

# The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia

April 15, 2015

## *10 Signs You Are A Masters Swimmer*

Editor's Note: Heather Stevenson sent me the online link to this article. It is being reprinted here with permission from the Editor of the SwimSwam website, Braden Keith ([braden@swimswam.com](mailto:braden@swimswam.com)). To read more, go to [www.SwimSwam.com](http://www.SwimSwam.com). The link to this specific article is: <http://swimswam.com/10-signs-you-are-a-masters-swimmer/>

**Masters swimming is a little different from age group swimming. Here are 10 signs you are a masters swimmer. Courtesy of Kirsten Read.**

Maybe you had hung up your suit and goggles forever. But the call of the water is strong. Masters swimming is very different from age group swimming of long ago. We do it for the camaraderie, the fitness, the fun and maybe for fast times too. Most of all we do it because we love it!

### **1. MASTERS PREROGATIVE**

You may at times employ Masters Prerogative in workout – changing the workout or negotiating sets with your coach and teammates. This is something that would have gotten you kicked out of workout for trying as a youngster.

### **2. FINE LINE**

You no longer swim 9 to 11 workouts per week – hell, you're lucky if you make 3! So when it's time to race in the pool or open water, you're not sure if the taper will take you out of shape..or the warm up get you in shape. It's a fine line.

### **3. FULL SUITS**

After babies, binging, and a break some of us don't look like we did years ago. And things may have shifted a bit. Many of us coveted our blueseventy

full coverage suits and loathed the day we had to give them up.

### **4. CONFUSION**

Due to our advanced age and circuitous journeys not as many of us can see the clock, hear each other, count correctly or do the math during complicated sets.

### **5. BODIES**

Many of us have now taken our ailing shoulders, elbows, backs, hips, and knees under the knife. Let's just say butterfly is not an option any more for everyone — at least our orthopedic surgeon says so.

### **6. AGING UP**

Being the youngest in your new age group ought to be a good thing — but not necessarily. In masters often the older age groups are even fiercer and faster.

### **7. RELAYS**

Relay age groups are no longer labeled 11&12 or 13&14...more like 160-199 or 240-279. The relays are the most fun part of the meet because you get to swim with the awesome 82-year-old on your team.

### **8. ADULT BEVERAGES**

Relaxing with a nice glass of wine or three the night before a race was never an option as an age grouper, but it is now!

### **9. MEETS**

Not everybody chooses to partake and that's totally cool. But whether it's a local meet or you head to Nationals, Worlds or Bermuda Round the Sound — fun will be had by all.

### **10. LAUGHING OUT LOUD**

We are all there because we want to be, not because our parents or coach are making us. I don't remember smiling or laughing this much during practice or meets as an age grouper.



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

**April 23-26:** USMS Nationals, San Antonio

**May 23-24:** Reston Lake Swims

**June 20:** LC in Christiansburg  
**Complete** information and entry were in last month's newsletter. See note at end of this page.

**July 11:** Chris Greene Lake, Charlottesville  
One and two mile swim.

**July 25:** LC meet in Goldsboro, NC

**August 1:** Lake Moomaw One Mile Swim

**August 6-9:** USMS LC Championship  
Spire Institute, Ohio (near Cleveland)

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*Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)*

### *Editor Away During May*

From April 30-May 31, I will not be able to send out any printed copies of meet entries. My husband and I will be on vacation. I will check and respond to email regularly, but snail mail isn't practical until our return.



**LMSC for Virginia Website:**  
[www.vaswim.org](http://www.vaswim.org)

**USMS Website:** [www.usms.org](http://www.usms.org)

#### **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)

**Dixie Zone:** [www.DixieZone.org](http://www.DixieZone.org)

#### **ONLINE Meet Registrations:**

[www.clubassistant.com](http://www.clubassistant.com)

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### **LMSC Officers**

**Chair: Dave Holland**

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**Records and Top Ten: Chris Stevenson**

[chrisstevenson@usms.org](mailto:chrisstevenson@usms.org), 804-282-0124

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### **Christiansburg LC Meet, June 20**

This is one of our few opportunities to swim LC. It's a great pool. Complete entry is included.

