

# The Wet Gazette



Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

## Masters Spotlight: Betsy Durrant

Betsy Durrant, who just stepped down as our long time newsletter editor, has been (and still is) involved with Masters swimming both at the local and the national levels. So, we thought folks might enjoy a few Q & A about Betsy's time as a Masters swimmer . . .

### **Q: How long have you been swimming masters?**

A: My first Masters meet was in 1973 in NC when we were living at Camp Lejeune. We had some Masters events between the trials and finals of the NC Junior Olympic meet. My first nationals were in 1975 in Ft Lauderdale for SC and Knoxville for LC.

### **Q: Were you also a coach for Masters swimmers?**

A: For many years I wrote the workouts for our weekend group swims. When I retired, I started coaching at the VB Rec Centers. I think I coached for 10 years.

### **Q: How long have you been volunteering for the LMSC? What roles have you taken on for the LMSC?**

A: In 1979, the AAU was dissolved and swimming was independent. Forrest Sullivan and I drove to Richmond for an organizational meeting of Virginia Swimming. The first order of business was to decide not to include Masters. Forrest and I headed home after just 20-30 minutes. I called Ted

Haartz, USMS President, for advice. He talked to me for almost an hour. As a result, we organized our LMSC with me as chair and Nancy Polisky (Miller) as Registrar. Forrest had already organized VMST and was team president. At that time, the team was VAM (Virginia Area Masters).

The Potomac Valley Chair, the Delaware Valley Chair, and I worked together. I copied PV By-Laws with some modifications. We had a short meeting after the lake swim to approve the By-Laws. It was so hot and everyone was so tired that a motion was made to approve before anyone read them.

In 1984 after 4 years as Chair, Nancy and I exchanged positions and she became Chair for 4 years and I became Registrar. I continued as Registrar until the mid 90's when I took over as Newsletter Editor.

### **Q: You've been doing this at a high level for a long time. What motivates you in your volunteer work? What roles have you taken on at the National USMS level?**

A: My motivation is that I love the people who volunteer for our sport. It is a very intelligent group and lots of fun. I became involved nationally in an unusual way. I had never attended convention because it was hard to miss school. I preferred to use personal time for nationals. But, our Zone Rep had to resign due to job pressures. I got a call from Gail Dummer, PV chair at the time, asking if I would be interested. Gail and Joann Leilich worked with Dot Donnelly and before

anyone knew what was going on, I was elected the Zone Rep. At that time, the Zone Committee was made up of Zone Reps. The Zone Reps elected a Zone Chair who was a member of the Executive Committee. My first convention was in 1987 in Atlanta. Conducting the Zone meeting was tough. As I called meeting to order, I looked out and could see 2 past presidents, the Executive Secretary, the Legal Counsel, and numerous other movers and shakers. After 2-3 years, I became Zone Chair and served on the Executive Committee for 4 years. I was USMS Secretary from 1998-2001. I then became Chair of the Long Range Planning Committee which expanded into a Task Force for reorganizing our governance structure. When the new governance was approved, I became a member of the Board of Directors as an At Large Director. Since that term ended, I have backed off and served on several different committees.

### **Q: Outside of the pool, what occupies your time?**

A: Outside of the pool, I don't have much time for anything else. However, since we moved to our new home at Westminster Canterbury, I have found time for bridge once a week and have



become hooked on a competitive croquet league. Croquet is a new challenge and I have a lot to learn. I practice between matches and have made significant progress, but I have a long way to go. The others who play are lots of fun and I enjoy it immensely.

**Q: Some people might be surprised to know that...**

A: I am so open about my life that I am not sure anything would surprise people. However, sometimes Chris Stevenson and I surprise people with our banter and insults since he is a UNC fan and I am a Duke fan.

**Q: What's the most interesting thing you have seen at a Masters meet?**

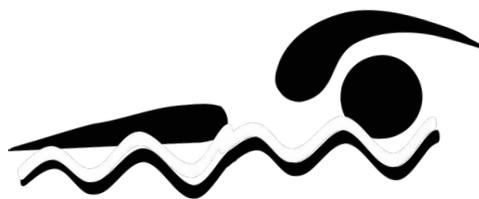
A: I love seeing families forming relay teams. To see several generations sharing the sport is wonderful.

