

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
October 15, 2014

USMS Renewal Begins November 1

2014 registrations are valid through December 31. However, you can renew for 2015 after November 1. Online registrations at www.usms.org is the easiest way. A paper registration form will be in the November newsletter.

In the LMSC for Virginia, which includes part of West Virginia, there are 33 clubs (commonly referred to as teams.) Those of you who have previously registered without a team are encouraged to consider joining one of these teams. See page 4 for some encouragement from VMST.

A Chance to Give Back Elections for LMSC Officers

The Virginia Local Masters Swim Committee (LMSC) will hold elections for officers at its annual meeting, which will take place in October. The Virginia LMSC is the local chapter of U.S. Masters Swimming that covers most of Virginia and the entire state of West Virginia. This is your opportunity to get more involved in promoting health, wellness, fitness and competition for adults through swimming.

A nominating committee consisting of Chris Stevenson, Betsy Durrant, and Dave Holland has been formed. If you are interested in running for one of the following offices, please contact Chris Stevenson at cstevens@richmond.edu:

Chair
Vice Chair
Treasurer
Secretary

See Meeting Notice on page 4.

Attention Club Representative

From Shirley Loftus-Charley, Registrar

2015 Club registration opens on 10/1/14. Clubs must be registered before swimmer registration which starts on November 1. If you plan to pay by credit card you must register your club on-line at <http://www.usms.org/reg/club/>. If you prefer to pay by check you may print a copy of the Club Registration form at http://www.vaswim.org/lmsc_forms/ and send it to me (address information is on the form). Club registration for 2015 is \$60.

Colonies Zone 'Smackdown'

Something new and lots of fun is about to happen... On the weekend of December 12-14, the Colonies Zone will have two short course meters meets. One will be at Boston University and one will be at the George Mason Freedom Aquatic Center in Manassas. Colonies Zone extends from Virginia to Maine. There are ten LMSCs. The 10 LMSCs will be divided into the North Colonies and the South Colonies. A score will be figured between the two groups. You can swim in either meet, where your points count will be determined by your LMSC. Chris Stevenson is working on a committee to determine how the two meets and two divisions will be scored.

The meet at the Freedom Center is sponsored by the Freedom Aquatic Masters (formerly Sunfish Masters).

All teams in the Virginia LMSC should encourage their swimmers to participate. Let's show those northerners who's best!

More information about the Zone Meet on page 5.



If you need an entry and do not have access to email, call me and I will sent you an entry. Betsy

SCY in Chatham, VA, October 18

Recognized Meet, at Hargrave
See entry at www.vaswim.org.

SCM in Charlotte, Oct 25-28

The Patriot Masters Sprint Classic , Oct 26

George Mason University. The online entry deadline is October 21. Online entry available at <http://www.patriotmasters.org/SprintClassic.htm>

VMST Fall Meet – Saturday, November 8, in Virginia Beach. Complete entry was in the September newsletter. Register online at www.clubassistant.com. Information sheet is in this newsletter. If you need the paper entry and release, go to www.vaswim.org or contact Betsy (phone below).

Zone Smackdown, Dec 12-14. Manassas, VA, and Boston University.

January 31 and February 1, 41st Annual Sunbelt Championships SCY Meet, Charlotte, NC

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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

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ctupitza@warrentonmasters.org

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VARegistrar@usms.org

Sanctions: Heather Stevenson

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Records and Top Ten: Chris Stevenson

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Waikiki Rough Water Swim

From Marcia Barry

Ten days after Masters Nationals, my husband (Chris Frogley) and I left for a week long vacation at the Hawaiian Hilton Beach Resort on Waikiki Beach, for a much needed “time out” from our work/play schedule. Well, those who know me must be laughing, as not training AT ALL just doesn’t seem to work for either of us!

