



Virginia Masters News

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

Published each month by the Virginia Masters Swim Team

January 15, 1995/Volume XIII/Number 1

Notes from the President

by Beth Waters

I hope each of you had a happy holiday season. It's back to regular practice schedules and no more excuses for missing practice!!! As we start the new year, you should be aware of the following...

☛ Ken Mills has accepted a job in Atlanta, GA, and starts on January 3, 1995. While we are sorry to see him move, we are excited about this new opportunity for him. Ken, we appreciate all your hard work on the newsletter - THANKS!!!

☛ We are now looking for someone to produce the VMST newsletters - eight are published each year. This person works closely with Heather Stevenson, the LMSC newsletter editor. Please call me at (804) 744-8225 if have an interest in publishing the newsletter. We need your help.

☛ Nancy Miller has reserved a block of 30 rooms in Ft. Lauderdale, FL, for short course Nationals. To date, all of the rooms have been reserved. There are some people who are looking for roommates and they be some cancellations in reservations. If you would like to be put on the waiting list, please call Nancy Miller at work (804) 285 - 2758.■

More Nationals Information...

Here is more hotel/car rental/air fare information for short course Nationals in Ft. Lauderdale, FL.

Travelodge - 1500 W. Commercial Blvd., Contact Paula Price (305) 776-4222. Complimentary continental breakfast. 1/2 mile to I-95 and 8 miles from ISHOF. Double occupancy \$46.

Winterset Apartment Motel - 2801 Terramar St., Contact Robert Poirier (305) 564-5614. 15 minutes to the airport and 1000 ft. from promenade along beach. Swimming pools, shuffleboard, W/D on premises, cable TV. Call for rates.

(continued on page 2)

How You Can Tell Who Is Going to Win!

by Bill Irwin

The guy was standing there wearing a gray T-shirt, sort of stocky and muscular. We wanted to know who he was. There were two Senior Metropolitan Championships at stake, one in freestyle, the other in the breaststroke.

We knew everyone who was at the meet except that guy. Ray Reid showed up, so there went the freestyle; he was the best in the Metropolitan area. That left the breaststroke and it was Mandell and myself. Mandell swam for Columbia and he and I were about even. Charley Urstadt, a Dartmouth swimmer, could have won it but he hadn't come down for the meet.

Well, we found out who the guy in the T-shirt was! He was a collegiate breaststroke champion from some upstate college. Just our luck, Mandell and I lamented.

Why did these guys have to come down here to our meets? We were mostly high school swimmers with a few collegians from the area. If Urstadt was there, that was something else, he was local.

Well, that was that. Either Mandell or myself would get second. We were better than anyone else.

When the first heat of breaststroke was called, I was in Lane 3. Mr. Collegiate star was in the end lane next to the starter.

The starter was Mr. Eddie Aubel and the meet was being held at the Downtown Athletic Club in New York City, the same Club famous for the presentation of the Heisman Trophy each year. Mr. Aubel wore a tux, as did many of the gentlemen in the viewing balcony. Many of the women wore evening dresses. It was dinner at the Club, then downstairs to see the meet. That's the way it was in February, 1944.

Mr. Aubel said, "SWIMMERS READY!", which was the first call in those days.

(continued on page 3)

Upcoming Events for Virginia Swimmers

Mark Your Calendars....

- ★ February 1995: FEBRUARY FITNESS CHALLENGE '95, entry in this newsletter.
- ★ February 11 - 12, 1995: VIRGINIA MASTERS WINTER INVITATIONAL, Richmond VA.
Contact Nancy Miller (804) 285-2758 ext. 42.
- ★ February 12, 1995: BURKE MASTERS PENTATHALON/TERRIBLE TRIPLE, Contact Steven Hihley, 7577 Cregar Lane, Manassas, VA 22111 (703) 368-5756.
- ★ March 25, 1995: ALBATROSS OPEN, Montgomery County, MD. Contact Tom Denes, 4522 Everett Street, Kensington, MD 20895 (301) 564-4234.
- ★ April 23, 1995: RESTON MASTERS SHORT COURSE METERS MEET. Contact Lynn Hazelwood, 11714 Decade Court, Reston, VA 22091 (703) 860-5304.
- ★ May 5 - 7, 1995: COLONIES ZONE SHORT COURSE CHAMPIONSHIPS, Wilton, CT.
- ★ May 18 - 21, 1995: USMS SHORT COURSE NATIONAL CHAMPIONSHIP, Ft. Lauderdale, FL.
- ★ June 18, 1995: ONE-MILE OPEN WATER CHAMPIONSHIP, Virginia Beach, VA.
- ★ August 24 - 27: USMS LONG COURSE NATIONAL CHAMPIONSHIPS, Mt. Hood, OR.

