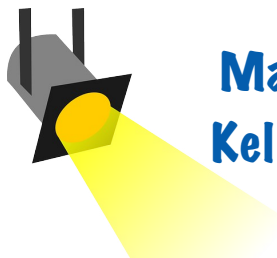


The Wet Gazette



October 2019

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



Masters Spotlight: Kelly Parker Palace

1. When did you join USMS?

I first joined USMS in 1992 and believe my first year with VMST was 1999, so 27 years ago!

2. Where and how often do you swim?

I try to swim at least twice per week, but never more than 3 days per week. If I'm prepping for a meet, 3 days per week. Where we live in Florida there is no Masters group so I either swim alone or with my husband Mark, who is an excellent Masters swimmer. We generally swim at the Florida Institute of Technology pool. It's newer, short course, gorgeously deep with great lane lines, blocks and pace clocks and of course outdoors. When I am in Virginia, which is several weeks per year, (because that's where I grew up and I still have family there) I swim with Mark Kutz at NOVA. He's an awesome coach and has been pivotal in helping me achieve some fast times as a Master.

3. What motivates you to swim?

It's a moving meditation and the most body friendly exercise. I have always felt a kinship with the water, a freedom of swimming. I appreciate the beauty of how water moves around me when I swim. I like the way light reflects off the water, the walls, the bottom, or others' goggles. I think outdoor backstroke flags are one of the most beautiful sights in life as they sail in the wind, against weather of all kinds. Swimming outdoors in the rain (without lightning) is a magical experience. I also enjoy the challenge of trying to be efficient with my technique or pace. Swimming has always been and always will be my energizing life source because of how it makes me feel, and because of the camaraderie and friendships I have with my fellow swimmers.

4. Outside of the pool, what occupies your time?

I produce and host a Podcast for the Swimming Community "and beyond" called CHAMPION'S MOJO (www.ChampionsMojo.com). At this point we have produced 33 shows. It is a weekly podcast (30-60 mins long) sharing interviews with elite level swimmers and coaches and conversations with champions related to the sport of swimming and techniques champions use, in general, to succeed in life. Odd numbered shows are interviews with the most elite swimmers and coaches in the sport. Even numbered shows are the hosts discussing topics related to performance, mindset, goal achievement, health, fitness and wellness. My co-host is my sister-in-law, best friend and world record holder in Endurance Cycling, Maria Parker.

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

One of my hobbies is stand-up comedy. I've done several open mic events and even been paid as "entertainment."

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

I always have to laugh at myself when I miss my events. Even after all my experience, sometimes I'm just not aware my heat is going off or which end of the pool I'm supposed to be at and I'll miss a swim. Hehe.

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In This Issue

Masters Spotlight: Kelly Parker Palace	p. 1
Upcoming Swim Meets, Events, Clinics	p. 2
2019 Pickin' Up Steam Meet Recap	p. 2
Making a Splash on the Mat	p. 3
Podcasts for Swimmers	p. 4
VMST Fall Meet Entry	p. 5
MISHOF Inductee: Jim Miller	p. 8



General Information

LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland:

www.teamunify.com

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone:

www.ColoniesZone.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: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
Sept. 15- Nov. 15, 2019	3000/6000 ePostal Nationals (SCM/SCY)	Any SC Pool	Nov. 25, 2019 (online)
Oct. 27, 2019	GMUP Sprint Classic (SCY)	Fairfax, VA	Oct. 21, 2019 (online)
Nov. 2, 2019	VMST Fall Meet (SCM)	Virginia Beach, VA	Oct. 29, 2019 (online); Oct. 28, 2019, (paper)
Nov. 9, 2019	Ann Johnson Memorial Swim Meet (SCY)	Easton, MD	Nov. 17, 2019 (online)
Dec. 7, 2019	Solstice SCM Meet	Boyds, MD	Dec. 3, 2019 (online)
Dec. 8, 2019	Maryland Series Meet #3 (SCY)	Chestertown, MD	Dec. 25, 2019 (online)
Jan. 12, 2020	Virginia Beach Sprint In- vite	Virginia Beach, VA	Jan. 7, 2020 (online)
Feb. 1, 2020	David Gregg Meet (SCY)	Henrico (Rich- mond), VA	tbd

2019 Pickin' Up Steam Meet Recap

The third annual Pickin' Up Steam meet was held on September 28, 2019 at Randolph-Macon College in Ashland, Virginia. Appropriately, it was held near the railroad tracks that bisect the campus. Several trains rolled through during the meet. Fifty-seven swimmers from 17 clubs throughout Virginia and Maryland competed. There was also one competitor representing Connecticut Masters.

Virginia Masters came in first in team scores with 188 points. E Team from Ruckersville finished second with 114 points and Burkwood Aquatics Masters from Mechanicsville came in third with 106

points. Virginia Masters topped the women's team scores and Tide Swimming from Virginia Beach finished first in the men's scores.