So, we had entered the Labor Day 40th Annual Waikiki Rough Water Swim, a 2.4 mile swim across Waikiki Beach, to “enhance” our vacation. Having completed several competitions this summer including Chesapeake Bay 4.4, it was going to be “just for fun” for me (that too is funny!). but Chris, not exactly. Being a sprinter, this was going to be a challenge, since there hadn’t been a lot of distance training for him (he does question my sanity at times with my distance workouts!). We arrived late on Wednesday Aug. 27th. The water looked inviting, so we took a quick dip and decided it would be more fun to go to the Beach Bar for Mai Tais. After that, we were regulars at Happy Hour at one of the several Beach Bars. Can’t take every race too seriously, can we?

However, Chris needed to prepare for this swim! So, every morning, after “sleeping in” til 6:30, instead of our regular get up at 4:45, and having a great cup of Kona Coffee or two, we walked down the beach, farther and farther each day and swam back to the hotel, to practice the course until we got to 2 miles. The rest of the day was spent in leisure on the beach. Shopping, snorkeling and our favorite, our new sport of paddleboarding, where we could actually see the fish and paddle board above the sea turtles. Then Happy Hours and delicious dinners at various beach restaurants.

Labor Day approached, and we tapered—only 1 Mai Tai at Sunday Happy Hour! We met several swimmers on the beach from all over who were also “practicing”, but were also enjoying their vacations—fun talk at the bars.

Monday morning we took a taxi 2 miles down to the New Otani Hotel, where just shy of 1000 swimmers were getting their numbers marked and psyching up for the swim. Five waves of swimmers were ready to go, hoping to get the “good current” for most of their race. I really had no goal (not quite true), as the conditions were up for grabs. There was a woman in my age group that lives there

that wins every year, but I was hoping for top 3 (as I am 66, there were only 13 in my age group). Chris’s goal was to finish and feel good about his swim.

So off we went, in my hot pink cap Wave #2. A beautiful swim 79/80 degrees, ½ mile straight out, right turn, another couple miles straight down the beach (way far out; past the surfers), another right turn and about 800 meters to the finish line, navigating over the coral reef. With about half mile before the last turn, the tide started going out and the current reversed, making the last bit difficult, with rolling waves.

I finished the race in one hour 18 min., second place and 278 place overall. Felt pretty good about that. Waited for Chris, who finished in just over 2 hours but was jubilant with his accomplishment.

Then it was time to join in the fun with all, and drink those tasty Longboard Beers! We stayed an extra 2 days, wound down and had to take a red-eye home. That was not fun; we got home at 2:30 p.m. and had to go coach my Gator kids at 3:00—back to reality too soon!

So to all of you who want a little vacation mixed with a great swim, the Rough Water Swim was fantastic. One sad note, a 48 year old man who signed up for the race 10 minutes before the start, had a heart attack at mile marker one (same happened at Chesapeake Bay) and didn’t make it. Our next vacation will be a SwimTrek Holiday next summer, when we go to Southern Greece to Island hop (swim) each day for a few miles. Yes, this is our kind of fun!



Joining Virginia Masters Swim Team (VMST) means:

By Val Van Horn Pate

V – Virginia -- meeting people from all over the state, young and old, from a multitude of professions, a great network of folks!

M – Masters – a subscription to publications such as: our very own Masters newsletter with team news and national *SWIMMER* magazine, devoted to Masters Swimming

S – Swim – from the fitness to the world class competitor, we all have a passion for swimming

T -- Team -together we train and compete, we are teammates, we have fun and swim in relays together!

Virginia Masters Swim Team is a state-wide team. We train in a variety of different locations all around the state, but when it comes time to swim in meets we know that pretty much any meet in which we choose to swim there will always be other VMST team members there. This is a major advantage when it comes to formulating relays so you would always have a team to swim with. Relays are always a lot of fun. VMST pays for all relays, no cost to individuals. All members receive a free VMST logo cap. To show team spirit, when you go to a national meet, VMST provides some item with the team logo. It might be a t-shirt, a hoodie, a string bag, or a beach towel among other possibilities.

Our members cover a wide range of abilities and age groups. The common thread is that we all love to swim and choose swim workouts as our way of staying fit.

