 100 m Fly | (18) | _____ | 100 m IM |
| (9) | _____ | 100 m Breast | (19) | _____ | 50 m Back |
| (10) | _____ | 400 m IM | (20) | _____ | 100 m Free |
| (11) | _____ | 200 m Free | (22) | _____ | 1500 m Free |

Please note that there is no break in the meet program. Think carefully before entering back-to-back events.

Relays (events 2,3,16,21,23) will be deck entered. There will be no entry fee for relays.

Number of Events _____ x \$6 = \$ _____
\$10 Surcharge = \$ 10
Number of people for social _____ x \$7 = \$ _____
Results Mailed (\$2) = \$ _____
Total Amount Enclosed = \$ _____

*Results will be posted at
www.vaswim.org.
If you want results mailed
to you, fill in blank to the left.*

*Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver.
Mail to: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451. For questions, e-mail Betsy at durrant6@cox.net or phone Betsy at 757-615-1661. No calls after 9:30 pm, please!*

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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Virginia Beach, VA 23451-2040

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Sunfish continued from page 4.

The rest of team swam a workout of approximately 4000 yards in support of Michele's swim. The team celebrated Michele's accomplishment with a breakfast buffet poolside after practice. The Sunfish Masters Team and Michele both received awards from Save the Bay due to their successful participation in this event. Sunfish Masters plans to make this an annual event and hopes that next year additional teammates will join Michele in the virtual swim.

