

The Wet Gazette

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

Competition Season

It's time to think ahead about what meets and postal events you might want to enter. It seems a lot is going on from November – May.

Short Course Meters (SCM)

Virginia Beach, Nov 7. ENTER NOW!
There should also be a meet in Dec. in New England and possibly one in DC.

Short Course Yards (SCY)

Patriot Masters Sprint Classic, Oct 25
NCMS Meet in Charlotte, end of January
VMST David Gregg meet in Richmond, mid-Feb.
SC Nationals in Greensboro, Apr 28-May 1

Postal

National One Hour Swim, any time in January.
There is an organized swim with 3 heats one weekend in January in Virginia Beach. If you are interested in participating, let Betsy Durrant know.

Virginia Senior Games.

May 16-21 in Newport News. This is the last year in Newport News. The event will shift to Henrico in 2017. This year's event (May 2016) is a qualifying event for the 2017 National Senior Games.

USA Masters Games

The USA Masters Games, a major Celebration of Adult Competitive Sports, is a new event.. The USA Masters Games is slated to be a biennial games with the inaugural edition **July 22-31, 2016** in Greensboro, NC. The website is:
<http://www.usamastersgames.com/>

On page 5 and the back page, there is a copy of a memo from the USMS Rules Committee. I am not sure I understand how this will affect the IMs and the Medley Relays. Prior to the meet in November the Referee will clarify what it means.

Betsy

USMS Elections

At the USMS Convention held September 30 – October 4 in Kansas City, the LMSC for Virginia had two of our members elected to national office.

Patty Miller was elected President. Patty has served as our LMSC Chair and for a number of years has been Legal Counsel to the USMS Executive Committee and Board of Directors.

Chris Stevenson was re-elected to a second term as Vice President of Local Operations. Chris has also served as our LMSC Chair and still maintains our Records and Top Ten.

The governance structure of USMS has the following officers: President, four Vice Presidents (Administration, Community Service, Local Operations, and Programs), Secretary, and Treasurer.

Your editor did not attend convention this year and does not have all of the information yet. There will be summary of actions in next month's newsletter.



USMS President Patty Miller



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

Oct 10: DCAC Columbus Day Classic

Oct 25: GMU Sprint Classic

Nov 7: SCM in Virginia Beach
Entry is in this newsletter. It has been posted on www.clubassistant.com.

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*Chris Stevenson,
USMS Vice President for Local Operations*



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

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Records and Top Ten: Chris Stevenson
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Attention Club Representatives!

USMS Club registration for 2016 begins on October 1. Please register your club during the month of October; swimmer registration begins on November 1st. **Your club must be registered before a swimmer can sign up for your team.** Club Registration Fees are \$55. If you are paying by credit card go to the following website: <https://www.usms.org/reg/club/>. If you prefer to pay by check you can find a Club Registration Form on the vaswim.org website (click the About tab, then Forms and then Club Registration). The completed form and \$55 check must be sent to me through the mail (my address is on the form). If you have any questions please feel free to contact me at: VAREgistrar@usms.org. Thank you!

**Shirley Loftus-Charley, Registrar
LMSC for Virginia**

39 Clubs Registered

For 2015 there were 39 clubs (or teams) in our LMSC. Don't forget to register your club ASAP.

CLUB NAME	Abbrev
Ascension Swimming for Adults LLC	ASA
Ashburn Farm Masters Swimming	AFMS
Burkwood Aquatics Masters	BAMI
Blue Wave Masters Swim Team	BWST
Christiansburg Blue Fin Masters	CMAS
Christopher Newport University Swim Club	CNU
Club Tribe Alumni	1693
Crozet Parc YMCA Masters	CPYM
CT3 Racing	CT3
Four Seasons YMCA Masters	FSYM
Fredericksburg American Family Fitness	FAFF
Freedom Aquatic Club	FAC
Green Bank Turtles	GBT

Hargrave Aquatics Masters Swimming	HAM
Hampton YMCA	HPT
Harrisonburg Masters Swim Club	HRMS
Hayden Village Masters Swimming	HVMS
JBLE Patriots	PATS
Leesburg Area Masters	LAMS
LetSwim Masters	LTSM
Life Time Swim Mid-Atlantic	LTVA
Midlothian Athletic Club	MAC
Norfolk State Swim Club	NSSC
Peluso Open Water Masters	POWM
Quest Masters Swim Team	QMST
Real Athletics	RAW
Sentara RMH Wellness Center	WCMS
Rockbridge County Aquatics	RCA
Shepherd University Wellness Center Sea Snakes	SUWC
SNOW Masters	SNOW
South Hampton YMCA Masters	SHYM
Stonewall Masters Swimming	STON
Sunfish Masters Swim Group	SMSG
Tidewater Aquatic Club	VTAC
University of Richmond Masters Swimming	URMS
VCU Recreational Sports	RSMS
Virginia Masters Swim Team (all locations here)	VMST
West Virginia Masters Swimming	WVM
Winchester Masters Swim Team	WINM

Another Reminder...