Lake Tahoe

Swimmers:

Jamye Van Erden, RMST,
Mindy Johnson, RMST, Amy Charley,
VMST,

Jessie Kiltz, RMST,
Cindy Hajost, RMST,
Shirley Loftus-Charley, VMST



Note from Adam Kennedy, the Executive Director of SwimRVA. They are sponsoring a 24 Hour Swim on October 25-26.

We have been thinking about this for a number of months. I was moved to get it launched after participating in a team running event. It was an incredible experience. All proceeds will help our Learn to Swim program grow. We are currently talking with both Hopewell City schools as well as schools in Henrico's east end

For details go to:

www.swimrichmond.org/events/swim-for-rva-event

The event is limited to 22 teams of up to 12 people.

Editor's Note: Although this is an event to benefit the Richmond area, it is good for everyone to be aware of such efforts. If you decide to do something similar, you can get details from Adam.

Lake Tahoe Relay

Shirley Loftus-Charley and Amy Charley participated in the Lake Tahoe Relay in July.



Notice - Virginia LMSC Annual Meeting and Election of Officers

From Patty Miller, LMSC Chair

The Virginia LMSC will hold its annual meeting on **Sunday, October 26 at 7:00 p.m.** The meeting will take place in person in Midlothian, Virginia and by conference call. All LMSC members are invited to attend. Voting will be by current members of the Board of Directors, including delegates from clubs with at least 10 members.

If you would like information about attending in person or dialing in to the conference call, please contact LMSC Chair Patty Miller at pmillerswmr@gmail.com.

We will be holding elections for officers at this year's annual meeting. If you are interested in serving as an officer of our LMSC, please contact Chris Stevenson at chrisl Stevenson@gmail.com.

USMS Convention Jacksonville, Florida

I'll try to summarize actions of the House of Delegates in next month's issue. For now, I'm just reporting on the elections.

2014 Elections: USMS At-Large Directors Elected

[USMS](#) | September 22, 2014

Eight directors were elected to positions on the USMS Board of Directors at the 2014 annual convention in Jacksonville, Fla. They are Bruce Hopson (Breadbasket), David Diehl (Colonies), Sean Fitzgerald (Dixie), CJ Rushman (Great Lakes), Sarah Welch (Northwest), Leianne Crittenden (Oceana), Jill Gellatly (South Central), and Laura Winslow (Southwest).

The USMS Board of Directors (BOD) is composed of the President, four Vice Presidents, Secretary, Treasurer, immediate Past President and eight At Large members. In order to have geographical representation, each of the At Large Directors is elected from one of the eight zones. Non-voting members of the BOD are the Legal Counsel and all Past Presidents.

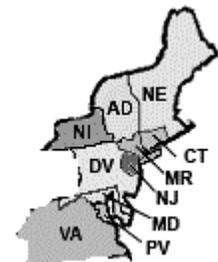
The LMSC for Virginia is well represented. Chris Stevenson is one of the Vice Presidents, Patty Miller is Legal Counsel, and Jim Miller is a Past President.

Information about the Zone Smackdown

The entry should be published sometime the week of October 6. The two meet directors are coordinating events. Entry will be posted at www.vaswim.org. You can enter using www.clubassistant.com. If you can't find someone to download a paper entry, call me and I'll mail one to you (757-422-6811).

- The **Freedom Aquatic & Fitness Center** is located on the **Prince William Campus** of George Mason University, 10900 University Boulevard, Manassas, Virginia 20110-2203.
- Online entry deadline is **Friday, December 5th**. Paper entry deadline is **Monday, December 1st**.
- 800 Free**. You must check in **BY 3:30 PM** on **Friday** for the 800 free or you will be scratched from the event. The 800 free will be limited to **120 entries**. The 800 free will be seeded **fastest to slowest, alternating women and men**.
- QUESTIONS: Meet Director:** Ginger Cyganiewicz (571) 643-6619; e-mail www.freedomaquaticclub.com.

By the time you receive this newsletter, the entry should be posted online.



