

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
December 15, 2015

VMST Fall Meet Another Success

The 35th Annual VMST Fall Meet was held at Bayside Recreation Center in Virginia Beach. We are very fortunate to have access to this pool and great cooperation from the staff.

Last year there were 93 entries. This year, 108. Swimmers came from Pennsylvania, Delaware, Maryland, North Carolina, Washington, and from all over Virginia.

Five national records were set. **Miriam Tuovila** (VMST) from Yorktown competed in the 90-94 age group. She set a new record in the 50, 100, and 200 breaststroke events. We also had 2 relay records by VMST in the 320+ age group. The 400 m Free Relay was composed of **Johnnie Detrick (80), Jeanne Meredith (87), Terry Sokolik (88), and Marcia Barry (67)**. The sum of their ages had to equal 320 or more. Johnnie had to leave early and **Laura Walker (78)** replaced her on the 800 m Free Relay! The 800 relay was the last event. 200 meters each seems a long way when you are tired, but they did some good swims and got the record.

Thirty-four LMSC records were set. **Gregory Harris** (5 new records), **Margaret Rechel** and **Christopher Scott** (4 each) deserve a special shout-out. The relatively new **Club Tribe Alumni** swimmers (club abbreviation: 1693) continues to tear it up, setting three new relay records. New LMSC records are on page 3.

VMST Relay: Christopher Scott, Patrick Frisk, Ryan Speer, Sam Harris



LMSC Annual Meeting

The following information is excerpted from the minutes of the meeting prepared by Secretary Alice Phillips.

Safety Chair Jim Miller reported that fees for open water events have been modified as they were cost prohibitive for some meet directors. The USMS fee now is \$100 plus \$5 per participant, up to \$1000. (The old fee was a flat \$1000 per event.)

Editor's Note: Last month I reported that there is now a \$50 sanction fee for each pool event that goes to USMS.

Heather Stevenson, Sanctions Chair, proposed that we drop the \$20 sanction fee that went to our LMSC. This was accepted. Any new meet scheduled for 2016 will be charged only the \$50 USMS sanction fee.

There is one more meet this year – the Jingle Bell Classic hosted by Peluso Open Water Masters on December 13. (*Editor's Note: I regret that I did not receive information about this meet early enough for the newsletter.*)

Local meets for 2016

Feb 2016- David Gregg III Memorial Meet- Chris and Heather Stevenson

March 2016- Dive into Spring in Lexington- Craig Charley

March 19-Club Tribe in Williamsburg

***March 2016- Dreaming of Spring in Warrenton.

This workout group/club has requested a move to the Potomac Valley LMSC. A motion was made and passed to allow this move and thus place the sanction with Potomac Valley. It was seconded and passed 9-1.

See *Meeting* on page 4.



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

Dec 13: SCY meet in Richmond. Entry is online.

Jan 23-24: 42nd Annual Sunbelt Champ.
Charlotte, NC.

Feb 6-7: SCY in Richmond.
Entry is in this newsletter.

Mar 19: Club Tribe Classic, Williamsburg

Apr 8-10: Colonies Zone SCY Championships
George Mason University, Fairfax, VA

Apr 28-May1: USMS SCY Nationals in
Greensboro.

Newsletter Editor

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Graphics from www.swimgraphics.com

2017 USMS Championship Meets

- The spring SCY championship will be at Riverside, CA.
- The summer LCM championship was awarded to Minneapolis, MN.

Family support. Terry Sokolik (middle) with daughter Mary and granddaughter Tara. Mary and Tara were workers at the meet.



LMSC for Virginia Website:
www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone: www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

ONLINE Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Dave Holland
henrydafif@aol.com

Vice Chair: Denise Letendre
dml2jd@virginia.edu

Secretary: Alice Phillips
alicephillips@trinityes.org

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

VMST record breaking 800 Free Relay.: Jeanne Meredith, Laura Walker, Terry Sokolik, Marcia Barry