Camps and Clinics

- ★ Ongoing: TOTAL IMMERSION SWIM CAMPS. Contact Terry Laughlin (914) 294-3510.
- ★ Ongoing: PREMIER STROKE CLINIC, Rockville, MD. Contact Clay Britt (301) 231-9740.
- ★ December - March: BILLABONG AQUATICS 3- AND 4-DAY CAMPS. 10728 NW 21st Place, Coral Springs, FL 33071 (305) 345-5370.

CLASSIFIED ADVERTISEMENT

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, 1127 Gaskins Place #300, Richmond, VA 23233, (804) 741-8663.■

(Nationals...continued from page 1)

Alamo Rent-A-Car - The official ground transportation for ISHOF and US Swimming, Diving and Water Polo. For discounted rates on vehicle rentals while in Ft. Lauderdale, call 1-800-327-9633 and give them Plan Code "BY-93222".

Continental Airlines - The official airline of ISHOF. For discounted rates & group rates, call the Continental Convention Desk at 1-800-468-7022 and give them "Z number" MA64.■

"TAKE YOUR MARKS!", which was the second call, and you would step forward and assume your racing start position.

"WAIT! WAIT!", said Mr. Aubel, and quickly moved to the collegiate star in the end lane and said, "Don't you want to take your T-shirt off!"

"NO, NO!", came the reply from our collegiate star. So, not only would we be beaten, but beaten by some guy wearing a T-shirt.

Mr. Aubel reassembled his tuxedoed self and returned to his position. The same ponderous, "SWIMMERS READY" and "TAKE YOUR MARKS" rang out over the silenced crowd.

As it was told to me later, collegiate star stepped forward with "TAKE YOUR MARKS". He remained in a perpendicular position and started a forward lean right into the water.

The rest I witnessed.

Collegiate star commenced to swim what one could call a freestyle, or a dog paddle, and actually he seemed to be in danger of drowning. They got him to get out and tried to get him to sit down, but he forced his way back to the starting blocks.

Mr. Aubel then gave the fastest "SWIMMERS READY-TAKE YOUR MARKS-GUN" on record. He later said he was trying to shoot the gun before the collegiate star hit the water.

The race was over and our collegiate star and supposed winner was a scant 20 yards down the pool, swimming his assortment of strokes. Mr. Aubel apologized to the crowd for this appalling scene.

So the Metropolitan Championship was between Mandell of Columbia and me; modesty prevents me from telling you the outcome.

The moral of this true story is: there are a lot of guys and gals standing around wearing T-shirts at our meets. Don't go picking winners before the gun goes off!!!■

February Fitness Challenge '95

It's time again for the Fitness Challenge - an annual USMS sponsored event to promote fitness through swimming and to encourage participants to swim regularly and track their results over the month of February. The participants with the highest monthly totals will receive medals.

In this edition of the newsletter you will find the 1995 entry form and a copy of "A Weekly Workout Plan" to get you into the swim of things. If you have never participated in the Fitness Challenge, now's your chance.■

New VMST Members - Welcome!!!

Crystal Burfoot Quinton, VA
Charles E. Cockrell, Jr. Yorktown, VA
Michael Ryan Richmond, VA

VMST Birthdays

January

Padraic Baxter (Glen Allen)	1/22/62	33
Jan Benson (Fredericksburg)	1/19/57	38
Robert Bouck (Bon Air)	1/21/45	50
Caycee Buscaglia (Richmond)	1/11/65	30
Karen Costello (Ashland)	1/09/56	39
John Curtis (Virginia Beach)	1/27/53	42
Mac Dawson (Virginia Beach)	1/01/67	28
Molly Dean (Richmond)	1/02/66	29
Stacy Dymond (Mechanicsville)	1/25/64	31
Tim Finein (Chesapeake)	1/23/53	42
Kris Kloppe (Irving, TX)	1/20/51	45
Maryann Marshall (Lynchburg)	1/18/40	55
John McGill (Richmond)	1/25/36	59
Victor Mickunas (Virginia Beach)	1/03/56	39
Lee Moore (Courtland)	1/07/53	42
David Olund (Roanoke)	1/24/54	41
Patricia Powis (Richmond)	1/15/61	34
Robert Pugh (Richmond)	1/09/51	44
Robert Starkey (Lynchburg)	1/04/44	51
Laura Stonestreet (Richmond)	1/04/38	57
Bill Swann (Chester)	1/30/57	38
Jonathan Wallace (Richmond)	1/17/61	34
Rhea Wilkins (Midlothian)	1/15/41	54
Elizabeth Wolenberg (Richmond)	1/12/21	74
Ian Wrightson (Richmond)	1/06/65	30

