

The Wet Gazette

Published by the LMSC of Virginia:
Serving Masters Swimmers in Virginia and West Virginia

April 2021



VMST: The Virginia Regional Team

VMST became the first regional team in Virginia in November 2019. But, because of the pandemic, swimmers in this LMSC have not had much chance to experience the benefits of the regional team.

As editors, Chris and I have received several questions about the regional team concept over the last few months. This article will try to answer some of those questions. Both Denise Letendre and Patty Miller wrote articles about regional teams in 2019. The following is based, in part, on both of those articles.

Hasn't VMST been a regional team for years?

Not officially. Virginia Masters Swim Team (VMST) has been around for years, but it was not a regional team. It had swimmer members from all over the state and those swimmers worked out at a variety of pools and with a number of different coaches. They swam together at meets, but as Patty noted in her article, the structure did not always promote local swimming group development. In addition, when USMS updated its website in 2019, the new website structure focused on one contact and location for each team. VMST had many contacts and many locations and the website did not recognize that structure, making it difficult for swimmers to find places to swim and groups to swim in and around Virginia.

Creating a regional team - an umbrella team that swimmers could compete under at Zones and Nationals - solved the administrative problem relating to the USMS website. Teams can register as "workout groups" under the regional team. The USMS website tracks those workout groups and now allows swimmers to effectively search for places to swim and contacts in the state.

How does our local team register as a workout group?

Any group can register as a workout group by providing a group name, workout information, and contact information for someone who can answer general questions about the group to Jeff Bush (our LMSC Membership Coordinator) and paying the team registration fee. Jeff will upload the information to USMS so that the workout group will show up on the website.

The following teams have registered as workout groups under VMST: Nova of Virginia (Richmond), Quest Master Swim Team (Richmond, River City Masters (Richmond), Stripers (Kilmarnock), SwimRVA Hammerheads (Richmond), Virginia Master Swim Team (anywhere), and Warrenton Fauquier Aquatic Club (Warrenton/Fauquier County).

But wait . . . didn't you just say that VMST is the regional team? How is it also a workout group?

The VMST Workout Group is a catch-all group for swimmers who do not have a local group to swim with but would like to compete as a group at local meets against other workout groups.

What if our team does not want to register as a workout group?

That's OK. All it means is that the team competes individually at Regionals or Nationals instead of as part of VMST. Some teams prefer that structure and several strong teams in Virginia, such as Club Tribe, SwimNerd, and E Team, are not workout groups under VMST.

What if I change my mind mid-year? Can I join a workout group then?

Of course. You would need to transfer your membership to a team that is a workout group. Remember, if you compete in a meet, you must wait 60 days before you can compete in a meet for your new team. In the interim, you must compete as an unattached swimmer. You should reach out to Jeff Bush (Membership Coordinator) as soon as you decide you want to change teams to avoid last minute confusion.

So what's next?

No matter how you have registered, there are some great fitness events going on and USMS is planning to host short course Nationals in Greensboro, NC, July 21-25, 2021. It's a short trip from Virginia to Greensboro, so check it out at www.usms.org. If you want to swim for VMST at Nationals and are not in a VMST workout group, now is the time to change.

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Current and Upcoming Events

2021 TYR Last One Fast One

All standrad 25-yd pool individual events and open water distances 1K to 25K.
April 16 - May 2, 2021

2021 USMS Summer Fitness Challenge

2K Swim or Dryland Workout
June 1-15, 2021

2021 USMS SCY Nationals

Greensboro, NC
July 21-July 25, 2021

2021 Go The Distance

December 31, 2021

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: Caycee Buscaglia
Vice-Chair: Ken Gardner
Secretary: Alice Phillips
Treasurer: Becca Latimer
Membership Coordinator: Jeff Bush
Coaches: Rich Williams
Fitness: Dane Schwartz
Long Distance: Dave Holland
Newsletter: Heather and Chris Stevenson
Officials: Charlie Cockrell
Records & Top Ten: Chris Stevenson
Review: Heather Stevenson
Safety: Jim Miller
Sanctions: Kyle Ahlgren
Webmaster/Social Media: George Sushkoff

Tribute to Coach Karen Mickunas

by Nancy Speer

I wanted to recognize Karen Mickunas for coaching us through the pandemic at the Great Neck Recreation Center in Virginia Beach. Our group is an eclectic group, ranging in age from swimmers in their 30s up to a 92-year old. We are called the "Adult Swim Workout" group and we meet Monday, Wednesday, and Friday for one hour in the morning with Karen as our coach. (Note: The Recreation Center has recently hired another Adult Swim Workout Coach, Amy Chalfant, for Tuesday and Thursday mornings, so we now have workouts five days/week, but unfortunately I have not been able to attend the T/Th practices yet).