As your newsletter editor, nothing would make my job easier than having each club send me some news or a photo at least once a year (more often would be even better).

Our members like to read about activities of other teams, activities of other swimmers, or a brief write-up on your coach or one of your members. We all like photos.

Help me out and make the newsletter more interesting.

Betsy Durrant, Editor

Adapt Your Swim Training When Life Gets in the Way

Slow down, focus on technique, make changes to ensure that workouts aren't wasted

[Chris Campbell](#) | September 7, 2015

It's something we all face: getting older. And for many of us, responsibilities—both personal and professional—don't diminish, they only get bigger and more pervasive. We end up shorting ourselves on sleep and personal time that we used to have for recharging our energy levels. Workouts become fewer, shorter, and less productive. It can seem as though someone or something is always there, taking away more and more of our free time and we slowly lose our ability to resist.

Tendinitis and arthritis in both elbows, a cranky shoulder, a dodgy knee, and a stressful job sap my time and energy. My training volume and intensity have both suffered—I get to the pool less often and I can't push as hard as I'd like to during practice. Little things, such as having to use the ladder to get out of the pool at the end of workout or water that's too warm, just add more frustration.

What's a lifelong competitive swimmer to do? With limited time and energy, how do I make sure what precious training time I can find isn't wasted?

Adjust the Sails

As my brothers and I were growing up, swimming our way through high school with an eye toward collegiate swimming careers, our parents—Mom the Coach and Dad the Head Referee—provided constant guidance in dealing with and overcoming obstacles that would always be a part of life, in the pool and out. Our house was adorned with those glossy motivational posters and, although it seemed trite at the time, one has stayed with me all of these years: a great white sailboat gliding across a blue sea and the words: “*We cannot change the wind. But we can always adjust our sails.*”

As I remembered this and thought about my training time in the water, I realized some adaptations were in order.

- **I needed to slow down.** Although I might not be able to swim as much or as hard as I'd like, I can always swim correctly. Tough times have given me the opportunity to slow things down a bit and think about what I'm doing. Every turn, every wall, every stroke.
- **I had to make changes.** As a coach, I've always emphasized proper stroke technique. This was my chance to practice what I preach. I've been retooling my strokes, listening to other coaches, and watching videos. I've also added dryland exercises to increase my strength and flexibility.

It's been helping. Despite the nagging injuries and the shortfalls in my training volume and intensity levels, I've had a couple of great meets, even throwing down some age group personal best times, one year shy of aging up.

Focus, attention to detail, and a different way of thinking has helped me make the best of a tough situation. Now I think about every single stroke I take and make it work for me. Even if they are too few or not very fast, I can always work on making them perfect. That way, no workout is wasted.



About the Author—Chris Campbell

Chris Campbell is a long time swimmer and coach with Mountain View Masters. A veteran of psychic wars, he loves swim meets, is a shameless foodie, and takes forever to walk from one end of the pool to the other because he has to stop and chat with so many people.

NOTICE TO ALL USMS MEMBERS FROM THE USMS RULES COMMITTEE
September 10, 2015
INTERPRETATION OF 101.5.2, FREESTYLE IN INDIVIDUAL MEDLEY AND
MEDLEY RELAY

1. FINA originally issued an interpretation for officiating the freestyle portion of the IM and medley relay on June 1, 1997.
2. FINA issued an additional interpretation of the freestyle portion of the IM and medley relay, specifically regarding backstroke, on August 23, 2015.
3. USMS will follow both interpretations as published by FINA and subsequently published by USA Swimming on September 8, 2015.

See the text below, including FAQ, as published by USA Swimming. The USMS rule reference number and text of the rule are the same as USA-S.

1. On August 23, 2015, the FINA Technical Swimming Committee provided the following interpretation of FINA rule SW 9.1 (Medley Swimming):

“FINA Technical Committee Medley Interpretation

According to SW 9.1 each of the strokes must cover one quarter (1/4) of the distance. Being on the back when leaving the wall for the freestyle portion of the medley is covering more than one quarter of the distance in the style of backstroke and is, therefore, a disqualification. Backstroke swimming is only defined as being on the back.”