# First Annual USMS Leadership Summit- “Strawberry Fields Forever”

By Dave Holland, LMSC Chair

Imagine, if you will, the following scene: you find yourself out west, late summer, on a hot, sweltering day, and you are walking down a dirt road. You are not in a hurry, just sauntering along, but you are hungry. You round a bend and before you are acres and acres of farmland. You look closer and see that this is a strawberry patch. To your right, just a few feet from the road, are rows and rows of ripe, luscious-looking strawberries.

Perhaps you decide to eat a few.

On day three of the USMS Leadership Summit in Phoenix last week (March 13-15), this was the hypothetical scenario as described by Richard Garza, the Vice Chair of Florida Gold Coast LMSC.

Richard concluded by saying that if you found yourself eating some strawberries and looked up to find a farmer pointing a shot gun at you and saying “Why are you eating my strawberries?”, what would you say to him, and how would you feel? After some lively discussion, Richard had two more important questions: How high was *your fence* that you had to climb to get to the strawberries (if there was one), and how many strawberries did you eat?

Richard had a very interesting interpretation for us based on how we responded to these questions, and I won't go there, but suffice it to say that the responses were varied and entertaining. Some people like strawberries, some don't. Some had tall fences, some had none, and one person didn't touch any strawberries, but he would have if they'd been chocolate-covered. Another person didn't have a fence, but she had a net to keep the animals out...The responses were very individual, both in details and rationale, and it occurred to me later, on the plane ride home from Phoenix, that perhaps it is no different with swimming- each of us has our own reasons for swimming, and like many things in life, it's “different strokes for different folks”.

For instance, my older sister Kathy swims in Florida, and enjoys going to her local pool, Aquacrest, on Saturday mornings to swim outside. Kathy works as a teacher and has four children of her own, and recently she told me that her weekly swim was her favorite hour of the week. She especially likes it when the sun is out and she can see the sparkle on the water and her shadow on the bottom. She said she loves the way that swimming recharges her lungs and gives her entire body a workout. It reminds her of our early days at Southampton pool in Richmond, in the 1970's, so her Saturday morning is a chance to reconnect with her childhood, perhaps. Kathy has no desire to compete in a meet, and as I learned in Phoenix, she swims for the same reason that 70% of our USMS members do: for health and fitness.

Some other tidbits I learned in Phoenix:

- Most people are more likely to volunteer if they can find an opportunity that matches their interest.
- “Kokology” is a real word and the title of a book (where Richard got his strawberry story).
- In the US, 37% of our population (or about 92 million people) cannot swim 25 yards.
- In Japan, there has been a law on the books since the 1600's that all citizens must learn to swim.
- We have 300,000 pools in this country but only 60,000 USMS members.
- USMS is made up of 52 LMSC's, 8 zones, and 1500 clubs and workout groups.
- Some of our LMSC's are huge (2500 swimmers in Metro in NYC) and others have less than 100 (South Dakota). In Virginia and a small section of WV, we have about 1100.
- Our LMSC is entitled to take 3 delegates to the annual convention (Kansas City in Sept 2015).
- Some LMSC's have very good incentives for officials and volunteers.
- Our LMSC is one of a few that offers no service awards to recognize outstanding volunteers (I hope to change that this year).
- According to Brent RuteMiller of *Swimming World* magazine, who gave a talk about the newest threats to college swim programs, “masters is the sweetest part of swimming”.

- As a non-profit, it is ok for our LMSC to have revenues exceed expenses, but this “profit” cannot be used for “private inurement”, only to further our common not-for-profit purpose.
- We have opportunities for coaches and adults to attend “Adult Learn-to-Swim” clinics.
- We desperately need to recruit more young folks into leadership positions, both within our LMSC and at the national level.

