



Virginia Masters News

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

Published Periodically by the Virginia Masters Swim Team

July 15, 1994 Volume XII/Number 4

National Event, 1994 USMS Short Course Championship

Williams Captures Four Firsts in Tempe

Twenty-nine Virginia Masters attended the 1994 Short Course Nationals in Tempe, Arizona. The stars of the meet were so numerous that it is difficult to single out anyone for fear of missing someone; but Neill Williams' four first places in the 25-29 age group were certainly a highlight in everyone's memory.

Williams, a 26 year old who recently graduated from MCV, succeeded in winning the 50, 100, and 200 breaststroke events as well as the 100 individual medley. The 100 IM was won over some pretty notorious competition, specifically Troy Dalby, a gold medalist in the Seoul Olympic Games. Swimming since he was 15, Williams has practiced with VMST at Riverside-Briarwood for the last three years.

"The camaraderie of the group was second to none with exciting relays and many incredible individual performances," said Jim Miller. "It's fortunate to be associated with such fine athletes in such an exciting venue as a national championship."

In addition to the individual accomplishments, Virginia's swimmers fared well in the 24 relays they entered. Here's a salute the performances of all who participated in this nationals: Calvin Barnes, Lisa Bennett, Clai Bolek, Diane Cayce, Karen Costello, Jeanne Crouse, Molly Dean, Betsy Durrant, Linda Fournier, Terry Sue Gault, Mark Gill, Robin Hampton, Mary Hunter, Bill Irwin, Paula Jones, Tori Kiley, John Lowe, Ed McCowan, Linda McCowan, Jim Miller, Nancy Miller, Nancy Packard, Alice Phillips, Pat Ryan, Jerry Smith, Sean Webb, Rhea Wilkins, Neill Williams, and James Wolfle.

The excitement didn't end with the final event. While sitting around the hotel pool following the meet, Jerry Smith proposed to Robin Hampton. Since she wore the ring we assume her response was, "Yes." Before returning home, many of the Richmond contingency took 5 to 7 day trips around the Arizona area including the Grand Canyon and other sites.

With Montreal, Buffalo, and next year Ft. Lauderdale coming up, the excitement will continue and stories will continue to accumulate. ▲

National Event, August 25-28, USMS Long Course Championship

See You in Buffalo, New York!

Believe it or not, Buffalo Nationals is close upon us. There is every indication that it will be a very exciting meet in an excellent facility. Please submit your times for consideration for relays. Complete and return the form on page two as soon as you can. Remember, these forms need to be returned whether or not you are interested in participating in the relays. The information will be used to order the appropriate amount of team-logo material for all those attending the meet and coordinate the team picture, etc. Following tradition, a workout will be held in the championship pool at 4:00 p.m. on the warm-up day. Coach Jim Miller is looking forward to seeing you on the pool deck then. ▲

☞ Harry Rawstrom Remembered ☞

We were deeply saddened by the recent death of Harry Rawstrom. He was a power in Delaware swimming, former coach of the University of Delaware, and a prominent figure in Masters swimming. It was a privilege and a pleasure to know Harry as a fellow competitor and a man. The world of swimming has truly lost one of its own and he will be remembered with love and respect for the presence which he brought to the sport.

Mark Your Calendar For These Upcoming Events!

