



Virginia Masters News

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

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NORFOLK IS SITE OF VMST FALL SWIM MEET


Forrest Sullivan, LMSC for Virginia Chairman, and Betsy Durrant, Registrar, announced today that the fourteenth annual Virginia Masters Fall Swim Meet will be held in Norfolk on Saturday, November 5. An entry form is included with this newsletter.

The event will take place in Norfolk Academy's Vaughn Aquatic Center which features an 8-lane, 25 yard pool. Six of the lanes will be used for competition and two lanes will be available for continuous warm-up and cool down.

Deadline for Entries

Saturday, October 29

Swimmers may enter a total of 5 events. The fee for each event entry received by Saturday, October 29 is \$3. Late entries and deck entries will be accepted at a cost of \$5 per event. Medals will be awarded for first through third places in each event for each age group. Ribbons will be awarded for fourth through sixth places.

Mike and Gloria Duignan will host a social immediately following the meet for all swimmers, families, and friends. The cost for the social is \$2 per person. Maps will be available at check-in. 

NEW BOOK CASTS WIDE NET OVER OUR WATERS

The Complete Book of Swimming by Dr. Phil Whitten has just been published and is now available in bookstores. Reprinted from New England Masters News, Tom Lyndon, a member of the NEMS club, shares his review.

Whitten is editor-in-chief of and writer for *SWIM* magazine and *Swimming World*. In addition to being a major player in the well-being of New England Masters for twenty years and setting some world records, he has also written for *Parade* magazine, *Psychology Today*, anthropological journals, and many other publications. He has authored or co-authored eighteen books.

The Complete Book of Swimming can be thought of as four sections — addressing four distinct areas of swimming that many of us are already interested in or will become interested in once we start reading.

SECTION I: SWIM FOR YOUR LIFE

Whitten addresses all of the arguments known to man (and woman) for getting wet. If you have been wondering if swimming was a good (the best?) use of your time, read this section. He will tell you:

- as many as 120,000,000 Americans swim
- "swimming is destined to be the sport of the late 1990s and the twenty-first century"
- "swimming is the best and most complete form of exercise there is"
- "you develop and maintain an ideal body"
- "gain, no pain is the swimmer's motto"
- "[this book] will show you how to become healthier and happier than you ever imagined..."
- "[how to] become a better person—more vital, competent, vigorous, sexy...alive by swimming"

He pulls out more stops than can be found on any organ to tout the wonders of water. For those not aware of swimming's many benefits, this book can be life-shaping or life-saving.

For me, though, some of Section I goes too far. Examples:

- suggesting that high blood pressure can be dealt with either by relaxation and swimming or by drug therapy.
- using longitudinal data of selected swimmers' times that suggested (or proved?) a statistical conclusion to project times for the "average" swimmer.

(Continued on page 2.)

Mark Your Calendar For These Upcoming Events!

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 Delibertis, 1500A Kingman Place NW, Washington, DC 20005, 202/667-8855

November 5

VIRGINIA MASTERS FALL MEET

Norfolk, Virginia - Norfolk Academy

Betsy Durrant, 211 - 66th St., Virginia Beach, VA
23451, 804/422-6811. No calls after 9:30 PM, please.

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

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.

(Continued from page 1.)

- being too instructive: "It is essential to eat just the right balance of protein and carbohydrate at every meal...."

Aside from caveats for some of his claims, I admire his earnest zeal. Section I's last sentence sums it up: "Swimming will add years to your life—and life to your years."

SECTION II: GETTING IN THE SWIM

My favorite section. It is an excellent presentation of the four strokes and the starts and turns. A friend who is competent in the butterfly said the book helped him. I consider myself somewhat knowledgeable in the freestyle and like what he said and how he said it. This section alone can justify buying the book.

SECTION III: BECOMING FIT

Some years ago, Whitten and an associate did a study that pointed out the efficacy of swimming to enhance sexual activity. (If I recall it right, the study made it all the way to the pages of *USA Today*.) In this book, he presents his conclusions from the survey he sent to swimmers (all were in "fine physical condition" and more than half had been "competitive swimmers in their youth"). While I wonder if those who responded had a bias and I would like to know of other studies that confirm his study, I like to believe he's right. (For those in their sixties, 100% of the men and women who were "sexually active" had intercourse at least once a week, while 73% and 63% of the men and women in the general population did, per another's study.)

