

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
January 15, 2017

2017: Keeping It New

*“Don’t worry about growing old,
worry about thinking old.” ~ Unknown*
By Alice Phillips

On December 4, 2016 I did something I had never done before: I swam 14 events in two hours. Coach Jay Peluso and the Swim RVA Partnership sponsored the fourth annual Jingle Bell Classic, an unsanctioned, just-for-fun meet to raise money for the pool’s swim school program. Those who elected to swim all the events were designated “Hammerheads” and won a special prize.

In no way did I do this meet for the prize. Honestly, I am not sure why I did it at all – maybe it was because I coach and swim for the Peluso Masters team and simply felt guilty that I should. I did want to participate in fundraising for the swim school, but, overall, my self-motivation to compete has been dwindling and I wasn’t at all sure I could finish 14 events. When you’ve been swimming and coaching for 25 years, you have a pretty good idea how fast you are and what you can and can’t do.

At least you’d think so.

The best part of that Sunday morning was finding out that I could swim 14 events including nine lengths of butterfly. Heck, I was at least as worried about going off the block 14 times since I can’t remember doing more than a handful of starts on any given day in over a decade! Having other people striving for the same achievement really helped. Mostly I just took each event as it came, getting in a race mode if I had it in me, and just going for the finish wall if I didn’t.

While enjoying the lunch provided afterward, I realized that I had really surprised myself, that I still had something to learn after 25 years of masters. Upon further reflection I realized in fact I had done several aquatic things in 2016 that had revealed what’s still possible, even when each month seems to present yet another body part that hurts. Each birthday only seems to reinforce “how fast you used to be” and will never be again. You eventually learn that speed really isn’t everything –

don’t get me wrong, I would take it back in a heartbeat – but, staying in the game and keeping the game new is The Thing.

What I think I will do in the New Year is to select some opportunity goals for self-discovery, for

See *Keeping It New* on page 3.

From Our LMSC Chair

From Kirk Clear

Editor’s Note: Kirk was elected LMSC Chair at the November meeting.

Fellow Swimmers:

It took a little while, but we finally have an Executive Committee in place for the upcoming year. Our Executive Committee consists of the following individuals:

- Kirk Clear, LMSC Chair
- Denise Letendre, LMSC Vice Chair
- Alice Philips, Secretary
- Jan Chu, Treasurer
- Shirley Loftus-Charley, Registrar
- Betsy Durrant, Newsletter
- Charley Cockrell, Officials
- Chris Stevenson, Records & Top-10 and Webmaster
- Jim Miller, Safety
- Steve Hennessy, Sanctions

I am very excited; I think we have a good mixture of new and old blood on the committee, all with many years of USMS experience. As with any change in administration within any organization, there are a few bumps before we get up-to-speed. I’ve been trying to get myself familiar with all by-laws and other aspects of the Virginia LMSC.

You will be hearing more from me.



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

Jan-Feb: One Hour ePostal Championship.
Actual entry and split sheets are at www.usms.org.

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

Jan 29: Tropical Splash, Alexandria

Feb 4-5: SCY in Richmond.
Full entry is in the December newsletter. An information sheet is included in this newsletter.

Mar 18: Club Tribe Classic, Williamsburg
Entry will be in this newsletter.

Apr 7-9: Colonies Zone SCY Championships
George Mason University, Fairfax, VA

Apr 27-30: USMS SCY Nationals in
Riverside, Ca.

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Please note new address, new phone number, and new email. Betsy

HAVE YOU RENEWED YOUR USMS MEMBERSHIP FOR 2017??

Graphics from www.swimgraphics.com



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: Kirk Clear
kirkclear@gmail.com

Vice Chair: Denise Letendre
dml2jd@virginia.edu

Secretary: Alice Phillips
alicephillips@trinityes.org

Treasurer: Jan Chu
Mingchu@aol.com

Registrar: Shirley Loftus-Charley
VARegistrar@usms.org

Sanctions: Steve Hennessy
Coachsteve2423@gmail.com

Records and Top Ten: Chris Stevenson
chrisstevenson@usms.org, 804-282-0124

Keeping It New continued from page 1.

trying something new within this old sport. An effective way to approach this is to go short, medium and long range and to focus not on competition per se, but on doing new things where expectations are less defined and the process of pursuing the goal will be its own reward.