New LMSC Records set at the Fall Meet

18-24	W	50 Free	28.57	Margaret Rechel	POWM	
18-24	W	200 Free	02:20.7	Margaret Rechel	POWM	
18-24	W	400 Free	05:02.8	Margaret Rechel	POWM	
18-24	W	800 Free	10:16.3	Margaret Rechel	POWM	
18-24	W	200 IM	02:32.5	Leah Reed	RSMS	
25-29	W	50 Free	29.36	Denise Letendre	VMST	
25-29	W	100 Free	01:02.8	Denise Letendre	VMST	
80-84	W	200 IM	04:23.9	Johnnie Detrick	VMST	
90-94	W	50 Breast	01:33.8	Miriam Tuovila	VMST	
90-94	W	100 Breast	03:37.8	Miriam Tuovila	VMST	
90-94	W	200 Breast	07:34.3	Miriam Tuovila	VMST	
18-24	W	200 Free	02:03.0	Christopher Scott	VMST	
18-24	W	400 Free	04:31.6	Sidney Glass	1693	
18-24	W	50 Back	26.44	Sidney Glass	1693	
18-24	M	50 Breast	31.31	Christopher Scott	VMST	
18-24	M	100 Breast	01:08.3	Christopher Scott	VMST	
18-24	M	200 Breast	02:31.9	Christopher Scott	VMST	
50-54	M	50 Free	25.47	Gregory Harris	VMST	
50-54	M	100 Free	56.84	Gregory Harris	VMST	
50-54	M	50 Breast	32.71	Gregory Harris	VMST	
50-54	M	100 Breast	01:13.8	Gregory Harris	VMST	
50-54	M	50 Fly	28.98	Gregory Harris	VMST	
55-59	M	50 Back	35.04	Jorge Cortina	VMST	
55-59	M	200 Fly	03:20.3	William Throne	VMST	
80-84	M	50 Free	47.99	Carl Russ	VMST	
320-359	W	200 Free Relay	03:35.1	Walker, Sokolik, Meredith, Barry	VMST	
320-359	W	400 Free Relay	07:46.8	Detrick, Meredith, Sokolik, Barry	VMST	
320-359	W	800 Free Relay	17:14.7	Walker, Meredith, Sokolik, Barry	VMST	
100-119	M	200 Free Relay	01:48.5	Harris, Speer, Frisk, Scott	VMST	
100-119	MIX	200 Free Relay	02:14.3	Cartwright, Lee, Lee, Green	RSMS	
120-159	MIX	200 Free Relay	01:44.2	Krier, Lovett, Hurtubise, Glass	1693	
120-159	MIX	200 Medley Relay	01:59.8	Glass, Williams, Grier, Hurtubise	1693	
160-199	MIX	400 Free Relay	04:38.0	Lovett, Lovett, Grier, Cook	1693	
280-319	MIX	200 Medley Relay	03:38.7	Gregory, Scott, Broderson, Miller	VMST	

Meeting continued from page 1.

Newsletter Editor Betsy Durrant proposed that we nominate our LMSC for the USMS Communications Award next year. We do more than most LMSCs to keep our members informed. Chris Stevenson keeps the website up to date as well as email blasts with breaking news. Betsy does the newsletter (online and paper). We think all of this together makes good communications.

LMSC Chair proposed an award within our LMSC, **The Stevenson Service Award**. This will be the first year for a new LMSC award named in honor of Heather and Chris Stevenson who will be the first recipients. They will be honored at the David Gregg meet in February. This award will focus on service at the local vs. national level and will be determined annually by the executive committee. In addition, funds for **appreciation awards for meet volunteers** have been budgeted for meet directors to award small appreciation tokens to their volunteers such as keychains or tumblers.

Workout groups vs. club teams vs. regional teams – there was robust discussion about the pros and cons of these different arrangements. It is too late for changes in 2016, but a small committee will study the options. New England, North Carolina and Indiana were the states mentioned who would have good insights into the situation. We plan to tackle the issue early enough in 2016 that we could propose a change in team structure (as well as fees) for the 2017 membership year.

Editor's Note: VMST is a key to this and the club needs to discuss and determine their status. Also, will the umbrella club be named VMST, or will VMST be a subgroup. There is a lot to think about and discuss.

Mark Patterson, Joan Averette, Marianna Berkley, Laura Walker, Ellen Stott, Al Newbury, Albert Burlamachi, Terry Sololik

Budget highlights:

1. Discontinue the current LMSC sanction fee of \$20 and the 20% of profit to the LMSC.
2. Instead, the LMSC will collect \$1 per participant from the meet director. This can be added on to the entry fee. The LMSC will then pay the USMS Sanction fee (\$50) for all meets.
3. The LMSC will allocate \$1200 in 2016 toward the USMS open water sanction fee. This is available to newly sanctioned OW events only.
4. In an effort to support greater coach attendance at the USMS Certification Clinic in Richmond (See article below) in March, \$1000 was budgeted to pay half of the fee for the clinic. More later on application process.

USMS Masters Coach Certification

The USMS Coaches Committee and Education Services have developed four levels of Masters coach certification. The courses for Levels 1, 2, and 3 are taught in classroom settings throughout the country by USMS-certified instructors. At the conclusion of the courses, USMS issues certification to successful candidates. Please note that you cannot take the Level 3 course on the same weekend that you take Level 1 and 2.