This fitness section also discusses pregnancy, breast cancer and other female cancers, self-esteem, obesity, inactivity, age-group swimming, Masters swimming, getting older, and

life expectancy. For many, this will be informative and helpful reading. For some, it will be amazing.

SECTION IV: TRAINING, WORKOUTS, DRILLS, & APPENDICES

What I call Section IV is pages 216 through 372. It starts with twenty pages of good information and tips about "working out." Occasionally I would have preferred that he point out more options or explain why one way is better than another, as when he makes a good case for using fins, but talks almost exclusively about one brand (Zoomers), which, while highly regarded by some, may not be preferred by all.

The next forty pages present "Sample Training Programs" (we call them workouts), followed by ten pages of drills. The workouts are for heavy-duty fitness swimmers and reasonably competitive swimmers. I think the workouts may overtax the wants and abilities of the rank and file, including many Masters swimmers. To enter this workout program, he recommends that you be able to do 500 continuous yards and then complete a three-week training program to escalate to the "fitness/lap swimmer level of training" of the "nine dynamite workouts" in the book. You are encouraged to work out five times a week and one of the workouts includes a 400 IM for the "Fitness/Lap" swimmer. (An "Intermediate" swimmer does a 600 IM and an "Advanced" swimmer does an 800 IM.)

I liked the drills; they agree with my understanding of how you learn to do the strokes better, but I wish Whitten had explained why these drills are good. Many Masters aren't satisfied with just being told to do it.

CONCLUSION

Despite some issues covered too briefly or not at all (weight training and other dry land exercises; stretching; coaches; the mind set of and difference between working out

(Continued on page 3.)



***** ENTRIES ARE DUE BY OCTOBER 29! *****

Age (on Nov 5): _____ Phone: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following, but be sure to sign the waiver..

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

I the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR 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: UNITED STATES MASTERS SWIMMING, INC, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Swimmer's signature: _____ Date: _____

Evt #	Seed Time	Event	Evt #	Seed Time	Event
(1)	_____	100 yd Fly	(10)	_____	50 yd Fly
(2)	_____	200 yd Free	(11)	_____	100 yd Free
(3)	_____	100 yd IM	(12)	_____	50 yd Back
(4)	_____	100 yd Back	(13)	_____	200 yd IM
(5)	_____	50 yd Free	(14)	_____	50 yd Breast
(6)	_____	100 yd Breast	(15)	_____	500 yd Free
*(7)	_____	200 yd Fly			
*(8)	_____	200 yd Back			
*(9)	_____	200 yd Breast			

* Events 7, 8, and 9 may be combined and swum together.

Number of Events _____ x \$ _____ (\$3 Pre, \$5 Late or Deck) = \$ _____
Number attending social _____ x \$2 = \$ _____
Total Amount Enclosed = \$ _____

Make Checks payable to: VMST. Enclose a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 211 - 66th St, Virginia Beach, VA 23451. 804-422-6811 (No calls after 9:30 pm, please).



United States
Masters
Swimming



VIRGINIA MASTERS SWIM TEAM FOURTEENTH ANNUAL FALL SWIM MEET
Saturday, November 5, 1994

Location: Norfolk Academy, Norfolk, VA.

Facility: 8-lane, 25 yard pool, non-turbulent lane markers. 6 lanes will be used for competition, 2 lanes will be available for continuous warm-up and cool down.

Directions: From I-64, take the Northhampton Blvd exit - North. The first stop light is Wesleyan Drive (Lake Wright Motel is on the left). Turn right on Wesleyan Drive. The entrance to Norfolk Academy is the first right. On campus, bear to your right as far as you can go. Park in front of the gymnasium or next to the outdoor pool. The indoor pool (Vaughn Aquatic Center) is a 2 story building behind the gym. Enter from the courtyard.