2. The Technical Swimming Committee provided the following additional clarification. Being in a position towards the back and moving through the water after a swimmer leaves the wall constitutes performing backstroke.
3. Effective immediately, the above interpretation shall be in effect as it pertains to USA Swimming Rule 101.5.2
4. On June 1, 1997, the FINA Technical Committee issued the following interpretation regarding medley swimming. This interpretation remains in force.

When a swimmer has traveled a sufficient distance that the official can with certainty judge that the competitor is swimming in the style of butterfly, breaststroke or backstroke, then a disqualification is appropriate.

See back page for FAQs.

2015 USMS Top 10 SCY Relays for Virginia LMSC

Place	Age Grp	Event	Club	Time	Swimmers (Age)	
4	M35+	400 Medley	1693	4:03.86Y	Daniel Mee (37)	Rich Williams (39)
					Michael Lovett (37)	Kyle R Ahlgren (39)
9	M55+	400 Medley	VMST	5:32.05Y	Jim W Miller (64)	Robert A Romo (56)
					Ralph B Swiger (58)	Keith Murray (56)
9	M55+	800 Free	VMST	10:32.19Y	Jim W Miller (64)	Ralph B Swiger (58)
					Keith Murray (56)	Robert A Romo (56)
9	M65+	400 Free	VMST	4:54.42Y	Harry M Sober (72)	Warner F Brundage (72)
					Edward H Gaulrapp (72)	Ken Novell (72)
3	M65+	800 Free	VMST	11:34.87Y	Harry M Sober (72)	Warner F Brundage (72)
					Edward H Gaulrapp (72)	Ken Novell (72)
4	W18+	400 Medley	1693	4:19.23Y	Suzy D Sleman (40)	Kristen S Harris (38)
					Gabrielle M Mizerak (23)	Katie Grier (36)
5	W18+	400 Medley	VMST	4:22.60Y	Claire C Russo (31)	Denise M Letendre (26)
					Rachel A Nelson (23)	Danielle E Myers (30)
8	X18+	200 Free	1693	1:35.31Y	Gabrielle M Mizerak (23)	Rich Williams (39)
					Katie Grier (36)	Michael Lovett (37)
1	X25+	400 Medley	VMST	4:08.17Y	Kirk W Clear (47)	Claire C Russo (31)
					Denise M Letendre (26)	Gregory Harris (51)
3	X35+	400 Free	1693	3:57.95Y	Katie Grier (36)	Kyle R Ahlgren (39)
					Suzy D Sleman (40)	Daniel Mee (37)
6	X45+	400 Free	VMST	4:09.09Y	Patricia M Miller (54)	Debbie K Jaeger (52)
					Gregory Harris (51)	Keith Murray (56)
10	X45+	800 Free	VMST	10:25.22Y	Debbie K Jaeger (52)	Ralph B Swiger (58)
					Shirley Loftus-Charley (63)	Robert A Romo (56)
4	X55+	400 Medley	VMST	5:55.01Y	Laura S Walker (77)	Robert A Romo (56)
					Ralph B Swiger (58)	Shirley Loftus-Charley (63)
NOVEMBEFR MEET IN VIRGINIA BEACH						
Note: The information about the November meet is on page 7. The actual entry pages were in the						
October newsletter. If you need those pages, call Betsy (info on page 2).						

VIRGINIA MASTERS SWIM TEAM
35th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 7, 2015



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 #125-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, 2015. 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 2016.**

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 2.** 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 4.**

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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Continued from page 5.

FAQ REGARDING THE FREESTYLE LEG OF THE MEDLEY SWIMMING EVENTS.

- 1. Is a swimmer who leaves the wall in a position at or past vertical toward the breast and performing butterfly kicks considered to be performing butterfly and thereby be in violation of the rules?** NO – for a swimmer to be considered to be swimming in the style of butterfly, they would have to perform butterfly kicks as well as a double arm pull and recovery over the water.
- 2. Is a swimmer who leaves the wall at or past vertical toward the breast and performs a breaststoke kick and then a breaststroke pull in violation of the rules during freestyle leg of a medley event?** YES – even though the swimmer violated the breaststroke rules which require the stroke cycle to be a pull – then kick, the swimmer would be swimming in the style of breaststroke since they performed both a breaststroke pull and a breaststroke kick which are the fundamental elements of breaststroke.
- 3. Is a swimmer who rolls to a position toward ththeir back after leaving the wall during the freestyle leg of the individual medley or medley relay to fix their goggles (or any other reason), in violation of the rule?** YES - If the swimmer is moving through the water in a position toward the back during the freestyle leg of a medley race, they should be disqualified since they swam backstroke for more than ¼ of the medley race.