February

Carl Armstrong (Midlothian)	2/25/40	45
Calvin Barnes (Hampton)	2/02/24	71
Carol Beville (Vinton)	2/01/54	41
Molly Broderson (North)	2/12/52	43
Marilyn Grender (Blacksburg)	2/18/31	64
Cindy Jennings (Sandston)	2/26/62	33
John Lowe (Wilmington, DE)	2/08/61	34
Mic McConnell (Richmond)	2/02/62	33
Edwin McCowan (Midlothian)	2/03/48	47
David Mercer (Virginia Beach)	2/14/56	39
Hank Mierzwa (Fairfield)	2/25/50	45
Lisa Murray (Richmond)	2/13/69	26
George Pugh (Midlothian)	2/03/49	46
Helen Shires (Richmond)	2/17/28	67
Mike Stott (Richmond)	2/10/43	52
Rick Stringer (Virginia Beach)	2/02/50	45
Linette Thornton (Smithfield)	2/26/71	24
Jaqueline Wallace (Richmond)	2/21/63	32
Neill Williams (Richmond)	2/20/68	27
Randolph Wise (Virginia Beach)	2/25/42	53

HAPPY BIRTHDAY!!!

February Fitness Challenge '95



Purpose: To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

Sponsors: United States Masters Swimming, Southern LMSC of USMS, Crawfish Masters Swim Team, Speedo America, and Maxwell Marketing Associates, Inc.

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1995, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

Age: Determined by your age on February 28, 1995

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$6.00, all fees (check or money order) payable to Southern Masters Swimming

T-shirts: \$12.00, navy blue with five-color screen, short sleeve, 100% cotton. Theme: "Fitness Frog: Reachin' for the Stars!"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 20, 1995. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

950 South Foster Dr. #29

Baton Rouge, LA 70806 USA

Phone: (504)928-5596

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "A Weekly Workout Plan," send a self-addressed stamped envelope to above address.

February Fitness Challenge '95

(please print)

NAME: _____ AGE (as of 2/28/95): _____ SEX: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP: _____ COUNTRY: _____ PHONE: () _____ USMS MEMBER? Y N

WED FEB 1 _____ yds	WED FEB 8 _____	WED FEB 15 _____	WED FEB 22 _____
THU FEB 2 _____	THU FEB 9 _____	THU FEB 16 _____	THU FEB 23 _____
FRI FEB 3 _____	FRI FEB 10 _____	FRI FEB 17 _____	FRI FEB 24 _____
SAT FEB 4 _____	SAT FEB 11 _____	SAT FEB 18 _____	SAT FEB 25 _____
SUN FEB 5 _____	SUN FEB 12 _____	SUN FEB 19 _____	SUN FEB 26 _____
MON FEB 6 _____	MON FEB 13 _____	MON FEB 20 _____	MON FEB 27 _____
TUE FEB 7 _____	TUE FEB 14 _____	TUE FEB 21 _____	TUE FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS

TOTAL MONTHLY MILEAGE = _____ MILES

(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES	
Entry Fee	\$ 6.00 _____ (required)
T-Shirt	12.00 _____ (optional)
Circle T-shirt Size: S M L XL XXL	
Swim Cap	3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fees payable to Southern Masters Swimming)	

Categories of Training

Planning involves separating the training year into smaller and more manageable units. The principal reason for planning is to insure systematic adaptations that will bring swimmers to a peak at the time of their most important meets.

The yearly plan should be constructed first; then, the seasonal plan and finally weekly and daily training plans should be constructed. The majority of coaches divide the training year into two or three seasons depending on the number of important meets. The best results will be achieved when the weekly and daily plans are devised meticulously.

