



Virginia Masters News

"From the Mountains to the Sea... It's VMST"

Published by the Virginia Masters Swim Team each month

January 15, 1994/Volume XII/Number 1

Notes from the President

by Beth Waters

By now we've made it through the holiday season -- having a good time celebrating with friends and relatives, but unfortunately discovering that we haven't done enough workouts and have consumed too many holiday "treats". Right now, January looks a little bleak -- no holidays in sight and summer even farther away. This may be a good month to schedule a team social... dinner out after practice one night or breakfast after Saturday practice. Also, make an effort to meet people in the lanes around you. There is at least one swimmer whose name you can't remember.

Don't forget the following upcoming meets:

☞ January 15 and 16 -- Riverside Wellness and Fitness Center

☞ February 5 and 6 -- Roanoke

I look forward to seeing you at these meets!!

THANK YOU...

Special thanks go to Bill Martin and Johnnie Detrick for their long work on the newsletters; they did a great job! This edition of the newsletter was put together by Heather and Chris Stevenson and the mailing was coordinated by Linda McCowan.

Reminder...

*This is the last newsletter
you will receive if you
have not renewed your
VMST membership.*

Bill Martin Leaves the Newsletter

by Jim Miller, M.D.

I have felt extremely fortunate to have had the honor of working with Bill Martin in the expansion of our newsletter for the last 4 years. Bill has taken our newsletter to a new level of excellence, making it a publication that is envied by LMSCs across the United States. Bill has shown extraordinary professionalism in representing the interests of all our LMSC and VMST members, succeeding in the difficult process of representing the fitness athletes as well as providing articles featuring the successes of the nationally competitive swimmers. It is this mix of interests, as represented in our newsletter, that has made our LMSC so successful. The LMSC has shown steady growth over the 4 years that Bill has served as head of our communications center. Indeed, Bill's professionalism has stimulated many members of our LMSC to contribute heavily to the newsletter, knowing that their efforts would be presented in a professional fashion. In fact, recently the LMSC Board of Directors has been in the fortunate position of having complaints that the length of our newsletter has gotten out of hand (the last issue was 22 pages long). This size reflects the amount of material coming from our members as an extension of their excitement for our sport.

I'm happy to congratulate Bill on his increasing success in his CPA career, realizing the extensive time that was required in putting the newsletter together that led to his resignation as our newsletter editor. I wish him well in the future. I hope we'll see an increasing presence of Bill in the pool due to the additional time he will have to train now, and I look forward to his contributions to the newsletter as an author. Please join me in congratulating Bill in his professional successes; he is an extraordinary talent we've been lucky to share over the past several years.

UPCOMING EVENTS FOR VIRGINIA SWIMMERS

- ☛ **January:** NATIONAL 1 HOUR POSTAL SWIM, Hosted by St. Louis Masters, Contact Bob Blake, 4155 Weskan Lane, Bridgeton MO 63044.
- ☛ **January 7:** Entries due for VMST WINTER MEET (deck entries also accepted).
- ☛ **January 15 - 16:** VMST WINTER MEET, Riverside (Briarwood) Fitness Center, Richmond, VA. Potluck dinner will follow Saturday events. Entries are due no later than January 7. Deck entries will be accepted.
- ☛ **February:** FITNESS CHALLENGE (entry form enclosed in December newsletter).
- ☛ **February 5 - 6:** VMST ROANOKE MEET, Contact Robert Hatcher (703) 343-4524 for meet information (entry form enclosed in this newsletter).
- ☛ **February 26 - 27:** MD MASTERS WINTER MEET, Contact Barb Protzman, 7919 Main Falls Circle, Catonsville MD 21228, (410) 788-2964.
- ☛ **March 26:** ALBATROSS OPEN, Fairland Aquatic Center, Laurel, MD. Contact Tom Denes, 4522 Everett Street, Kensington MD 20895, (301) 564-4234.
- ☛ **April 29 - May 1:** ZONE CHAMPIONSHIP, Rutgers University. Contact Rob Copeland, 246 Berger Street, Somerset NJ 08873, (908) 828-4679.
- ☛ **May 13 - 16:** USMS SHORT COURSE NATIONALS, Tempe AZ.
- ☛ **June 19:** JACK KING 1 MILE OCEAN SWIM, Virginia Beach VA. Contact Forrest Sullivan, 1752 N. Woodhouse Road, Virginia Beach VA 23454.
- ☛ **July 4 - 10:** Vth WORLD MASTERS SWIMMING CHAMPIONSHIPS, Montreal, Canada. Entries are due by May 1, 1994. For travel/meet information, contact Ponte Vedra Travel at (800) 833-SWIM. You may also write to 4545 Ave Pierre de Coubertin, Case Postale 1000; Succursale <M>; Montreal, Quebec, Canada H1V3R2. Note, you must be a member of a team to swim at Worlds.
- ☛ **August 25 - 28:** USMS LONG COURSE NATIONALS, Buffalo NY.

