

# The Wet Gazette

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Serving Masters Swimmers in Virginia and West Virginia

June 2020



## Club Tribe Dryland Relay Challenge

By Kyle Ahlgren and  
Rich Williams

### **Event Overview**

Eighty-four competitors tackled the Club Tribe Dryland Relay Challenge over the weekend of May 29-31, and all 21 relays pulled together to put on quite a show! Participants ran, biked, swam, rowed, yoga'd, etc., over a 24-hour period broken into four 6-hour relay legs in course of three days. We had teams ranging from a cumulative 73 years of age to 283, and all four age groups were highly competitive. We trained virtually together, supported our teammates and competitors near and far, and we were all over social media with our hashtag (#ClubTribeDrylandRelay). Thank you to everyone who participated and especially to the Team Captains, who worked hard to help keep it all organized.

The E-Team brought a ton of energy to the competition and showed up huge with four relays. We had a terrific VA hybrid relay with participants from VMST, NOVA and SRVA, and we were also joined by two teams from Milford Athletic Club in Michigan (MAC), the USMS club that developed and hosted a similar event earlier this year. Club Tribe fielded nine relays, and there were four relays comprised mainly of Club Tribe friends and family. We were also thrilled to welcome a relay team of current William & Mary Swimmers.

Each relay member had a specific 6-hour time slot to score as many points as possible using a maximum of 5 scoring opportunities selected from a menu of fitness options (mostly dryland). There were significant bonuses for training virtually with a teammate and connecting on social media. We combined to score 9,003 points, with a team average of 428 and an individual average of 107. To put that in context, a competitor who completed a triathlon consisting of a 2,400-yard Swim, 24-mile Bike, and a 10K Run, and then did yoga for 30 minutes with a teammate over Zoom,

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## Coming Back After An Extended Layoff

By Jim Miller, MD  
FAAFP/Sports Medicine  
National Team Physician, USA Swimming  
Level V ASCA Masters Coach

Unless you have had a reliable training outlet during these challenging times you will likely be coming back with a diminished fitness level. Some considerations for you:

- Scale back yardage
- Scale back intervals
- Adjust your expectations
- Depending upon your medical issues and your ability to maintain some aerobic training you may need to gain medical clearance after having been away for so long

Some other considerations:

- Focus workouts on technique
- Revisit favorite drills
- Equipment: BRING YOUR OWN – NO SHARING!
- Adjust sets for rest instead of intervals. I would suggest starting with 20 seconds rest and then adjust downward pending your body's response

Aim for a gradual increase in maximum heart rate + pay attention to how quickly your heart rate returns to your baseline + 20 beats per minute

All the coaches really miss working with you but for now STAY SAFE!

## Places to Swim in the Virginia LMSC

Swimming has been hit hard by COVID-19. As parts of the LMSC begin to open up, we would like to inform everyone where they can swim. To that end, we need your help. If you know of a pool or open water location that is open (or planning to open), please tell us about it by [clicking here](#) and [filling out this form](#). The information will be added to a Google spreadsheet that is available to all; see [www.vaswim.org](http://www.vaswim.org) for an embedded version.

## Upcoming Events

### Pool vs Cool Swim Challenges

July 1 - August 31, 2020:

Any pool or open water venue

### Lake Moomaw 1-Mile Swim

August 1, 2020: Alleghany County, VA

(Open Water Swim)

See event information in this newsletter

### USMS Summer Nationals

August 12-16, 2020: Richmond, VA

(LCM Pool)

CANCELLED

### USMS High Performance Camp

August 22-27, 2020: Greensboro, NC

(Clinic)

### Maryland Swim for Life

September 19, 2020: Chesterown, MD

(Multiple Open Water Distances)

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## 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.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)

## LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Membership Coordinator: Jeff Bush

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

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## USMS COVID-19 Information

USMS has a number of resources for Masters swimmers and coaches on its website: [www.usms.org/about-usms/covid19-information](http://www.usms.org/about-usms/covid19-information)

For members, these resources include informative articles about motivation away from swimming, a variety for dryland workouts (including weekly workouts) and alternative training suggestions.

For coaches, USMS has a restart guide for clubs, help for small businesses, information about facility maintenance, and resources for staying in shape and staying in touch with swimmers.

## Club Tribe (cont'd from page 1)

and finally posted a competition-related photo on Facebook, would have scored 119 points – just above the event average.

### Team Results

The top team in the competition was Club Tribe's Stop Looking at Me, Swan (Sydney Wray, Keith Driscoll, Bryan Prince, Katie Grier), which won the 141-169 Age Group with an astounding 660 points. Club Tribe's Quarrytini (Chris Roy, Shaina Kulczycki, Michele Choe, John Rockwell) gave them a run for their money with 644 points, narrowly eclipsing the Mich-a-Guns team from MAC (Heidi Ward, Hong Weng, Matt Wuchte, Patrick Sturdy) who won the 170-199 Age Group with 620.

Club Tribe's 24-Hour National Champs (Sidney Glass, Kevin Gallagher, Gabby Mizerak, Kyle Loughran) captured the 140 & Under Age Group with 585 points, and rounding out the overall team Top 5 was Club Tribe's Green & Golden Radar Love (Rich Williams, David Ernst, Alyson Fletcher, Ross Taggart) with 554.