The summit was held at the Phoenix Airport Marriott and was kicked off with a speech by 2000 Olympian Misty Hyman. She went into great detail about her technical work on perfecting her underwater dolphin kicking (and you better believe that our very own Chris Stevenson, a USMS Vice President, was leaning forward and taking notes), and then she showed two terrific videos: one from her high school days when she broke the HS record with a 52 in the 100 fly with 13 total strokes (1-4-4-4, before the days of the 15-meter rule), and one from her 2000 gold medal performance in the 200 fly, when she was the underdog to the gold-medal favorite, “Madame Butterfly”, Susie O’Neill of Australia. Misty had a terrific message to us, that “anything is possible”, and when someone asked her why she was smiling behind the blocks in Sydney, she said “I was really relaxed, and I think I was smiling for two reasons- first, I knew that I had done everything I could have done to prepare for that day, and second, I knew that regardless of the outcome, I was already a winner.” What a great message for all of us! Like all great champions, Misty was humble and down-to-earth, and when she invited us to come up afterward and get a photo with her, she unselfishly allowed each of us to wear her gold medal. Where else but in masters can a crusty old curmudgeon hang out with a bubbly young Olympian and wear a gold medal??

Over the course of the weekend, us old timers (except for two attendees, everyone there was over 40) also enjoyed presentations by USMS President Nadine Day (a volunteer extraordinaire), USMS Executive Director Rob Butcher, and some other members of the USMS Leadership Task Force- Paige Buehler, Jill Gellatly, Ed Tsuzuki, Bill Brenner, and *Swimmer* magazine Editor Laura Hamel,

I was happy to be included in this first-ever summit, and I brought home many ideas that I will try to implement in the upcoming two years. I am hopeful that USMS will offer another summit next year or perhaps the year after, and that someone else from our LMSC will have this wonderful experience.

I will be talking to our officers in the upcoming few weeks to plan and implement some new ideas that were shared in Phoenix. Meanwhile, I hope that you are as excited as me to be swimming outdoors in just a few weeks, and to find that “sparkle on the water” that my sister Kathy speaks of. Whether you are swimming for fitness, fun, competition, or just so you can enjoy a few extra chocolate-covered strawberries at that next wedding, my message is a simple one: happy laps!!



*Dave Holland and Misty Hyman  
and the gold medal*

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## Notice to “Old Timers”

Calvin Barnes called to let me know that **Babs Carter** had died. Babs was 90 or 91. Although she moved to Florida many years ago, she maintained membership in VMST.

## *More on Chocolate Milk*

Last month there was an article on chocolate milk as a recovery drink. I received the following notes – one from **Lucille Griffin** and one from **Carl Russ**.

Hi Betsy,

A rainy day, so I sat right down and read the newsletter. Regarding the chocolate milk recommendation(s), I think whole or 2% is now considered nutritionally superior to non-fat milk for these reasons: milk is our best source of vitamin D (fat-soluble), which is best absorbed when delivered with fat, calcium and vitamin A (also found in milk); calorie counters are more likely to succeed in their goals by consuming the higher calorie fat milk which is more satisfying, thus makes it possible to decrease snacking which is often refined carbohydrates. I read this in a health discussion article last fall in the Wall Street Journal, and have been buying whole milk only ever since and insisting that everyone in my family do likewise.

Also, and this is just my opinion, the chocolate in chocolate milk is low quality chocolate and full of sugar; much better to have two or three squares of 70% dark chocolate for a reward after a hard workout. With a drink of whole milk, of course.

As always, thanks for your work on the newsletter, greatly appreciated here...I well remember how much time it takes.

Love,  
Lucille

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From Carl:

Chocolate milk is one of my favorite luxuries in life; I like it after a swim workout, or as an afternoon snack. It is too sweet for me by itself, so I cut it in half with regular milk. Twelve or 16 ounces are quite filling, and I can just feel the protein and carbo's flowing into me.