This year a special award was given to the person swimming the fastest total time in the pentathlon: 50 Fly, 50 Back, 50 Breast, 50 Free, and 100 IM. Jonathan Parker of Freedom Aquatics in Manassas won the award with a total time of 177.95 seconds. Dane Schwartz of Virginia Masters came in second with a combined time of 181.37 seconds. Tom Denes from Montgomery Ancient Mariners in Maryland finished third with a time of 217.64 seconds.

Full results are available at www.rmcmastersmeet.org.

Congratulations Participants!

Making a Splash on the Mat

by Alice Phillips

What does Olympic swimmer Natalie Coughlin have in common with QB Russell Wilson, Goalie Hope Solo, Marathoner Paula Radcliffe, and NBA great LeBron James? They all practice yoga to enhance their performance and improve their overall well-being.

Yoga clearly must have something to offer a wide range of sport activities, but you don't have to be an elite athlete to benefit. Yoga builds bone tissue as it improves muscle strength and balance. Yoga can reduce joint pain and improve flexibility in those with arthritis. With its emphasis on core strength, a yoga practice can also reduce back pain by stabilizing the muscles of the spine, shoulder, and hip. Some types of yoga also place a high emphasis on intentional, rhythmic breathing which can help anyone looking to enjoy the stress reduction benefits.

Years ago, LMSC Long Distance chair Kate Stephensen began her yoga practice after a swimming-related injury. She continues to enjoy a nightly practice at home as well as a weekly studio class. Stephensen likes the Vinyasa style (see table) and finds that: "The flow sequence compliments swim workouts by forcing focus on breath/movement synchronicity in a way that is similar to how swimmers move in the water. The inversions force proper spinal alignment, a crucial part of any healthy athletic movement. The sequence also incorporates chest and hip openers that release muscle groups such as pecs and hip-flexors that are over worked in the water."

As Kate conveys, stepping onto the mat offers some dryland that can only make you a better swimmer. Yoga instructor Jeff Grace realized this and has reached out to swimmers in particular through his "Swimming Specific Yoga" programming. Grace has both a Youtube channel and website to demonstrate poses designed not just for the overall swimmer, but also for those looking to improve a particular stroke, prepare for a meet, or recover from a difficult swim event. While some of his online sessions require a subscription, his pose library is free. Additionally, numerous articles featuring him include short, free video sequences.

Swimmer Magazine published several 2018 articles on simple yoga poses specifically for swimmers. These articles include attention given to tight neck or shoulder muscles and the use of yoga to help improve a weak kick.

While it's fine to use an article or watch a video, an in-person session with a trained instructor at a reputable studio or gym is the way to go, especially for a yoga rookie. A good teacher can answer questions, share philosophy, and adapt poses to various abilities and limitations. Selecting the right class also means thinking about your goals, fitness and overall health. The following table shows some of the different styles out there.

STYLE NAME	DESCRIPTION
Hatha	One of the most popular, it combines pranayama (breathing) and asanas (postures) to create a progression designed to calm mind and body
Vinyasa	Similar to Hatha but with an emphasis on continuous movement and flow
Ashtanga	Faster-paced, physically challenging practice
Power	Generally more advanced class combining Ashtanga and Vinyasa
Bikram	A completely standard practice of 26 poses done in a hot room for 90 minutes; some yoga studios will also use heat, but don't do the Bikram progression
Kundalini	Includes movement and dynamic breathing along with opportunities for chanting and meditation; attention is placed on the 7 chakras in the core axis of the body
Yin	Slower-paced style in which poses are held sometimes longer than 5 minutes; addresses deep tissue tension and works to improve circulation

Once you become more comfortable with yoga and can build a practice that suits your lifestyle, the multiple benefits become more apparent. Not only can it improve your swim fitness, it can also help you simply feel better on a daily basis. As the renowned yoga teacher Rolf Gates remarks: "Yoga is not a work-out; it is a work in."

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Inspirational Podcasts for Swimmers & Swimming Enthusiasts

by Jordan Essignmann

Whether you're looking for expert coaching advice to help you reach your true potential, or you're a swimmer searching for new techniques that'll help you train or succeed like a champion, swimming podcasts have a little something for everyone. If you're looking for a little inspiration and motivation both in and out of the water, here are six of the best swimming podcasts on the market today. In order to make this list a podcast had to have a minimum of 10 episodes published.

Champion's Mojo Podcast

Champion's Mojo is a professional, well-connected podcast dedicated to inspiring, motivating and educating listeners to become champions in their own life. This one-of-a-kind podcast is hosted by and invites true champions, mostly swimmers and swim coaches, to share their experiences and offer advice, tips and insights into techniques champions use for achieving success, in sports and in life. Champion's Mojo's guests include some of the hottest names in the swimming community, like mother of gold medal swimmer Lilly King, Ginny King; world champion, Michael Andrew; co-founder of SwimSwam and Olympic Gold Medalist, Mel Stewart and Olympic Medalist Ryan Held. Champion's Mojo is hosted by Kelly Palace, a former D1 Head Swim coach and current Masters world-record holder, and Maria Parker, multiple world record-holder in endurance cycling. Kelly and Maria are real-life best friends, which makes for amazing on-air chemistry.

