



Virginia Masters News

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

Published Periodically by the Virginia Masters Swim Team December 15, 1994 Volume XII/No. 7

Holiday Greetings and Best Wishes for Happiness in the New Year

There's no doubt about it, the holiday season is here! Our swim clubs have decorated the Christmas tree, strung the colored lights, and carefully placed the poinsettias to give a festive atmosphere to our workout environment. There's even red and green liquid soap in the shower at my club.

But there's one holiday greeting that is not so bright to me this year. The logbook I maintain to track the miles I swim each year is staring me in the face and as I reflect back on 1994, it's clear to me that I didn't reach my fitness goal. I'm not going to beat myself up for this but I am going to make a resolution. I going to change this situation for next year.

Ronda Gates, owner of a health promotion company in Lake Oswego, Oregon, wrote "Plan the New Year's Fitness." Her firm provides programs and products to support people making changes. Her article gives one approach for making 1995 the best year of our lives. Stephen R. Covey, the author of *The 7 Habits of Highly Effective People*, can show you how to prioritize the many demands on your time in his new book *First Things First*. Be sure and put it on your reading list for 1995.

Happiness in the new year for me means accomplishing several goals, including my fitness goal. This time next year, I want to put my logbook on display as a symbol of a job well done. Best wishes to you for a successful 1995! ▲

PLAN THE NEW YEAR'S FITNESS

by RONDA GATES, MS

It's that time of year again when you and other enthusiastic people eagerly join health clubs, participate in fitness classes or begin working out in the pool for the coming meets. You are committed and motivated. You're also a little anxious because you remember the last year you had the best intentions but then relapsed in spite of them.

How can you make this year the start of a lasting exercise program? Use the techniques described below, and you'll be on your way! In fact, these techniques will work, not for just initiating an exercise program, but for any lifestyle changes you decide to work on.

What do you hope to accomplish with an exercise program? Making a plan will focus your efforts. When setting goals, it is important to put them in writing. Written goals will help you to make your accomplishments more obvious and identify problem areas that need more attention. Sadly, only 5% of Americans write down goals and objectives, but 95% of those who do will succeed. (A survey of Fortune 500 executives indicates that they may be successful because they write down their goals and objectives.)

When you make changes, even the most beloved friends and family members may feel you are imposing on them. If you can identify the people who will support you, their encouragement will make it easier for you to stick to your new behaviors. This nurturing will help you maintain your commitment during periods of stress.

It's easier to establish new habits when you positively reinforce them. One way of doing this is through the use of affirmations that help to program the subconscious to new beliefs. Affirmations should be positive and start with firm statements such as "I am" or "I have," rather than tentative ones like "I would like" or "I will try." For example, you could say, "I am a healthy person making changes in my lifestyle so I can live in the most healthy way." Repeat affirmations to yourself several times a day. Set up a reward system for sticking to your positive habits. Rewards may include extra time for yourself with your favorite book, a pedicure, a trip with a special friend or a class that stimulates your mind. Avoid rewards related to food and drink, since these can be sabotaging in the long run.

New behaviors can be fulfilling if you "hang in there" long enough to turn them into lifestyle habits. Then when next fall rolls around, you will still be engaged in an exercise program and can look to other lifestyle goals. ▲

(Reprinted from *The Lane Line*, the newsletter of the Delaware Masters Swim Club, 10/93.)