## *New Age Group/New Nat'l Record*

**Johnnie Detrick's** birthday is in November when she will be 80. However, according to FINA rules for meter meets, your age all year is the age you will be on December 31. So, Johnnie swam in the Albatross Open, a SCM meet. She set a new National Record in the 50 breaststroke. Undoubtedly, there will be more records throughout the year. Congratulations to Johnnie.

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## *Club Tribe*

Last month, I noted a team abbreviation of **1693** for "Club Tribe." I mentioned that there must be a story there. I have received several emails and actually figured it out myself. Below is a note from one of the team members, **Kyle Ahlgren**.

We were excited to see your blurb in the Wet Gazette asking about our new team -- Club Tribe Alumni (1693)! We formed the team in December for William & Mary Swimming alumni and friends of W&M Swimming. The team is registered in the Virginia LMSC, but is open to all W&M alums & friends, irrespective of residence. We currently have 16 members from California to DC, ranging from the Class of '80 to the Class of '13.

We got the idea last year at Colonies Zones when we realized that there were a number of W&M alums competing unattached and semi-attached, and we thought that forming a team would be a great way to help W&M alums get and stay connected and to allow us to swim relays together. It's been an exciting process so far, and we're working hard to build our presence. We are in preliminary discussions with W&M to host an annual meet in Williamsburg during a soft spot in the Virginia Masters calendar (likely early March). Stay tuned!

And as for your question: our team code is 1693 because that is the year William & Mary was founded. As alums, we all have different graduation years, but we all share 1693. Plus, it's easier to find ourselves on heat sheets!

Editor's note: I hope to hear more from this team.

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA  
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

Recognized by LMSC for VIRGINIA for USMS, INC., Recognition No. 125-R001

**DATE:** Saturday, June 20, 2015

**LOCATION:** Christiansburg Aquatic Center, 595 North Franklin Street, Christiansburg, VA

**FACILITY:** 8 Lane, 50 Meter Pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-ups and cool-downs. **Pool has been measured and certified for USMS records and Top Ten.**

**SPONSORED BY:** Virginia Amateur Sports, Inc. and Virginia Masters Swim Team

**MEET DIRECTORS:** Howard Butts (lvswimn@comcast.net) and John Pero ([jdpero@cox.net](mailto:jdpero@cox.net))

**MEET REFEREE:** Mary Ferrari

**ELIGIBILITY:** This is a USMS recognized meet for purposes of USMS Records and Top Ten times by USMS swimmers. Standard USMS age groups will be used (18-24, 25-29, 30-34, 35-39, etc). For meets held in 50 meter pools, your age as of December 31, 2015 is considered your swimming age for the meet. All USMS swimmers **must** include a copy of your registration card with your entry or submit it at the meet for times to be submitted for USMS Records and Top Ten consideration.

**ORDER OF EVENTS:** Warm-ups: 9 am to 9:45 am. Meet starts at 10:00 am. Swimmers will be able to enter the facility by 8:00 am.

<b>Evt #</b>	<b>Event</b>	<b>Evt #</b>	<b>Event</b>
1	800 meter freestyle	12	50 meter butterfly
2	200 meter medley relays (women/men/mixed)*	13	200 meter breaststroke
3	400 meter free relays (women/men/mixed)*	14	100 meter backstroke
4	50 meter breaststroke	15	400 meter freestyle
5	200 meter individual medley	16	400 meter medley relays (women/men/mixed)*
6	200 meter backstroke	17	200 meter butterfly
7	50 meter freestyle	18	50 meter backstroke
8	100 meter butterfly	19	100 meter freestyle
9	100 meter breaststroke	20	200 meter free relays (women/men/mixed)*
10	400 meter individual medley	21	1500 meter freestyle
11	200 meter freestyle	22	800 meter free relays (women/men/mixed)*

\*Relays: There will be one heat of each relay; Women, Men and Mixed relays will be swum in the same heat. All relays will be deck entered.