**Q: What's the funniest thing that has happened to you while involved with Masters swimming?**

A: One night while at a meet at UMBC, Judy Martin and I left the key in door all night. Perhaps we had too much wine. The next day Forrest Sullivan teased us about leaving the key available and no one tried to come in. Actually he probably said no one wanted to come in.

**Q: What's your favorite thing about Masters swimming?**

A: Competing is a motivation for me to push myself and practice hard. Without Masters competition, my level of exercise would be much lower. But the best part, is the friends that I have made from all over the country and some beyond the U.S. I feel very close to many of the women in my age group since we have known each other for many years. Friends tease me about knowing so many people, but I work at it. I love to socialize with other swimmers.



# Upcoming Swim Meets

(VA LMSC Meets in *Italics*)

Date	Meet	Location	Entries (Registration Deadline)
Sept. 9, 2017	Steve Barden Memorial Swimming Meet (SCY)	Asheville, NC	Online (9/6)
Oct. 7, 2017	Columbus Day Classic (SCY)	Washington, DC	Online (9/29)
Oct. 29, 2017	GMUP Sprint Classic (SCY)	Fairfax, VA	Online (10/24)
<i>Nov. 4, 2017</i>	<i>VMST Fall Meet (SCM)</i>	<i>Virginia Beach, VA</i>	<i>Online (11/1); paper (10/30) - meet information in this issue</i>
Nov. 11, 2017	Maryland Swim Series Meet #2 (SCY)	Easton, MD	See vaswim.org
Dec. 2, 2017	GERM Winter Solstice Meet (SCM)	Boyd's, MD	See vaswim.org
Dec. 10, 2017	Maryland Swim Series Meet #3 (SCY)	Chestertown, MD	See vaswim.org

## LMSC OFFICERS

*Chair:* Kirk Clear  
*Vice-Chair:* Denise Letendre  
*Secretary:* Alice Phillips  
*Treasurer:* Becca Latimer  
*Registrar:* Shirley Loftus-Charley  
*Coaches:* Rich Williams  
*Fitness:* Brianna Lovell  
*Long Distance:* Kate Stephenson  
*Newsletter:* Heather and Chris Stevenson  
*Officials:* Charlie Cockrell  
*Records & Top Ten:* Chris Stevenson  
*Review:* Heather Stevenson  
*Safety:* Jim Miller  
*Sanctions:* Steve Hennessy  
*Webmaster:* Chris Stevenson

## GENERAL INFORMATION

*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)

Nearby Zones  
*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)

## Coach's Corner

by Rich Williams

I am honored to be one of the newest board members for the Virginia LMSC. I am the proud coach of Club Tribe – a team that a small group of William & Mary alumni started just a few years ago. At the time, we were only looking for an opportunity to occasionally swim a relay together. We quickly rediscovered our love for the sport of swimming, as well as the enjoyment that comes from working together as a team in the pursuit of a common goal. Our numbers grew much faster than we ever envisioned, and Masters swimming is now an enduring and joyous addition to our lives. I speak for the entire team when I say that we are truly grateful to the Virginia LMSC for the warm reception that we received.

In the coming months, I would like to use this board position as a platform to communicate with the LMSC regularly on training and coaching issues specific to the Masters swimmer. We all know that training as an adult is a much different endeavor than training as a high school or college athlete. In addition to the obvious time and energy constraints that Masters swimmers must balance, the adult athlete may need to manage new physical limitations that did not previously exist. The best Masters swimmers use training methods that are specifically designed to get the most benefit within an optimal amount of time. These swimmers also understand the vital roles that nutrition, recovery, and sleep play in one's ultimate success. I look forward to sharing information on these and other related topics, including Ultra-Short Race Pace Training (USRPT), training specificity, goal

setting, test sets, and peak performance. Once again, I am grateful for this opportunity, and I look forward to contributing to a remarkably talented LMSC.

## Summer Nationals Recap

The Virginia Masters Swim Team (VMST) was the only club from the Virginia LMSC to make the trip to Minneapolis in August to compete in the 2017 USMS Summer Nationals at the University of Minnesota. However, with only seven swimmers, VMST had an impressive showing, finishing in 14th place among 170 local clubs at the meet. The results have been posted.

VMST was led by Beth Schreiner, who won three of her five individual events in the 75-79 age group, and placing 2nd in the other two. In the process, she broke the LMSC long-course meters record in the 100 backstroke with a time of 1:50.11. Sandy Galletly (75-79) traveled to Minnesota from his home in Scotland to claim

victory in the 200-meter backstroke. Sandy also took 2nd in the 1500 Freestyle, and posted two 4th place finishes in his other individual events. Sandy set three new LMSC records: 400 free (7:08.43), 1500 free (28:14.90), and the 200 breast (4:24.84).

