

The Wet Gazette

July 2023

Published by the LMSC of Virginia
Serving Masters Swimming in Virginia and West Virginia

Swim Across America

Swim Across America (SAA) for the Richmond Community Pool Swim is a fundraiser for cancer research. As in past years, funds stay local and VCU Massey Cancer Center is the beneficiary of fundraising in Richmond. This year, the event is a pool swim on August 26, 2023, at the Quest Swimming pool, 6800 Deer Run Drive, Midlothian. There are several swimming options: 1/2-mile, 1-mile, or "as many laps as possible."

Several of us have directly benefitted from the research and cancer-fighting techniques developed at Massey Cancer Center. Here is a testimonial from our own George Sushkoff about SAA:

For those of not familiar with this organization, SAA funds cancer research grants and patient programs. Charity swims are held all across America, hence the name. All the money from the Richmond event goes to Massey Cancer Center. In 2022, SAA Richmond presented a check to Massey for \$100,000. Since 2019, over \$250,000 has been raised for Massey.

I have supported SAA since 2000. I formed a team in 2021 and 2022. Last year, my team, River City Masters raised over \$26,000. Little did I know that I would become a beneficiary less than one year later. I was diagnosed with Colon Cancer on April 14th, and shortly afterwards I began my treatment track with tests, scans, and surgeon consultations.

I was unaware of the patient advocacy that SAA does until my friend Erica Burgess mentioned it to me on April 17th. She offered to reach out to SAA, and I accepted. The CEO of SAA, Rob Butcher, called me at noon that day. He gave me things to think about including quality of life, tests, and a second opinion. He offered to get in touch with Massey. Again, I accepted. I then got an email from Rob around 6 PM. Massey wants to help, he told me.

(cont'd on page 3)

Coming Soon to Richmond . . . USMS Coaches Certification, Adult Learn-to-Swim Certification, Coaches Clinic, and a Stroke Development Clinic. See page 2 for all of the details!



USMS Continuing Education and Development Opportunities Saturday, September 23 and Sunday, September 24, 2023

All courses held at SwimRVA, 5050 Ridgedale Parkway in Richmond, Virginia. Classroom sessions are held in the fitness room and pool sessions in the instructional pool.

Participants in ANY of these events must be current members of USMS (United States Masters Swimming). Information on joining is [here](#).

Event Name and Description Link	Date, Time, and Cost	Registration Link	Reimbursement for LMSC of VA Members
USMS Coach Certification Courses	*Level 1 – self-guided & online, \$100 Level 2 – Saturday 9/23, 8:00 – 11:45 am, \$125 Level 3 – Saturday 9/23, 12:15 – 4:00 pm, \$250 Lunch Provided	Register for Level 2 Register for Level 3 (see event descriptions for link to register for level 1)	Level 1 – 100% Levels 2 & 3 - 50% (after completion of the courses)
Clinic Course for Coaches (Limited to 6 coaches)	Classroom Saturday 9/23, 4:15 – 6:15 pm On deck Sunday 9/24 8:00 am - 12:30 pm \$50	CCC Registration	N/A but \$10 discount for certified coaches and ALTS instructors who take the course
Adult Learn to Swim Instructor (ALTS) Certification	Sunday 9/24 8:00 am – 3:30 pm \$250 Lunch Provided	ALTS Registration (details & description, registration button at bottom of page)	100% after completion of course
Stroke Development Clinic (For any adult swimmers wanting to improve their strokes)	Sunday 9/24 8:00 am – 12:30 pm \$50	SDC Registration (includes information about what to bring and expect)	N/A but anyone who has NEVER been a member of USMS before can register for USMS (\$70) & then attend the clinic for no additional charge.

USMS coaching certification is great for:

- Current coaches who want to enhance their credentials.
- Triathlon coaches or personal trainers who want to enhance their credentials.
- People interested in becoming coaches.

*Note: Level 1 (online) should be completed before attending the in-person weekend.

(cont'd on page 3)



**SWIM ACROSS AMERICA
RICHMOND COMMUNITY POOL SWIM
SATURDAY, AUGUST 26, 2023**

QUEST SWIMMING, 6800 DEER RUN DRIVE, MIDLOTHIAN
1/2-MILE, 1-MILE, AS MANY LAPS AS POSSIBLE



Join Swim Across America for the Richmond Community Pool Swim. At Swim Across America, money raised stays local, supporting cancer research at the VCU Massey Cancer Center. Swimmers of all ages and levels are invited to take part in our 5th annual swim and make a tangible impact in our community.