Ready to take on a new challenge?

by Lisa Wolf, ANCM/DCAC

(Copied, with permission from the PV website)

If you've never swum in a Masters Swim meet, it's a lot of fun, a great way to meet fellow swimmers from around the area and set some personal best times (a definite if it's your first meet!) Potomac Valley has an array of meets, from the recent Summer Nationals to low key, fun meets.

Many Masters swimmers who did not grow up spending their weekends hanging around the pool at swim meets may feel a bit intimidated by the process. Here is a slightly edited article from the Alexandria Masters website that may help alleviate your concerns in that regard: Remember - your coach can help answer questions and help you get on the road to competition.

How do I register for a meet?

Fill out the online form on the meet website. We all get emails about upcoming meets. All you need is your USMS member number (available at USMS.org if you need to check it) and a credit card to pay for the events. Consider swimming shorter events (50 or 100's) if this your first meet and make sure that you space out your events to allow recovery time from your efforts. Don't forget to order a meet t-shirt for bragging rights!

What this thing called a seed time?

Seed times represent your approximate guess of times for events you plan to swim. They are used to put you in races with swimmers of similar speeds so you don't get stuck swimming with someone a lot faster or slower than you. If you cannot estimate your times, entering 0.00 or "NT" for no time will place you in the first race, which usually (but not always) has the slower swimmers. It may be worth having a "time trial" at practice with your coach so you can get a realistic idea of a seed time.

What do I bring to the meet?

Don't forget your suit, goggles and cap! Bringing extra towels for warm ups and something to hang out in on deck while waiting to swim is a good idea. Water and snacks if the meet goes longer than a few hours never hurts either!

What do I do when I get there?

The first thing to do is check in at the registration table when you arrive. Pick up your t-shirt here if you ordered one. You also receive a meet program with meet announcements, relay entry

procedures, and a schedule of races. Use this to determine when you are scheduled to swim your race.

Do I warm up before the meet?

Suit up and enter the pool area, claim your territory on the pool deck, and swim your warm up. Stretching on deck is recommended. All lanes of the pool are open to swimmers during a specific time prior the meet start. During warm-ups, you can swim laps and drills, but kickboards and paddles are not allowed. After the meet starts, there is usually a lane available for warming up again and cooling down after you race.

Can I practice starts?

Suit up and enter the pool area, claim your territory on the pool deck, and swim your warm up. Stretching on deck is recommended. All lanes of the pool are open to swimmers during a specific time prior the meet start. During warm-ups, you can swim laps and drills, but kickboards and paddles are not allowed. After the meet starts, there is usually a lane available for warming up again and cooling down after you race.

When do I race?

Each event will have several races or "heats" scheduled. For example, the third heat of the 100 freestyle event is the third race for the 100 freestyle. Use the meet program to determine what heat and lane you are assigned to swim in. You do not need to check in prior to your races, and your name will not be called for your race. Pay attention to the meet progress, and when it is time for your race, show up at the starting blocks.

How do I know how I did?

There will be timers assigned to your lane and remember to ask your time at the end of the event. Results are also posted during the meet (find the wall plastered with white papers and where there is always a bunch of swimmers hanging out) and you can see your time and place. Remember in Masters, we may swim heats with a mix of men/women and age groups but your results are based on your age and sex.

Still a bit unsure?

Volunteers are always welcome to time, check in swimmers and other assorted duties. You can watch a meet up close and get an idea of the flow without the pressure of swimming.

After your first meet, you can proudly wear your new t-shirt around and impress everyone that you are now a competition swimmer!

VIRGINIA MASTERS SWIM TEAM
34th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 8, 2014



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. **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.**

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 #124-S003.

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, 2014. 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 (on Nov 1 or later) 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. **If you are not currently a member of USMS, enter the meet, but wait until November 1 to join USMS. All new registrations after November 1 will be valid through December 2015.**

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, November 3.** 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, November 5.**

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 individual events for each age group. Ribbons for 4th through 6th places. Ribbons for relays.

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.

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
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***Patty and Jim Miller at the
USMS Convention.***