Greg Harris scored some important points for VMST by posting six top-10 finishes in the 50-54 age group, placing 3rd in three events—the 100 and 200 breaststrokes and the 200 individual medley. He also lowered his LMSC record in the 100-meter breaststroke, swimming an amazing 1:12.45. Competing in the same age group, Kirk Clear also took a 3rd place in the 50-meter backstroke, as well as a 7th place finish in the 100 back.

Barbara Boslego (65-69) also garner a lot of points for VMST, finishing in the top-10 in all five of her events, placing as high as 4th in the 50 breast. Jenny Kellinger (55-59) also placed in the top-10 in all four of her events, finishing 3rd in the 50-meter freestyle. Ray Keating (55-59) competed in four individual events and one relay for VMST. See [www.vaswim.org](http://www.vaswim.org) for more photos.



The VMST Team at 2017 LCM Nationals

## Short Course Yards Wrap-Up

The final Top 10 lists for the 2017 short-course yards season (SCY17) have been published. The season ran from June 1, 2016 thru May 31, 2017.

Swimmers from our LMSC did well: 104 ranked individual swims and a whopping 39 ranked relays (the most since 2004)! There were 41 swimmers who had at least one Top 10 swim; Shirley Loftus-Charley led the way with 15 ranked swims; impressive performances were also turned in by Johnnie Detrick (10 swims) and Katie Grier (7 swim). There were four swimmers who had at least one top-ranked swim in an individual event, with Johnnie taking the top spot in an amazing nine (9) events! Other top-ranked swimmers from our LMSC were Shirley, Katie, and Beth Schreiner. There was also twelve relays that were the best in the country in their age groups: 7 by Club Tribe and 5 by VMST.

More details on these and other recent Top 10 achievements are given elsewhere on our website. Anyone making a Top 10 list can order Top 10 patches to commemorate the achievement. Nicely-formatted booklets are also available for download or order.

The LMSC record book was also re-written in the past SCM season: 50 new individual records were set, led by Shirley with 13 records. Shirley also set five new Colony Zone records, while Kristen Harris, Marina Falcone, Johnnie, Miriam Tuovila, and Geoffrey Meyer each set at least one new zone record this season. There were also 21 new LMSC relay records, set by Club Tribe (9), VMST (10) and DDP (2). The mythical national championship rankings are based on scoring the Top

10 swims by zone, LMSC or club. As an LMSC, Virginia was ranked 9th out of the 52 LMSCs. At the club level, VMST was ranked 20th and Club Tribe 28th out of more than 280 clubs that had swimmers in the Top 10. Wow!

Congratulations to everyone on a great season!



## Lake Moomaw 2017 - Results

by Dave Holland

On Saturday, August 5, the fifth annual Lake Moomaw Open Water 1-mile swim began at 9am under cloudy skies and windy conditions. Air temperature was about 60 degrees at the start, the water temp was 77 degrees, and a strong wind out of the north brought some waves and chop to Cole's Point. The field of 61 swimmers was not deterred, though, as they made their way toward Gathright dam in the fifth annual swim that is billed as the "Best Dam Swim in Virginia!"

Kate Stephensen, 28, of Charlottesville, took top honors this year, emerging from the water in 22:11.00 as the top finisher overall. Olivia Heeb-Wade, 20, finished second in 22:41.00, and Cameron Rowe, 23, rounded out the top three overall and was the top male finisher in 23:01.00.

The event was possible due to volun-

teer efforts from the Alleghany Highlands Chamber of Commerce, Virginia Masters Swim Team, United States Masters Swimming, and the rescue squads from Westvaco water rescue and Falling Spring rescue. More information, facebook links, photos and videos can be found at [www.lakemoomawswim.com](http://www.lakemoomawswim.com).

## Archived Newsletters

Many years ago, before Betsy's most recent tenure as newsletter editor (she has been editor a couple of different times!), Chris and I (Heather) were newsletter editors for a while. During that time, VMST was the largest team in the LMSC, by far. Things have changed a lot since then (the LMSC has many more large teams, a majority of the newsletters are now distributed electronically instead of by mail, etc.), but we recently found a number of old newsletters from the early to mid-1990s (both VMST and LMSC newsletters). Those are now archived on the [www.vaswim.org](http://www.vaswim.org) website for your reading pleasure.

