

The Wet Gazette



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



Master's Spotlight: Craig Bauer

Craig coaches the Stripers, a team that swims at the Northern Neck YMCA in Kilmarnock, Virginia. Kathryn Gregory started the Stripers back in 1998 just after she and her husband retired and moved to the area. Craig Bauer took over the reins as coach of the team when the Gregorys moved to Florida in 2017 to be closer to family.

Craig, when did you join USMS?

My first experience with Masters Swimming was in the mid 70's while attending Harding University. Not sure if anyone was required to join USMS back at that point. I continued to swim until about 1984 when my job required me to travel. In 1999 I relocated to Indianapolis and joined a local Masters Swim Club (Indy Swim Fit which changed it's name to Indy Aquatic Masters). In 2015 I retired and moved to Reedville. At that point I changed my club affiliation to VMST.

Where and how often do you swim?

I currently swim and coach a Masters Team through the Northern Neck Family YMCA (The Stripers) in Kilmarnock, Va. We are part of VMST. I am able to get 3-4 days in the water.

What is your background as a swimmer and athlete?

I swam in High School where yardage was the focus. I went on to attend Harding University where I swam one year. During my summers I managed the community pool where I started a summer league and fell in love with coaching.

What motivates you to swim?

The camaraderie with teammates is number one and my competitive nature is next. I love to see my seed times with younger Masters Swimmers.

Outside of the pool, what occupies your time?

Photography is a second passion to swimming. I love taking pictures of anything that strikes me at the moment. One day wildlife and next landscapes. At church I just took the photos of our members to update our directory.

Some people might be surprised to know that ...

I am a huge fan of The Andy Griffith Show. Since I retired, I am growing my artistic side by making Christmas gifts. I support the youth at church by playing parts in their Christmas play.

What's the funniest thing that has happened to you (or that you have seen) at a Master's event?

As a member of the Indy Aquatic Masters team in Indianapolis I took pictures of the meets for our team and swimmers. I was at the end of the pool with my camera in hand ready for the swimmers to step up on the blocks, the whistle blew so the swimmers stepped up. In lane 8 the swimmer was late arriving, he ran and jumped on the block, bent down to get ready for the start and realized he still had his flip flops on. Everyone was laughing so hard along with myself I forgot to take the shot.

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This month we are spotlighting not only Craig Bauer, but his team - the Stripers. Over the next couple of pages, you will find stories about and comments from team members. We hope you enjoy this chance to get to know some of the swimmers in our LMSC!

Stripers and Me: A Love Affair ...

Thoughts By Members of the Team

I have been a member of USMS for many, many years and while I have enjoyed the varied swimming experiences, swimming with my fellow fish on a real team, The Northern Neck Stripers, with a real coach, Craig, makes swimming so much more. More fun complaining about the workouts, more fun making fun of our coach, more fun learning new techniques (and I thought I knew how to swim!), more fun changing for our workouts and laughing about the cold showers after the workout, more fun enjoying coffee afterwards, but the most fun is the love and support I feel from this very special group of swimmers...

Molly

Continued on page 3



Upcoming Swim Meets, Events and Clinics

General Information

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
 Nearby Zones
Colonies Zone: www.Colonies-Zone.org
Dixie Zone:
www.DixieZone.org
Online Meet Registrations:
www.clubassistant.com

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

Date	Meet	Location	Registration Deadline
Apr. 13-15, 2018	Colonies Zone SCY Championship	Fairfax, VA	Apr. 6, 2018 (online)
Apr. 28, 2018	Coastal Master's Invitational	Bolivia, NC	Apr. 24, 2018 (online)
May 10-13, 2018	USMS Spring National Championships	Indianapolis, IN	Apr. 9, 2018 (online)
May 15 - Sept. 15, 2018	USMS 5K/10K ePostal Nationals (50 m pools only)	Your choice of 50 m pool	Sept. 15, 2018 (online)
May 26-27, 2018	Jim McDonnell Lake Swims (1-mile and 2-mile)	Reston, VA	May 23, 2018 (online)
June 2, 2018	John Shrum Memorial Cable Swim	Charlottesville, VA	May 30, 2018 (online)
June 16, 2018	Virginia Masters State Open Water Championships	Richmond, VA	June 16, 2018 (online - see dates for price bumps)
July 14, 2018	2nd Annual TIDE Speedo Masters LCM Meet	Virginia Beach, VA	July 11, 2018 (online), July 9, 2018 (paper)
July 18 - Aug. 5, 2018	UANA Pan American Masters Championships	Orlando, FL	June 30, 2018 (online)
Sept. 15 - Nov. 15, 2018	USMS 3000/6000 ePostal Nationals (25 yd and 25 m pools only)	Your choice of pool	Sept. 15, 2018 (online)