July 21

USMS LONG COURSE NATIONAL CHAMPIONSHIP

Deadline for Entries

August 2

DC MASTERS EAST COAST CHAMPIONSHIPS

John Calvert, 8783 Preston Place, Chevy Chase, MD
20815, 301/915-6462

August 13-14

DIXIE ZONE LONG COURSE MEET

Atlanta, GA

Lisa Watson, 804 Howell Ct., Duluth, GA 30136,
404/497-1901

August 25-28

USMS LONG COURSE NATIONAL CHAMPIONSHIP

Buffalo, NY

Gene Donner, 717 South Rd., East Aurora, NY 14052

For details see May/June issue of SWIM Magazine

September 26-October 8

WORLD MASTERS GAMES

Brisbane, Australia

World Masters Games, Locked Bag 1994, Brisbane,
Queensland 4001, Australia

Deadline for entries was July 15, 1994

October 8-9

DC AQUATICS CLUB COLUMBUS DAY CLASSIC

Dean Delbertis, 1500A Kingman Place NW, Washing-
ton, DC 20005, 202/667-8855

November 20

UPPER MONTGOMERY CITY YMCA TURKEY CLASSIC

Linda Burkholder, 18802 McFarlin Dr., Germantown, MD
20874, 301/540-0158

May 18-21, 1995

USMS SHORT COURSE NATIONAL CHAMPIONSHIP

Ft. Lauderdale, Florida

CAMPS & CLINICS

Ongoing

TOTAL IMMERSION ADULT SWIM CAMPS

various locations

Terry Laughlin, 381 Main St., Goshen, NY 10924
914/294-3510

September 7

MASTERS COACHING SCHOOL

Washington, D.C. -Hilton Hotel

ASCA, 301 SE 20th St., Ft. Lauderdale, FL 33316
800/356-2722

September 11

MASTERS SWIMMER'S CLINIC

Washington, D.C. -Hilton Hotel

ASCA, 301 SE 20th St., Ft. Lauderdale, FL 33316
800/356-2722

To have an event or clinic listed on this calendar, please send the event name, location, date, and contact information including address and telephone number of the meet director to the editors.

VMST NATIONALS RELAY ENTRY & ATTENDANCE FORM

1994 Long Course National Championship - Buffalo, New York

INSTRUCTIONS: If you plan to attend Long Course Nationals, whether or not you wish to be on a relay team, please complete this form and return it to Jim Miller at the following address by August 1, 1994. JIM MILLER, M.D., 1471 JOHNSTON-WILLIS DRIVE, RICHMOND, VA 23235.

NAME: _____ PHONE (H): _____

AGE AS OF 8/28/94: _____ PHONE (W): _____

RELAYS OF INTEREST (Please circle all that you are interested in.):

Freestyle

Medley

Mixed Free

Mixed Medley

8/26/94

8/27/94

8/28/94

8/26/94

TIMES: (Submit your times for relay team consideration.)

50 Meter Free: _____ 50 Meter Breast: _____

50 Meter Back: _____ 50 Meter Fly: _____

VMST OFFICERS**President**

Beth Waters
10604 Pursuit Court,
Chesterfield, VA 23832
804/744-8225

Vice President

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3741 Reed's Landing Cr.,
Midlothian, VA 23113
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3313 Glen Eden Quay,
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Secretary

Sharon Popson
3050 Cape Henry Ct.,
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804/481-5582

Newsletter

Ken Mills
2209 Albion Rd.,
Midlothian, VA 23113
804/379-3104

Heather Stevenson
& Chris Stevenson
10 Bostwick Lane
Richmond, VA 23226
804/282-1573

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Roddin Wins 2-Mile Cable Swim in 44:16

The USMS National Championship Cable Swim on a 1/4 mile straight-away was held at Chris Greene Lake in Charlottesville on Saturday, July 9. From the 156 entries, 135 swimmers ranging in age from 20 to 72 competed in the event. Twenty-five teams from across the United States were represented including swimmers from as far away as New York, Florida, Texas, and California. The overall winning time was 44:16 by Jeffrey Roddin (ANCM). Katrina Poplanski (DCM) was overall women's winner with a time of 45:05. The complete results will be published in the August LMSC Newsletter.

"A meet is only as successful as its workers," said meet director Linda McCowan. "A big thank-you to the 23 VMST volunteers who dedicated their time and effort to the event. Special thanks go to the Albermarle Recreation and Parks staff and the Charlottesville/Albermarle Dive/Rescue Squad for their continued support." ▲

125 Enter Jack King Ocean Swim

A record 125 individuals entered the 11th Jack King 1-Mile Ocean Swim; 114 actually started the swim held at Virginia Beach on June 19. Parker Neff and Denise Ware were the first swimmers to finish with times of 27:23 and 27:25, respectively. Swim conditions were great for the hot, sunny day. Water temperature was in the low 70s and the ocean was calm. Meet co-director Betsy Durrant cited two factors affecting the swim: the current and the outgoing tide.