Take a wander down memory lane and see who you recognize in the newsletter photos!



**VIRGINIA MASTERS SWIM TEAM**  
**37<sup>th</sup> ANNUAL FALL SWIM MEET**  
**SATURDAY, NOVEMBER 4, 2017**



**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 toward First Court Rd. When you see the water tower just beyond the intersection with a stoplight, turn left onto First Court Road. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

**Meet Directors:** Mitch Saks and Cindy Hamilton.

**Sanctioned by:** LMSC for VIRGINIA for USMS, INC. Sanction # 127-S005

**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, 2017. 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](http://www.usms.org) (on Nov 1 or later) or be prepared to register with LMSC for Virginia on the day of the meet.**

**Tips for new swimmers:** Forms are available at [www.vaswim.org](http://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 because all new registrations after November 1 will be valid through December 2018.

**ORDER OF EVENTS.** Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat of 1500 begins at 9:45 am.

There will be another 30 min warm-up at 11:00 or at the completion of the 1500s. Event 2 will start no earlier than 11:30.

Men and Women will swim together. Back-to-back events are not a good idea.

1. 1500 m Freestyle	8. 100 m Butterfly	16. 100 m Backstroke
2. 50 m Breaststroke	9. 100 m Breaststroke	17. 400 m Freestyle
3. 200 m Individual Medley	10. 200 m Free Relays *	18. 200 m Butterfly
4. 200 m Backstroke	11. 400 m Individual Medley	19. 100 m Individual Medley
5. 400 m Free Relays *	12. 200 m Freestyle	20. 50 m Backstroke
6. 200 m Medley Relays *	13. 50 m Butterfly	21. 100 m Freestyle
7. 50 m Freestyle	14. 800 m Free Relays *	22. 400 m Medley Relays *
	15. 200 m Breaststroke	23. 800 m Freestyle

**\*Relays There will be one heat of each relay. Women, Men and Mixed Relays will be in the same heat. No charge for relays. The meet should be completed by 4:30 pm.**

**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 plus surcharge.** Swimmers may enter a total of 6 individual events and 5 relays. **NOTE THE CHANGE IN NUMBER OF INDIVIDUAL EVENTS ALLOWED.**

**Entry Deadline:** To be seeded, paper-entries must be received by **Monday, October 30.** The easiest way to enter is 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 1.**

**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 4<sup>th</sup> through 6<sup>th</sup> places. Ribbons for relays.

**Social:** Back by popular demand... Due to success of last year's Social, we'll be returning to Commonwealth Brewing Company. Food to be provided. We have requested a larger room and help with parking. Carpooling from the pool will definitely help. More details at the pool at check-in.

**Hotel Information:** Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

**Relays!** To provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 5, 6, 10, 14, and 22. Relay entry forms will be available at Check-In.

**NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.**

**\*\*\*\*\* PAPER ENTRIES ARE DUE BY OCTOBER 30. ONLINE ENTRIES CLOSE NOVEMBER 1!\*\*\*\*\***

ENTER ONLINE AT [www.clubassistant.com](http://www.clubassistant.com)

Or go to [www.vaswim.org](http://www.vaswim.org) and click on Upcoming Meets. There is a link there.

Age (on Dec 31, 2017): \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign waiver on next page**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

USMS #: \_\_\_\_\_ Team: \_\_\_\_\_ Sex: \_\_\_\_\_

*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.*

<i>Evt #</i>	<i>Seed Time</i>	<i>Event</i>	<i>Evt#</i>	<i>Seed Time</i>	<i>Event</i>
(1)	_____	1500 m Free	(13)	_____	50 m Fly
(2)	_____	50 m Breast	(15)	_____	200 m Breast
(3)	_____	200 m IM	(16)	_____	100 m Back
(4)	_____	200 m Back	(17)	_____	400 m Free
(7)	_____	50 m Free	(18)	_____	200 m Fly
(8)	_____	100 m Fly	(19)	_____	100 m IM
(9)	_____	100 m Breast	(20)	_____	50 m Back
(11)	_____	400 m IM	(21)	_____	100 m Free
(12)	_____	200 m Free	(23)	_____	800 m Free