Sanctioned by: USMS, INC. and LMSC for VIRGINIA - Sanction #125-0001.

Meet Directors: Forrest Sullivan and Betsy Durrant

Eligibility: The standard Masters age groups will be used (19-24, 25-29, 30-34, 35-39, etc). **All swimmers must be registered with USMS and include a copy of their registration card with their entry.**

USMS registration (through LMSC for VA) will be available at the pool for deck entries. If you pre-enter, you may include the registration form and check along with your entry. For more information, contact Betsy Durrant. All new registrations will be good through December, 1995.

Order of Events - Warmup starts at 11:00 am - First heat begins at 12:00 noon.

- | | |
|------------------------------|--|
| (1) 100-yd Butterfly | (10) 50 yd Butterfly |
| (2) 200 yd Freestyle | (11) 100 yd Freestyle |
| (3) 100 yd Individual Medley | (12) 50 yd Backstroke |
| (4) 100 yd Backstroke | (13) 200 yd Individual Medley |
| (5) 50 yd Freestyle | (14) 50 yd Breaststroke |
| (6) 100 yd Breaststroke | (15) 500 yd Freestyle |
| * (7) 200 yd Butterfly | |
| * (8) 200 yd Backstroke | * Events 7, 8, and 9 may be combined and |
| * (9) 200 yd Breaststroke | swum at the same time. |

Entries: \$3.00 per event for pre-entries. **Late entries and deck entries will be accepted at a cost of \$5.00 per event.** Late and deck entries will be accepted to fill heats; if time permits, new heats will be created. Swimmers may enter a total of 5 events.

Entry deadline: Pre-entries must be received by Saturday, October 29.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded according to times; heats will run slowest to fastest. Events 7, 8, and 9 may be combined and swum at the same time. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warmup.**

Awards: Medals for 1st through 3rd places in each event for each age group. Ribbons for fourth through sixth places.

Social: A social for all swimmers, families, and friends will be held immediately after the meet at Mike and Gloria Duignan's (\$2 per person). Maps will be available at check-in.

COMMONWEALTH GAMES OF VIRGINIA
MASTERS SWIMMING COMPETITION
FINAL RESULTS

MEET DIRECTOR: ROBERT HATCHER
SITE: FALLON PARK POOL (50M)
ROANOKE, VA
DATE: JULY 16, 1994
SANCTION # 124-0005

WOMEN

19-24				
50M BUTTERFLY				
1. W. KNICK	VNST		35.54	
25-29				
50M FREESTYLE				
1. B. GARDNER	VNST		30.01	
100M FREESTYLE				
1. B. GARDNER	VNST		1:06.79*	
50M BACKSTROKE				
1. B. GARDNER	VNST		34.09*	
100M BACKSTROKE				
1. B. GARDNER	VNST		1:17.58*	
50M BUTTERFLY				
1. B. GARDNER	VNST		31.93*	
30-34				
50M FREESTYLE				
1. C. JAMERSON	VNST		35.55	
100M FREESTYLE				
1. R. SHERMAN	UNAT		1:34.43	
200M FREESTYLE				
1. C. JAMERSON	VNST		3:01.68	
50M BACKSTROKE				
1. C. JAMERSON	VNST		46.08*	
50M BUTTERFLY				
1. R. SHERMAN	UNAT		46.60	
200M IND KEDLEY				
1. C. JAMERSON	VNST		3:29.08*	