REGISTER TODAY AND LEARN MORE AT:
SWIMACROSSAMERICA.ORG/RICHMOND

ALL PROCEEDS
BENEFIT



(SAA, cont'd from page 1)

I got a call from a nurse at Massey on April 18th. After an explanation on her part, and agreement from me, they kicked off the second opinion process. Massey would review the same imagery and cell samples and put this up to a tumor review board. At no time did they pressure me to switch care from Virginia Cancer Institute (VCI) to Massey. They did find something that the original imaging techs did not. As a result, the tumor was upgraded, and the treatment plan would be more aggressive – all in the hopes to avoid surgery. I was so impressed with the speed at which SAA and Massey reacted. Also, I did not have to do any work. Massey set all the appointments.
- George Sushkoff

If you would like to enter the event, join a team, form your own team, or simply donate, you can find more information here: [2023 Richmond Community Swim - Swim Across America](#)

(USMS Training, cont'd from page 2)

The Clinic Course is designed to provide guidance and practice running a clinic. Instructors at any level can take the course, but it's perhaps most appropriate for the less experienced.

The Adult Learn to Swim Certification (ALTS) is designed to teach adults how to teach other adults to swim. Adult learners are different than children. This course covers some of the particular needs of adult learners as well as the fundamentals of teaching swimming. This certification course is great for:

- Current swim instructors who want to enhance their credentials.
- Current triathlon coaches and personal trainers who want to enhance their credentials.
- Anyone interested in becoming a swim instructor working with adult learners.

The Stroke Development Clinic is not a learn to swim class - participants should already be able to swim freestyle and feel safe in the water. It is designed for adult swimmers who have some experience swimming and would like to work on improving their strokes. All four strokes will be covered during the four hours. The course is taught in a six lane, warm-water instructional pool that is no deeper than 5.5 feet.

The reimbursement form will be provided closer to the actual courses and during the weekend of instruction.

John Shrum Memorial Chris Greene Lake Swim Results

The annual John Shrum Memorial Chris Greene Lake (CGL) Swims were held in Charlottesville, VA on June 3rd. This year the races were a USMS National Championship event. Results are included on pages 5 and 6 of this newsletter, but we highlight the new national records below:

1-mile national records:

Women 55-59, Deborah Dawson, 22:12.79
 Women 70-74, Shirley Loftus-Charley, 24:56.20
 Men 30-34, Anton Janezich, 19:09.60

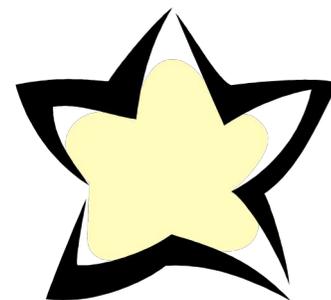
2-mile national records:

Women 70-74, Shirley Loftus-Charley, 24:56.20
 Women 75-79, Joanne Menard, 1:02:25.65
 Men 75-79, Dan Kirland, 50:05.10

CONGRATULATIONS SWIMMERS!

Volunteer Opportunity #1 . . .

CGL Volunteer Opportunity



Fellow swimmers. To all of those of you who competed in the recent John Shrum Memorial Chris Greene Lake Cable Swim, we would like to thank you. It's nice to have a hometown event like this, active for many years dating back to 1977.

As it has grown, so have the responsibilities. Co-director Jim Miller and I are looking for a third person to be a co-director of this event from the Charlottesville-Harrisonburg-Richmond area. We need help, particularly with our interaction with the national office, Pre-race athlete interaction, (national record submission as an example,) website traffic, to name a few. While it's a great privilege to be able to interact with the people who enter this race, we simply don't have the time. This is a volunteer position as neither of us has ever taken any compensation other than that of a job well done and seeing (mostly) smiling athletes. That said, it's kind of fun.

If any of you might enjoy seeing the other side of this race, you would be welcomed into our little club. Thanks for your consideration. Fellow swimmers. To all of those of you who competed in the recent John Shrum Memorial Chris Greene Lake Cable Swim, we would like to thank you. It's nice to have a hometown event like this, active for many years dating back to 1977.

