



LMSC for VA Newsletter

Masters Swimmers: "The Uncommonwealth of Virginia"

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November 15, 1994/Volume XII/Number 4

Top Ten Ways to Cheat at a Masters Practice

by Manny Klammer

During my many laps as a Masters swimmer, I have come to two conclusions: 1) I will never make it to Nationals, and 2) I have no desire to become a triathlete. My aquatic purpose is two-fold: **fitness and fun.**

The **fitness** part speaks for itself. So it was with **fun** in mind that I launched a scientific random survey of three (that's right, three) swimmers, to compile a list of the top ten ways to cheat at a Masters practice. Listed in reverse order, they are:

10. Universal Advance. Pull vigorously on the lane line. Can be done with any stroke and especially on drills. Works best when the coach isn't looking. Hand speed is crucial. When done correctly, appears to be part of the stroke.

9. Flounder. Swimmer must rush into practice 15 minutes late. Everyone will be impressed with your dedication to squeeze a swim into your busy schedule.

8. Early Bird. Similar to #9. Swimmer must appear to be in a hurry when exiting the pool ten to fifteen minutes prior to the end of a practice. Others will think that you used the only spare time you have available for swimming. Walk away feeling admirable.

7. Double Whammy. Stand on the deck and talk to the coach while everyone else swims warmup. Ask a few pertinent questions concerning

stroke technique, and hook him/her for at least fifteen minutes. This technique also affords your swimming buddies the opportunity to use the other cheating techniques while the coach's attention is on you.

6. Goggle Gag. Accidentally break your goggle strap. Properly executed, repairs can take ten minutes.

5. Nature's Call. At the beginning of a difficult set, run as fast as you can to the bathroom. No one will question your action. When correctly timed, your return will correspond to the onset of an easier, resting set. Everyone will smile with relief, knowing you made it.

4. Easy Rider. Draft on the heels of the swimmer in front of you. Stretch and tickle his/her toes.

3. Back Track. Strategically place yourself last in your lane. At the end of each set, the crowd will gather at the wall, requiring you to stop at least three yards from the end of the lane. No one will notice.

2. The Stroll. At the beginning of each set, walk out about three yards from the wall, push off the bottom and begin swimming. Works best if you placed yourself according to #3.

1. Hide Away. When swimming in a pool equipped with a bulkhead; swim a lap, hide a lap. You'll look great!!

Special Note: The author never partakes of any of the above, but admits that he has observed each, at least once. ■

First Annual LMSC Banquet

FEBRUARY 11, 1995...mark your calendar and plan to attend the First Annual LMSC Banquet in Richmond! Spend the weekend sightseeing, shopping, socializing...maybe even swimming with fellow swimmers/friends from Virginia and elsewhere. Dinner, music and some other possible "entertainment" are being arranged for that evening. The cost will be approximately \$20/per person, plus a cash bar. Arrangements are also being made at two hotels to reserve a block of rooms for that night at a special group rate.

Since this will be your last LMSC Newsletter until February, it's important that we hear from you **NOW!** It will assist us in planning a successful event. If you and/or your family or friends think you may be interested in attending the banquet, please contact **Linda McCowan** at (804)379-2537 (leave a message) or 13613 Prince William Dr., Midlothian, Virginia 23113. Richmonders - we need to hear from you, too! A complete informational packet will be sent to you as soon as arrangements have been finalized. ■

1995 Registration Form and
Information...See page 5 of this
newsletter - **REGISTER NOW!!!**

Upcoming Events for Virginia Swimmers

- ★ November 5: FALL MEET - NORFOLK ACADEMY, Virginia Beach, VA. Contact Betsy Durrant (804) 422-6811.
- ★ November 20: UPPER MONTGOMERY CITY YMCA TURKEY CLASSIC. Contact Linda Burkholder, 18802 McFarlin Drive, Germantown, MD 20874, (301) 540-0158.
- ★ December 11: TERRAPIN MASTERS 1000/1650 MEET. Contact David Diehl, 12511 Littleton Street, Silver Spring, MD 20906, (301) 946-0649.
- ★ April 8 - 9, 1995: SHORT COURSE ZONE CHAMPIONSHIP, Wilton, CT.
- ★ May 18 - 21, 1995: USMS SHORT COURSE NATIONAL CHAMPIONSHIP, Fort Lauderdale, FL.