The following categories of training should be included in each weekly session:

1) Basic Endurance Training. This refers to short-rest repeats at a moderate rate. They can include stroke drills, kicking, and pulling. The purpose is to improve aerobic capacity without depleting muscle glycogen.

2) Intense Endurance Training. These are long sets of short-rest repeats. They should be swum at the fastest possible average speed. The purpose is to improve aerobic capacity at the fastest possible rate.

3) Race-specific Training. These are sets of under-distance repeats that are swum at or near race speed. Rest intervals can be medium or short. The purpose is to improve the aerobic and anaerobic capacity of distance swimmers. Middle-distance and sprint swimmers will find that these repeats will have the most significant effect on anaerobic capacity.

4) Sprint Training. These are sets of repeats that are swum at very fast speeds. The repeat distances can be from 12.5 to 200 meters. The purpose is to improve anaerobic capacity and muscular power. These sets should not be as long or as difficult to perform as the race-specific swims.

Placement of Training Types

It is important to include enough of each type of training to induce maximum adaptation. At the same time, athletes must be provided with enough rest to replace the energy used.

There are two general guidelines for the strategic placement of the various types of training:

1) At least three major sets of intense endurance training should be included each week. An equal number of sprint sets should also be included.

2) Never swim more than two sets of endurance training in a row without providing at least 24 hours of reduced intensity or mileage.

Studies show that the glycogen in muscles will be nearly depleted after 1 or 2 hours of intense training. A recovery time of 24 to 48 hours is needed for replacement of the muscle glycogen used in training. Intense endurance training and long sets of race-pace swimming cause the greatest depletion. Consequently, the placement of these kinds of training should be given first consideration when constructing weekly plans.

While it is true that the rate of glycogen use is greater during sprint training, the sets are shorter, so the amount of depletion will be less. Therefore, small amounts of sprint training can be scheduled during days when glycogen repletion is needed. The amount of glycogen used during sprint sets will be more than offset by the amount repleted so the net result will be an increased storage of that substance.

Basic endurance training can be used in training sessions when glycogen repletion is desired. The swimming speeds should be slow enough to allow stored fat to supply a large percentage of the energy. In this way, the rate of glycogen use on those days will, once again, be less than its rate of repletion.

Alternating/Combined Arrangements

Alternating arrangement for once-a-day training:

Monday - Sprint & Intense Endurance
Tuesday - Basic Endurance & Sprint
Wednesday - Race-specific
Thursday - Basic Endurance & Sprint
Friday - Intense Endurance
Saturday - Race-specific

The above arrangement offers an alternating method for swimmers who are training five days per week and swimming a meet on Saturday afternoon. The intense endurance and race-specific sets are scheduled for Monday, Wednesday, and Friday. The meet can be used as another race-specific training session. Sprint training and basic endurance sets form the bulk of training mileage on Tuesday and Thursday. A third sprint training set is also placed on Monday. Some basic endurance swimming should also be included on Monday, Wednesday, and Friday, although it should not be the main set.

Combined arrangement for once-a-day training:

Monday - Intense Endurance
Tuesday - Intense Endurance & Race Specific
Wednesday - Basic Endurance & Sprint
Thursday - Basic Endurance & Sprint
Friday - Sprint & Intense Endurance
Saturday - Race Specific

The intense endurance and race-specific sets have been scheduled for Monday, Tuesday and Friday and Saturday. One additional race-specific set was placed on Tuesday. This spot was selected because the swimmers will have two recovery days immediately after the workout. The training sessions on Wednesday and Thursday are made up primarily of basic endurance and sprint training. One additional sprint training set was scheduled for Friday since the swimmers would only be training once on Saturday or they might be competing.

Daily Planning

Daily training sessions should be planned to encourage athletes to swim each set of repeats at the most effective intensity. Here are some general guidelines for such planning:

1) Short sprints should usually be placed early in the session before the swimmers are too fatigued to swim fast. It is far more common to place them at the end so swimmers leave the pool feeling exhilarated. There is no reason to discontinue the practice during sessions where the intensity is low. However, when major sprint sets are scheduled on the same day with intense endurance and race-specific repeats, it would be better to complete them early in the session.

2) Major sets of intense endurance and race-specific training should be placed late in the daily session. As stated earlier, these sets cause substantial depletions of muscle glycogen. Once that happens, athletes will tend to swim the remaining sets at recovery speeds where the training effects will be minimal. For this reason, it is far better for them to swim their basic endurance sets early in the session so they will be completed at a moderate pace. The same statement is true of sprint sets and short sets of race-specific repeats, except, of course, that they should be swum at fast speeds.