Open Water Season Starts Soon!!!



Upcoming events include (see links for entry information):

Jim McDonnell Lake Swims:
www.clubassistant.com
 Virginia Masters State Open Water Championship:
www.pelusoopenwater.com
 John Shrum Memorial Cable Swim: www.clubassistant.com

If you need ideas for workouts to get you ready for open water swimming, check out [usms.org](#) (under Fitness & Training). See you at the lake/river/ocean!

Meet Recap – 3rd Annual Club Tribe Masters Classic

Williamsburg, VA – March 17, 2018

By Kyle Ahlgren (Club Tribe)

Club Tribe welcomed 104 Masters swimmers representing 12 teams to Williamsburg on March 17 for the 3rd Annual Club Tribe Masters Classic, a sprint-oriented meet with an emphasis on relays and having fun. We are grateful to all of the swimmers who participated, and for the volunteer efforts of Dan Demers, Charlie Cockrell and their officiating crew, Administrative Officer Heather Stevenson, results guru Chris Stevenson, and the College of William & Mary varsity swimmers, who did a great job running the meet.

Among a plethora of excellent swims were 10 new VA LMSC individual records and one new relay record. On the women's side, VMST's Val Van Horn Pate had a remarkable meet, lopping big chunks of time off of four records in the 55-59 age group: 50 Back (30.54); 100 Back (1:06.99); 50 Fly (29.71); and 200 IM (2:30.22). On the men's side, Doug Slater of Club Tribe led the way with new standards in the 60-64 50 Back (27.69), 100 IM (1:02.17), and 400 IM (5:08.78). Craig Bauer established new records in the 65-69 200 Free (2:15.65) and 50 Breast (35.94), while William Throne lowered the 60-64 100 Back record to 1:09.30. Finally, Club Tribe's 25+ Mixed 200 Free Relay of Kevin Gallagher, Gabby Mizerak, Kyle Loughran, and Katie Grier

set a new record of 1:34.46. Congratulations everyone – impressive stuff!

We were thrilled to see so many teams get deep into the relay action, with 15 200 Free Relay teams and 18 teams entered in the meet's signature event – the 100 Medley Relay. This splash-and-dash medley relay saw a number of standout performances, including several very swift VMST teams, some solid mix-and-match combos, and a speedy 48.79 from the men of SWIMNERD (Sam Harris, Christopher Scott, Nathan Tschol, Mike Ginder), eclipsing the previous meet record. In the end, Club Tribe took home the hardware (pewter Jefferson cups) in each relay, with the women winning in 59.08 (Michele Choe, Victoria Maqueda, Katie Grier, Lindsay Lovett), the men in 44.98 (Alex Henderson, Alex Montes de Oca, Austin Glass, Kyle Loughran), and the mixed relay in 51.62 (RuthAnne Thomas, Leslie Nelson, Michael Lovett, Luke Robbins). Great racing across the board!

We're looking forward to seeing our fellow VA LMSC swimmers at Zones and Nationals, and we hope you will join us for this meet again next year.