Camps and Clinics

- ★ December 9-11: TOTAL IMMERSION WEEKEND MINI-CAMP, Washington, DC. Contact camp director, Terry Laughlin, 381 Main Street, Goshen, NY 10924, (914) 294-3510, for further information.
- ★ Various Dates: TOTAL IMMERSION SWIMMING VACATION, San Jose, Costa Rica, and Winter Park, CO. Contact Terry Laughlin (914) 294-3510.
- ★ Ongoing: PREMIER STROKE CLINIC, Rockville, MD. Contact Clay Britt (301) 231-9740.

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

CLASSIFIED ADVERTISEMENTS

New [vjú] Water Sport Goggles

Two models to fit any face shape. Non-RX lenses are quickly and easily interchanged with stock vju prescription lenses from -1.5 to -7.5 diopters, providing independent power correction for each individual eye.

Cost: \$34.00 non-RX lenses, \$72.00 RX lenses

Available in Richmond from:

Patrick Ryan, O.D.
Family Vision Center
Eye Care. Contacts. Glasses
1127 Gaskins Place #300
Richmond, VA 23233

741-8663

Strength Training for Masters Swimmers

Saturday December 3, 1994, from 2:00 - 4:00 PM
Riverside Wellness and Fitness Center-Briarwood

Featuring:

James W. Miller, M.D.

Lisa Stone, Exercise Physiologist

Cost \$10

This year's strength clinic will focus on stabilization of the shoulder joint, achieving balance of muscle groups, as well as continued emphasis on the muscles involved in the swimming strokes themselves. The clinic will teach use of free weights, Nautilus, and stretch cords. A whole body approach to strength training will be used, and a flexibility outline will be provided to participants. Individuals will be taken through the training stations to adjust for individual body-type variances and to promote correct technique. No advance registration is necessary for the clinic - just show up at the pool!!

USMS Convention Highlights September 1994

Championships: The entry forms and meet information for the 1995 Short Course Championship in Fort Lauderdale, Florida, and the Long Course Championship in Gresham, Oregon, will be published in SWIM Magazine. The 1996 Championships will be held in De Anza, California, for Short Course, and Ann Arbor, Michigan, for Long Course. National qualifying times will be used at Fort Lauderdale, De Anza and Ann Arbor. Determination of NQT's will be based on 10% over the previous year's tenth place time on the USMS Top Ten list. This method will provide more consistent standards.

Coaches: The video library is to be expanded. For a current list of available videos, send a self-addressed, stamped envelope to Tori Smith, 2656 Loring Drive, Kennesaw, Georgia 30144. Also contact Tori if you would like to request that a certain video be added to the collection. Videos can be on "swimming related" subjects such as stretching, nutrition, etc.

Colonies Zone: The 1995 Short Course Zone Championship will be held at the Wilton, Connecticut "Y" on the weekend of April 9.

Fitness: The following fitness events were approved by the committee. The Century Club promotes swimming consistency. Participants bring a waterproof card to the pool and list up to 100 swims. The 2000 yard swim provides T-shirts and caps for completion of the swim. In the Check-off Challenge swimmers purchase a T-shirt listing 18 different events. They then complete and check off as many events as they can or choose to swim, and "just say NO" to the others. The 500 yard swim provides participants a swim cap for its completion.

A Fitness Swimmer Clinic Packet was mailed to all LMSCs. Contact Rhea Wilkins for more information on this and the other programs.

International: A FINA rule changed the age determination date for all FINA Masters events, World Records and World Top Ten Rankings. A participant's age will now be determined by their age as of December 31st each year. (Ex. In 1995, how old will you be on your birthday? For FINA purposes, you'll be that age as of January 1, 1995.) Applications for Masters World Records must be made within 60 days from the end of the event. Upcoming world events: 1995 MSI Masters Hawaii Festival (August 8-12); 1996 World Masters Championship, Sheffield, England (June 23-July 2)

Long Distance: The following Long Distance National Championships will be hosted in the Eastern United States during the next two years. Additional championships are scheduled along the West Coast.

3.5 mile Open Water	Ft. Lauderdale	May 22, 1995
1-mile Open Water	Virginia Beach	June 18, 1995
2-mile Cable	Ohio	July 22, 1995
2-mile Cable	Charlottesville	July 6, 1996
2-mile Open Water	Wylie, TX	Sept 14, 1996

A number of Postal Championships (1 hour, 10K and 6000 yd) have also been scheduled. Contact Linda McCowan for further information.