Virginia Masters Swim Team Fall Meet

November 5, 1994 • Virginia Beach, VA

FINAL RESULTS

Pl	Event	Name	Sex	Age	Team	Final	Pl	Event	Name	Sex	Age	Team	Final
1	50 Free	Marigayle Alvey	F	21	SABS	32.31	2	50 Back	Patricia Warner	F	37	VMST	50.17
1	100 Free	Marigayle Alvey	F	21	SABS	1:18.61	1	100 Back	Mag Bowen	F	36	HLJ	1:11.98
1	100 Back	Kelley Peterson	F	21	UNAT	1:13.98	2	100 Back	Patricia Warner	F	37	VMST	1:46.10
1	50 Breast	C. Hillman	F	24	VMST	35.88	1	200 Back	Mag Bowen	F	36	HLJ	2:36.47
2	50 Breast	Marigayle Alvey	F	21	SABS	46.12	2	200 Back	Jean Benson	F	37	VMST	2:46.54
1	100 Breast	C. Hillman	F	24	VMST	1:18.72	1	50 Breast	Patricia Warner	F	37	VMST	50.80
2	100 Breast	Tracey Kolb	F	22	VMST	1:25.98	1	100 Breast	Beth Waters	F	36	VMST	1:33.67
1	50 Fly	C. Hillman	F	24	VMST	33.86	2	100 Breast	Patricia Warner	F	37	VMST	1:55.80
2	50 Fly	Marigayle Alvey	F	21	SABS	37.70	1	100 IM	Mary Lee	F	35	VMST	1:19.41
1	100 IM	C. Hillman	F	24	VMST	1:12.37	2	100 IM	Jean Benson	F	37	VMST	1:19.87
2	100 IM	Kelley Peterson	F	21	UNAT	1:18.92	1	200 IM	Jean Benson	F	37	VMST	2:48.57
3	100 IM	Marigayle Alvey	F	21	SABS	1:22.45	1	50 Free	P. Chappell	F	40	VMST	29.70
1	200 IM	Tracey Kolb	F	22	VMST	2:54.22	2	50 Free	Molly Broderson	F	42	VMST	30.78
1	50 Free	Ashby Moncure	F	28	VMST	34.87	3	50 Free	Paige Hedgecoth	F	40	VMST	34.75
1	100 Free	Teresa Leafe	F	25	VMST	1:12.77	4	50 Free	Carol Beville	F	40	VMST	40.07
2	100 Free	Ashby Moncure	F	28	VMST	1:21.61	1	100 Free	P. Chappell	F	40	VMST	1:06.17
1	500 Free	Teresa Leafe	F	25	VMST	7:11.73	2	100 Free	Molly Broderson	F	42	VMST	1:11.62
1	50 Back	Ashby Moncure	F	28	VMST	47.74	1	200 Free	Barbara Boyd	F	40	SABS	3:28.45
1	100 Back	Ashby Moncure	F	28	VMST	1:36.73	1	500 Free	Paige Hedgecoth	F	40	VMST	7:45.57
1	100 Breast	Teresa Leafe	F	25	VMST	1:32.91	2	500 Free	Barbara Boyd	F	40	VMST	8:45.28
1	50 Fly	Ashby Moncure	F	28	VMST	40.86	1	50 Back	Karen Neymark	F	42	VMST	42.44
1	100 IM	Teresa Leafe	F	25	VMST	1:21.20	2	50 Back	Carol Beville	F	40	VMST	44.85
1	50 Free	Kimberly Marks	F	30	VMST	27.20	1	100 Back	Deborah Pearsall	F	42	SABS	1:46.04
2	50 Free	Barbara Bishop	F	32	MARY	27.23	2	100 Back	Barbara Boyd	F	40	SABS	1:51.27
3	50 Free	Karen Kaufmann	F	30	NVMS	32.99	1	200 Back	Barbara Boyd	F	40	SABS	3:58.06
1	200 Free	Barbara Bishop	F	32	MARY	2:14.02	1	50 Breast	P. Chappell	F	40	VMST	37.54
2	200 Free	Karen Kaufmann	F	30	NVMS	2:46.09	2	50 Breast	Karen Neymark	F	42	VMST	46.29
1	500 Free	Snoozer Archer	F	31	UNAT	6:23.00	3	50 Breast	Deborah Pearsall	F	42	SABS	49.27