Kick Set Podcast

This USA Swimming podcast series brings listeners right in on the action with athletes, coaches and experts from age-group swimming all the way up to the national and Olympic teams. Guests share their perspectives on various topics concerning the swim world and give thoughtful insights into how the sport positively impacts their community.

Some of their recent guests include Olympians Maya DiRado and Connor Jaeger and USA Swimming National Team Technical Advisor Jon Urbanchek. Kick Set is hosted by Dan McCarthy.

Effortless Swimming Podcast

What really makes a difference to your speed and efficiency in the water? This podcast helps answer that very question. The Effortless Swimming podcast helps make a complex sport really simple to better your swimming. They cover open water swimming, triathlon swimming and pool swimming and is hosted by Australian National swimmer and coach Brenton Ford. With over 120 episodes in the can, this podcast is one of the most consistent shows available - you might just love Brenton's Australian accent too!

Tri Swim Coach Triathlon Swimming Podcast

This incredibly informative podcast offers listeners helpful advice, tips and real-life tested strategies for pushing the limits of what the last leg of a triathlon can look like. Tri Swim Coach touches on subjects that triathletes care about most, like how different breathing techniques can affect overall triathlon performance as well as how dieting/intermittent fasting, when exercised properly, can help swimmers build stamina in the water.

Some of their recent guests include bestselling author Bryan Falchuk and top age-group triathlete coach Mikael Eriksson. Tri Swim Coach Triathlon Swimming is hosted by Kevin Koskella, world-renowned triathlon swim coach.

Swim Coaches Base Podcast

While the Swim Coaches Base Podcast is promoted as a resource for swim coaches wanting to continue to improve and learn from other coaches in the trenches, it may be a podcast anyone in the swimming community would enjoy. It has been consistent in putting out a weekly podcast since last year and is hosted by Chris Ritter, founder and head of coaching development for RITTER Sports Performance.

Cody Miller Podcast

The Cody Miller Podcast is hosted by Olympic Gold Medalist, Cody Miller, who has a very popular weekly Vlog on YouTube. While he has dipped his toe in the podcast pool with a few episodes interviewing other elite swimmers on the Cody Miller Podcast, we're not sure he will keep both his vlog and his podcast going. One reason is that Cody just committed to being a host of a non-swimming weekly podcast that critiques movies, called Best Movie, Worst Movie.

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VIRGINIA MASTERS SWIM TEAM
39th ANNUAL FALL SWIM MEET
SATURDAY, NOVEMBER 2, 2019



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 David Speer

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction # 12_-S00_

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, 2019. 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.

Tips for new swimmers: 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 because all new registrations after November 1 will be valid through December 2020.

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 28.** 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 **Tuesday, October 29.**

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: Commonwealth Brewing Company(Corduroy Room) 2444 Pleasure House Rd Va Bch (w/i 2 mi from pool). Food to be provided. (\$10 fee) Carpooling from pool is recommended.

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 28. ONLINE ENTRIES CLOSE OCTOBER 31!*******

ENTER ONLINE AT www.clubassistant.com

Or go to www.vaswim.org and click on Upcoming Meets. There is a link there.

Age (on Dec 31, 2019): _____ 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 with USMS 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.
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: Mitch Saks 1604 Shadblow Ct, Virginia Beach, VA 23454. DON'T FORGET TO SIGN AND SUBMIT THE WAIVER ON THE NEXT PAGE.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

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

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Congratulations to MISHOF Inductee: Jim Miller



Our very own Jim Miller was inducted into the Masters International Swimming Hall of Fame this year. For those of you who don't know Jim, here are a few of the highlights of his path to swimming stardom!

—He started in the swimming world early; he managed pools and coached club swimming to pay for college and med school.

—He moved to Richmond, Virginia, to join a family practice medical group, and he started coaching Masters swimmers in 1981.

—He has been involved at all levels of Masters swimming, from coach, to official, to physician, to USMS leader.

—He was elected President of USMS in 2001. During his tenure he worked to establish the groundwork to move the organization from an all-volunteer organization to a professionally managed National Governing Body (NGB).

—Jim has chaired the USMS Medical Committee, and been the team physician for USA Swimming at the Olympics, World Championships, and at open water events since 1996.

—He has been a member of the FINA Medical Committee since 2001.

—He lectures around the world for FINA and the International Olympic Committee on topics such as nutrition, shoulder injuries, and benefits of Masters sports.

Congratulations Jim! We are very proud of you.