*Please note that there is no break in the meet program. Think carefully before entering back-to-back events. Relays (events 5,6,10,14,22) will be deck entered. There will be no entry fee for relays.*

Number of Events \_\_\_\_\_ x \$6 = \$ \_\_\_\_\_  
 \$10 Surcharge = \$ 10  
 Number of people for social \_\_\_\_ x \$10 = \$ \_\_\_\_\_  
 Results Mailed (\$2) = \$ \_\_\_\_\_  
 Total Amount Enclosed = \$ \_\_\_\_\_

*Results will be posted at  
[www.vaswim.org](http://www.vaswim.org).  
 If you want results mailed  
 to you, fill in blank to the left.*

*Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 3100 Shore Dr #950, Virginia Beach, VA 23451. For questions about entries, e-mail Betsy at [durrant6@gmail.com](mailto:durrant6@gmail.com) or phone Betsy at 757-615-1661. No calls after 9:30 pm, please! For other questions, contact Mitch Saks at (757) 343-8793 or [Mitchell.Saks@wellsfargo.com](mailto:Mitchell.Saks@wellsfargo.com)*

**DO NOT FORGET TO SIGN AND SUBMIT THE WAIVER. WAIVER AVAILABLE FROM BETSY OR AT MEET.**

## Fitness Corner

by Brianna Lovell

Hi Everyone! My name is Brianna Lovell, the new Fitness Chair for the VA LMSC. I wanted to provide a brief background about myself from my swimming career to just normal things about myself.

- Born and raised in Newport News, Va.
- I began my swimming career at nine years old as a club swimmer for South Eastern Virginia Aquatics and continued through my senior year of high school.
- I attended Randolph-Macon College as a student athlete (Ashland, Va). I majored in Accounting and minored in Economics. Graduated in May 2012.
- I continued with a Masters in Business Administration from Liberty University (Lynchburg, Va). Graduated in December 2015.
- I joined Masters swimming in January of 2013 in Newport News, VA as a member of VMST where I trained with a group Ft. Eustis Army Base coached by Steve Hennessy. I am no longer a member of the sanctioned team, but rather, I swim unattached and receive my workouts from one of my closest friends who coaches for South Eastern Virginia Aquatics. When I am in full swing training mode, I do the senior group workouts from SEVA six days a week.
- I am currently working at Ferguson Enterprises, Inc. headquartered here in Newport News, VA as a Finance Analyst in Financial Reporting. I have been with Ferguson for four

and a half years working in various different roles throughout Finance.

- Some of my hobbies include singing in the local choir here in Newport News, attending most if not all country concerts in the area, running, and spending time with friends and family.

I am very much looking forward to getting to know everyone within the VA LMSC and working with each of you. My main focus as Fitness Chair will be growing not just competitive swimmers in our LMSC, but also, fitness athletes, through fitness tips, cross training opportunities, and also nutrition. Thank you for allowing me to do what I love and spread my knowledge to better the organization.



## LMSC Board Meeting Update

The LMSC Board met by conference call on July 23, 2017 to discuss a variety of topics including appointment of the new Coaches Chair and Fitness Chair. In addition, the LMSC has a new treasurer, Becca Latimer, who has been onboard for a few months. Kirk Clear reported that he attended the USMS's annual LMSC Leadership Summit, which was in Houston this year. Minutes of the meeting are posted at [www.vaswim.org](http://www.vaswim.org).



## Favorite Sets

In case you have to workout alone or you just want to try something new, here is a workout suggestion from the USMS website and Coach Mark Johnson. If these intervals don't work for you, by all means, adjust them!

**FOCUS:** 500 at Race Pace

**Warm-Up (600):** 4 x 150s [100 free plus 50 kick] on :30 seconds rest

**Kick Set (400):** 16 x 25 underwater dolphin kick (UDK) with fins, alternating on stomach and on back on 1:00 interval

**Transition Set (400):** 8 x 50s free of "swim golf" which is stroke count PLUS 50 time (30 strokes on :40 = 70 Swim Golf  
Try to reduce the number of stroke AND speed up the time

**Main Set (1,500):** 30 x 50s free at 500 pace on :20-seconds rest  
If you don't hit 500 pace, then sit out for one interval. Track how many you make and how many you miss out of 30.

**Cool Down (200):** 200 EZ free

**TOTAL:** 3,100 YARDS

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Long Course Nationals at Minneapolis - What a great pool!