

The Wet Gazette



January 2020

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

Happy New Year!

Welcome to 2020! It's the beginning of a new year with lots of exciting swimming possibilities ahead. We have a great line of up short court meets leading up to USMS Short Course Nationals in San Antonio, TX this year. And then we have a number of long-course meets in the planning stages to get us set for USMS Long Course Nationals here in Richmond this summer. For those of you interested in coaching, there are two sets of USMS coaching certification opportunities within driving distance for most of you - one in Charlotte in the spring and one in Washington, DC in the fall. I hope you will all include goals for swimming as you get set for the new year!

As always, a new year brings changes. Starting this month, The Wet Gazette will only be published electronically. For now, the newsletter will still be formatted so that it can be printed (in case readers prefer to print off the newsletter to read it). We will be experimenting with other formats and may change how we deliver the newsletter if we find a format that can provide a better reader experience. All suggestions are welcome - just email us.

You will be hearing a lot about the USMS 50th Anniversary this year. We were thinking about that and looking back at old newsletters (from 25 years ago when we were newsletter editors). We have had a number of great article contributors over the years. 25 years ago, Alice Phillips provided a series of nutrition and health articles (which were great - I recommend reading them!), Manny Klammer provided funny commentary on swimming musings, Mark Getset (yes, a pseudonym) provided hysterical interviews with swimmers around the state (read about Alice and the double moons), and Jim Miller provided a plethora of articles on health, shoulders, getting ready for meets, etc. And these are just to name a few. All of the old newsletters that we have found are at www.vaswim.org. One of our favorite funny articles by Manny Klammer is reprinted here to get you started off on the right foot in 2020!

— Your Editors

Top 10 Ways to Cheat at a Masters Practice

by Manny Klammer

(originally published November 1994)

During my many laps as a Masters swimmer, I have come to two conclusions: 1) I will never make it to Nationals, and 2) I have no desire to become a triathlete. My aquatic purpose is twofold: fitness and fun.

The fitness part speaks for itself. So it was with fun in mind that I launched a scientific random survey of three (that's right, three) swimmers, to compile a list of the top ten ways to cheat at a Masters practice. Listed in reverse order, they are:

10. Universal Advance. Pull vigorously on the lane line. Can be done with any stroke and especially on drills. Works best when the coach isn't looking. Hand speed is crucial. When done correctly, appears to be part of the stroke.

9. Flounder. Swimmer must rush into practice 15 minutes late. Everyone will be impressed with your dedication to squeeze a swim into your busy schedule.

8. Early Bird. Similar to #9. Swimmer must appear to be in a hurry when exiting the pool ten to fifteen minutes prior to the end of a practice. Others will think that you used the only spare time you have available for swimming. Walk away feeling admirable.

7. Double Whammy. Stand on the deck and talk to the coach while everyone else swims warmup. Ask a few pertinent questions concerning stroke technique and hook him/her for at fifteen minutes. This technique also affords your

(cont'd 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.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

Membership Coordinator: Vacant

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

Date	Meet	Location	Registration Deadline
Jan. 1 - Feb. 29, 2020	1-Hour ePostal Nationals (any length pool)	Any Pool	Mar. 3, 2020 (online)
Feb. 1, 2020	David Gregg Memorial Meet (SCY)	Henrico (Richmond), VA	Jan. 25, 2020 (online)
Feb. 15-29, 2020	USMS Winter Fitness Challenge	Any pool	Feb. 29, 2020 (online)
Feb. 22, 2020	USMS Coach Certification Levels 1 and 2	Charlotte, NC	Feb. 21, 2020 (online)
Feb. 22-23, 2020	USMS Clinic Course for Coaches	Charlotte, NC	tbd
Feb. 29, 2020	Club Tribe Masters Classic (SCY)	Williamsburg, VA	Feb. 25, 2020 (online)
Mar. 1-31, 2020	IM Madness ePostal	Any pool	tbd
Mar. 15, 2020	Maryland Series Meet #6 (SCY)	Annapolis, MD	tbd
Mar. 21-22, 2020	Dixie Zone and NC SCY Championships	Cary, NC	Mar. 15, 2020 (online)
Mar. 28, 2020	ALTS Instructor Certification	Charlottesville, VA	tbd
Apr. 3-5, 2020	Colonies Zone SCY Championships	Fairfax, VA	Mar. 27, 2020 (online)
Apr. 23-26, 2020	USMS Spring Nationals (SCY)	San Antonio, TX	tbd
Aug. 12-16, 2020	USMS Summer Nationals (LCM)	Richmond, VA	tbd
Sept. 19, 2020	USMS Coach Certification Levels 1 and 2	Washington, DC	tbd
Sept. 19, 2020	USMS Coach Certification Level 3	Washington, DC	tbd
Sept. 19-20, 2020	USMS Clinic Course for Coaches	Washington, DC	tbd

Cheating, cont'd from page 1

swimming buddies the opportunity to use the other cheating techniques while the coach's attention is on you.