As it has grown, so have the responsibilities. Co-director Jim Miller and I are looking for a third person to be a co-director of this event from the Charlottesville-Harrisonburg-Richmond area. We need help, particularly with our interaction with the national office, Pre-race athlete interaction, (national record submission as an example,) website traffic, to name a few. While it's a great privilege to be able to interact with the people who enter this race, we simply don't have the time. This is a volunteer position as neither of us has ever taken any compensation other than that of a job well done and seeing (mostly) smiling athletes. That said, it's kind of fun.

If any of you might enjoy seeing the other side of this race, you would be welcomed into our little club. Thanks for your consideration.

John Post, Charlottesville
john@johnpostmd.com

2023 John Shrum Memorial Cable Swim - 6/3/2023

Chris Greene Lake, Sanction #: 123-W001

One Mile Cable Swim

Results

Event 1 Women 18-24 1 Mile Open Water	---	Joshua Smith	55	SPM-FL	DNF
1 Therese Mills	24	FAFF-VA			
35:21.58					
Event 1 Women 25-29 1 Mile Open Water					
1 Laurie Wei	29	L4S-PV			
24:42.51					
Event 1 Women 35-39 1 Mile Open Water					
1 Rachel Savering	38	OEVT			
30:53.16					
Event 1 Women 40-44 1 Mile Open Water					
1 Lisa Chin	42	GERM-PV			
23:12.19					
2 Kathleen Briggs	43	FAFC-VA			
31:52.16					
3 Julia Brodsky	43	FAFC-VA			
38:46.94					
Event 1 Women 45-49 1 Mile Open Water					
1 Angela Ciolfi	46	CM-Y-VA			
29:24.33					
2 Nicole Hopkins	49	TIDE-VA			
30:59.15					
Event 1 Women 50-54 1 Mile Open Water					
1 Lisa Bond	54	CM-Y-VA			
26:08.57					
2 Liz Rosen	54	NCMS-NC			
27:36.35					
3 Wendy Dalton	52	CM-Y-VA			
30:00.09					
4 Elizabeth Buchanan	53	OEVT			
31:54.22					
5 Elizabeth Brown	53	WCMS-VA			
39:33.66					
Event 1 Women 55-59 1 Mile Open Water					
1 Deborah Dawson	55	DCAC-PV			
22:12.79					
2 Emily Sherrill	58	WCMS-VA			
33:08.55					
3 Micaela Shaughnessy	56	VMST-VA			
37:43.22					
4 Mary Landrum	56	UC12			
40:13.44					
Event 1 Women 60-64 1 Mile Open Water					
1 Delaine Sanders	60	UC12			
30:28.44					
2 Mary Calhoun	60	OEVT			
41:08.05					
Event 1 Women 70-74 1 Mile Open Water					
1 Shirley Loftus-Charley	72	CM-Y-VA			
24:56.20					
2 Kathy Umbdenstock	72	CM-Y-VA			
33:40.24					
3 Molly Broderson	71	VMST-VA			
39:09.33					
4 Ellen Shrum	74	OEVT			
48:37.83					
Event 1 Men 25-29 1 Mile Open Water					
1 Gee Sreekanth Gopi	25	UC10			
24:34.23					
2 Patrick Danley	26	CM-Y-VA			
35:43.09					
Event 1 Men 30-34 1 Mile Open Water					
1 Anton Janezich	31	UC12			