MEN

25-29			
50M FREESTYLE			
1. R. BREITENBACH	UNAT	26.49*	
100M FREESTYLE			
1. R. BREITENBACH	UNAT	59.97*	
50M BUTTERFLY			
1. R. BREITENBACH	UNAT	27.92	
30-34			
50M FREESTYLE			
1. L. McCLUNG	UNAT	30.29	
100M FREESTYLE			
1. L. McCLUNG	UNAT	1:09.40	
200M FREESTYLE			
1. L. McCLUNG	UNAT	2:48.00	
2. W. MARTIN	VNST	2:48.31	
400M FREESTYLE			
1. W. MARTIN	VNST	5:57.81*	
2. L. McCLUNG	VNST	6:01.94	
50M BACKSTROKE			
1. T. FITZGIBBONS	VNST	34.45*	
100M BACKSTROKE			
1. T. FITZGIBBONS	VNST	1:19.02*	
50M BREASTSTROKE			
1. T. FITZGIBBONS	VNST	38.64*	
100M BREASTSTROKE			
1. T. FITZGIBBONS	VNST	1:25.16	
2. W. MARTIN	VNST	1:30.18	
50M BUTTERFLY			
1. L. McCLUNG	UNAT	31.83*	
2. R. HATCHER	VNST	37.79*	
100M BUTTERFLY			
1. W. MARTIN	VNST	1:24.51	
2. R. HATCHER	VNST	1:39.58	
200M IND KEDLEY			
1. T. FITZGIBBONS	VNST	2:45.17*	
2. W. MARTIN	VNST	2:02.24	

35-39

50M FREESTYLE	1. K. COSTELLO	VNST	40.97
800M FREESTYLE	1. K. COSTELLO	VNST	1:38.44
50M BACKSTROKE	1. K. COSTELLO	VNST	49.86*
100M BACKSTROKE	1. J. BENSON	VNST	1:31.34*
2. K. COSTELLO	VNST	1:53.08	
200M BACKSTROKE	1. J. BENSON	VNST	3:08.85*
200M BUTTERFLY	1. C. ELLESTED	VNST	4:17.99
200M IND KEDLEY	1. J. BENSON	VNST	3:15.61*
40-44			
50M FREESTYLE	1. P. CROWICE	VNST	37.15
100M FREESTYLE	1. D. KENT	VNST	1:24.52
2. P. CROWICE	VNST	1:30.39	
400M FREESTYLE	1. D. KENT	VNST	6:36.47
50M BREASTSTROKE	1. P. CROWICE	VNST	48.19
2. D. KENT	VNST	48.48	
100M BREASTSTROKE	1. P. CROWICE	VNST	1:48.43
2. D. KENT	VNST	1:48.69	

35-39

50M FREESTYLE	1. N. GRIFFITH	UNAT	34.20
100M FREESTYLE	1. J. McFARLAND	VNST	1:02.36*
2. D. CUMINGS	VNST	1:09.79	
200M FREESTYLE	1. J. McFARLAND	VNST	2:22.43*
2. D. CUMINGS	VNST	2:40.27	
400M FREESTYLE	1. J. McFARLAND	VNST	5:07.90*
2. G. LANEARA	VNST	2:40.16	
50M BACKSTROKE	1. N. HUNTER	UNAT	36.82
100M BACKSTROKE	1. G. LANEARA	VNST	1:21.53*
200M BACKSTROKE	1. G. LANEARA	VNST	2:53.82*
50M BREASTSTROKE	1. N. SLOWEY	VNST	34.08*
400 BREASTSTROKE	1. N. SLOWEY	VNST	1:16.27*
2. G. LANEARA	VNST	1:27.11	
100M BREASTSTROKE	1. N. SLOWEY	VNST	2:59.29*
2. G. LANEARA	VNST	3:08.66	
50M BUTTERFLY	1. D. CUMINGS	VNST	39.90
100M BUTTERFLY	1. N. GRIFFITH	UNAT	1:55.85
200M BUTTERFLY	1. N. GRIFFITH	VNST	4:40.21
200M IND NEEDLEY	1. N. SLOWEY	VNST	2:37.43*
2. G. LANEARA	VNST	2:44.86	
3. N. GRIFFITH	UNAT	2:47.90	

