

# The Wet Gazette



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## Master's Spotlight: Alice Phillips

If you have been swimming masters in Virginia, you have probably met Alice Phillips. She has been a stalwart member and volunteer for our LMSC for years. She currently coaches masters swimmers (Peluso Open Water Masters) and has been both a high school and a summer league coach. She regularly contributes articles for the newsletter (watch for one next month!).

### Alice, when did you join USMS?

Wow, I think I have been swimming masters since 1991, which would mean this is my 27th year. I swim three or four times a week, mostly at SwimRVA and ACAC-Midlothian. During open water season, I like to swim in the James River at least a couple times a month. This year I have only been in the river one time so far because we have had so much rain and flooding.

### What is your background as a swimmer and athlete?

I swam summer league growing up and by the end of the season could usually hang with the year round girls. I was encouraged to swim year round, but I really didn't want to focus on one sport. Instead I ran track, played volleyball, managed basketball, and also played field hockey, which I went on to do for two years in college. In my 20's and 30's I kept up running alongside the swimming and even did a couple triathlons. Once the 40's hit however, my knees announced that I had to stop running. These days I mix up the swimming with some lifting, yoga, and walking/hiking.

### What motivates you to swim?

Open water swimming has truly renewed my love of swimming. The uncontrollable conditions, the unexpected turn of events and just being outside all add a new dimension to the fitness routine. There's no black line out in the open water and that is really cool. I still enjoy a good interval workout in the pool and how with swimming you can measure yourself every time. Even though I don't get faster any more, I still really enjoy the experience of feeling strong during a tough set and sometimes surprising myself that, hey, I can still do this. I guess my last motivation is that water washes things out. I

can dive in grumpy and tired, yet feel really relieved and unburdened by the time I get out.

### What kind of volunteer work do you do for the LMSC?

I am currently the LMSC secretary and have done a few other committee jobs over the years. After all these years, I am still inspired by the devotion of our volunteers - people like Patty and Jim Miller, Charlie Cockrell, Betsy Durant, Shirley Loftus-Charley, Chris and Heather Stevenson, just to name a few!

### Outside of the pool, what occupies your time?

This summer will most likely be my last year of summer league coaching. I also coach masters with Peluso Open Water, and enjoy volunteering at local swim and sport events. I just finished my 18th year of school teaching in the science department at Trinity Episcopal School. This year my own children are flying the coop, so my husband and I will be re-decorating the nest so to speak! I enjoy gardening, writing and cooking in my "free time".

### Some people might be surprised to know that ...

I don't like 200 fly, 200 breast or 400 IM. Oh wait, that's not surprising, no one likes these.

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

So, one of my most fond memories was the Tempe, AZ National meet back in 1994, which I believe was the last time I competed in a 400IM. A large group of VMST folks swam the meet and afterward, traveled to the Grand Canyon, Monument Valley and several other beautiful sites - truly one of the best trips I have ever taken. Stupidly, however, I entered the dreaded 400 IM, which was the last event of the whole weekend. I was in deep despair because everyone else was done with their line-up and I still had the stupid 400IM! Off they went to have lunch, abandoning me to sweat it out under the team tent waiting for my heat. They all promised to be back for my race, which, surprisingly, they were. As I stepped up on the block I saw them on a nearby bleacher, clearly having had um, let's say a liquid lunch, all chewing gum like teenagers trying to hide their shenanigans at senior prom, and cheering like goofballs. Inspired, I completed the race and even placed, then got to have my own liquid refreshment not long after!

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## Upcoming Swim Meets, Events and Clinics

### 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.teamunify.com](http://www.teamunify.com)  
 Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)  
 Nearby Zones  
 Colonies Zone: [www.Colonies-Zone.org](http://www.Colonies-Zone.org)  
 Dixie Zone:  
[www.DixieZone.org](http://www.DixieZone.org)  
 Online Meet Registrations:  
[www.clubassistant.com](http://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 Stephensen  
 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
June 16, 2018	*Virginia State Open Water Championships	Richmond, VA	June 16, 2018 (online)
June 17, 2018	**Virginia Beach Lifeguard Assoc. (VBLA) Ocean Swim Series: "JK" 1 Mile	Virginia Beach, VA	June 17, 2018 (online and race day)
July 14, 2018	2nd Annual TIDE Speedo Masters LCM Meet	Virginia Beach, VA	July 11, 2018 (online), July 9, 2018 (paper)
July 15, 2018	**Virginia Beach Lifeguard Assoc. (VBLA) Ocean Swim Series: 3K or 1 Mile	Virginia Beach, VA	July 15, 2018 (online and race day)
July 18 - Aug. 5, 2018	UANA Pan American Masters Championships	Orlando, FL	June 30, 2018 (online)
Aug. 4, 2018	Lake Moomaw Open Water Swim	Hot Springs, VA	Aug. 2, 2018 (online), July 27, 2018 (paper)
Aug. 5, 2018	**Virginia Beach Lifeguard Assoc. (VBLA) Ocean Swim Series: 5K or 1 Mile	Virginia Beach, VA	Aug. 5, 2018 (online and race day)
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)

\*USMS sanction pending as of the date of this newsletter - check the USMS Calendar of Events for updated sanction information.