Camps and Clinics

- ☛ **Ongoing:** TOTAL IMMERSION ADULT SWIM CAMPS, various locations. Contact camp director, Terry Laughlin, 381 Main Street, Goshen NY 10924, (914) 294-3510, for further information.
- ☛ **Ongoing:** PREMIER STROKE CLINIC, Rockville MD. Contact Clay Britt (301) 231-9740.
- ☛ **Ongoing:** BILLABONG AQUATICS CAMPS, Coral Springs FL. Contact Judy Bonning, (305) 345-5370, for a schedule. Three day, four day, and one week camps will be held in January, February, and March.

Places to Swim Across Virginia

Richmond

Riverside/Briarwood Fitness Center
Robious Road, Midlothian
Mon-Fri: 6-7 AM
Mon-Thurs: 7-8:15 PM
Sat: 8-9 AM
Sun: 4-5 PM
Contact: Jim Miller (804) 320-3999

Tuckahoe Branch YMCA
Patterson Avenue
740-9622 for information
Contact: Mark Woodard
(804) 740-9622

Virginia Beach

Virginia Beach YMCA
Mon, Wed, Fri: 6:30-7:30 PM
Sat: 8-9 AM
Contact: Mike McGee
(804) 427-3947

Stafford

Fitness University
Aquia Towne Center, Route 1
Mon, Wed, Thurs: 8:30-9:30 PM
Contact: Lou-Ann Hadlock 659-6737

Williamsburg

James City County Recreation Center
Longhill Road, Williamsburg
Mon-Fri: 6-7 AM (coach)
Mon, Wed, Fri: 6-7 PM (no coach)
(804) 220-4700 for information
Contact: Elaine S. McBeth

Northern Virginia

Chin Aquatic Center
Mon-Thurs: 8:30-9:30 PM
Sat: 7-8 AM

Dale City Recreation Center
Sun: 8-9:30 AM

Contact: Harry DeLong
(703) 368-0309

Harrisonburg

Contact: Susan Lees Arnold
(703) 434-6224

Lynchburg

Lynchburg YMCA
Contact: Jim McFarland
(703) 384-1556

Blacksburg

Contact: Lucille Griffin
(703) 552-5943

Charlottesville

Mon-Thurs: 7:30-9PM, Smith Pool
Contact: Craig C. Clift
(804) 293-6657

Norfolk

Fleet Rec. Park
Hampton Boulevard
Daily: 12-1 PM

Roanoke

Gator Aquatic Center
1130 Overland Road, Roanoke
Tue, Thurs: 6-7 AM
Sat: 7-9 AM, Sun: 6-8 PM
Mon, Wed: 7:30-9:30 PM
Contact: Kathy Shober
(703) 982-7665

Please advise editors if your
pool is not listed in this
monthly column.

WORKOUT OF THE MONTH:

Warm Up - 200 m backstroke
50 m freestyle
200 m breaststroke drills

Set #1 - (repeat set twice)
200 m non-free on 3:15
200 m freestyle on 3:15
200 m non-free on 3:15
8 X 50 m freestyle on 45 sec.

100 easy

Set #2 - (repeat set twice)
100 m free on 1:45
75 m free/25 m non-free on 1:45
50 m free/50 m non-free on 1:45
25 m free/75 m non-free on 1:45
100 m non-free on 1:45

Warm Down - at least 200 m

Vacation Rental

BRITISH VIRGIN ISLANDS (Virgin Gorda)

Elegant new villa directly on own private snorkeling beach, spectacular panoramic view of North Sound including Bitter End (dive school, etc.) Perfect weather year round. 3 BR/2 BA, magnificent LR, wrap around deck, full mod. kit., microwave, dishwasher; marina, fishing, pool, tennis (restaurant, provisioning, staff, car - available extra). \$2500 week. 1-800-848-7081; 609-924-4533. You can also contact Val Van Horn-Pate 804-288-3164.