2	500 Free	Colleen Winans	F	33	MARY	7:10.93	1	100 Breast	Deborah Pearsall	F	42	SABS	1:48.68
3	500 Free	Karen Kaufmann	F	30	NVMS	7:14.95	2	100 Breast	Carol Beville	F	40	VMST	1:53.07
1	50 Back	Colleen Winans	F	33	MARY	41.88	1	200 Breast	Carol Beville	F	40	VMST	4:09.98
1	100 Back	Barbara Bishop	F	32	MARY	1:14.27	1	50 Fly	Molly Broderson	F	42	VMST	36.02
1	50 Breast	Kimberly Marks	F	30	VMST	36.00	2	50 Fly	Paige Hedgecoth	F	40	VMST	40.17
1	100 Breast	Snoozer Archer	F	31	UNAT	1:17.37	3	50 Fly	Deborah Pearsall	F	42	SABS	44.27
2	100 Breast	Colleen Winans	F	33	MARY	1:28.82	1	100 IM	Molly Broderson	F	42	VMST	1:22.36
1	200 Breast	Colleen Winans	F	33	MARY	3:19.36	2	100 IM	Karen Neymark	F	42	VMST	1:31.82
1	50 Fly	Barbara Bishop	F	32	MARY	29.69	3	100 IM	Paige Hedgecoth	F	40	VMST	1:32.06
2	50 Fly	Kimberly Marks	F	30	VMST	31.03	4	100 IM	Deborah Pearsall	F	42	SABS	1:39.67
3	50 Fly	Snoozer Archer	F	31	UNAT	31.80	5	100 IM	Carol Beville	F	40	VMST	1:46.42
1	100 IM	Kimberly Marks	F	30	VMST	1:11.14	1	50 Back	Judy Decker	F	52	VMST	38.55
2	100 IM	Snoozer Archer	F	31	UNAT	1:13.95	1	200 Back	Judy Decker	F	52	VMST	3:02.26
3	100 IM	Colleen Winans	F	33	MARY	1:20.25	1	50 Breast	Judy Decker	F	52	VMST	42.42
1	200 IM	Barbara Bishop	F	32	MARY	2:41.01	2	50 Breast	Rhea Wilkins	F	53	VMST	51.64
1	50 Free	Mary Lee	F	35	VMST	30.43	1	100 Breast	Rhea Wilkins	F	53	VMST	1:47.78
2	50 Free	Sheryl Bailey	F	38	VMST	46.63	1	50 Fly	Rhea Wilkins	F	53	VMST	49.78
1	100 Free	Mary Lee	F	35	VMST	1:06.73	1	100 IM	Rhea Wilkins	F	53	VMST	1:44.32
2	100 Free	Nancy Hunyady	F	35	VMST	1:09.00	1	50 Free	Averette Joan	F	58	VMST	39.75
3	100 Free	Sharon Popson	F	35	VMST	1:10.65	2	50 Free	Nancy Smith	F	55	SABS	56.71
4	100 Free	Beth Waters	F	36	VMST	1:11.61	1	100 Free	Averette Joan	F	58	VMST	1:33.43
5	100 Free	Patricia Warner	F	37	VMST	1:38.52	2	100 Free	Nancy Smith	F	55	SABS	2:14.99
6	100 Free	Sheryl Bailey	F	38	VMST	1:46.48	1	200 Free	Averette Joan	F	58	VMST	3:20.14
1	200 Free	Nancy Hunyady	F	35	VMST	2:31.43	1	50 Back	Nancy Smith	F	55	SABS	1:11.27
2	200 Free	Sharon Popson	F	35	VMST	2:31.92	1	100 Back	Nancy Smith	F	55	SABS	2:27.73
1	500 Free	Mary Lee	F	35	VMST	6:24.82	1	50 Free	Jane Pharis	F	61	VMST	44.30
2	500 Free	Nancy Hunyady	F	35	VMST	6:48.97	2	50 Free	Barbara Furman	F	63	UNAT	45.51
3	500 Free	Jean Benson	F	37	VMST	6:58.68	1	200 Free	J. Grigsby-Marti	F	63	NVMS	3:42.49
4	500 Free	Sharon Popson	F	35	VMST	7:01.93	1	500 Free	J. Grigsby-Marti	F	63	NVMS	9:35.23
1	50 Back	Mag Bowen	F	36	HLJ	34.26	1	50 Back	Jane Pharis	F	61	VMST	53.21
							1	50 Breast	Jane Pharis	F	61	VMST	58.97