Research from Dr. Denise Park at the University of Texas Longevity Research Center has shown that engaging in unfamiliar and challenging tasks as we age is one of the best ways to preserve and promote cognitive health. Everyone has likely heard that exercise alone is good for brain health, and it is, but combining exercise skills and novelty can be one of the best ways to enhance mental function and satisfaction.

Short Term – Do it in the next week.

- Learn a new drill for your favorite stroke and use it every workout for two weeks. You might not like it at first, but then be surprised at how a new take on a familiar, comfortable stroke can change the feel of it for the better.
- Dislike breaststroke or butterfly (or both)?! Challenge yourself to incorporate them into a non-free set for one workout. Hey, maybe that wasn't so bad, so how about another workout?
- Swim down a lane in practice – this will give you time to really focus on technique and it will provide an opportunity to meet new people.
- Swim up a lane in practice for one main set. Take on an interval just beyond where you know you can make it. See if you can surprise yourself.

Medium Range – Do it in the next month.

- Go to a workout at another nearby pool or when you're traveling. See how another workout group likes to run things and get guidance from a new coach.
- No coached workouts in your area? Go online at USMS and try the online workout options:
<http://forums.usms.org/forumdisplay.php?95-Workouts>

- Take a fitness class for a change of pace – yoga, spinning, cross-fit, etc. I took a Barre class last year...holy mackerel that was hard and I was sore for days! If you like it, consider adding it into your routine for a month or two.
- Take a lesson from your coach or any fitness professional. What do they see in you? Where do they see opportunities for your growth?

Long Range – Some time in the next 6 months.

- Keep track of your workouts for three months and then do an assessment. I use the USMS Flog (http://www.usms.org/fitness/content/fitness_logs?utm_campaign=top_nav&utm_medium=swim_for_fitness) but lots of people use a watch app or even an actual notebook. Assess where you are and set a long term goal for improvement. Not sure what to do? Talk to a coach, an experienced swimming friend, or a fitness professional.
- Try a new event at a meet, one you never do such as the 200 breast, the mile or the 400 IM - whatever feels out of your comfort zone. Just do one and then go from there. Maybe you'll do it again, maybe you won't!
- Head outdoors and do an open water event. This is where I have found the most opportunity for growth in recent years. I love being outside and I enjoy the challenge that nature brings to these events (even though that's really stressful too). There are several here in the mid-Atlantic area and still more farther afield. The LMSC website and USMS website both have lots of options.
- To really make it fun and increase your commitment, sign up for a farther away meet or open water event with a small group of people.
- Not ready to take the big plunge yourself? Volunteer at a local race (of any sort, not just swimming). You will gain the inspiration, satisfaction and joy that come from watching others and giving back.



2nd Annual Club Tribe Masters Classic
College of William & Mary Rec Center Pool
400 Brooks Street (at Compton Drive)
Williamsburg, VA 23186
(757) 221-3310

March 18, 2017

Welcome to the 2nd Annual Club Tribe Masters Classic! Prep for Colonies Zones and bid farewell to Winter at the College of William & Mary's sneaky-fast 8-lane pool. Test your team's sprinting prowess in the most thrilling relay of them all: the 100 (4 x 25) Medley Relay. This meet is graciously hosted by William & Mary's stellar varsity swimming teams and staff.

Sponsored By: Club Tribe (1693)

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

Meet Director : Kyle Ahlgren (clubtribealumni@gmail.com)

Meet Referee: (TBD)

Location: College of William & Mary Student Recreation Center Pool. Address: 400 Brooks Street (at Compton
Parking: Ample parking is available in the William & Mary Hall parking lot, which is also located at the corner of Brooks Street and Compton Drive. Please adhere to posted parking regulations.

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 if using paper entry.