19:09.60					
2 Luke Robbins	33	OEVT			
26:06.23					
3 Benjamin Post	33	OEVT			
29:20.60					
Event 1 Men 40-44 1 Mile Open Water					
1 Brian Craddock	40	OEVT			
28:37.35					
2 William Craddock	42	UC12			
30:43.85					
3 Adrian Bischoff	43	OEVT			
31:02.83					
4 Joshua Hayes	40	CM-Y-VA			
34:55.74					
Event 1 Men 45-49 1 Mile Open Water					
1 Steven Gold	46	Bolles School Sh-14			
23:14.19					
Event 1 Men 55-59 1 Mile Open Water					
1 Kevin Franceschini	58	VMST-VA			
27:38.07					
2 Edward Mills	55	CM-Y-VA			
31:51.24					
Event 1 Men 60-64 1 Mile Open Water					
1 Jim Freeman	62	UC12			
27:17.83					
2 Richard Gard	64	VMST-VA			
35:06.10					
Event 1 Men 65-69 1 Mile Open Water					
---	Richard Mason	68	OEVT		XDNF
Event 1 Men 70-74 1 Mile Open Water					
1 Don Edgell	71	L4S-PV			
31:12.23					
2 James Barter	72	OEVT			
35:30.38					
Event 1 Men 75-79 1 Mile Open Water					
1 John Post	76	VMST-VA			
33:05.11					
Event 2 Women 18-24 2 Mile Open Water					
---	Morgan Breza	20	OEVT		X58:54.81
Event 2 Women 25-29 2 Mile Open Water					
1 Laurie Wei	29	L4S-PV			
50:41.15					
2 Erika Beyer	25	SFTL-FG			
53:24.62					
---	Jessica Hevener	26	OEVT		X47:53.17
Event 2 Women 35-39 2 Mile Open Water					
1 Denise Letendre	35	VMST-VA			
46:08.39					
2 Amy Charley	38	TPIT-AM			
50:13.98					
---	Rachel Savering	38	OEVT		1:06:39.27
Event 2 Women 40-44 2 Mile Open Water					
1 Lisa Chin	42	GERM-PV			
47:44.03					
2 Kathleen Coggsball	41	CM-Y-VA			
59:07.94					
Event 2 Women 45-49 2 Mile Open Water					
1 Kysa Crusco	47	NEM-NE			
51:08.32					
2 Tara Boyd	49	CM-Y-VA			
1:03:50.15					
3 Nicole Hopkins	49	TIDE-VA			
1:05:47.23					
---	Amy McDaniel	49	OEVT		1:06:05.60
---	Stacie Kurtz	45	OEVT		1:08:40.32
Event 2 Women 50-54 2 Mile Open Water					
1 Liz Rosen	54	NCMS-NC			
58:21.18					
2 Elizabeth Brown	53	WCMS-VA			
1:23:02.84					
---	Elizabeth Buchanan	53	OEVT		1:06:24.33
Event 2 Women 55-59 2 Mile Open Water					
1 Deborah Dawson	55	DCAC-PV			
46:11.38					
2 Charlotte Hollings	59	VMST-VA			
47:35.91					
3 Sue Colelli	58	O*H*-LE			
55:43.47					
4 Caycee Buscaglia	58	VMST-VA			
59:27.98					
5 Micaela Shaughnessy	56	VMST-VA			
1:20:53.08					
Event 2 Women 60-64 2 Mile Open Water					
1 Jane Esahak-Gage	61	ARIZ-AZ			
47:31.60					
2 Patricia Miller	62	VMST-VA			
59:49.29					
3 Susan Dickens	62	FAFF-VA			
1:01:54.33					
4 Peggy Armand	60	CM-Y-VA			
1:03:22.46					
5 Suzanne Bell	64	NCMS-NC			
1:05:38.56					
---	Amy Robbins	61	OEVT		1:11:17.69
Event 2 Women 65-69 2 Mile Open Water					
1 Karen Einsidler	67	SHARK-FL			
48:49.33					

