



# LMSC for VA Newsletter

*Masters Swimmers: "The Uncommonwealth of Virginia"*

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## Notes from the Chair

by Forrest Sullivan

I hope all of you and yours had a happy holiday season and your New Year's resolution is to work harder for your 1995 swimming goals. Mark your swimming calendar for Short Course Nationals in Fort Lauderdale next May. Be sure to check out the new qualifying times (10% over tenth place in the top ten) which are printed in the January/February (you should all have received your copy of this magazine by now).

Relay All Americans - The Top Ten Committee has designed a form to easily identify requests for Relay All American patches (see page 5 for the form). If you would like a Relay All American patch, please complete the form and mail it to the appropriate address.

I hope everyone has seen the great new colorful brochures of USMS logo merchandise. If not, you should receive a copy when you register for USMS this year.

The First Annual LMSC Banquet announced in the last newsletter will be delayed in favor of the Virginia Masters Winter Invitational short course swim meet scheduled for February 11-12, 1995 at Briarwood in Richmond. The Board would appreciate any comments you may have regarding an annual awards banquet and asks you to direct these comments to Linda McCowan, 13613 Prince William Drive, Midlothian, VA 23113. ■

### Short Course Nationals Entry Form

See your January/February  
SWIM Magazine

## LMSC OF VIRGINIA General Membership Meeting

The following is a summary of the November 5, 1994 membership meeting held in Virginia Beach.

**Treasurer's Report:** Carl Russ submitted the 1995 budget which was approved. He suggested changing the fiscal year to November 1 of each year. It was decided to table the change until the LMSC officers could research the issue to determine whether or not it negatively impacts USMS. If a year-end financial report is required, it was suggested that the USMS Treasurer and the State Corporation Commission be contacted.

**Elections:** Carl Russ, Treasurer, and Linda McCowan, Secretary, were re-elected for 1995/1996.

**Awards Party:** Scheduling conflicts resulted in the cancellation of the Awards Banquet. Virginia Masters will be hosting a meet at Briarwood that same weekend.

**Fitness:** The proposed activities for 1995 are...  
2000 Yard Swim (July or August)  
Check Off Challenge (September or October)  
500 Yard Swim (September or October)

**Registration:** As of November 5, the LMSC has 434 registered swimmers. A new team, Salvation Army Bolts (SABS), has been formed in Norfolk. It was requested that invoices be sent out to encourage registration. One day registration at Jack King Ocean Swim was not beneficial in 1994, and it will not be offered this year. Betsy is looking for someone to take over as LMSC Registrar. A computer is mandatory, and the time commitment is only a few hours per week.

**Top Ten:** Long Course Results were not sent to Walt Reed on time. Neill Williams' World Record Time was submitted.

**National USMS:** Dot Donnelly, Executive Secretary of USMS, will be retiring in 1995. A committee has been formed to identify criteria for choosing her replacement. ■

## Upcoming Events for Virginia Swimmers

- ★ February 1995: FEBRUARY FITNESS CHALLENGE '95.
- ★ February 11 - 12, 1995: VIRGINIA MASTERS WINTER INVITATIONAL, Richmond, VA.  
Contact Nancy Miller (804) 285-2758 ext. 42.
- ★ February 12, 1995: BURKE MASTERS PENTATHLON/TERRIBLE TRIPLE, Contact Steven Highley, 7577 Cregar Lane, Manassas, VA 22111 (703) 368-5756.
- ★ February 25 - 26, 1995: 18th ANNUAL MARYLAND MASTERS WINTER SWIM MEET, Catonsville, MD. Contact Barbara Protzman, 7919 Main Falls Circle, Catonsville, MD 21228 (410) 788-2964.
- ★ 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.
- ★ April 27 - 30: Y NATIONALS, Buffalo, NY. Contact Gene Donner (716) 823-3873.
- ★ 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.
- ★ March - April: TERRAPIN MASTERS 1995 SWIM CLINIC SERIES, various dates (see information form in this newsletter). Contact Cheryl (202) 387-2361 or Debbie (301) 474-8382.