45-49

50M FREESTYLE	1. R. DANSON	VNST	53.84*
	2. L. MCCOMAN	VNST	54.70
200M FREESTYLE	1. G. BAKER	VNST	3:32.10
400M FREESTYLE	1. A. HAINES	DCM	6:26.99*
	2. G. BAKER	VNST	7:19.32
50M BACKSTROKE	1. A. HAINES	DCM	43.23
	2. G. BAKER	VNST	54.35
	3. R. DANSON	VNST	1:00.35
100M BACKSTROKE	1. A. HAINES	DCM	1:38.91
	2. G. BAKER	VNST	2:01.77
	3. R. DANSON	VNST	2:14.38
200M BACKSTROKE	1. A. HAINES	DCM	3:22.99*
	2. G. BAKER	VNST	4:13.78
50M BREASTSTROKE	1. L. MCCOMAN	VNST	48.11*
	2. R. DANSON	VNST	1:01.51
100M BREASTSTROKE	1. R. DANSON	VNST	2:16.84
200M IND KEDLEY	1. A. HAINES	DCM	3:28.80
50-54			
50M FREESTYLE	1. D. NILES	VNST	42.35
	2. M. MARSHALL	VNST	1:01.16
100M FREESTYLE	1. M. MARSHALL	VNST	2:15.91
400M FREESTYLE	1. D. NILES	VNST	8:13.33
50M BREASTSTROKE	1. D. NILES	VNST	49.65*
100M BREASTSTROKE	1. D. NILES	VNST	1:49.78

40-44

45-49			
50M FREESTYLE	1. S. WEBB	VNST	28.59*
100M FREESTYLE	1. S. WEBB	VNST	1:04.09*
100M BACKSTROKE	1. D. OLUND	VNST	1:26.06
200M BACKSTROKE	1. H. NIEREWA	VNST	3:06.88*
2. D. OLUND	VNST	3:10.26	
50M BREASTSTROKE	1. S. WEBB	VNST	36.44
2. H. NIEREWA	VNST	36.56	
100M BREASTSTROKE	1. H. NIEREWA	VNST	1:23.73
2. S. WEBB	VNST	1:25.88	
3. D. OLUND	VNST	1:33.08	
200M BREASTSTROKE	1. S. WEBB	VNST	3:07.52*
2. D. OLUND	VNST	3:25.14	
50M BUTTERFLY	1. H. NIEREWA	VNST	34.88
200M BUTTERFLY	T. PECK	VNST	DQ
200M IND KEDLEY	1. H. NIEREWA	VNST	2:33.87*
2. D. OLUND	VNST	3:02.89	
3. T. PECK	VNST	3:58.92	
45-49			
50M FREESTYLE	1. W. RANSEY	VNST	29.19*
2. E. MCCOMAN	VNST	31.10	
3. W. PHARIS	VNST	31.31	
4. G. GRUNDWALD	VNST	31.51	
5. E. MILLER	VNST	32.17	
6. R. POPLSTEIN	UNAT	34.53	
7. S. BAUMAN	UNAT	37.47	
100M FREESTYLE	1. E. MCCOMAN	VNST	1:11.49
2. R. POPLSTEIN	UNAT	1:29.61	
200M FREESTYLE	1. J. SLAUGHTER	THS	3:02.59