2023 John Shrum Memorial Cable Swim - 6/3/2023

Chris Greene Lake, Sanction #: 123-W001

One Mile Cable Swim

Results

(Event 2 Women 65-69 2 Mile Open Water)			---	Dane Griffin	75	TMSC-FL	DNF
2	Joni Briganti	65 FAFF-VA	1:28:22.55	Event 2 Men 80-84 2 Mile Open Water			
Event 2 Women 70-74 2 Mile Open Water			1	Rob Madell	81	UC06	1:21:57.79
1	Shirley Loftus-Charley	72 CM-Y-VA	50:14.54				
2	Catherine Rust	70 PBM-FG	54:49.48				
---	Lynn Mcateer	72 OEVT	1:07:40.08				
Event 2 Women 75-79 2 Mile Open Water							
1	Joanne Menard	75 MMAC-AZ	1:02:25.65				
Event 2 Men 25-29 2 Mile Open Water							
1	John Beyer	27 SFTL-FG	55:48.13				
2	Jacob McQuiggan	29 CM-Y-VA	58:42.96				
---	Kevin Jackson	29 OEVT	X45:13.67				
Event 2 Men 30-34 2 Mile Open Water							
1	Anton Janezich	31 UC12	39:01.07				
2	Mahmoud Elnaggar	34 CM-Y-VA	1:15:47.86				
Event 2 Men 35-39 2 Mile Open Water							
1	Sean Thomas	39 MARY-MD	43:55.85				
---	Jonathan Daigle	38 OEVT	X58:20.50				
---	Benjamin Wilson	35 OEVT	1:06:13.71				
Event 2 Men 40-44 2 Mile Open Water							
1	Joshua Hayes	40 CM-Y-VA	1:13:42.19				
Event 2 Men 45-49 2 Mile Open Water							
1	John Rocco Aversa	48 CM-Y-VA	46:00.12				
2	Steven Gold	46 Bolles School Sh-14	46:56.78				
Event 2 Men 50-54 2 Mile Open Water							
1	Fred Sisson	53 SHARK-FL	49:11.04				
2	Eric Smith	52 NIAG-NI	50:32.50				
Event 2 Men 55-59 2 Mile Open Water							
1	James Allen	57 WLOO-ST	46:17.79				
2	Andrew Geiszler	55 L4S-PV	51:11.03				
---	Paul Breza	56 OEVT	X55:03.32				
Event 2 Men 60-64 2 Mile Open Water							
1	Carl Ingebretsen	62 FAFF-VA	53:25.04				
2	Jeffrey Brown	62 NORT-MN	1:02:06.45				
3	Greg Armand	60 CM-Y-VA	1:17:14.04				
Event 2 Men 65-69 2 Mile Open Water							
1	John Chambers	68 AGUA-MR	46:14.46				
2	Larry Wood	69 TXLA-ST	50:02.14				
3	John Vivadelli	66 L4S-PV	1:06:30.48				
Event 2 Men 70-74 2 Mile Open Water							
1	Michael McCaffery	70 TOC-PC	50:16.10				
2	Jack Martin	72 SHARK-FL	1:00:41.55				
---	Damien Howell	74 OEVT	1:29:00.54				
---	Raymond Kannapell	73 OEVT	1:30:54.29				
---	David Lonquest	70 OEVT	XDNF				
Event 2 Men 75-79 2 Mile Open Water							
1	Dan Kirkland	75 OREG-OR	50:05.10				
2	Roger Leonard	75 ANCM-PV	1:05:34.61				

Current and Upcoming Events

Go The Distance

Jan 1 - Dec 31, 2023: any pool

Potomac Valley Long Haul (800/1500 meter events) - CANCELLED

July 23, 2023: Springfield, VA

USMS LCM Nationals

August 2-6, 2023: Sarasota, FL

Summer Splash 2023

August 5, 2023: Baltimore, MD

Jason Nessel Memorial Invitational (LCM)

August 5, 2023: Rahway, NJ

5K Pool Swim

August 13, 2023: Allison Park, PA

2023 Lake Moomaw Open Water Swim (1-Mile)

August 19, 2023: Hot Springs, VA

RAM's Last Chance LCM Meet

August 20, 2023: Cary, NC

Swim Across America

August 26, 2023: Midlothian, VA

Nancy Brown Relay Carnival

September 30, 2023: Severna Park, MD

General Information

LMSC for Virginia Website: www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: <https://www.teamunify.com/Home.jsp?team=msmdlmsc>

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone: www.colonieszone.org

Southeast Zone: www.SouthEastZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Caycee Buscaglia

Vice-Chair: Ken Gardner

Secretary: Nancy Speer

Treasurer: Becca Latimer

Membership Coordinator: Chris Stevenson

Diversity, Equity & Inclusion: LaTonya Moyer

Coaches: Alice Phillips

Fitness: Alice Phillips

Long Distance: Dave Holland

Newsletter: Heather & Chris Stevenson

Officials: Vacant

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Angela Howsmon

Webmaster/Social Media: George Sushkoff



Volunteer Opportunity #2 . . .

Your current newsletter editors are stepping down **after the August 2023 newsletter**. The LMSC is looking for one (or more) newsletter editor(s) to take over starting with the September 2023 newsletter. If you are interested, please contact either Heather or Chris Stevenson (for more detailed information about the newsletter itself) or Caycee Buscaglia (if you want to volunteer).