Marketing: Kastaway has received exclusive right to merchandise a clothing line with the USMS logo. Arrangements are being made with Kessler Financial Services to market an Affinity Credit Card with the USMS name and logo. The possibility of offering a Debit Long Distance Calling Card is also being researched. CompuServe will provide a major source of on-line information for our membership. The feasibility of offering the planner to interested members is being studied.

Safety: Safety precautions at workouts should receive the same attention as those precautions taken for meets. Safety procedures are a major concern during open water swims.

Team News

Editor's Note: This column features news items from the various Masters Swim Teams in the LMSC. To have your team news included, please send your information to the Editor. Thank you.

VMST

A Note from the President (Beth Waters)

Thanks to all of you who participated in or attended the meet at Norfolk Academy and the team meeting after the meet. It was great to see all of you again! Many thanks to Forrest Sullivan and Betsy Durrant (the meet directors), and to the Duignans for hosting the social.

I would also like to thank Manny Klammer for contributing to this edition of the newsletter. Don't forget - we still have space for additional contributions from other members of the team.

New VMST Members - WELCOME!!!

Charlene Ellestad	Lexington, VA
Wendy Knick	Lexington, VA
Thomas Peck	Lexington, VA

VMST Long-Course National Results

The VMST combined (men and women) team placed 5th in the large team category at the 1994 USMS Long Course Championships in Buffalo, New York, August 25-28. The VMST women placed 3rd (large team) and the men placed 9th (small team). Individual and relay results were as follows:

Individual Results

Karen Tallmadge: 50 back(42.31-4th); 100 back(1:32.39-2nd); 200 back(3:14.02-4th); 50 breast(41.83-3rd); 100 breast(1:34.94-4th); 200 breast(3:27.27-4th)
Susan Bleistein: 50 free(43.89-15th); 50 fly(45.71-16th)
Ann Jones: 100 free(1:22.13-17th); 200 free(3:04.79-19th); 400 free(6:34.96-12th); 1500 free(25:10.66-4th); 200 fly(3:44.34-4th); 200 I.M.(3:33.18-11th)
Brooks Chance: 100 free(1:37.24-18th); 200 free(3:29.61-20th); 400 free(7:44.31-13th); 1500 free(28:53.91-5th); 50 breast(52.17-14th); 200 breast(4:12.59-7th)
Diane Cayce: 400 free(5:41.97-7th); 800 free(11:48.74-6th); 100 fly(1:20.78-7th); 200 fly(3:06.52-3rd); 200 I.M.(3:02.69-7th); 400 I.M.(6:38.83-5th)
Lisa Bennett: 50 breast(36.97-1st); 100 breast(1:23.71-1st); 200 breast(3:05.53-1st); 50 fly(32.60-5th); 100 fly(1:16.57-4th); 200 I.M.(2:45.69-5th)
Nancy Miller: 400 free(5:52.34-5th); 800 free(12:21.67-4th); 50 breast(46.93-5th); 100 breast(1:38.86-4th); 50 fly(38.96-7th)
Linda McCowan: 400 free(7:07.90-7th); 50 back(53.62-

