

The Wet Gazette

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

March 15, 2015

Notice to Meet Directors

from Betsy Durrant, Editor

I just checked our website VASwim.org to get the date for Chris Greene Lake. To my surprise, I saw two Virginia meets that I have no information on: Hargrave on March 7 and RCA on March 22.

Having the entry or at least the information in the newsletter should help attendance. Please, please, please send me the information next time. I regret that I have not published anything on either meet.

Chocolate Milk as a Recovery Drink

by Betsy Durrant

I think it was the summer of 2009 when my granddaughter was at a soccer camp at one of the Virginia colleges. She was thrilled that after each session, they were given chocolate milk.

Recently I was sent a link to an article by Joel Stager on his research into chocolate milk. Stager is a coach, competitive swimmer, and professor in the IU Bloomington Department of Kinesiology. A link to the article:

<http://www.indiana.edu/~rcapub/v29n1/milk.shtml>

I found the article very interesting, but it bothered me that the date was **Fall, 2006**. Although he gave his swimmers chocolate milk after their morning practice and saw that their work improved in the afternoon practice, he cautioned:

“...the lure of sports drinks and supplements can lead athletes down a dangerous path as they look for any performance advantage.”

“Good nutrition, on the other hand, can make a big difference on performance. Some swimmers are talented from the beginning, while others have to work hard to be good. Coaches, Stager says, can change an athlete's performance "rather quickly" simply by teaching them how to eat

well ... Eating right, Stager says, is part of being an athlete.”

Because the article was from 2006, I looked online for more recent articles. I have included the link for each and an excerpt from each. Check out the complete articles.

June 4, 2010

<http://www.webmd.com/fitness-exercise/20100604/chocolate-milk-refuels-muscles-after-workout>

“The combination of carbohydrates and protein in low-fat chocolate milk appears to be ‘just right’ for refueling weary muscles, says William Lunn, PhD, an exercise scientist at the University of Connecticut.”

"It's not just a dessert item, but it's very healthy, especially for endurance athletes," Lunn tells WebMD.

April, 2014

<http://www.nutritionaction.com/daily/how-to-diet/should-you-drink-chocolate-milk-after-exercising/>

“Of course, most of us aren't running marathons or cycling competitively for two hours and then doing another intense activity within 24 hours. Do we need a recovery beverage like chocolate milk? Not likely.”

“Bottom Line: Unless you're doing prolonged, intense exercise on successive days, or more than one strenuous workout on the same day, you don't need chocolate milk (or any food) to recover.”

My conclusion is that low-fat chocolate milk probably does as much good as any other sports drink. It's cheaper and tastes better than most, although some of us need to consider the calories in any recovery drink. I welcome any comments or disagreements with what I have included here.



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

March 28-29: NC Champs, Cary, NC

April 10-12: Zone Champs, George Mason U.

April 23-26: USMS Nationals, San Antonio

May 23-24: Reston Lake Swims

June 20: LC in Christiansburg
Complete information and entry is in this issue.
Save the entry; I doubt that there will be space to include it again.

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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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

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hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson

chrisl Stevenson@usms.org, 804-282-0124

VMST News

If you are going to the **Zone Meet** at George Mason, April 10-12, let **Denise Letendre**, our team President, know what relays you want to be in or what relays you can't do. The rosters are available on Club Assistant as swimmers enter, but the final list is not available until a week before the meet.

Also, if you are planning to go to **SC Nationals in San Antonio**, let me (Betsy Durrant) or Denise know. So far, I haven't heard much about participation at this meet.

Contact information for Denise and Betsy are on page 2.

The **SC Meet in Richmond** was a success again. **Nancy Miller** and her crew of helpers do a great job.

There were 110 entries for the meet. The results are posted at www.VaSwim.org. Eight clubs in Virginia had swimmers in the meet: QMST (Quest), VMST, CPYM (Crozet), POWM (Peluso Open Water), STON (Stonewall), MAC (Midlothian), BAM1 (Burkwood), 1693 (Club Tribe Alumni). There were also Unattached swimmers from Virginia, RMST (Reston) from Potomac Valley, and NCMS (NC).

New Workout Opportunity In Virginia Beach

Dai Roberts wrote: We are about to start a new Masters Swim program in Virginia Beach at Virginia Wesleyan College. Workouts will have a coach and are open to all levels.

Workouts begin: March 23

Days: Monday and Wednesday

Time (2 sessions); 6:15-7:15 am and
7:15-8:15 am

Contact: Juliet@dairobertsgroup.com or call Dai at
757-389-2284

One Hour Swim

Preliminary results are posted at www.usms.org. I went through the results and tried to find all of the swimmers from our LMSC. I have listed them below. I was surprised that we did not have more swimmers accept this challenge. Maybe next year!!

We two first place winners: **Terry Sokolik**, VMST, age 87, 2265 yards; **ShirleyLoftus-Charley**, VMST, age 63, 4665 yards.
Kendra Hogg, 27, VMST, 4680, placed 7th.
Charlotte Hollings, 50, VMST, 4610, placed 9th
Nancy Speer, 52, VMST, 4185
Mary Ann Peterson, 54, VMST, 3850
Laura Evans, 55, UC12, 3290
Betsy Goode, 55, VMST, 3320
Liz Lockeman, 58, VMST, 2645
Barbara Boslego, 63, VMST, 3550
Pat Sikora, 63, VMST, 2500
Betsy Durrant, 73, VMST, 3020
Susan Marens, 72, VMST 2780
Arlie Steiner, 72, VMST, 1915
Jason Rodrigues, 35, VMST, 4135
Rob Jones, 49, UC12, 5120, placed 10th
George Sushkoff, 49, VMST, 4800
Greg Harris, 51, VMST, 4810
David Hershiser, 59, VMST, 3300

Women's 25 + Relay placed 4th:
VMST (Loftus-Charley, Hollings, Hogg)

Note: It would be a miracle if I found all of our swimmers. So...if I missed you or one of your friends, let me know.

I Have a Question

Betsy Durrant

At the meet in Richmond, there was team from Virginia with the abbreviation "1693". I looked on our website to find the full name. It is "Club Tribe Alumni". There is a story here that I would love to hear about.

**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)

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.

Evt #	Event	Evt #	Event
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.**

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 _____

(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 66th Street
Virginia Beach, VA 23451-2040

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PAID
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First Place finishers in the 2015 One Hour Swim.

See page 3 for other swimmers who completed this event.



Terry Sokolik of Virginia Beach



Shirley Loftus-Charley of Afton