Awards: All four swimmers on the fastest overall relay teams in each of the Women's, Men's and Mixed 100 Medley Relay will receive pewter Jefferson cups commemorating victory.

Entries: \$8.00 per individual event plus a \$12.00 facility fee. Relays will be deck-entered and deck-seeded at no cost. Deck entries for individual events will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

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, March 14, 2017**. In order to be seeded, paper entries must be received by **Tuesday, March 14, 2017**. Entries received after the deadline will be considered deck entries and will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

Relay Entry Deadlines and Seed Times: Relay cards for the 100 Medley Relay are due before the conclusion of the 50 Free. Relay cards for the 200 Free Relay are due before the conclusion of the 200 IM.

1,000 Freestyle Entry Limit, Check-In and Wait List: The 1,000 Free will be limited to the first twelve (12) entries received, whether on-line or by paper entry. **Positive in-person check-in for the 1,000 Free is required by 2:45 PM** on the day of the meet. Swimmers who are unable to enter the 1,000 Free because the entry limit has been reached may place themselves on a first-come, first-served wait list upon arriving at the meet. Swimmers granted entry in the 1,000 Free from the wait list must pay the \$8.00 individual entry fee. We will post the final 1,000 Free heat sheets by 3:15 PM. W&M varsity swimmers will serve as lap counters for the 1,000 Free.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. For individual events, Women and Men will swim separately if warranted by entry levels, but will otherwise be combined. For relays, Women, Men and Mixed relays will swim separately. Age groups will be combined. "NT" entries are discouraged, and will be seeded at the discretion of the Meet Director with reference to the swimmer's previous times in the event, if available. Swimmers without recorded times in an event should make a reasonable guess.

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 THESE LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Psych Sheets, Meet Results and Heat Sheets: Psych Sheets/Meet Results will be posted at www.vaswim.org and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, March 17, and will be posted at multiple locations on the pool deck.

Williamsburg Info and Lodging: Spring often visits Williamsburg early, and the Merchants Square Farmer's Market will be in full swing. There are myriad hotel, motel and B&B options in all price ranges a short distance from the pool. Good resources for local lodging include: www.colonialwilliamsburg.com/stay and www.bandbwilliamsburg.com/.

Saturday Evening Swimmers' Social: Swimmers, friends and family members are encouraged to gather informally immediately following the conclusion of the meet for repast and revelry at Paul's Deli, 761 Scotland Street in Williamsburg (directly across from Zable football stadium). Paul's is family-friendly with a very flexible ordering and seating system.

Questions: If you have questions, please feel free to contact Meet Director Kyle Ahlgren at (202) 957-3936 or clubtribealumni@gmail.com.

Event Schedule Notes: The 100 Medley Relay is NOT USMS-sanctioned and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants. Unattached swimmers and swimmers on smaller teams are ENCOURAGED to coordinate and assemble 100 Medley Relays and chase the pewter!

PAYMENT INFORMATION

ENTRY FEES	
Total Events ____ x \$8.00:	
Surcharge:	\$12.00
TOTAL AMOUNT ENCLOSED:	
Make checks payable to: Club Tribe Masters 1693 Inc.	

Questions? Contact Kyle Ahlgren – (202) 957-3936;
clubtribealumni@gmail.com.

**Mail Paper Entry To: Rich Williams
3978 West Stratford Road
Virginia Beach, Virginia 23455**

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED

On-line entries strongly encouraged!

Online entries close *March 14!*

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 **March 14th** for seeding.

Note that your paper entry must contain three (3) pages: this page, the Payment Information Page and the waiver page. Your paper entry must also enclose a copy of your USMS registration card, which can be retrieved at www.usms.org/reg/getcard.php.