(Men's results on page 3.)

Pl	Event	Name	Sex	Age	Team	Final	Pl	Event	Name	Sex	Age	Team	Final
1	50 Free	Darren Gorman	M	23	SABS	24.93	5	50 Free	John Curtis	M	41	VMST	27.71
2	50 Free	Michael Weber	M	24	VMST	25.93	6	50 Free	M. Pearsall	M	42	SABS	27.89
1	200 Free	Hart Derek	M	23	VMST	2:22.60	7	50 Free	Jim Reynolds	M	42	VMST	30.89
1	50 Breast	Darren Gorman	M	23	SABS	30.60	8	50 Free	Gray Edwards	M	40	VMST	31.08
1	100 Breast	Darren Gorman	M	23	SABS	1:08.39	9	50 Free	Steve Swift	M	42	VMST	31.50
1	50 Fly	Darren Gorman	M	23	SABS	27.99	1	100 Free	Don Edgell	M	42	DCM	1:00.85
2	50 Fly	Michael Weber	M	24	VMST	29.86	2	100 Free	John Curtis	M	41	VMST	1:00.97
1	100 IM	Darren Gorman	M	23	SABS	1:02.07	3	100 Free	M. Pearsall	M	42	SABS	1:02.54
1	200 IM	Hart Derek	M	23	VMST	2:42.52	4	100 Free	Gray Edwards	M	40	VMST	1:06.36
1	100 Free	Dave Holland	M	27	VMST	53.55	5	100 Free	Steve Swift	M	42	VMST	1:09.69
2	100 Free	Mark Gill	M	26	VMST	55.33	1	200 Free	Don Edgell	M	42	DCM	2:13.01
1	200 Free	Dave Holland	M	27	VMST	1:59.65	2	200 Free	John Curtis	M	41	VMST	2:13.70
1	500 Free	George Frazer	M	27	UNAT	5:24.39	3	200 Free	Gray Edwards	M	40	VMST	2:24.53
2	500 Free	Charles Cockrell	M	26	VMST	6:02.44	4	200 Free	Earl Byers	M	43	SABS	2:50.07
3	500 Free	Mark Gill	M	26	VMST	6:19.12	1	500 Free	Tim Finein	M	41	VMST	6:20.55
1	100 Back	Mark Gill	M	26	VMST	1:03.11	2	500 Free	Jim Miller	M	44	VMST	6:47.80
1	50 Breast	Charles Cockrell	M	26	VMST	31.33	3	500 Free	Earl Byers	M	43	SABS	7:58.85
1	100 Breast	Charles Cockrell	M	26	VMST	1:08.01	1	50 Back	David Hefner	M	40	VMST	29.19
1	200 Breast	George Frazer	M	27	UNAT	2:27.78	2	50 Back	Earl Byers	M	43	SABS	37.24
2	200 Breast	Charles Cockrell	M	26	VMST	2:33.33	3	50 Back	Jim Reynolds	M	42	VMST	39.15
1	50 Fly	Dave Holland	M	27	VMST	25.85	1	100 Back	Earl Byers	M	43	SABS	1:29.10
1	100 Fly	Dave Holland	M	27	VMST	58.18	1	200 Back	Earl Byers	M	43	SABS	3:20.19
1	100 IM	Charles Cockrell	M	26	VMST	1:02.44	1	50 Breast	Jim Reynolds	M	42	VMST	35.89
1	50 Free	Matthew Bickley	M	33	VMST	23.80	2	50 Breast	Steve Swift	M	42	VMST	37.51
2	50 Free	John Thoreen	M	30	UNAT	30.29	3	50 Breast	M. Pearsall	M	42	SABS	40.51
1	100 Free	Al Walsh	M	34	VMST	53.00	1	100 Breast	Jim Reynolds	M	42	VMST	1:22.09
2	100 Free	Ron Collins	M	32	JAM	53.06	1	50 Fly	Tim Finein	M	41	VMST	28.72
3	100 Free	Matthew Bickley	M	33	VMST	55.19	2	50 Fly	David Hefner	M	40	VMST	30.35
1	200 Free	Erik J Kielin	M	30	UNAT	1:49.21	3	50 Fly	Ed Nanartowich	M	41	UNAT	30.38
2	200 Free	Matthew Bickley	M	33	VMST	2:04.40	4	50 Fly	Don Edgell	M	42	DCM	30.73
3	200 Free	John Thoreen	M	30	UNAT	2:38.81	5	50 Fly	M. Pearsall	M	42	SABS	31.79
1	500 Free	Erik J Kielin	M	30	UNAT	5:01.95	1	100 Fly	Ed Nanartowich	M	41	UNAT	1:13.62
2	500 Free	Matthew Bickley	M	33	VMST	5:38.67	1	100 IM	David Hefner	M	40	VMST	1:05.32