7th); 50 breast(49.68-8th); 200 breast(3:40.74-3rd); 50 fly(54.92-9th)
Judy Decker: 400 free(6:37.65-2nd); 800 free(13:30.86-2nd); 50 back(45.43-5th); 100 back(1:36.53-3rd); 200 back(3:26.98-2nd); 100 fly(1:48.26-3rd)
Betsy Durrant: 50 back(44.35-4th); 100 back(1:38.26-4th); 200 back(3:27.46-3rd); 50 breast(45.05-3rd); 100 breast(1:41.87-4th); 200 breast(3:46.54-3rd)
Johnnie Detrick: 50 free(35.53-2nd); 100 free(1:23.11-3rd); 200 free(3:18.63-3rd); 50 breast(46.63-2nd); 100 breast(1:44.08-3rd); 200 breast(3:51.08-3rd)
Marie Kelleher: 50 free(59.62-3rd); 100 free(2:18.79-3rd); 200 free(4:52.06-3rd); 50 fly(1:23.80-1st); 100 fly(3:11.53-1st); 200 I.M.(6:14.81-2nd)
Michael Cook: 50 free(26.37-6th); 100 free(58.60-7th); 50 fly(28.88-4th); 100 fly(1:06.25-1st)
William Martin: 200 free(2:45.61-13th); 400 free(5:48.50-4th); 100 breast(1:28.76-13th); 100 fly(1:20.54-5th); 200 I.M.(3:00.25-8th); 400 I.M.(6:33.21-7th)
Michael Slowey: 50 breast(32.47-3rd); 100 breast(1:12.30-2nd); 200 breast(2:43.09-3rd)
Pat Ryan: 100 breast(1:18.18-9th); 200 breast(2:53.70-8th)
Jim Miller: 50 free(29.71-15th); 100 free(1:08.86-13th); 50 back(38.59-12th); 100 back(1:24.15-8th); 200 back(3:02.43-7th)
Edwin McCowan: 50 free(29.85-14th); 100 free(1:07.12-18th); 800 free(11:53.73-5th); 50 breast(39.78-9th); 100 breast(1:27.59-5th); 200 breast(3:16.63-6th)
Mike Duignan: 200 free(2:41.85-16th); 50 back(37.57-11th); 100 back(1:22.85-7th); 200 back(3:00.49-9th)
Chuck Wilmore: 50 back(43.92-9th); 100 back(1:37.66-11th); 200 back(3:26.02-6th); 100 breast(1:47.15-9th); 200 breast(3:53.06-8th)
Forrest Sullivan: 50 back(39.79-3rd); 100 back(1:33.73-3rd); 50 fly(38.14-4th)
William Irwin: 50 free(31.77-2nd); 100 free(1:15.94-6th); 200 free(2:53.22-3rd); 50 breast(42.94-4th); 50 fly(37.17-4th)

Relay Results

Women's 200 free relay: VMST 160+(2:22.65-4th: Miller/Cayce/McCowan/Bennett); VMST 240+(2:49.90-2nd: Kelleher/Decker/Durrant/Detrick)
Women's 200 medley relay: VMST 200+(2:35.67-1st: Decker/Durrant/Bennett/Detrick)
Men's 200 free relay: VMST 120+(1:55.68-4th: Weber/Cook/Slowey/Martin); VMST 200+(2:00.48-3rd: McCowan/Miller/Duignan/Irwin)
Men's 200 medley relay: VMST 120+(2:09.27-5th: Slowey/Ryan/Cook/Miller); VMST 200+(2:27.20-6th: Sullivan/McCowan/Irwin/Duignan)
Mixed 200 free relay: VMST 120+(1:57.70-2nd: Cook/Slowey/Cayce/Bennett); VMST 160+(2:20.12-8th: Wilmore/Tallmadge/Martin/N Miller); VMST 240+(2:34.83-2nd: Kelleher/Irwin/Detrick/J Miller)
Mixed 200 medley relay: VMST 120+B(2:42.77-8th: Weber/McCowan/Martin/Chance); VMST 160+(2:16.73-4th: Duignan/Slowey/Cayce/Bennett); VMST 240+(2:42.23-2nd: Durrant/Detrick/Sullivan/Irwin)



United States
Masters
Swimming

1995 USMS, INC. and LMSC for Virginia Registration

Important: Register with the name that you will use when you enter meets.

_____, _____, _____
Last name First name Initial

Street address

_____, _____, _____
City State Zip

_____, _____, _____, _____
Area Code - Telephone Date of Birth Age Sex

** USMS Team or "Unattached" if no team

Check one: New _____ Renewal _____

Check here if you are a USMS coach _____

Reg # for 1994 _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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 and regulations of USMS.

_____, _____
Signature Date

UNATTACHED, NVMS (Northern Virginia Masters Swimming),
VBSC (Valley Blues), RMAC (Roanoke), and
SABS (Salvation Army Bolts)
Registration fee: \$21
Make check payable to: LMSC FOR VIRGINIA
Mail this form and check to:
Betsy Durrant, Registrar
211 66th Street
Virginia Beach, VA 23451-2040

VMST (VIRGINIA MASTERS SWIM TEAM)
Registration fee and VMST dues: \$36
Make check payable to: VMST
Mail this form and check to:
Mike Duignan
3313 Glen Eden Quay
Virginia Beach, VA 23452-6240

Note: All registration fees are reduced by \$8 during the last 2 months of the year (September and October, 1995).
UNAT,NVMS,VMSC,RMAC,SABS: \$21-\$8=\$13 and VMST: \$36-\$8=\$28

All registrations are valid through December 31, 1995, and include a subscription to SWIM magazine and quarterly LMSC newsletters.