6. Goggle Gag. Accidentally break your goggle strap. Properly executed, repairs can take ten minutes.

5. Nature's Call. At the beginning of a difficult set, run as fast as you can to the bathroom. No one will question your action. When correctly timed, your return will correspond to the onset of an easier, resting set. Everyone will smile with relief, knowing you made it.

4. Easy Rider. Draft on the heels of the swimmer in front of you. Stretch and tickle his/her toes.

3. Back Track. Strategically place yourself last in your lane. At the end of each set, the crowd will gather at the wall, requiring you to stop at least three yards from the end of the lane. No one will notice.

2. The Stroll. At the beginning of each set, walk out about three yards from the wall, push off the bottom and begin swimming. Works best if you placed yourself according to #3.

1. Hide Away. When swimming in a pool equipped with a bulkhead; swim a lap, hide a lap. You'll look great!!

Special Note: The author never partakes of any of the above, but admits that he has observed each, at least once.

..*

Going for the Gold

By Terry Sokolik

Terry died in 2017 just short of her 90th birthday. At 70 she began swimming with a Masters group in Virginia Beach and attained numerous Top Ten listings. She wrote the poem below in 2003 while taking a class.

Routines define swimmers
standing behind starting blocks.
Stretching, bending, twisting, jumping bodies
Readjusting goggles one more time.
Flapping hands
Ease building tension.

A whistle announces time.
Step up and prepare for start.
Toes inch forward gripping the edge.
Bodies bend.
Listening for the cadence of 'take your mark'
hands grip the board.
Silence, stillness, holding your breath,
muscles taut.
No movement allowed.
A beep sounds "go".

An explosion of energy,
bodies spring forward
Reaching out aiming for spot
in the still blue water.

Hands leading whole body follows.
Staying streamlined to glide
Cover as much distance as you can.
Head clearing the surface.
Legs kicking to a robotic beat
Arms windmilling.
Breathing in and blowing out
A sounding whale.

Racing forward as you seek
the 'T' to start your turn.
Head tucked and body balled
flipping to kick off the wall.
Propelling to the finish line.

Friends urging you on.
Nothing but a blank line
marking the journey.
A burst of energy,
you hit the pad
You've finished.

Goggles torn off.
Heart pounding,
gasping for breath.
Where is the clock?
How did I do?
What was my time?
The thrill of competition.
'Going for the Gold'



2020 VMST David Gregg III Memorial Meet

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

Saturday, February 1, 2020

This is a one-day meet (Saturday only). Distance events are the 400 IM, 500 Free, and 1650 Free. The 1000 split (based on the timing system record of the touch at the 1000) of each 1650 will be uploaded to the USMS results database. No split request for the 1000 will be necessary. For fun, there will also be a 100 Mixed Free Relay☺ at this meet. We are looking forward to seeing you all at the meet!!

Sponsored By: Virginia Masters Swim Team **Sanctioned By:** LMSC for Va. for USMS, Inc. **Meet Referee:** Bob Rustin

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

Location: NOVA of Virginia Aquatic Center (address above). This is a 10-lane, 25-yard indoor pool with a fully electronic timing system. 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.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming and must include a copy of their USMS card with paper entries or register online. One event (day of) USMS registrations will be permitted. Virginia registration will also be available at the meet.

Entries: \$6.00 per individual event plus a \$8.00 surcharge to help defray the administrative costs of the meet. **Deck entries will be accepted until 45 minutes before the meet start time** at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 6 events per day, plus relays.

Relays: Relays will be deck-entered and deck-seeded at no cost. **Entries for all relays are due no later than the start of Event 17 (the Women's 500 Free).**

Entry Deadline: *On-line entries are strongly encouraged:* www.clubassistant.com – meets are listed on the Club Assistant home page by date. The deadline for on-line entries is **Saturday January 25, 2020** (one week before the meet). To be seeded, paper entries must be received by **Wednesday January 22, 2020**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily. The 100 Mixed Free Relay☺ is a non-conforming event and times for this event are not eligible for USMS records or Top Ten.

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 winners in two award categories: **Best Sprinters** (lowest cumulative time in all four 50s); and **Best Distance Swimmers** (lowest cumulative time in the 400 IM, 500 Free, and 1650 Free).

Nearby Lodging:

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

On-line entries strongly encouraged!

On-line entries close Saturday January 25th!

Enter online at: www.ClubAssistant.com

(search for the meet by date on the Club Assistant home page)

Paper entries are due by Wednesday January 22rd for seeding.

Both this page and a signed copy of the USMS waiver (see usms.org) must be submitted with paper entries.