Karen is just a terrific coach! Even during the pandemic, Karen has been there motivating us through her mask as she stands on deck. With five lanes, she constantly has to "tweak" intervals and listen to us gripe and complain about tough sets, but she doesn't flinch! We are all so thankful that Karen was ready to get back on deck when the Recreation Center reopened in late summer with two swimmers to a lane. Thank you Coach Karen. You keep our spirits up, our hearts pumping, and our muscles sore! 😊



Karen Mickunas and Nancy Speer

Swimming (and Olympic) Tidbits

Your editors have run across a number of swimming related articles and tidbits of information that we thought you might find interesting. Here are summaries and links to that information:

Snapshot From a Swimming Friendship

The New York Times published a wonderful story in March 2020 about two neighbors who worked out with a Masters group and who developed an incredibly close bond as one has gone through cancer treatment. Yes, my eyes were a little moist at the end of the article, but it is a great description about the ties we make with our workout friends and the benefits we get from swimming.

When are the Tokyo Olympics: 100 Days until Opening Ceremony

NBC Sports published this article on April 14, 2021, so there are now fewer than 100 days until the start of the Olympics. But, for those of us who love, love, love to watch Olympics sports (whether aquatic sports or otherwise), the fun stuff starts on July 23, 2021. The Games will run until August 8.



Michael Phelps: Medals, Memories & More

You can watch this documentary on Peacock. It was first aired on April 14, 2021. Other Olympic documentaries on Peacock are "In Deep with Ryan Lochte," "1968," "Calgary 1968," "More Than Gold: Jesse Owen and the 1936 Berlin Olympics," "Dream Team," and "My Pursuit: Life, Legacy & Jordan Burroughs."

LMSC Bylaws

By Casey Buscaglia

Our LMSC organization operates by a set of Bylaws, which are posted on our website. These Bylaws are in need of revision and I am asking for your input. Please email me any ideas you have about changes you would like to see within these Bylaws. Once I have collected the suggestions for changes, the LMSC Board will need to approve any revisions - which would occur at the November annual Board meeting.

I'm asking for input by August 1st. You can access the LMSC of Va Bylaws by clicking here. The Bylaws are posted there along with the annual LMSC budget.

Results of a Swimming Event!

It has been a very long time since we have been able to give you results from a swimming event. But now we can!! Reston Masters Swim Team (Potomac Valley LMSC) hosted a virtual relay competition in January and February of this year: *2021 Call of the Water Relay Swim Fest*.

Teams competing were from Reston Masters, Club Tribe, Georgia Masters, Germantown Maryland Masters, Raritan Bay Area YMCA, and Kennesaw State University Masters.

Club Tribe was the only LMSC of VA team to compete and its results were as follows:

Men's 25+ 200 yd Free Relay

Club Tribe 1:56.26 (3rd Place)

Bruce Fisher (32.39), Vince Romano (37.37), Jonathan Ruckdeschel (24.40), and Christopher Fay (22.10)

Mixed 35+ 400 yd Free Relay

Club Tribe 5:14.47 (2nd Place)

Shannon Greene (1:00.00), Jennifer Downey (1:35.69), Bruce Fisher (1:15.75), Vince Romano (1:23.03)

Men's 25+ 200 yd Medley Relay

Club Tribe 1:56.26 (1st Place)

John Rockwell (29.70), Christopher Fay (28.50), Jonathan Ruckdeschel (26.19), Rich Williams (25.50)

Mixed 25+ 200 yd Medley Relay

Club Tribe 2:10.47 (2nd Place)

John Rockwell (29.70), Christopher Fay (28.50), Shannon Greene (29.50), Jennifer Downey (42.77)