3	500 Free	William Martin	M	34	VMST	6:31.16	2	100 IM	M. Pearsall	M	42	SABS	1:14.20
1	50 Back	Al Walsh	M	34	VMST	28.45	3	100 IM	Gray Edwards	M	40	VMST	1:14.94
1	100 Back	Al Walsh	M	34	VMST	1:00.05	1	200 IM	Ed Nanartowich	M	41	UNAT	2:44.20
1	200 Back	Al Walsh	M	34	VMST	2:18.31	1	50 Free	Eric Miller	M	47	VMST	28.45
2	200 Back	Kevin Emery	M	33	SABS	2:36.44	1	500 Free	Mike Hechtkopf	M	47	VMST	6:39.16
1	100 Breast	William Martin	M	34	VMST	1:18.46	1	50 Fly	Eric Miller	M	47	VMST	31.24
2	100 Breast	Robert Hatcher	M	32	VMST	1:24.02	2	50 Fly	Mike Hechtkopf	M	47	VMST	31.32
1	50 Fly	Kevin Emery	M	33	SABS	27.84	1	50 Free	Randolph Wise	M	52	VMST	28.46
2	50 Fly	Robert Hatcher	M	32	VMST	34.54	2	50 Free	Tony Hite	M	52	UNAT	29.81
1	100 Fly	Ron Collins	M	32	JAM	57.15	3	50 Free	Howard Butts	M	53	VMST	31.63
2	100 Fly	Kevin Emery	M	33	SABS	1:03.20	1	100 Free	Howard Butts	M	53	VMST	1:18.82
3	100 Fly	William Martin	M	34	VMST	1:10.99	1	100 Back	Mike Stott	M	51	VMST	1:31.33
1	200 Fly	Erik J Kielin	M	30	UNAT	2:01.99	1	200 Back	Mike Stott	M	51	VMST	3:09.63
2	200 Fly	Ron Collins	M	32	JAM	2:08.22	1	50 Breast	Howard Butts	M	53	VMST	40.22
1	100 IM	William Martin	M	34	VMST	1:11.70	1	100 Breast	Howard Butts	M	53	VMST	1:38.97
2	100 IM	Robert Hatcher	M	32	VMST	1:16.16	1	50 Fly	Randolph Wise	M	52	VMST	29.45
1	200 IM	Kevin Emery	M	33	SABS	2:23.81	2	50 Fly	Mike Stott	M	51	VMST	35.55
2	200 IM	William Martin	M	34	VMST	2:38.53	1	100 Fly	Randolph Wise	M	52	VMST	1:08.43
3	200 IM	Robert Hatcher	M	32	VMST	2:40.72	1	100 IM	Randolph Wise	M	52	VMST	1:12.45
1	50 Free	Tray Halverson	M	39	NVMS	28.78	2	100 IM	Mike Stott	M	51	VMST	1:22.38
1	200 Free	J. McFarland	M	36	VMST	1:57.89	3	100 IM	Howard Butts	M	53	VMST	1:29.75
1	500 Free	Victor Mickunas	M	38	VMST	6:46.11	1	200 IM	Mike Stott	M	51	VMST	3:01.33
1	50 Back	Tray Halverson	M	39	NVMS	32.89	1	100 Free	Carl Russ	M	59	VMST	1:14.98
1	50 Breast	Patrick Ryan	M	36	VMST	31.72	1	200 Free	Carl Russ	M	59	VMST	2:48.21
1	100 Breast	Patrick Ryan	M	36	VMST	1:08.53	1	200 Back	Carl Russ	M	59	VMST	3:02.89
1	200 Breast	Patrick Ryan	M	36	VMST	2:31.86	1	200 IM	Carl Russ	M	59	VMST	3:11.66
1	50 Fly	William Moore	M	36	UNAT	26.45	1	100 Free	Forrest Sullivan	M	65	VMST	1:21.95
1	100 Fly	William Moore	M	36	UNAT	59.24	1	500 Free	Forrest Sullivan	M	65	VMST	7:31.06
1	100 IM	Tray Halverson	M	39	NVMS	1:15.69	1	50 Fly	Forrest Sullivan	M	65	VMST	35.99
2	100 IM	Victor Mickunas	M	38	VMST	1:16.00	1	100 IM	Forrest Sullivan	M	65	VMST	1:25.35
1	200 IM	William Moore	M	36	UNAT	2:20.29	1	100 Free	Calvin Barnes	M	70	VMST	1:20.42
1	50 Free	David Hefner	M	40	VMST	24.57	1	200 Free	Calvin Barnes	M	70	VMST	2:52.23
2	50 Free	Ed Nanartowich	M	41	UNAT	25.95	1	100 Back	Calvin Barnes	M	70	VMST	1:27.11
3	50 Free	Tim Finein	M	41	VMST	26.24	1	200 Back	Calvin Barnes	M	70	VMST	3:17.38
4	50 Free	Don Edgell	M	42	DCM	26.68	1	200 IM	Calvin Barnes	M	70	VMST	3:28.38