\*\*VBLA events are not USMS recognized or sanctioned events and are listed solely for informational purposes.

**We are looking for articles from YOU! Great topics include:**

*Swimming technique*  
*Healthy living (nutrition, meditation, etc.)*  
*Funny/interesting swimming stories*  
*Accolades for your teammates/coach*

**If you would like to write an article, please feel free to do so and email it to [chrisstevenson@gmail.com](mailto:chrisstevenson@gmail.com).**

# Lake Moomaw 1-Mile Swim

(Meet Information)  
Alleghany County, Virginia  
**Saturday, August 4, 2018**

**Sponsored by:** The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

**Sanctioned by:** LMSC of Virginia for USMS Inc. Sanction # 128-W002

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: PLEASE REGISTER ONLINE !!!  
[Your credit card will be charged to "ClubAssistant.com Event Billing"]

**Event:** There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet and turn counter-clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer's left. A 2'x3' foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 1 minute apart.

**Warm-up Begins At:** 7:45am **Check-in Closes At:** 8:45am **Race Begins At:** 9:00am

**Eligibility:** Open to all swimmers 18 years & older. Paper entries must include a copy of your 2018 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$31.50. To renew or join USMS online, visit [www.usms.org/reg](http://www.usms.org/reg).

**Rules:** Current 2018 USMS rules will govern the race.

**Entries:** All snail mail entries must be postmarked by July 27, 2018. Online entries will close at 5:00pm Eastern Time on August 2, 2018. Late or race day entries will NOT be accepted. Online entry is strongly encouraged. Entry fee is \$45.00. To be guaranteed a free t-shirt, enter online by 5pm on July 15, 2018.

**Safety:** For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The WestRock water rescue team will be on site with boats, rescue boards, and rescue squad.

**Seeding:** Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 1-minute intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

**Age Groups:** 18-24, 25-29, 30-34, etc. in five year increments, for both men/women.

**Awards/Social:** Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race.

**Accommodations:** Please call Josh Taylor at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

**Directions:** Google Map "Coles Point Drive, Hot Springs, VA 24445"

**Race Directors Contact:** Dave Holland 804-467-2425 (VMST);  
Josh Taylor 540-962-2178 (Chamber)

**To register, go to:**

[https://www.clubassistant.com/club/meet\\_information.cfm?e=2402&smid=10376](https://www.clubassistant.com/club/meet_information.cfm?e=2402&smid=10376)

*Local Masters Swim Committee Newsletter*  
*Chris and Heather Stevenson, Editors*  
*7702 Hampshire Road*  
*Henrico, VA 23229*

*Prstd Std*  
*U.S. Postage*  
**PAID**  
*Richmond, VA*  
*Permit #3022*

## Nationals Results

Two national championships took place recently and swimmers from our LMSC shone in both pool and open water venues!

Twenty-one swimmers from our LMSC traveled to Indianapolis to compete in the USMS Spring National Championship. The LMSC-specific results have been uploaded to [www.vaswim.org](http://www.vaswim.org). We had a number of swimmers return as national champions: Shannon Greene, Katie Grier (2), and Doug Slater from Club Tribe; and Greg Harris, Ken Novell, Beth Schreiner (2), and Val Van Horn Pate from VMST. Val also set four new LMSC records, while Greg bettered three LMSC marks.

In open water, forty-six swimmers from our LMSC competed in the Jim McDonnell Lake swims, which included 1-mile and 2-mile races. The 2-mile event was the USMS middle distance open water national championship, and Shannon Greene, Shirley Loftus-Charley, Andrew Greenhalgh, and Dave Higdon all took top honors in the championship race.

Congratulations to everyone who competed!

## Some Great Articles to Read at USMS.org

If you haven't logged on to the USMS website lately, you are missing some great articles. Some recent topics include:

*How to Get Rid of That Swimmers Slouch*  
*How to Eat Well While You're on the Road*  
*Four Ways to Fend Off Foot Cramps*

While the focus of the first phase of the website update is to attract new members, these three articles provide great information even for folks who have been members for years!

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