Please provide the following information:

Name:	Sex:	USMS Reg. No.:
Address:		
City:	State:	Zip Code:
E-Mail Address:		
Age as of 3/19/2016:	M or F (circle)	Birthdate (Mo/Day/Yr):
LMSC:	Club:	Phone:

ENTRY FORM

Warm-Up: 2:00PM – 2:55 PM / Meet Begins at 3:00 PM

#	Event	Seed Time
1-2	50 Back	
3-4	200 Free	
5-6	50 Free	
7-8	100 Breast	
9-10	100 IM	
11-12	1,000 Free	
13-15	100 Medley Relay (Women, Men and Mixed)	DECK ENTERED
16-17	100 Fly	
18-19	200 IM	
20-21	50 Breast	
22-23	100 Free	
<i>15-Minute Break</i>		
24-26	200 Free Relay (Women, Men and Mixed)	DECK ENTERED
27-28	100 Back	
29-30	400 IM	
31-32	50 Fly	

YOU MUST INCLUDE THE USMS WAIVER WITH YOUR PAPER ENTRY. THERE WAS NO ROOM IN THIS ISSUE TO PRINT IT. IF YOU CANNOT DOWNLOAD ONE, CALL KYLE AHLGREN (NUMBER ABOVE) OR YOUR EDITOR, BETSY DURRANT (NUMBER ON PAGE 2) AND ONE WILL BE SENT TO YOU.

VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center
12207 Gayton Road, Richmond, VA 23233
(804) 754-3401

February 4 and 5, 2017

New this year: 200-yard events eligible for awards will be held on Saturday; the same 200-yard events will be held as time trials on Sunday. Time trial times will be submitted to USMS, but winners of the time trials will not be eligible for awards. The 1000 Free will be held on Saturday; the 400 IM, 500 Free, and 1650 Free will be held on Sunday. A swimmer can now swim 6 events/day plus relays. And finally, we have four new awards!

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

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 6 events per day, plus relays.

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 January 31, 2017**. In order to be seeded, paper entries must be received by Monday **January 23, 2017**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

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 and Results: Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Results will be posted at www.vaswim.org and will be uploaded to the USMS results database.

Special awards will be given to the **male** and **female overall** high point winners and to the **male** and **female overall** winners of three new award categories: **Best Sprinters** (lowest cumulative time in all four 50s); **Best Middle-Distance Swimmers** (lowest cumulative times in any four different 200s with no duplicates - swims can be done all on one day or over both days using the time trials); and **Best Distance Swimmers** (lowest cumulative time in 500, 1000 and 1650 Frees). These special awards are not based on age group.

Nearby Lodging (all of these are in Henrico, VA if you are using a GPS):

- Hilton Richmond Hotel & Spa, 12042 W. Broad Street, Richmond, VA 23233. Phone: (804) 364-3600.
- Aloft Richmond West, 3939 Duckling Drive, Glen Allen, VA 23060. Phone: (804) 433-1888.

Order of Events:

Saturday – Warmups 1:30-2:30

1-2 200 Breast	After Break:	Relays:
3-4 100 Free	17-18 200 Free	29-30 200 Medley Relay
5-6 50 Fly	19-20 100 Back	31-32 200 Free Relay
7-8 200 Back	21-22 50 Breast	33 200 Mixed Medley Relay
9-10 100 Breast	23-24 100 Fly	34 200 Mixed Free Relay
11-12 50 Free	25-26 50 Back	5 Minute Break
13-14 100 IM	27-28 200 IM	35-38 1000 Free
15-16 200 Fly		
5 Minute Break		

See Back Page for Sunday Events

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
3100 Shore Drive Apt 950
Virginia Beach, VA 23451-7318

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David Gregg III Memorial Meet, Feb 4-5

Order of Events for Sunday, Feb 5

Warm-Ups 7:30-8:30 am

37-38	200 IM – Time Trial
39-40	200 Fly – Time Trial
41-42	200 Back – Time Trial
43-44	200 Breast – Time Trial
45-46	200 Free – Time Trial
47-48	1650 Free
49-50	400 IM
51-52	500 Free

Entry Deadlines:

Paper entries – Monday, Jan 23

Online entries – Tuesday, Jan 31

Questions? Contact Heather or Chris Stevenson (804) 310-3069 or (804) 332-4339.

Emails: hnsrva@gmail.com and chrisl Stevenson@gmail.com