VMST OFFICERS**President**

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

Vice President

Nancy Miller
3741 Reed's Landing Cr.,
Midlothian, VA 23113
804/272-2513

Treasurer/Membership

Mike Duignan
3313 Glen Eden Quay,
Virginia Beach, VA 23452
804/486-3383

Secretary

Sharon Popson
1328 Goose Landing,
Virginia Beach, VA 23451
804/425-6056

VMST Newsletter

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

LMSC Newsletter

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

Mail Order Swim Products**Finals**

800/431-9111

Kast-A-Way

800/543-2763

Fast Lane

800/242-2616

Sportswide

800/631-9684

World Wide Aquatics

800/726-1530

Metro Swim Shop

800/258-0161

Highlights from November's VMST Meeting

On November 5, 1994, Beth Waters, VMST President, and the other team officers met to officially discuss the club's business matters for the first time since November, 1993.

Mike Duignan, treasurer, reported that although the club had exceeded its receipts through October 29, 1994, by \$840.71, it still had total assets of \$9,869.80. Duignan proposed a budget for 1995. He estimated 1995 gross income to be \$7,100 and projected expenses at \$5,130, leaving a net income figure of \$1,970. The treasurer's reports were accepted by the officers. (Duignan's proposed budget is printed below.)

Jim Miller presented the third place banner for women from USMS Long Course Championships held in Buffalo, NY. The trophy will hang in the Virginia Beach YMCA at Mt. Trashmore.

The officers decided it would be good to learn more about our group. (A questionnaire appears in this newsletter on pages 5 and 6. Please complete the profile and mail it as instructed on page 6. Thank you.) Additionally, it was reported that the Northern Virginia Masters Swimmers have decided not to register as a team in 1995; Beth Waters agreed to contact the NVMS club members and invite them to register as part of the VMST. The next official club meeting is scheduled for February, 1995. ▲

A Note From the President

During all the excitement and confusion of the holiday season, I hope you can fit a few minutes of calm (in the pool) into your schedule. Best wishes for a happy, joyous holiday season!

1995 Virginia Masters Proposed Budget

<i>INCOME (Estimated)</i>	
Registration Income (300 x \$15)	\$ 4,500.00
10K x 2	50.00
Bank Interest	145.00
Lake Swim	350.00
Jack King	425.00
Richmond L/C	830.00
Fall Meet	400.00
Newsletter Ads	100.00
Reimbursement from LMSC	<u>300.00</u>
TOTAL INCOME	\$ 7,100.00
<i>EXPENSES (Proposed)</i>	
Newsletter	\$ 3,000.00
Relays	700.00
Office Expenses	125.00
Legal & Professional Fees	25.00
Participation Awards	1,000.00
Sanction Fees	30.00
Team Party	150.00
Office Supplies	<u>100.00</u>
TOTAL EXPENSES (Proposed)	\$ 5,130.00
TOTAL NET INCOME	\$ 1,970.00