**ENTRIES:** \$13.00 per event; \$10.00 surcharge to help defray cost of equipment rentals, mailing, medals, etc. Relays will cost \$15.00 per each relay entered. Relays will be deck entered and deck seeded. Swimmers may enter up to five (5) individual events plus relays. If entering 5 events please mail in registration & payment in order to receive a \$15 discount (after mail in fee)! *With the discount 5 events is \$45 – discount NOT available through online registration.* **There will be an additional \$5.00 fee for all mail-in registrations.**

**ENTRY DEADLINES: ENTRIES ARE DUE BY JUNE 12, 2015.** Be sure to sign the liability waiver. If you are a registered USMS swimmer, you must provide a copy of your 2015 USMS card. Paper entries should be mailed to the address at the bottom of this page. **Online entries are available at [www.Commonwealthgames.org](http://www.Commonwealthgames.org).**

**RULES:** Current USMS rules on 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 marshal who will monitor warm-ups. No diving during warm-ups except in designated lanes.

**AWARDS:** Medals will be awarded for 1st through 3rd places in each event in each age group and also for relays.

**SUBWAY COMMONWEALTH GAMES OF VIRGINIA  
LONG COURSE STATE SWIM MEET FOR 18 AND UP**

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

AGE (12/31/2014): \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

USMS#: \_\_\_\_\_ USMS TEAM: \_\_\_\_\_

(Attach copy of your registration card if you are a registered USMS swimmer. If you are not a registered USMS swimmer, you do not have to complete the USMS number and team information.)

**All participants must sign the following liability waivers on the next 2 pages or you will NOT be permitted to Swim!**

*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.*

Evt #	Seed Time	Event	Evt #	Seed Time	Event
1		800 meter freestyle	12		50 meter butterfly
2		200 meter medley relays (womens/men/mixed)*	13		200 meter breaststroke
3		400 meter free relays (womens/men/mixed)*	14		100 meter backstroke
4		50 meter breaststroke	15		400 meter freestyle
5		200 meter individual medley	16		400 meter medley relays (w/m/mxd)*
6		200 meter backstroke	17		200 meter butterfly
7		50 meter freestyle	18		50 meter backstroke
8		100 meter butterfly	19		100 meter freestyle
9		100 meter breaststroke	20		200 meter free relays (w/m/mxd)*
10		400 meter individual medley	21		1500 meter freestyle
11		200 meter freestyle	22		800 meter free relays (w/m/mxd)*

Number of Events \_\_\_\_\_ x \$13.00= \_\_\_\_\_

\$10.00 surcharge per entry \$10.00

\$15.00 relay fee per relay: \_\_\_\_\_ x \$15.00= \_\_\_\_\_

**Total amount included:** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:**  
VIRGINIA AMATEUR SPORTS, INC.  
711-C 5th Street, NE  
Roanoke, VA 24016

*Please make sure to sign the additional waivers on the following pages!*



## PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

## Commonwealth Games Release and Waiver of Liability

I am aware that during my participation and attendance at the Subway Commonwealth Games of Virginia ("Games") and related services and activities, Virginia Amateur Sports, Inc and its agents, employees and associates ("Sponsor") will be providing various facilities and arrangements for the Games, and that certain risks and dangers may arise, including but not limited to hazards inherent in the sport (s) in which I will be training, preparing or competing; negligent or other careless acts and omissions by other participants, spectators and the Sponsor; and hazards or dangerous conditions of the facilities and grounds used as a part of the Games.

In consideration of the acceptance of my entry by the Sponsor and the right granted to me to participate in and attend the Games and related activities, I do hereby assume all the above risk, and agree that, in the event of an injury to me as a result of an accident which occur during my involvement and participation of the Games, my recovery against the Sponsor, shall be limited to a claim for medical expenses incurred as a result of the injury, and only to the extent that such medical expenses are not otherwise covered or paid by my insurance coverage, medical or otherwise. Furthermore, for this consideration, I agree to present my claim for the personal injury to the Sponsor within six (6) months from the date of injury; if I fail to do so, I agree that I will have waived any and all right I have to recover against the Sponsor for said injury.