50-54

200M IND KEDLEY	1. D. NILES	VNST	4:13.00
60-64			
50M FREESTYLE	1. J. PHARIS	VNST	52.26*
50M BACKSTROKE	1. J. PHARIS	VNST	1:00.49*
100M BACKSTROKE	1. J. PHARIS	VNST	2:18.88*
70-74			
50M FREESTYLE	1. M. KAWOER	DCM	50.76*
2. P. MURPHY	VNST	1:12.86	
3. D. CREWENERS	UNAT	2:18.01	
50M BACKSTROKE	1. M. KAWOER	DCM	59.33
2. P. MURPHY	VNST	1:17.27	
3. D. CREWENERS	UNAT	1:53.26	
100M BACKSTROKE	1. M. KAWOER	DCM	2:09.09
2. P. MURPHY	VNST	2:57.36	
3. D. CREWENERS	UNAT	4:17.87	
200M BACKSTROKE	1. M. KAWOER	DCM	4:39.34*
100M BREASTSTROKE	1. M. KAWOER	DCM	2:22.50*
50M BUTTERFLY	1. P. MURPHY	VNST	1:50.17*
75-79			
50M BREASTSTROKE	1. R. SUGDEN	VNST	1:35.80*
50M BUTTERFLY	1. R. SUGDEN	VNST	1:25.64*
200M IND KEDLEY	1. R. SUGDEN	VNST	7:12.30*
400M FREESTYLE	J. SLAUGHTER	THS	6:30.41
50M BACKSTROKE	G. GRUNDWALD	VNST	38.89*
2. W. PHARIS	VNST	40.21	
3. S. BAUMAN	UNAT	42.02	
4. E. MILLER	VNST	43.29	
100M BACKSTROKE	W. PHARIS	VNST	1:29.75*
2. G. GRUNDWALD	VNST	1:30.78	
3. S. BAUMAN	UNAT	1:41.64	
50M BREASTSTROKE	E. MCCOMAN	VNST	40.43
2. C. RAYNER	UNAT	46.10	
3. R. POPLSTEIN	UNAT	50.16	
100M BREASTSTROKE	4. MCCOMAN	VNST	1:34.26
J. SLAUGHTER	THS	1:34.37	
200M BREASTSTROKE	J. SLAUGHTER	THS	3:40.21
50M BUTTERFLY	E. MILLER	VNST	35.54
2. R. POPLSTEIN	UNAT	40.46	
200M IND KEDLEY	J. SLAUGHTER	THS	3:42.05*
50-54			
50M FREESTYLE	D. SINGLEY	BURL-C	34.16
H. BUTTS	VNST	35.36	
100M FREESTYLE	D. SINGLEY	BURL-C	1:19.51*
H. BUTTS	VNST	1:28.01	
200M FREESTYLE	D. SINGLEY	BURL-C	3:10.79*
H. BUTTS	VNST	3:29.87	
50M BREASTSTROKE	H. BUTTS	VNST	44.86*
100M BREASTSTROKE	H. BUTTS	VNST	1:43.47*
50M BUTTERFLY	D. SINGLEY	BURL-C	40.76*

55-59
50M FREESTYLE
1. L. COHEN DCM 33.19

100M FREESTYLE
1. L. COHEN DCM 1:16.59

200M FREESTYLE
1. L. COHEN DCM 3:04.36

400M FREESTYLE
1. L. COHEN DCM 6:34.01

50M BREASTSTROKE
1. L. COHEN DCM 48.14*

65-69
50M FREESTYLE
1. W. IRWIN VMST 31.88*

100M FREESTYLE
1. W. IRWIN VMST 1:18.59*

400M FREESTYLE
1. W. IRWIN VMST 6:21.96*

50M BREASTSTROKE
1. W. IRWIN VMST 44.15*

100M BREASTSTROKE
1. W. IRWIN VMST 1:42.41*

80-84
50M FREESTYLE
1. A. LEVIN VMST 1:34.91

100M FREESTYLE
1. A. LEVIN VMST 4:24.31

200M FREESTYLE
1. A. LEVIN VMST 9:05.55

400M FREESTYLE
1. A. LEVIN VMST 18:45.86*

RELAYS
WOMENS 200M FREESTYLE RELAY
120-159
1. VMST 2:15.68*
(KNICK, BENSON, JAMERSON, GARDNER)

160-199
1. VMST 2:54.41
(MCCOWAN, COSTELLO, BAKER, ELLESTED)

WOMENS 200M MEDLEY RELAY
120-159
1. VMST 2:39.04*
(KNICK, BENSON, JAMERSON, GARDNER)

160-199
1. VMST 3:22.49
(BAKER, ELLESTED, MCCOWAN, COSTELLO)

MENS 200M FREESTYLE RELAY
120-159
1. VMST 2:09.27
(MCCOWAN, LANZARA, MARTIN, WEBB)

160-199
VMST DQ
(HATCHER, PECK, MIERZWA, IRWIN)

MENS 200M MEDLEY RELAY
120-159
1. VMST 2:26.27
(LANZARA, WEBB, MARTIN, MCCOWAN)

160-199
1. VMST 2:55.20
(MIERZWA, HATCHER, PECK, IRWIN)

200M MIXED FREESTYLE RELAY
120-159
1. VMST A 2:10.99*
(BENSON, GARDNER, LANZARA, MARTIN)
2. VMST B 2:29.88
(ELLESTED, PECK, MIERZWA, KNICK)