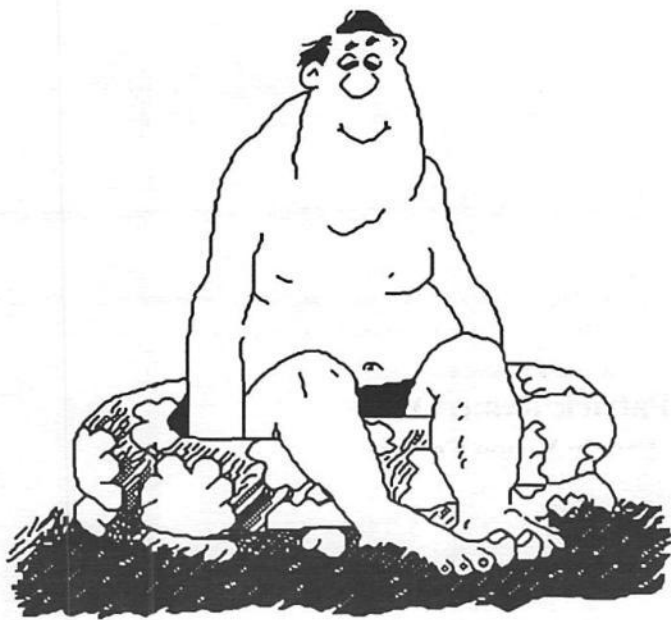
Who Are You?

Name _____ Age Group _____
Phone Number _____ Male/Female _____

1. How long have you been swimming?
2. Describe your most embarrassing swimming moment.
3. Describe your most memorable swimming moment.
4. What is your favorite workout?
5. What is your least favorite workout?
6. Who or what has been the most influential to your swimming?
7. What technique (pointer) has helped you the most?
8. Why do you swim?
9. How often do you swim?
10. Where do you swim?
11. Do you swim a coached practice, alone or with a group?
12. What is the farthest from home that you have ever swum?
13. What is the most unique place you have ever swum?
14. Does anyone else in your family swim?



15. How did you get involved in Masters?
16. How do you describe your swimming (fitness, competitive, other)?
(If competitive, how do you prepare for a meet?)
17. What time of day do you swim?
18. What type of work/hobbies do you do?
19. Do you participate in any other sports?
20. What is your favorite stroke?
21. What is your hardest stroke?
22. What swimming goals have you set?
23. What do you like best about Masters?
24. What do you like least about Masters?
25. Do you follow a specific diet to enhance your swimming?
26. Where would your ideal workout spot be?



Mail completed form to:

Mark Ghetset
15739 Edgewood Drive
Dumfries, Virginia 22026

Mark Your Calendar For These Upcoming Events!

Through December 24, 1994

1994 POSTAL PENTATHLON SWIM MEET

Wayde Mulhem, 570 - 96th Lane, Blaine, MN 55434,
day (612)635-5167, night (612)783-1282

January 22, 1995

DCRP MASTERS SHORT COURSE MEET

Wilson High School Pool, Washington, DC
Colleen Morgan, (202) 232-7949

February 12, 1995

BURKE MASTERS PENTATHLON/TERRIBLE TRIPLE

Steven Highley, 7577 Cregar Lane,
Manassas, VA 22111, (703) 368-5756

March 25, 1995

ALBATROSS OPEN

Montgomery Co., Maryland
Tom Denes, 4522 Everett St., Kensington, MD 20895
(301) 564-4234

April 23, 1995

RESTON MASTERS SHORT COURSE METERS MEET

Lynn Hazelwood, 11714 Decade Court, Reston, VA
22091, (703) 860-5304

May 5-7, 1995

COLONIES ZONE SHORT COURSE CHAMPIONSHIP

Wilton, Connecticut

May 18-21, 1995

USMS SHORT COURSE NATIONAL CHAMPIONSHIP

Ft. Lauderdale, Florida

June 18, 1995

1-MILE OPEN WATER CHAMPIONSHIP

Virginia Beach, Virginia

August 8-12, 1995

MSI MASTERS HAWAII FESTIVAL

August 24-27, 1995

USMS LONG COURSE NATIONAL CHAMPIONSHIP

Mt. Hood, Oregon

May 1996

USMS SHORT COURSE NATIONAL CHAMPIONSHIP

DeAnza, California

June 23-July 2, 1996

WORLD MASTERS CHAMPIONSHIP

Sheffield, England

July 6, 1996

2-MILE CABLE CHAMPIONSHIP

Charlottesville, Virginia

August 1996

USMS LONG COURSE NATIONAL CHAMPIONSHIP

Ann Arbor, Michigan

CAMPS & CLINICS

Ongoing

TOTAL IMMERSION ADULT SWIM CAMPS

various locations

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

December-March

BILLABONG AQUATICS 3 & 4 DAY CAMPS

Coral Springs, FL

10728 N.W. 21st Place, Coral Springs, FL 33071,
(305)345-5370

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.