For a February Fitness Challenge entry form, send a self-addressed stamped envelope to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais
950 South Foster Dr #29
Baton Rouge, LA 70806

A Sample Training Session

This sample daily training structure is designed primarily to improve aerobic capacity with some anaerobic and sprint training included.

- | | |
|--|---------|
| 1) Warm-up | 600 yds |
| Swim 200 yds, Pull 200 yds | |
| Swim 4 x 50 yds descending times/medium rest | |
| 2) Sprint Training | 800 yds |
| Swim 6 x 50 yds/long rest | |
| Swim 100 yds recovery between each 50 yds | |
| 3) Basic Endurance | 600 yds |
| Pull 3 x 200 yds, short rest | |
| 4) Basic Endurance | 600 yds |
| Kick: 150 yds, 100 yds, 50 yds/short rest | |
| Two times, increase pace through each set | |
| 5) Intense Endurance | 900 yds |
| Swim 3 x 300 yds/medium rest | |
| 6) Recovery Set | 500 yds |
| Swim 5 x 100/medium rest | |
| Start at basic endurance speed - | |
| swim each repeat slower until recovered. | |

TOTAL = 4000 yds

Suggested Rest Intervals

Short rest - :10 to :30 between repeats

Medium rest - :20 to 1:00 between repeats

Long rest - 1:00 or more between repeats

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Sample training session modified for general adult fitness swimming.

*The February Fitness Challenge
presents*

A Weekly Workout Plan



Categories of Swim Training
Placement of Training Types
Alternating & Continuous Arrangements
Daily Planning
Sample Training Session

VIRGINIA MASTERS WINTER INVITATIONAL
Riverside Wellness and Fitness Center - Briarwood
Richmond, Virginia
February 11 and 12, 1995

Sponsored By: Virginia Masters Swim Team and the LMSC for Va.

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction #125-0002

Meet Directors: Nancy and Jim Miller

Location: Riverside Wellness and Fitness Center at Briarwood, 11621 Robious Rd., Richmond, Va. Telephone number is (804) 378-1600. This is an eight-lane, 50-meter indoor pool with bulkhead, using fully electronic timing system with scoreboard and non-turbulent lane markers.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$2.00 per individual event plus a \$5.00 surcharge to help defray the cost of automatic timing, printing, and postage for mailing results. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$4.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than **February 3, 1995**, or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 8 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING** will be permitted in these lanes once the meet has begun. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Medals or pins for first place in each individual event. Ribbons for second and third places in each individual event.

Social: Join us for our Masters potluck after the meet on Saturday, February 11. \$5.00 per person covers food and drink. Please enclose payment with your entry. Please indicate the number attending on your entry form. Maps will be at the meet.

ORDER OF EVENTS

Saturday, February 11

Warm-ups: 1 PM

Meet starts: 2 PM

Event #

Women/Men	Event
1	2 1000 Y Free
3	4 1650 Y Free
5	6 400 Y IM

Sunday, February 12

Warm-ups: 8 AM

Meet starts: 9 AM

Event #

Women/Men	Event
200 Y Choice*:	
7	8 200 Y IM
9	10 200 Y Fly
11	12 200 Y Breast
13	14 200 Y Back
15	16 100 Y Free
17	18 Novice 50 Y Fly
19	20 50 Y Fly
21	22 100 Y Breast
23	24 Novice 50 Y Free
25	26 50 Y Free
27	28 100 Y IM