160-199
1. VMST 2:17.23*
(MCCOWAN, WEBB, MCCOWAN, JAMERSON)

200M MIXED MEDLEY
120-159
1. VMST A 2:30.30*
(BENSON, MARTIN, GARDNER, LANZARA)
2. VMST B 2:45.67
(ELLESTED, PECK, MIERZWA, KNICK)

RELAYS
200 MIXED MEDLEY RELAY
160-199
1. VMST 2:46.66
(BAKER, MCCOWAN, WEBB, COSTELLO)

* MEET RECORD

BURL-C BURLINGTON MASTER-CANADA
DCM DC MASTERS
TMS TRIAD MASTERS SWIMMING
VBMS VALLEY BLUES MASTERS SWIMMING
VMST VIRGINIA MASTERS SWIM TEAM
UNAT UNATTACHED

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BREAK TIME!!


by Jim Miller, M.D.

At this time of year swimmers seem to fall into one of three categories: those who are taking a much-earned rest after the rigors of heavy training for long-course and open water swimming; those who have been enjoying the summer vacation since the short-course season; and, finally, those who are just starting into a swimming routine. Regardless of the group in which you happen to fit, it is advisable to use the time before you start training for short course by having fun, cross-training, and taking time to improve upon those strokes that thus far have seemed to elude you.

If you are part of a coached, organized group, this is the ideal time to hold introductory stroke clinics. These clinics usually incorporate not only teaching sessions but also video taping sessions, ideally both above and below the water. Stroke analysis with an emphasis on having fun while learning new strokes and drills is the perfect theme for these sessions. Make sure you publicize these opportunities to the membership at large, thereby attracting new athletes and expanding your program.


Encourage your swimmers to enjoy other sports, some of which can be fed back into their swimming by holding strength clinics and forming programs to assist members in cross-training. This would be particularly attractive to your budding triathletes.

Our Richmond group uses this time as an opportunity for social gatherings and we start training for our long-awaited softball season when we field our much celebrated "Hydro-Hitters" softball team in the Chesterfield County coed league. Not only does this give an opportunity to other individuals on the team to shine in another activity at which they may excel, but we also allow spouses and close friends to join with us for the eight-week session. This is often a humbling experience for our swimmers by making them appreciate the sports in which they do well. We also focus on other items of diversity that will occur throughout the short-course season and start publicizing the sign-up sheets for ski trips to be held in the upcoming year. This carries forward the theme of enjoyment of a lifelong sport.


Remember that this time of getting the kids back to school, getting yourself back into the work routine, and putting away the memorabilia of vacations is a time to rest, introduce diversity, and have fun. 

CONTRIBUTIONS ARE WELCOME


by Beth Waters

This newsletter is a "team" newsletter. We are fortunate that our team is its current size. Our numbers afford us tremendous talent and diversity. Your contributions to the newsletter will increase its value to the team. I thank Robert Hatcher for sending us the final results of the Masters Competition at the Commonwealth Games of Virginia which have been inserted into this newsletter. If you've had an interesting personal swim experience or you have read other articles you think others might be interested in reading, please send them in to me or the editors. The newsletter can only be as interesting as you help make it. We look forward to hearing from you. 

FOR THE RECORD

Betsy Durrant, LMSC Registrar, reminds us that USMS registrations for 1995 will begin November 1. Anyone who registers or renews beginning November 1 will get the 1995 registration. Forms will be available by mid-October. Durrant asks you to please not alter the 1994 form to use for 1995! The new form will appear in the November LMSC newsletter. Also remember, this year new swimmers can register during September and October for a reduced registration fee of \$13. This registration is for new registrations only, not renewals, and is only good for the remainder of 1994. 

(Continued from page 2.)

for competitive, fitness and other swimmers; and more about Masters swimming), this book has impressive breadth—befitting a "World" book and will enrich swimmers' understanding of and appreciation for swimming. 