NEWSLETTER ADS...THEY WORK!

Want a great way to increase your company's business? Why not place an ad in upcoming issues of the LMSC and VMST Newsletters!

<u>Ad Size</u>	<u>Single Issue Rate</u>	<u>4-Issue Rate</u>
Business Card	\$10	\$30
1/4 Page	\$25	\$75
1/2 Page	\$50	\$150
Full Page	\$100	\$300

JANUARY VMST BIRTHDAYS

<u>Name</u>	<u>City</u>	<u>Date</u>	<u>Age</u>
Armstrong, Barbara	Midlothian	18-Jan-51	43
Barrett, Edward	Richmond	29-Jan-38	56
Benson, Jean	Fredericksburg	19-Jan-57	37
Bouck, Robert	Bon Air	21-Jan-45	49
Bruce, Sally	Lynchburg	26-Jan-51	43
Buscaglia, Caycee	Richmond	11-Jan-65	29
Costello, Karen	Ashland	09-Jan-56	38
Curtis, John	Virginia Beach	27-Jan-53	41
Dean, Molly	Richmond	02-Jan-66	28
Dymond, Stacy	Mechanicsville	25-Jan-64	30
Finein, Tim	Chesapeake	23-Jan-53	41
Hansen, B.J.	Wytheville	30-Jan-26	68
Heil, Joe	Virginia Beach	01-Jan-59	35
Henshaw, Marti	Chesapeake	20-Jan-60	34
Hickey, J.C.	Richmond	02-Jan-39	55
Kent, Diane	Staunton	04-Jan-53	41
Kloppe, Kris	Irving	20-Jan-50	44
Leino, John	Richmond	05-Jan-63	31
Marshall, Maryan	Lynchburg	18-Jan-40	54
May, Donald	Lynchburg	23-Jan-30	64
Mickunas, Vic	Virginia Beach	03-Jan-56	38
Moore, Debi	Glen Allen	07-Jan-64	30
McGill, John	Richmond	25-Jan-36	58
Olund, David	Roanoke	27-Jan-54	40
Powis, Patricia	Richmond	15-Jan-61	33
Pugh, Bob	Richmond	09-Jan-51	43
Stonestreet, Laura	Richmond	04-Jan-38	56
Swann, Bill	Chester	30-Jan-57	37
Wallace, Jonathan	Richmond	17-Jan-61	33
Wilkins, Rhea	Midlothian	15-Jan-41	53
Wolensberg, Elizabeth	Richmond	12-Jan-21	73
Wrightson, Ian	Richmond	06-Jan-65	29

Note: Members who are aging up are highlighted.

New VMST Members

VMST now has over 300 members (this is the first time we've ever had this many!) This month we welcome the following to our ranks:

Karen Costello Ashland
 David Hildman Virginia Beach
 Jenna Ostberg Virginia Beach
 Bill Swann Chester
 Laura Stonestreet Richmond

Arizona Qualifying Times

by Jim Miller, M.D.

The qualifying standards for short-course nationals in Arizona are enclosed (page 5). These qualifying standards must be met for any additional events over three that you would like to swim at the national meet. Qualifying standards do not have to be met for the first three events you enter, allowing any individual to enter a national championship and be able to swim in a minimum of three events. I encourage you to look at these standards and aim your meets at satisfying those requirements as your season progresses.

The purpose of national qualifying times is to improve the enjoyment of the meet for everyone by decreasing the length of the short-course national championship. Although it remains the philosophy of United States Masters that all individuals should be allowed and encouraged to participate, the level of enjoyment suffers for everyone when the meet exceeds ten hours per day.