March 12, Richmond, Level 1 and level 2. A clinic for swimmers and newly certified coaches will follow on **March 13**.





VMST David Gregg III Memorial Meet
NOVA of Virginia Aquatic Center
12207 Gayton Road, Richmond, VA 23233
(804) 754-3401

February 6 and 7, 2016

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc.

Meet Directors: Heather and Chris Stevenson (hnsrva@gmail.com or chrisl Stevenson@gmail.com)

Meet Referee: Bob Rustin

Location: NOVA of Virginia Aquatic Center (address above). This is a 10-lane, 25-yard indoor pool with a fully electronic timing system. 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.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with US Masters Swimming and must include a copy of their LMSC card. One event (day of) USMS registrations will be permitted. Virginia registration will also be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$4.00 per individual event plus a \$8.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays. **NOTE:** The 200-yard event entered on Saturday by the swimmer may not be repeated on Sunday. The results of heats swum on Saturday and Sunday in each of these events will be combined, and results will be published on Sunday.

Entry Deadline: *On-line entries are strongly encouraged:* www.clubassistant.com – meets are listed on the left side of the Club Assistant home page by date. The deadline for on-line entries is **Tuesday February 2, 2016**. In order to be seeded, paper entries must be received by Monday **January 25, 2016**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays.

Results: Results will be posted on our website at www.vaswim.org.

Social: Join us for our Masters potluck after the meet on Saturday, February 6th. \$10.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

Nearby Lodging: Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300
The Holiday Inn is at the Gaskins Road South exit off I-64.

On-line entries strongly encouraged!

Online entries close *February 2nd!*

Enter online at: www.ClubAssistant.com

(search for the meet by date on the left of the Club Assistant home page)

Paper entries are due by **January 26th for seeding.**

Note that both this page and the following waiver page must be submitted with paper entries.

Fill in the following information:

Name:		Sex:	USMS Reg. No.:	
Address:				
City:		State:	Zip Code:	
E-Mail Address:				
Age as of 2/06/2016:		Birthdate (Mo/Day/Yr):		
LMSC:	Club:	Phone (Day):	Phone (Night):	

SATURDAY, February 6

Warmups: 1-2 PM; Meets Starts: 2 PM

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
9	_____	1000 Free	10	_____
11	_____	1650 Free	12	_____
13	_____	400 IM	14	_____
15	_____	500 Free	16	_____

SUNDAY, February 7

Warmups: 7-8 AM; Meet Starts: 8 AM

Women	Time	Event	Men	Time
101	_____	200 IM	102	_____
103	_____	200 Fly	104	_____
105	_____	200 Breast	106	_____
107	_____	200 Back	108	_____
17	_____	100 Free	18	_____
19	_____	Novice 50 Fly	20	_____
21	_____	50 Fly	22	_____
23	_____	100 Breast	24	_____
25	_____	Novice 50 Free	26	_____
27	_____	50 Free	28	_____
29	_____	100 IM	30	_____

BREAK

31	_____	200 Free	32	_____
33	_____	100 Back	34	_____
35	_____	Novice 50 Breast	36	_____
37	_____	50 Breast	38	_____
39	_____	100 Fly	40	_____
41	_____	Novice 50 Back	42	_____
43	_____	50 Back	44	_____

RELAYS RELAYS RELAYS RELAYS

45	_____	200 Medley Relay	46	_____
47	_____	200 Free Relay	48	_____
49	_____	200 Mixed Medley Relay	50	_____
51	_____	200 Mixed Free Relay	52	_____

ENTRY FEES

Total Events (both days) _____ x \$4.00:	
Surcharge:	\$8.00
Social (\$10.00/person):	
(number attending social: _____)	
TOTAL AMOUNT ENCLOSED:	

**Make checks payable to:
Virginia Masters Swim Team**

Questions? Contact Heather or Chris Stevenson – (804) 310-3069 or (804) 332-4339
hnsrva@gmail.com or chrilstevenson@gmail.com

Mail Paper Entry To:

**Chris Stevenson
7702 Hampshire Road
Henrico, Virginia 23229**

**A COPY OF YOUR USMS REGISTRATION CARD MUST BE
ENCLOSED FOR YOUR PAPER ENTRY TO BE ACCEPTED**



**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	

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

Prstd Std
U. S. Postage
PAID
Richmond, VA
Permit #3022

VMST Relay: Denise Letendre, Cheryl Benn, Megan Shepard, Phoebe Mix



Some of the swimmers who swim at the Great Neck Rec Center in Virginia Beach: Vic Mickunas, Betsy Goode, Cheryl Benn, Donna McInturff, Sarah Taylor, Carol McCammon, and Susie Gordon