Places To Swim

BLACKSBURG
Contact: Lucille Griffin
703/652-5043

CHARLOTTESVILLE
Smith Pool
M-Th: 7:30-9 PM
Contact: Craig C. Orr
904/293-6057

CHESTER
Chester Family YMCA
3011 W. Dundas Rd.
Contact: Jay Crawford
804/438-6322

HARRISONBURG
Contact: Susan Lee Arnold
703/454-6224

LYNCHBURG
Lynchburg YMCA
Contact: Jim McFarland
703/334-1556

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

NORTHERN VIRGINIA
Chin Aquatic Center
M-Th: 8:30-9:30 PM
Sat: 7-AM
Sun: 8-AM
Contact: Harry DeLong
703/368-0300

RICHMOND AREA
Riverside Wellness &
Fitness Ctr./Oranwood
Robious Rd., Midlothian
M-F: 6-7 AM; 7-8:15 PM
Sat: 8-9 AM
Sun: 4-5 PM
Contact: Jim Miller
804/220-2900

Tuckahoe Branch YMCA
Patterson Ave.
Contact: Mark Woodard
804/740-6022

ROANOKE
Lancaster Flowers Ctr.
1111 Vineyard Rd., Vinton
T & Th: 7-8 PM
Sat: 10-11 AM
Contact: Howard Bulte
H 703/882-1738
W 703/881-0800

Reston Aquatic Ctr.
1130 Overland Rd., Reston
M & W: 7:30-9:30 PM
T & Th: 6-7 AM
Sat: 7-9 AM
Sun: 8-9 PM
Contact: Kathy Shiber
703/582-7805

STAFFORD
Fitness University
Aqua Tension Ctr., Route 1
M-W-Th: 8:30-9:30 PM
Contact: Lou Ann Hazlock
703/850-6737

VIRGINIA BEACH
Virginia Beach YMCA
M-W-F: 6:30-7:30 PM
Sat: 9-9 AM
Contact: Mike McGee
804/427-3347

WILLIAMSBURG AREA
James City County Rec. Ctr.
Longhill Rd., Williamsburg
M-F: 6-7 AM (coach)
M-W-F: 6-7 PM (no coach)
Contact: Elaine S. McBeth
804/220-4700

HAPPY BIRTHDAY TO THESE SWIMMERS

AUGUST

SEPTEMBER

Craig Campesi
Brooks Chance
Michael Cook
Heather Coulson-Moore
Sandra Dennis
Mike Daignon
Chris Flood
Claire Garrison
John Gordon
Lucille Griffin
Nancy Hawkes
Gary Hild
Edwin Hower
Mike Kelleher
Tory Kiley
Elaine McBeth
Jay McLaughlin
Jim Miller
Nancy Miller
Jenna Ostberg
Terry Schroech
Alfred Welsh
Patrick Whelan

Betty Belknap
Debi Bernardes
Chi Bolek
Autumn Bosch
Ernest Bradley
Carr Dorman
Betsy Durnant
John Farber
Glenn Grunewald
Kevin Halligan
Kara Hopkins
Andrea James
Ann Jones
Suzanne Landry
Teresa Lease
Dorothy Niles
Jerry Smith
Kelly Stott
Forrest Sullivan
Dorenda Tripp-Leino
Chuck Winsore
Robert Wimmer
Michael Wimmer

Minneapolis, VA
Rich. VA
Newport News, VA
White Marsh, VA
Richmond, VA
Virginia Beach, VA
Virginia Beach, VA
Cruz, VA
Bon Air, VA
Newport, VA
Richmond, VA
Falmouth, VA
Midlothian, VA
Richmond, VA
Midlothian, VA
Williamsburg, VA
Richmond, VA
Richmond, VA
Richmond, VA
Virginia Beach, VA
Dahlgren, VA
Midlothian, VA
Elmhurst, IL

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Virginia Beach, VA
King George, VA
Richmond, VA
Midlothian, VA
Brooknew, VA
Charlottesville, VA
Virginia Beach, VA
Roanoke, VA
Roanoke, VA
Richmond, VA
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New Canton, VA
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Lynchburg, VA
Richmond, VA
Charlottesville, VA
Virginia Beach, VA
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Springfield, VA
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9/08/94 Articles re-
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9/15/94 All other articles
9/25/94 Printing
9/30/94 Mailing

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