Compete results are available at:
www.vaswim.org/meets/results



A Love Affair (cont'd from page 1)

It is rare in your adult life to have someone who pushes you beyond what you think you are capable of and to have a group of incredible people that you can share your pain, suffering and triumphs with. There are times when I want to object to the coach's challenges and when I think I can't do what he is asking but the feeling you get when you do try is worth everything. Being on the Striper swim team brings me back to my childhood in so many ways, especially remembering how to dive off a block again to the sound of the gun and the cheers of your teammates... *Martha*

I have now been on the Stripers team for about 3½ years. I started (along with my wife) after having lunch one day with my sister who had been swimming for a few years. She told me what a great practice she had that morning and I was intrigued. My siblings and I all swam on a team as kids but I had not done any organ-

ized swimming in over 40 years. Three and a half years later and I really enjoy the intensity of the workouts, the great group of people (can't understand why there aren't more guys!), and the terrific coaching. I am amazed at how much I have improved and look forward to continuing to get better. Running used to be my thing, but too many miles on the knees put an end to that. Swimming is something I feel I'll be able to do for a long time... *John*

I started swimming 3½ years ago at my husband's urging as he wanted us to do it together. He swam competitively as a boy/teenager, but I had no swim experience, other than playing in the backyard pool. I have always been an athlete, growing up as a state-ranked tennis player and then a distance runner for over 40 years. I no longer run, except for an occasional jog, however swimming allows me to train as hard as I used to as a runner. I enjoy pushing myself, simply for the joy of training and working at some-

A Love Affair (cont'd from page 3)

thing. The other thing I love about swimming is the people that I swim with 4 mornings a week. I am amazed at the connection between everyone in the pool, regardless of their various backgrounds. I also find it amazing that *together* we can get through a really hard workout that would be very difficult to do on my own. We have a fantastic coach and I love that at the ripe old age of 57, I am excelling in a new sport. I can honestly say that this is one of the best things I have ever done!... *Nancy*

I have been a part of the Stripers for almost 4 years, but their reputation is a legend in the Northern Neck. They have such fun! Encouraging, challenging, and supportive at all times-it's hard to think of a better group of friends. Having my brother and his wife on the team is an added incentive. We still see who can swim the farthest under water, just like we did 50 years ago... *Kathy*

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Tide Swimmers Enjoy A "Social Fund" Event!

As advertised in the February newsletter, the LMSC is piloting a program to encourage teams and groups to get together outside of practice. Up to 10 groups of eight or more swimmers can be reimbursed up to \$100 for food and beverages for a social event. The application for the funding is at:

<https://goo.gl/forms/oNaobgMWcV5obb8e2>

Tide swimmers decided to party in style when they chose St. Patrick's Day for their social event. Everyone had a great time getting to know each other outside of the pool. The event also convinced two people to enter their first Masters meet!!!

Yahoo!



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Stripers Support Each Other

On February 17, ten swimmers from the Stripers logged 37,400 yards (21.25 miles) in support of their teammate, Carolyn Quinn. Quinn, a collegiate swimmer for California State University at Long Beach State, the 49ers, recently lost her friend and former teammate to cancer.

As a tribute to the fallen 49er, members of the Stripers Swim Team gathered on that Saturday and swam a workout of 49x100 or a distance of choice chosen by the swimmer.

Quinn was especially grateful that her teammates took the time to recognize her friend, Patricia (Patty) Mitchell. Patty was a remarkable swimmer, entrepreneur and role model for all young African-American children who loved to swim.

"It's a tribute to the Stripers Swim Team," Quinn said. The team rallies behind every swimmer and we support each other in practice and in life.



Front Row: Carolyn Quinn, Nancy O'Shaughnessy, Molly Broderson, John O'Shaughnessy, Esther Glover
Back Row: Craig Bauer, Martha Little, Michelle Faulkner, Pat Sikora
Andrea Latell not pictured as she swam off site.

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Fitness Corner: 2K Swim Can Save a Life

By Brianna Lovell,
VA LMSC Fitness Chair

Do you want to continue your fitness goals for 2018 after the 30 Minute Swim? The 2018 USMS Fitness Series features two additional FUN fitness events for all individuals trying to continually improve their fitness level: the **2K Swim**, and the **1-Mile Swim**. While these events provide an opportunity for all swimmers to reach new levels of fitness, the 2K Swim is geared towards intermediate fitness swimmers and the 1-Mile Swim is a slightly more advanced event. The progression of these events gives all those fitness swimmers out there a chance to set, continue to strive for, and meet successful fitness goals for the year.