"I think it is significant that those swimmers who stayed close to the shore finished ahead of the swimmers who went out further," said Durrant. "Low tide was about 10:20 or 10:30. The swim caught the end of the outgoing tide which tends to pull south. It's my opinion, and I don't claim to be an expert, but those who stayed close to the shore were able to use what current there was."

The law firm of Vandeventer, Black, Meredith, and Martin (VBMM) sponsored the event in memory of Jack King, former partner and friend who died in 1985. Teresa McClelland of the firm helped with the planning, design and ordering of tee shirts, and the social. VBMM volunteers assisted local Masters swimmers and their families with race day activities.

"This is a relatively easy event to put on because of the expert help we get," said Durrant. She was very grateful to those that helped including: VBMM, Susan and Bob Anderson, Judy Decker, Sandy Doyle, Mike Duignan, Steve Durrant, Francis Hall, Carl Russ, and Bill Spruill. Next year's event is scheduled for June 18, 1995 and will be a USMS National Championship. ▲

VP Miller Shares Island Swim Camp Experience

This spring Nancy and Jim Miller had the opportunity to join about twenty teenagers from the Poseidon age group team in St. Croix for a 5-day training camp. Nine adults made the trip led by Diane Cayce who held a 2-hour practice every morning in a hand-dug (with curving sidewalls and all!) 50-meter outdoor pool on the grounds of a private day school. Nancy and Jim swam 4000-5000 meters daily; many of the seniors polished off over 6000 meters each day. Afternoons were spent shopping, beaching, snorkeling, scuba diving, or just relaxing. Nancy shared the following experiences.

Near the end of our stay, the St. Croix team and its coach, Gary Gutierrez, hosted a meet for the Poseidon, St. Croix, and St. Thomas teams. The island teams have to fly their kids wherever a meet is held. St. Thomas has absolutely no pool to practice in, so all practices are conducted in open water, marking off courses and "lanes" with buoys and ropes. As you might imagine, their turns left something to be desired.

Diane sneakily entered Jim and me in the "Open" category of the meet in three events apiece. The kids and adults alike were all very supportive once they realized that our ages were not "typos." My first time up on the block I took too long coming down for the step-up start and was cheerfully charged accordingly.

The St. Croix FINA liaison and his wife hosted a barbecue for us in their beautiful home. The hospitality and warm welcome extended to us during this trip were really incredible; we hope to reciprocate if an exchange trip is arranged. ▲

Places To Swim

BLACKSBURG
Contact: Lucile Griffin
703/562-6943

CHARLOTTESVILLE
Smith Pool
M-Th: 7:30-9 PM
Contact: Craig C. Cist
904/289-6657

CHESTER
Chester Family YMCA
3011 W. Hundred Rd.
Contact: Jay Crawford
904/748-9022

HARRISONBURG
Contact: Susan Leos Arnold
703/434-6224

LYNCHBURG
Lynchburg YMCA
Contact: Jim McFarland
703/584-1556

NORFOLK
Fleet Rec. Park
Hampton Blvd.
Daily: 12-1PM

NORTHERN VIRGINIA
Chin Aquatic Center
M-Th: 8:30-9:30 PM
Sat: 7-9 AM

Dale City Recreation Center
Sun: 9-9:30 AM
Contact: Harry DeLong
703/389-0309

RICHMOND AREA
Riverside Wellness &
Fitness Ctr./Briarwood
Robious Rd., Midlothian
M-F: 6-7 AM; 7-8:15 PM
Sat: 8-9 AM
Sun: 4-6 PM
Contact: Jim Miller
804/320-3999

Tuckahoe Branch YMCA
Ratliff Ave.
Contact: Mark Woodard
804/740-9022

ROANOKE
Lancet Fitness Ctr.
1111 Vineyard Rd., Vinton
T & Th: 7-8 PM
Sat: 10-11 AM
Contact: Howard Butts
H 703/992-1736
W 703/991-0205