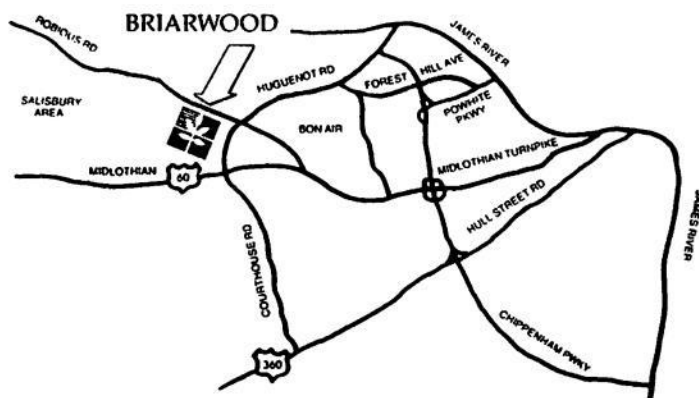
RIVERSIDE

WELLNESS & FITNESS CENTER

Briarwood

11621 Robious Road, Midlothian, VA 23113

Telephone (804) 794-6888



BREAK

29	30 200 Y Free
31	32 100 Y Back
33	34 Novice 50 Y Breast
35	36 50 Y Breast
37	38 100 Y Fly
39	40 Novice 50 Y Back
41	42 50 Y Back
43	44 200 Y Medley Relay
45	46 200 Y Free Relay
47	48 200 Y Mixed Medley Relay
49	50 200 Y Mixed Free Relay
51	52 500 Y Free

*200 Y Choice means that you may swim any 200 yard event of your choosing (except the 200 Y Free). Please indicate your choice on your entry form.

Nearby Lodging:

Days Inn - Chesterfield (closest)
1301 Huguenot Road (804) 794-4999

Holiday Inn - Koger Center
1021 Koger Center Boulevard
(804) 379-3800

Sheraton Park South
9901 Midlothian Turnpike (804) 323-1144

Virginia Masters Winter Invitational - February 11 - 12, 1995
Riverside Wellness and Fitness Center - Briarwood, Richmond, VA

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete.

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 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 and regulations of USMS.

Signature: _____ Date: _____

Name: _____ Sex: M F USMS Reg. No.: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Age (as of 2/12/95): _____ Birthdate (Mo/Day/Yr): _____

LMSC: _____ Club: _____ Phone (day): _____ (night): _____

**Women's
Event**

Time

Event

**Men's
Event**

Time

1	_____	1000 Y Free
3	_____	1650 Y Free
5	_____	400 Y IM
7	_____	200 Y IM
9	_____	200 Y Fly
11	_____	200 Y Breast
13	_____	200 Y Back
15	_____	100 Y Free
17	_____	Novice 50 Y Fly
19	_____	50 Y Fly
21	_____	100 Y Breast
23	_____	Novice 50 Y Free
25	_____	50 Y Free
27	_____	100 Y IM
29	_____	200 Y Free
31	_____	100 Y Back
33	_____	Novice 50 Y Breast
35	_____	50 Y Breast
37	_____	100 Y Fly
39	_____	Novice 50 Y Back
41	_____	50 Y Back
	_____	RELAYS
51	_____	500 Y Free

2	_____
4	_____
6	_____
8	_____
10	_____
12	_____
14	_____
16	_____
18	_____
20	_____
22	_____
24	_____
26	_____
28	_____
30	_____
32	_____
34	_____
36	_____
38	_____
40	_____
42	_____

52	_____

Number attending social ____ x \$5: _____

Total # Events ____ x \$2: _____

Surcharge \$5.00

Total Amount Enclosed: _____

Make checks payable to: Virginia Masters
Swim Team

Mail to: Nancy Miller
3741 Reed's Landing Circle
Midlothian, VA 23113
(804) 285-2758 ext. 42

**A COPY OF YOUR USMS
REGISTRATION CARD MUST BE
ENCLOSED FOR YOUR ENTRY TO BE
ACCEPTED!!!**

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 & Sun: 7-8AM. 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: Lancelot 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.

VMST Officers

President: Beth Waters, 10604 Pursuit Court, Chesterfield, VA 23832 - (804)744-8225
Vice President: Nancy Miller, 3741 Reed's Landing Circle, Midlothian, VA 23113 - (804)272-2513
Treasurer/Membership: Mike Duignan, 3313 Glen Eden Quay, Virginia Beach, VA 23451 - (804)486-3383
Secretary: Sharon Popson, 1328 Goose Landing, Virginia Beach, VA 23451 - (804)425-6056
Newsletter Editor: Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 - (804)282-1573

Note from the LMSC Newsletter Editor:

I have a new address: 15 Bostwick Lane, Richmond, VA 23226, (804) 282-1573 (same number for both phone and FAX). Please send any newsletter information to me at this address. I will be preparing both the VMST and the LMSC newsletters until we find a new VMST newsletter editor. - Heather Stevenson

If Undeliverable Return to:
Heather Stevenson
15 Bostwick Lane
Richmond, VA 23226

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Newsletter mailing: January 31, 1995

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Newsletter mailing: February 28, 1995

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