As July is quickly approaching, let's focus on the 2K Swim being held July 15-31. Maybe you participated in the 30 Minute Swim; maybe you didn't. Either way, this new event is open to anyone who wishes to participate. Although geared specifically towards intermediate level fitness swimmers, swimmers of all abilities can help motivate each other to participate or be the supporters for others. The idea is to promote motivation and comradery across the organization. Entry fees will be \$10. If you are new to swimming or are just coming back from a hiatus, a 2K swim can be daunting. To help you, USMS provides 6-week training plans created by USMS-certified coaches at usms.org. This truly gives each swimmer the opportunity to set their fitness goals, document them, and achieve them. Maybe you want to complete the event in its entirety by swimming nothing but butterfly. Maybe you simply want to show up and complete the event while having a blast with friends and colleagues. Either way, this is the perfect second step to improving your overall fitness level after the 30 Minute Swim. Bring a friend to introduce them to Masters swimmer and to participate with you!

Just like the 30 Minute Swim, the 2K Swim and the 1-Mile Swim will serve as official fundraisers for the USMS Swimming Saves Lives Foundation. This foundation serves as a fi-

nancial and educational resource for programs across the country to provide swim lessons for adults and raise awareness about adult drowning. What better way to motivate improved fitness than by contributing to a charitable organization? Your 2K Swim and/or donation could save a life. Please see this link to donate or become a fundraiser for the event: www.usms.org/content/fitness_series.

An AWESOME addition to these fitness events is that individual clubs hosting the events can choose to have participants donate to a local charity of their choosing. The entry fees will continue to go directly to the USMS Swimming Saves Lives Foundation but any additional donations can be made to the local charity of choice. The individual club will need to provide the opportunity for these additional donations on an individual basis.

Like most other events, social media is a must and USMS has provided a hashtag to use for Facebook or Instagram posts: #USMSFitnessSeries. And let's not forget about the SWAG. Upon registration for the event, swimmers will receive discounts from USMS partners, sample packs from SmartyPants Vitamins, and an event swim cap. Who doesn't love a new swim cap?!

All participants are encouraged to sign up for the event on the USMS website. The link will be provided as soon as entry opens on May 1st. If for some reason you have not registered for the event upon arriving, there may be a device on the pool deck for you to sign up on the spot to ensure your donation to the cause. Additional donations are very appreciated. Any swimmer who participates in all three of the fitness series events will be eligible for a potential prize.

Stay tuned to the Fitness Corner for more information about the 2k Swim and the 1-Mile Swim as they approach. But come July, join your club or a local club to complete the 2K Swim, have fun, and help save lives.

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Local Masters Swim Committee Newsletter
Chris and Heather Stevenson, Editors
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Henrico, VA 23229

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USMS.org Has A New Look!

At the 2017 USMS Convention, the House of Delegates approved funding for a new web platform to modernize usms.org. The total website overhaul is a multi-year project. Phase 1, which is rolling out now, is designed to be a resource for prospective members.

Some things you should know about the new website:

- If you are looking for volunteer information (the Rule Book, the Guide to Operations, information about Convention, etc.), you will now find links to this information at the bottom of the page instead of on a separate tab.
- “Club Finder” is now the source for prospective members looking for a Masters team. *Note that each club **MUST** submit its information (location, workout times, etc.) in order to be listed in Club Finder this year.* We strongly recommend that each club do this as soon as possible. Until that information is uploaded to the USMS website, club information will not be available on the USMS website. To enter club information, go to USMS.org, scroll to the bottom of the page to find a link to “Add a Club to Club Finder” under “Club Resources.” In the future, it is

our understanding that the club information will be populated based on club registration each year.

- USMS is also now rolling out a “Gold Club” designation for those clubs that provide the highest level of service to USMS members. These Gold Clubs are given priority placement in Club Finder and will receive free digital advertisements, discounts on education courses, and other benefits. For more information about Gold Club designations, please contact USMS Club and Coach Services at the National Office.
- “Places to Swim” is still a part of the website, but it is a member-only benefit and you must login to the website to access it.
- Even if you had a login on the old website, you will need to create a new one for the new website. It’s easy and only take a few seconds to login and check out the member-only content.

While Phase 1 of the website update is focused on new members, Phases 2 and 3 will focus on existing members and volunteers. So, be on the lookout for more upgrades and improvements in the near future.

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