### CLASSIFIED ADVERTISEMENT

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

#### Random Bits of Information Collected From Here and There...

##### Publications for Masters Swimmers

A Dam Good Year - by Michael Collins, coach of Davis Aquatic Masters. Workouts for an entire year. Each workout is adapted for different levels of swimming. Send \$25 check to Michael Collins, P.O. Box 1366, Davis, CA 95617

##### Swimming on the Internet?

Try the internet for information about pools around the U.S., new workouts, stroke technique, meet results, etc. Dial up and subscribe to rec.sport.swimming.■

## From the Block of Mark Ghetset:

Dateline Virginia

Welcome Swimmers to the first of many monthly columns where I set out in search of interesting Virginia swimmers to interview and profile. I have my maps, magazines, my car and driver, and I'm ready to canvas the state. This month I set out for Ordinary, Virginia. On the long drive there, I settled in for some interesting reading about a startling new discovery in Greek Mythology. It turns out that it wasn't Jason and the Argonauts at all but Jason of the Argonauts. The Argonauts were an ancient swim team, possibly the first, and Jason was a member of the team. Turns out that the coach was always yelling at Jason because he would swim down to the other end of the pool and stop all of the time to adjust his gargoyles...I guess the drive is going to be longer than I thought...

As soon as I hit town, I found that Ordinary, Virginia, was not ordinary at all, because VMST Masters swimmer Ann Berquest lives there, and I

could never pass up an opportunity to stop and talk to a Masters swimmer. First I tried her home and was told she was at the pool working out.

I finally caught up with her at the Riverside Wellness Center (Briarwood). She had just finished her workout and was standing on the coping stone adjusting her goggles when I approached her and introduced myself.

"Ann, I'm Mark Ghetset."

Immediately she assumed her racing start and took off with all the beauty of a swimmer who has been competing since 1972. Fortunately, I had a little air horn in my pocket and blew a false start signal - that stopped her. In fact, it pretty much silenced the whole pool area. The Age Groupers in the Poseidons were pretty confused too.

After she swam back to the side, we sat at the edge of the pool and had a marvelous chat. Ann has been swimming since age 5 but didn't start competing until the age of 39 and loves it. Unfortunately, because of schedules, she has to work out

alone. Her favorite workout is a basic 2000 yards, with a 400 yard warm-up and a 100 yard cool-down. She likes to mix up the workouts with either a 5, 4, 3, 2, 1, or a 500 drill combined with 2 X 500 negative splits. Distance is her favorite workout, and sprints her least favorite workout. She works out three to four times a week unless preparing for a meet, then she increases it to four to six workouts a week. On top of the swimming workouts, Ann cross-trains by lifting weights. Ann has swum as far west as Chicago and as far north as the lakes in Maine. (Brrrr!)

Ann enjoys competing in meets not just for the competition but also for the camaraderie. Meets give her the chance to meet new people and learn more about strokes. She describes herself as mostly a fitness swimmer, but don't let that gentle exterior fool you. I think there's a competitor in there!!

In closing the chat, I asked Ann if she would care for a sprint to the other end of the pool and that's when I received my well-deserved dunking.

Watch out...next time I might be in your town!■

### Request Form Relay All-American Patch and Certificate

Relay event: *circle one* MEN WOMEN MIXED *circle one* FREE MEDLEY

Relay distance: 200 400 800

Course: *circle one* scy scm lcm

Year of swim: \_\_\_\_\_

Relay member(s) requesting All-American patch and certificate (\$5.00 each member):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Send patch and certificate to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

**Make Check Payable To:** United States Masters  
Swimming, 2 Peter Avenue, Rutland, MA 02543

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

**Bulk Rate**  
**U.S. Postage**  
**PAID**  
**Permit No. 1630**  
**Richmond, VA**

|||||  
**HEATHER N STEVENSON**  
**15 BOSTWICK LN**  
**RICHMOND VA 23226-3106**

## **VMST News**

**From the President...** Please plan to attend the annual winter VMST meet at Riverside Wellness and Fitness Center (Briarwood) on February 11-12, 1995. The entry form for the meet was included in the January newsletter. We need your active participation in the meets held within VA. Organizing and running these meets is time consuming and we do need a good level of participation to keep these meets on the schedule.

Another reminder...If you have not registered with USMS for 1995, you are late. Please mail your registration form and fee ASAP. Registration with USMS is required for all swimmers participating in USMS workouts and meets.

The USMS Long Course Top Ten list of VMST swimmers will be published in next month's newsletter. If you want to order a relay patch, save the form on page 5 of this newsletter!!

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### **LMSC Officers**

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

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

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

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

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

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

**Newsletter Editor:** Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226, (804) 282-1573