And last but certainly not least, Club Tribe's team Ameristralia (Dan Earle, Roger Belmar,

Vince Romano, Alice Shang) captured the extremely impressive 200+ Age Group with 504 points.

### Individual Top Ten

There were tremendous individual efforts across the board, and it took a massive fitness day to finish anywhere near the Top Ten. Five competitors tied for top honors with 195 Points (Sydney Wray, Katie Grier, Rich Williams, Shaina Kulczycki, and John Rockwell), while the next five finished with 165 points each (Corey Krall, Hong Weng, Roger Belmar, Keith Driscoll, Shannon Sullivan).

### Resources

The final team results can be found at Club Tribe's website under "Team News": <http://clubtribemasters.org/2020/05/31/final-team-standings-club-tribe-dryland-relay-challenge/>

If your club would like to stage a similar event and you would like more information about how we organized and ran it, please feel free to contact Club Tribe's General Manager Kyle Ahlgren at [ClubTribeAlumni@gmail.com](mailto:ClubTribeAlumni@gmail.com) and/or Coach Rich Williams at [RichWilliams40@hotmail.com](mailto:RichWilliams40@hotmail.com).

# Nominations for Officers and Awards

The Virginia Local Masters Swim Committee (LMSC), the local chapter of U.S. Masters Swimming that covers most of Virginia and the entire state of West Virginia, will hold elections for officers and appoint committee chairs at its annual meeting in November 2020. This is your opportunity to get more involved in promoting health, wellness, fitness and competition for adults through swimming.

If you are interested in running for one of the following offices or serving as a committee chair, please contact Kirk Clear, [vachair@usms.org](mailto:vachair@usms.org), with a brief statement of your qualifications and why you are interested in the position by **September 30th**. If you are not interested in a particular position but want to be involved, indicate that in the email and we will work to find a place for you! Officers to be elected: Chair, Vice-Chair, Treasurer, and Secretary. Open committee chair positions (as of June 2020): Open Water Committee and Fitness Committee.

In addition, annual nominations for the following USMS awards are due to USMS by **July 1, 2020**: Coach of the Year Award, Dorothy Donnelly Service Award, Club of the Year Award, Fitness Award, June Krauser Communications Award, Long Distance National Championship Award, National Championship Meets Award, Officials Excellence Award, Open Water Service Award, and the Ted Haartz Staff Award. If you are interested in nominating anyone for any of the awards, please see the details about the awards and applicable nomination forms at: <https://www.usms.org/volunteer-central/awards>.

# LMSC of Virginia Zoom Meeting Minutes

Thursday, May 21, 2020 – 7:00 PM

**Attendees:** Kirk Clear, Chris Stevenson, Heather Stevenson, Charlie Cockrell, Rich Williams, Becca Latimer, Jeff Bush, Kyle Algren, Alice Phillips, Kate Stephensen, Jim Miller

- Kirk shared that USAS 2020 Convention has been cancelled. The USMS Annual Meeting will be virtual. We are not yet sure of the details of the agenda, length, etc. The original date was Sept 25-26, so we imagine it will be around that time. We discussed our delegates, both for the LMSC and at large. At large delegates must be named by June 15. The full delegate list will be determined by July 15.
- Kirk shared that Summer LC Nationals in Richmond have been postponed due to COVID. The 2021 national meets will continue as scheduled, but both Richmond and San Antonio (SC National meet, also cancelled), will be re-booked for 2022.
- Kirk shared that the USMS Board is looking at some sort of national support program for swimmers and LMSC's. Discussion ensued along the following related ideas:
  - Charlie shared that USA Swimming is supporting many clubs who are losing money without dues and meets. This is not as much an issue for masters at least in our area as most coaches are part time and clubs/teams do not have high expenses that are going unfulfilled.
  - The Virginia LSC is lobbying the governor to get indoor pools to Phase II sooner.
  - Jeff proposed that since we are solid with our LMSC budget, we are in a position to support clubs who might have lost meet fees or already spent money on cancelled meets and offer to reimburse those (but not total meet income). Rich suggested we reach out to clubs about that.
  - Potomac Valley LMSC is pushing for a new discount program for its new members who paid dues but have gotten very little value thus far. Our group discussed this. Kyle felt that it could be an issue at Club Tribe and suggested that we look at dues that could be carried forward. Charlie added that we might offer to extend dues for people with five or fewer years of membership: 1) donate it, 2) refund a percentage, 3) carry the fee forward to 2021. We deferred some of this discussion to the Unified Fee agenda item later.
- The John Shrum Memorial Cable Swim schedule for June 2020 has been cancelled. No fees had yet been collected.
- Kirk has talked to Dave Holland about Lake Moomaw scheduled for August 1, 2020 and ways to have the meet and keep it safe. The area Chamber of Commerce wants the meet to occur. There were 54 swimmers last year. Jim suggested that we tell Dave there is no harm in applying for the sanction and seeing what happens. He suggested that a maximum entry number would be a good idea. Dave is looking for volunteers.
- The group discussed several ideas for getting back in the water and having some fun events and relays, maybe some virtual competition. We deferred this continued discussion to our next meeting (when social standards are likely to have evolved again).
- Kirk shared the USMS COVID 19 Information page.
- The group discussed the Unified Fee debate and agreed to support the National Office in moving up the date of implementation to June 1. Heather motioned, Becca seconded, and the group voted unanimously to begin the unified fee structure in VA starting June 1. The fee will be \$60 with \$12 going to the LMSC and the rest to the national office. The one time entry fee becomes \$15, \$12 to USMS and \$3 to the LMSC.
- Nominations are due July 1 for USMS Annual Awards.
- This is an election year so we need to start getting out the call for nominations. Kirk cannot run again, so we know we will need a new president. Kirk requested that people let him know nominations and any changes within their own positions. Kate is moving so we know we need a new Long Distance Chair also.
- We discussed other ways we could communicate and support our membership during this difficult time. Club Tribe is offering a great Dryland Relay Challenge at the end of May. Pools are starting to open so Kate and Alice offered to begin collecting information to share with membership about what's available statewide. The group agreed that anything useful we can do should be done. We want to remind members that we are here, we are engaged, and when we can come back, we will be ready to do so.
- Moving forward we have some additional topics: use of online money transfers, budget adjustments with COVID, the USMS Financial Plan, and committee reports.