New [vju] 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

(804)741-8663

Places To Swim

BLACKSBURG
Contact: Lucille Griffin
703/552-5943

CHARLOTTESVILLE
Smith Pool
M-Th: 7:30-9 PM
Contact: Craig C. Cline
804/293-6657

CHESTER
Chester Family YMCA
3011 W. Hundred Rd.
Contact: Jay Crawford
804/748-9822

HARRISONBURG
Contact: Susan Lee Arnold
703/434-8224

LYNCHBURG
Lynchburg YMCA
Contact: Jim McFarland
703/384-1558

NORFOLK
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
703/668-0309

RICHMOND AREA
Riverside Wellness &
Fitness Ctr./Briarwood
Robious Rd., Midlothian
M-F: 8-7 AM; 7-8:15 PM
Sat: 8-9 AM
Sun: 4-5 PM
Contact: Jim Miller
804/320-3999

Tuckahoe Branch YMCA
Patterson Ave.
Contact: Mark Woodard
804/740-9922

ROANOKE
Lancaster Fitness Ctr.
1111 Vinyard Rd., Vinton
T & Th: 7-8 PM
Sat: 10-11 AM
Contact: Howard Butts
H 703/692-1738
W 703/681-0205

Gator Aquatic Ctr.
1130 Overland Rd., Roanoke
M & W: 7:30-9:30 PM
T & Th: 8-7 AM
Sat: 7-9 AM
Sun: 8-9 PM
Contact: Kathy Shober
703/682-7885

STAFFORD
Fitness University
Aquila 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
804/273-3947

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. McBoth
804/220-4700

HAPPY BIRTHDAY TO THESE SWIMMERS**DECEMBER**

Brian Batterson	Richmond, VA	12/17/52	42
Gary Boyd	Roanoke, VA	12/16/44	50
Jeanne Crouse	Rockville, MD	12/31/56	38
Steven Feldman	Christiansburg, VA	12/23/54	40
Kent Gay	Richmond, VA	12/23/58	36
Jenny Gramstad	Midlothian, VA	12/21/68	26
Betty Hanifer	Richmond, VA	12/03/35	59
Victoria Harris	Lynchburg, VA	12/31/19	75
Mary Hunter	Richmond, VA	12/11/65	29
Marie Kelleher	Richmond, VA	12/12/12	82
Michael Kernyat	Richmond, VA	12/09/55	39
Thomas Maguire	Richmond, VA	12/01/57	37
William Martin	Richmond, VA	12/27/59	35
Mike McBeth	Williamsburg, VA	12/06/60	34
Ray McDaniels	Virginia Beach, VA	12/29/58	36
James Pickelman	Midlothian, VA	12/04/38	56
David Russell	Virginia Beach, VA	12/19/56	38
John Shrum	Charlottesville, VA	12/18/48	46

WELCOME NEW MEMBERS!!!

Charlene Ellestead	Lexington, VA
Wendy Knick	Lexington, VA
Thomas Peck	Lexington, VA
Tricia Cronise	Roanoke, VA
Hank Mierzwa	Fairfield, VA

1995 Registration Fee & Dues

If you have not submitted your registration fee and VMST dues, please do so today. Mail your check for \$36 payable to VMST and registration form to Mike Duignan, 3313 Glen Eden Quay, Virginia Beach, VA 23452. The registration form is in your November LMSC Newsletter.

If Undeliverable, Please Return To:

Ken Mills
2209 Albion Road
Midlothian, VA 23113



Bulk Rate
U.S. Postage
PAID
Permit No. 2104
Midlothian, VA

HEATHER N STEVENSON
10 BOSTWICK LN
RICHMOND VA 23226-3107

Deadlines for JAN VMST Newsletter

12/30/94 Articles
1/4/95 Printing
1/6/95 Mailing