PLACES TO SWIM ACROSS VIRGINIA

BLACKSBURG: Contact Lucille Griffin (703)552-5943

CHARLOTTESVILLE: Smith Pool - M-Th:7:30-9PM. Contact Craig C. Clift (804)293-6657

CHESAPEAKE: YMCA (804)547-9622

CHESTER: Chester Family YMCA - 3011 W. Hundred Road. Contact Jay Crawford (804)748-9622

HARRISONBURG: Contact Susan Lees Arnold (703)434-6224

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

NEWPORT NEWS: Riverside Health and Fitness Center - (804)877-8223; Sentara Hampton Fitness Center - (804)827-0420

NORFOLK: Fleet Rec. Park - Hampton Blvd. Lap swimming; YMCA - Some coached workouts. Call for times. (804)622-9622

NORTHERN VIRGINIA: Chinn Aquatic Center - M-Th: 8:30-9:30PM, Sat 7-8AM, Sun 8-9AM. Contact Harry DeLong (703)368-0309

PORTSMOUTH: YMCA - (804)399-5511

RICHMOND: Riverside Wellness & Fitness Center/Briarwood - Robious Rd., Midlothian M-F: 6-7AM, M-Th: 7:15-8:30PM, Sat: 8-9AM, Sun: 4-5PM. Contact Jim Miller (804)320-3999; Tuckahoe Branch YMCA - Patterson Avenue. Contact Mark Woodard (804)740-9622

ROANOKE: Lancerlot Fitness Center - 1111 Vineyard Rd.,

Vinton T & Th: 7-8PM, Sat: 10-11AM. Contact Howard Butts (703)992-1736 (home) (703)981-0205 (work); Gator Aquatic Center - 1130 Overland Rd., Roanoke M & W: 7:30-9:30PM, T & Th: 6-7AM, Sat: 7-9AM, Sun: 6-8PM. Contact Kathy Shober (703)982-7665

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

STAUNTON: Staunton Racquet Club - MWF: 5:30-6:30PM. Contact Diane Kent (703)885-6069

VIRGINIA BEACH: Virginia Beach YMCA - MWF: 6:30-7:30PM, Sat: 8-9AM. Lap swims at various times. (804)499-2311; Dam Neck Navy Base - Lap swims 11AM-1:30PM and 4-6PM. (804)433-7183; Virginia Beach Recreation Centers - Lap lanes available. Great Neck (804)496-6766; Kempsville (804)474-8492; Bayside (804)460-7540; Bow Creek (804)431-3765; Princess Anne (804)426-0022

WILLIAMSBURG: James City Co. Rec. Center - Longhill Road, Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM (no coach). (804)229-5676

Please let the editors know if your pool is not listed in this column.

LMSC Officers

Chair: Forrest Sullivan, 1752 N Woodhouse Road, Virginia Beach, VA 23454 - (804)481-1998

Registrar: Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451 - (804)422-6811

Meet Sanctions: Judy Decker, 535 Biltmore Drive, Virginia Beach, VA 23454 - (804)340-7475

Secretary: Linda McCowan, 13613 Prince William Drive, Midlothian, VA 23113 - (804)379-2537

Treasurer/Top Ten: Carl Russ, 2442 Starfish Road, Virginia Beach, VA 23451 - (804)496-9177

Fitness Committee: Rhea Wilkins, 1607 Darrell Drive, Midlothian, VA 23113 - (804)794-3659

LMSC Newsletter Editor: Heather Stevenson, 10 Bostwick Lane, Richmond, VA 23226 - (804)282-1573

VMST Newsletter Editor: Ken Mills, 2209 Albion Road, Midlothian, VA 23113 - (804)379-3104

If Undeliverable Return to:

Heather Stevenson

10 Bostwick Lane

Richmond, VA 23226

Deadlines for December VMST Newsletter:

Articles submitted to editor: November 15, 1994

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Newsletter mailing: December 20, 1994

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Newsletter mailing: January 31, 1995

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