## Lake Moomaw 1- Mile Swim

### Alleghany County, Virginia, Saturday, August 1, 2020

**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.

**SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2402&s mid=13432](https://www.clubassistant.com/club/meet_information.cfm?c=2402&s mid=13432)

**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 are on the beach at Cole's Point, clearly visible to the spectators and race personnel. The course runs along the shore, approximately 500 yards to the south, and then turns east and north into a protected inlet, around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the "no wake zone" in the inlet, turn counter-clockwise around a buoy, and swim back to the beach via the same route. All buoys will remain to the swimmer's left, except the final one, which will be on the right. A 2x 3-foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Due to social distancing guidelines of 6 feet of separation, swimmers will depart from the beach in waves of 4 people or fewer, 30 seconds 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 2020 USMS card. Your USMS status will be automatically verified when you register online, but "One Event" is also available to non-USMS members for an additional fee of \$26.50, through the [Club Assistant event entry process](#). You may also [renew or join US Masters Swimming](#), which provides you with an annual membership and the ability to enter other USMS sanctioned events.

**Rules:** Current 2020 USMS rules will govern the race.

**Entries:** All snail mail entries must be postmarked by July 27, 2020. Online entries will close at noon, Eastern Daylight Time on July 30, 2020. Late or race day entries will NOT be accepted. **Online entry is strongly encouraged.** Entry fee is \$42.00. To be guaranteed a free t-shirt, enter online by 5pm on July 11, 2020.

**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, kayaks, and rescue squads.

**Seeding:** Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 4 swimmers, staggered at 30-second 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)

PLEASE STAPLE A LEGIBLE COPY OF YOUR 2020 USMS CARD HERE:

TRIM THE COPY AND COMPLETE THE FOLLOWING:

Emergency Contact Name: \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Significant medical conditions to be shared with WestRock Rescue Squad  
(i.e. seizures, diabetes, asthma, etc.) \_\_\_\_\_

1 Mile Seed  
Time →

1650 yd Time:  
(min) : (sec)

AVOID THIS FORM: REGISTER ONLINE AT WWW.VASWIM.ORG		PAPER ENTRY CHECKLIST	DID YOU REMEMBER...?
\$ 42	1- Mile Entry Fee per swimmer		Completed entry form
\$ <u>FREE</u>	T-Shirt Included free if entry postmarked by 7/9 (or online by 7/11). A few shirts may be available on race day, first-come.		Copy of USMS card
\$ 42 per swimmer	<b>Total Enclosed</b> (check or money order Payable to VMST)		Signed waivers (next page)
T-Shirt Size: (please circle)    S        M        L        XL        XXL        XXXL			

Please use the checklist above to ensure that your entry is complete!!!

Mail this completed form with check or money order payable to VMST, postmarked by July 24, 2020 to:  
Dave Holland, 1773 Robins Nest Ct., Henrico, VA 23238

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Age as of Dec. 31, 2020: \_\_\_\_\_

**YOU MUST READ AND SIGN 2 WAIVERS (BELOW & NEXT PAGE).  
INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.**

**LAKE MOOMAW RELEASE BY PARTICIPANT FROM LIABILITY:**

**AS A CONDITION OF MY PARTICIPATION IN THIS EVENT AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: THE ALLEGHANY HIGHLANDS CHAMBER OF COMMERCE AND TOURISM, THE UNITED STATES GOVERNMENT, WESTROCK CORPORATION AND THE WESTROCK WATER RESCUE STAFF, EVENT SPONSORS, EVENT STAFF, OR ANY INDIVIDUALS OFFICIATING AT THE EVENT OR SUPERVISING SUCH ACTIVITIES.**

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT

\_\_\_\_\_  
DATE SIGNED



**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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
- 5. 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.
- 6. 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

Revised 5/26/20