Fill in the following information:

Name:		Sex:	USMS Reg. No.:	
Address:				
City:		State:	Zip Code:	
E-Mail Address:				
Age as of 2/1/2020:		Birthdate (Mo/Day/Year):		
LMSC:	Club:	Phone (Day):	Phone (Night):	

Saturday, February 1, 2020

Warmups: 2:00-3:00 PM; Meet Starts: 3:00 PM

Women	Time	Event	Men	Time
1		400 IM	2	
3		200 Breast	4	
5		100 Free	6	
7		50 Fly	8	
9		200 Back	10	
11		100 Breast	12	
13		50 Free	14	
15		100 IM	16	
17		500 Free	18	
BREAK – 5 Minutes				
19	--	100 Mixed Free Relay [©]	--	--
21		200 Fly	22	
23		200 IM	24	
25		100 Back	26	
27		50 Breast	28	
29		100 Fly	30	
31		50 Back	32	
33		200 Free	34	
200 YARD RELAYS				
35	--	200 Medley Relay	36	--
37	--	200 Free Relay	38	--
39	--	200 Mixed Medley Relay	--	--
--	--	200 Mixed Free Relay	40	--
BREAK – 5 Minutes				
41		1650 Free	42	

Entry Fees

Total event fees: ____ x \$6.00: ____
Surcharge: \$8.00
Total Amount Enclosed: ____

Make checks payable to:

Virginia Masters Swim Team

Send paper entries to:

Chris Stevenson

7702 Hampshire Road, Henrico, VA 23229

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

hnsrva@gmail.com or christevenson@gmail.com

**FOR PAPER ENTRIES: A COPY OF YOUR USMS
REGISTRATION CARD MUST BE ENCLOSED FOR
YOUR PAPER ENTRY TO BE ACCEPTED!**

©The 100 Mixed Free Relay is a non-conforming event.

Times for this event will not count for USMS records or Top Ten.



5th Annual Club Tribe Masters Classic
College of William & Mary Rec Center Pool

February 29, 2020

Welcome to the 5th Annual Club Tribe Masters Classic! Prep for Colonies Zones and test your team's sprinting prowess in the 100 (4 x 25) Medley Relay at this fun, lively meet, which 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. #S003

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 Drive), Williamsburg, VA 23186. Telephone number: (757) 221-3310. This is an 8-lane, 25-yard indoor pool with a fully electronic timing system. 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.

Meet Schedule: Warm-ups are from 2:00 to 2:55 PM. The meet will begin at 3:00 PM. There are no scheduled breaks, although Lanes 1 and 8 will be available throughout the meet for continuous warm-up and warm-down. This meet typically has a 3.5-hour run time, finishing at approximately 6:30 PM.

Parking: Parking is available in the William & Mary Hall parking lot, located at the corner of Brooks Street and Compton Drive. Please adhere to posted parking regulations.

How to Enter the Meet: **Online entries are strongly encouraged, and there will be no meet-day registration.** To enter online, go to www.clubassistant.com – meets are listed on the left side of the Club Assistant home page by date. If you are unable to use online entry, please e-mail or call Meet Director Kyle Ahlgren (ClubTribeAlumni@gmail.com / 202-957-3936) and he will make arrangements for your entry.

Entry Deadline and Cost: The deadline for online entries is **Tuesday, February 25, 2020**. The cost is \$8.00 per individual event, plus a \$12.00 facility fee. Relays will be deck-entered and deck-seeded at no cost.

Deck Entries: Deck entries for individual events are available to swimmers who are registered for the meet and wish to swim in an open lane. To deck enter, visit the Deck Entry table and be prepared to pay \$10 per event (cash, Venmo @ClubTribeMasters, or check payable to Club Tribe Masters 1693, Inc.). Deck entries will be accepted at the discretion of the Meet Director – please allow ample time for processing at the table. Deck entries close at the conclusion of the 200 IM.

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. For the 100 Medley Relay, enter a seed time as if it were a 200 Medley Relay. Please use reasonable guestimates for relay seed times.

1,000 Freestyle Entry Limit, Check-In and Wait List: The 1,000 Free will be limited to the first twelve (12) entries received. 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 sheet 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. Women and Men will swim separately in all individual events except the 1,000 Free and 400 IM, which will be combined. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but may otherwise be combined. Age groups will be combined in all events.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming.

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.

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.

Meet Results and Heat 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, February 28, and will be posted at multiple locations on the pool deck. A meet recap will also be posted to Club Tribe's website (www.clubtribemasters.org).

Williamsburg Info and Lodging: There are many 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/.

Aquawear on Deck: Aquawear swim shop of Virginia Beach will be at the meet with a large selection of suits, tech suits, goggles and other accessories. They will be accepting all credit cards, cash and checks. A very convenient way to get a great-fitting tech suit for Zones and Nationals!

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

Note on the 100 Medley Relay: The 100 Medley Relay is a non-conforming event pursuant to Articles 102.5.3 and 202.1.1G(3) and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants, and a list of meet records by age group for the 100 Medley Relay can be found at Club Tribe's website here. Unattached swimmers and swimmers on smaller teams are ENCOURAGED to coordinate and assemble 100 Medley Relays and chase the meet records and the pewter Jefferson Cups!

ORDER OF EVENTS

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

<u>Event #</u>	<u>Stroke/Distance</u>
1-2	50 Back
3-4	200 Free
5-6	50 Free
7-8	100 Breast
9-10	100 IM
11	1,000 Free (Mixed)
12-14	100 Medley Relay (Women, Men and Mixed)
15-16	100 Fly
17-18	200 IM
19-20	100 Free
21-22	50 Breast
23-25	200 Free Relay (Women, Men and Mixed)
26-27	100 Back
28	400 IM (Mixed)
29-30	50 Fly