Gator Aquatic Ctr.
1130 Overland Rd., Roanoke
M & W: 7:30-9:30 PM
T & Th: 6-7 AM
Sat: 7-9 AM
Sun: 6-8 PM
Contact: Kathy Shober
703/982-7665

STAFFORD
Fitness University
Aquia Towne Ctr., Route 1
MWTh: 8:30 - 9:30 PM
Contact: Lou-Ann Hadlock
703/659-6737

VIRGINIA BEACH
Virginia Beach YMCA
MWF: 6:30-7:30 PM
Sat: 8-9 AM
Contact: Mike McGee
804/427-3947

WILLIAMSBURG AREA
James City County Rec. Ctr.
Longhill Rd., Williamsburg
M-F: 6-7 AM (coach)
MWF: 6-7 PM (no coach)
Contact: Elaine S. McBeth

Articles for the August 15, 1994
LMSC Newsletter MUST be
submitted to the editors by
July 23, 1994.

Articles for the September 15,
1994 VMST Newsletter MUST be
submitted to the editors by
August 20, 1994.

HAPPY BIRTHDAY TO THESE SWIMMERS

JUNE

Ann Berquist
J. B. Brinkman
Robert Cummings
Dwight Dunston
Beth Gardner
Ruth Good
Beverly Hartline
Lisa Heirigs
Marti Henshaw
Harry Howell
Priscilla Irons
Manny Klammer
John Kuta
Ralph Laughlin
Monte Lewis
David Malsbury
Kenneth Novell
Debra Nuckels
William Pharis
Sean Webb
John Woleben

Ordinary, VA	6/18/33	61
Virginia Beach, VA	6/30/58	36
Newport News, VA	6/04/38	56
Alexandria, VA	6/28/74	20
Charlottesville, VA	6/03/65	29
Richmond, VA	6/18/20	74
Grafton, VA	6/13/50	44
Richmond, VA	6/19/66	28
Chesapeake, VA	6/20/60	34
Bon Air, VA	6/27/17	77
Richmond, VA	6/07/83	31
Richmond, VA	6/08/50	44
Quinton, VA	6/29/53	41
Manakin Sabot, VA	6/17/54	40
Richmond, VA	6/04/66	28
Chesapeake, VA	6/31/61	33
Dahlgren, VA	6/12/42	52
Richmond, VA	6/16/70	24
Hardy, VA	6/27/47	47
Richmond, VA	6/20/51	43
Suffolk, VA	6/03/47	46

JULY

Cassie Callender
Patricia Chappell
Raleigh Conway
Olivia Cummings
Judy Decker
Ashley Eaton
Andy Ferguson
Linda Fournier
Mark Gill
Jerry Harrington
David Hefner
Allan Howell
Joseph Kattner
Danny Kelly
Kristen King
Gennard Lanzara
Michael McGinty
Lang Meem
Larry Moray
Nancy Park
Alice Phillips
Karen Tallmadge
Kim Trader
Elizabeth Wayland
James Wolfe
Richard Worrall

Buckhannon, WV	7/17/70	24
Midlothian, VA	7/29/54	40
Fredericksburg, VA	7/07/54	40
Salem, VA	7/05/58	36
Virginia Beach, VA	7/05/42	52
Carrsville, VA	7/22/62	32
Richmond, VA	7/12/63	31
Richmond, VA	7/22/58	36
Petersburg, VA	7/13/69	26
Midlothian, VA	7/08/43	51
Midlothian, VA	7/20/54	40
Richmond, VA	7/06/45	49
Richmond, VA	7/17/41	53
Richmond, VA	7/06/62	32
Virginia Beach, VA	7/01/70	24
Roanoke, VA	7/28/58	36
Midlothian, VA	7/10/57	37
Richmond, VA	7/09/54	40
Richmond, VA	7/30/56	38
Richmond, VA	7/24/53	41
Richmond, VA	7/30/65	29
Chicago, IL	7/28/62	32
Manassas, VA	7/05/63	31
Richmond, VA	7/12/67	27
Blacksburg, VA	7/03/68	26
Midlothian, VA	7/19/44	50

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