Room Reservations - Nationals

Short Course Nationals - Tempe, Arizona
May 13 - 16, 1994

VMST has blocked 20 rooms at the Embassy Suites - Tempe for the Short Course National Championship in May. Two types of rooms are available at the rate of \$64/day plus tax (\$69.79/day total):

Suite with 1 king bed and 1 sofa bed -- sleeps 4
 Suite with 2 double beds and 1 sofa bed -- sleeps 6

This special meet rate includes a complimentary full cooked-to-order breakfast, a two-hour cocktail party, and courtesy transportation to and from the Sky Harbor International Airport. The hotel has a pool, sauna, exercise room, and a restaurant (the Brown Derby Restaurant), and is located 10 minutes from the Mona Plummer Aquatic Center. A free shuttle service will be offered to and from the pool.

For reservations, call Linda McCowan (804)379-2537. A one night deposit or credit card number will be required to book a suite.

Deadline: April 10, 1994....
DON'T DELAY!!

09/29/93

USMS National Qualifying Times for 1994 Short Course Nationals Entries

	SC Nat'l Qual.Time Women 19-24	SC Nat'l Qual.Time Women 25-29	SC Nat'l Qual.Time Women 30-34	SC Nat'l Qual.Time Women 35-39	SC Nat'l Qual.Time Women 40-44	SC Nat'l Qual.Time Women 45-49	SC Nat'l Qual.Time Women 50-54	SC Nat'l Qual.Time Women 55-59	SC Nat'l Qual.Time Women 60-64	SC Nat'l Qual.Time Women 65-69	SC Nat'l Qual.Time Women 70-74	SC Nat'l Qual.Time Women 75-79	SC Nat'l Qual.Time Women 80 & Over
50 Free	:30.69	:26.08	:26.28	:27.47	:29.60	:30.51	:37.17	:50.84	:52.44	:48.61	1:06.32	NT	NT
100 Free	1:06.03	:56.95	:57.88	1:03.69	1:04.22	1:08.57	1:28.24	1:50.67	2:02.19	2:27.79	3:12.55	2:44.37	NT
200 Free	2:36.23	2:03.77	2:08.09	2:18.80	2:21.80	2:44.71	3:07.24	4:08.50	4:34.40	5:29.83	NT	6:15.35	NT
500 Free	7:08.02	5:45.01	5:52.16	6:18.75	6:29.66	7:26.35	9:29.38	10:55.23	11:39.70	14:34.61	NT	NT	NT
1000 Free	14:16.89	15:40.44	14:08.18	15:07.06	16:29.16	20:59.59	24:46.78	27:01.79	25:14.25	NT	NT	NT	NT
1650 Free	NT	NT	22:56.65	27:27.37	28:10.67	NT	33:41.96	NT	NT	NT	NT	NT	NT
50 Back	:38.80	:31.05	:31.79	:35.49	:38.18	:41.32	:47.02	1:02.12	1:03.43	1:02.29	1:19.81	NT	NT
100 Back	1:24.82	1:08.14	1:12.62	1:17.29	1:18.79	1:43.29	1:53.33	NT	NT	2:13.93	3:24.68	NT	NT
200 Back	2:52.50	2:24.08	2:36.57	2:44.49	2:57.27	3:37.27	3:41.76	NT	5:04.15	4:58.79	NT	NT	NT
50 Breast	:44.02	:38.15	:34.94	:37.22	:44.03	:57.45	:46.43	:57.67	:57.18	1:17.20	NT	NT	NT
100 Breast	1:31.74	1:16.91	1:17.46	1:19.70	1:30.85	1:55.60	1:41.89	1:53.89	NT	3:17.85	NT	NT	NT
200 Breast	3:00.44	3:25.85	2:48.82	3:04.40	3:20.35	4:43.55	4:10.38	NT	4:48.25	7:17.89	NT	NT	NT
50 Fly	:35.24	:28.89	:29.23	:29.81	:34.98	:39.00	:50.94	NT	NT	NT	NT	NT	NT
100 Fly	1:17.94	1:03.95	1:07.02	1:09.40	1:32.78	1:46.07	NT	NT	NT	NT	NT	NT	NT
200 Fly	3:00.52	2:36.99	3:01.45	3:15.91	3:20.63	3:46.46	NT	NT	NT	NT	NT	NT	NT