Additionally, in consideration and acceptance of my entry by the Sponsor and the right to participate in and attend the Games and related activities, I consent to receive any and all emergency medical treatment as may be deemed appropriate under the existing circumstances as then determined by the Sponsor or its agents. I also grant Virginia Amateur Sports, Inc. permission to use likeness, voice, and words in television, radio, film, or in any form to promote activities of the Subway Commonwealth Games of Virginia. I also understand that there will be no refunds.

Participants Signature \_\_\_\_\_

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**(Following portion pertains only to parent or guardian of a participant who is 17 years of age or younger)**

I have read and consent to the above limitations on recovery and agree on my and my child's behalf that any recovery against the Sponsor for injury arising as a result of an accident which occur during my child's involvement and participation in the Games, should said injury occur due to the negligence of the Sponsor, shall be limited to a claim for medical expenses incurred as a result of said injury, and only to the extent that such medical expenses are not otherwise covered or paid by my child's insurance coverage, medical or otherwise. Furthermore, for this consideration, I agree to present any claim for personal injury to my child to the Sponsor within six (6) months from the date of injury; if I or my child fail to do so, I agree that I will have waived any and all right I have to recover against the Sponsor for said injury.

Additionally, in consideration and acceptance of my child's entry by the Sponsor and the right to participate in and attend the Games and related activities, I consent that my child receive and all emergency medical treatment as may be deemed appropriate under the existing circumstances as then determined by the Sponsor or its agents. I also grant Virginia Amateur Sports. Permission to use my child's likened, voice, and words in television, radio, film, or in any form to promote activities of the Subway Commonwealth Games of Virginia. I also understand that there will be no refunds.

Parents/Guardian Signature (If participant is 17 years of age or younger)

\_\_\_\_\_

*Local Masters Swim Committee Newsletter*  
*Betsy Durrant, Editor*  
*211 66<sup>th</sup> Street*  
*Virginia Beach, VA 23451-2040*

<p><i>Prstd Std</i> <i>U. S. Postage</i> <b>PAID</b> <i>Richmond, VA</i> <i>Permit #3022</i></p>
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*SAVE THE DATE from Jeff Strahota Colonies Zone Chair*

We have received one bid for the 2015 Colonies Zone LC Championship meet. The University of Maryland Aquatic Club (UMAC)/Campus Recreation Services has bid for an event **Friday July 10, Saturday July 11 and Sunday July 12**. The event order is still being hammered out, but for now, the thought is to offer 50 through 1500 for individual events, plus all relays 200 through 800 meters. Thus, this will be a great opportunity to get some top times and prep for Nationals swimming in a fast pool.

Other than the actual event order, some other things that will be worked out in the next week or so:

- Any limitations on number of swimmers for distance events
- Not having the 800 (but offering to submit 800 split times automatically)
- Possibly eliminating some of the relays

Some other things to note:

- Like the SC Championship meet, we would have a "distance day" on Friday evening, with at least the 1500 taking place that evening.
- There is an open water event about an hour drive from UMD on Saturday that has been scheduled since last year, and as such, we are trying to cater Saturday's events to be more sprinty, as to minimize the impact on that event's attendance and success.
- This is a bulkhead-to-bulkhead course, and the host is very much aware of requirements to ensure the course is appropriate.
- There is not any flexibility to move this event dates - yes, we know this is after Nationals' entry deadline.

If you have not been at UMD recently, some changes from the last zone (and even Nationals) meet include:

- Warmup pool has additional, but unmarked, lanes for additional warmup space
- 2 scoreboards, including SPLIT readout on the main board
- shower upgrades in both (very spacious) locker rooms
- FINA BLOCKS!!!!

The event has not been finalized. ,