100 I.M.	1:13.19	1:05.36	1:08.62	1:11.71	1:16.28	1:28.43	1:34.20	2:21.50	2:05.84	NT	NT	NT	NT
200 I.M.	3:09.17	2:21.48	2:41.74	2:35.26	2:59.82	4:40.81	3:32.63	NT	NT	NT	NT	NT	NT
400 I.M.	5:22.04	5:24.44	5:35.93	5:55.08	6:44.18	NT	NT	NT	9:19.84	NT	NT	NT	NT
	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80 & Over
50 Free	:31.51	:22.37	:22.47	:22.80	:23.87	:25.06	:25.76	:29.68	:29.29	:30.61	:33.75	1:15.49	NT
100 Free	:55.63	:49.56	:49.38	:50.23	:53.10	:54.35	:58.69	1:08.50	1:12.61	1:16.48	1:17.64	2:45.61	NT
200 Free	2:26.07	1:48.03	1:50.13	1:51.71	1:58.61	2:10.36	2:18.04	2:29.98	3:04.46	3:19.97	3:07.46	NT	NT
500 Free	8:35.95	5:00.37	5:09.27	5:07.89	5:32.29	5:45.81	6:40.34	7:01.61	8:27.97	8:58.33	9:31.34	NT	NT
1000 Free	12:40.88	12:05.10	13:20.60	12:01.15	12:37.90	17:08.97	16:43.52	17:03.10	NT	NT	NT	NT	NT
1650 Free	NT	NT	21:50.03	20:20.64	23:07.47	22:48.46	35:05.01	26:12.31	NT	31:32.48	NT	NT	NT
50 Back	:29.06	:28.53	:27.07	:29.48	:29.97	:34.38	:33.01	:41.15	:40.02	:44.66	:57.42	1:05.98	NT
100 Back	1:06.85	:59.33	1:00.02	1:02.22	1:09.15	1:08.76	1:14.07	1:28.14	1:43.35	1:40.06	3:12.23	NT	NT
200 Back	2:24.55	2:08.68	2:10.28	2:16.56	2:22.38	2:30.28	2:50.67	3:11.63	3:20.33	3:34.23	NT	NT	NT
50 Breast	:46.45	:29.42	:29.04	:29.69	:30.75	:32.33	:35.01	:38.15	:42.53	:40.60	NT	1:42.44	NT
100 Breast	1:13.43	1:05.92	1:05.24	1:04.71	1:07.44	1:15.16	1:25.01	1:24.68	1:29.66	1:39.98	NT	NT	NT
200 Breast	2:37.06	2:31.00	2:27.49	2:42.17	2:32.29	2:45.13	3:16.51	3:17.56	3:45.95	4:11.10	NT	NT	NT
50 Fly	:29.33	:25.77	:24.66	:25.11	:26.05	:27.32	:28.58	:38.57	1:04.75	:50.32	:56.62	NT	NT
100 Fly	1:00.47	:54.46	:54.98	:56.54	:58.19	1:04.30	1:09.84	1:24.82	1:39.29	1:53.38	NT	NT	NT
200 Fly	2:45.22	2:21.88	2:10.68	2:09.49	2:17.07	3:54.20	3:31.34	3:34.19	NT	4:10.02	NT	NT	NT
100 I.M.	1:04.87	:56.78	:57.74	:58.25	1:00.99	1:05.36	1:10.36	1:15.87	1:21.61	1:30.54	2:58.34	2:25.76	NT
200 I.M.	2:21.20	2:05.80	2:05.75	2:07.52	2:16.48	2:25.36	2:43.09	2:58.85	3:13.74	3:31.76	4:34.23	NT	NT
400 I.M.	5:19.69	4:42.59	4:48.22	4:34.55	4:55.08	5:26.60	6:11.39	6:46.19	7:21.44	8:13.88	9:56.06	NT	NT

NT = No National Qualifying Time for This Event in This Age Group

Unfortunately, the entry form for the meet in Roanoke
(on February 5 & 6, 1994) was not available at this
time. Please contact Robert Hatcher for entry forms-
1114 Winona Avenue, Roanoke, VA 24015 (703-343-4524)

Virginia Masters Swim Team Officers

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Deadlines for February VMST Newsletter:

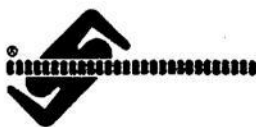
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Mail Order Swim Products

Finals 1-800-431-9111
Kast-A-Way 1-800-543-2763
Fast Lane 1-800-242-2616
Sportswide 1-800-631-9684
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