



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...It's VMST"

Published by the Virginia Masters Swim Team

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NOTES FROM THE PRESIDENT

by Beth Waters

Happy New Year! I hope you had a wonderful holiday season.

If you haven't submitted your completed 1996 USMS registration form and fee, please do so ASAP. Also, don't forget that the entry deadline for the VMST meet in Richmond is February 2, 1996.

I have received some inquiries about VMST suits. This year we have two choices. First, you can order any black suit (paper, lycra, nylon) imprinted with the VMST logo through Ardvark. To order from Ardvark, call Rose Ann at 800-729-1577. The second choice for ordering VMST suits is a variety of package deals arranged by Carter Grant. Details and the order form for the package deals are provided on page 9.

Included in this newsletter are several entry forms - opportunities for you to participate in meets, open swims, fitness swims, etc. I encourage you all to enter at least one, if not more, of these events! *

WALTER SPENCE: The First Master Swimmer

by Bill Irwin

At age 34, Walter Spence, swimming for Rutgers University, won the NCAA 100 yard freestyle in :51.6. The bathing suit had straps; there were no goggles; there was no flip turn (a spin turn was used and you had to touch the wall with your hand); the starting block was not tilted (usually it was the raised end of the pool); the lines on the bottom were only inches wide; and despite skinny little lane guides, the faster the swimmer went, the more turbulent the pool became--and he did a :51.6 at age 34!

At age 39, he was on a 400 yard freestyle relay, representing the New York Athletic Club, which set an American record for that distance. His first world record was in the 100 meter breaststroke in 1927 and he was a top competitor on the national scene for at least 15 years. That is why I always considered him the first masters swimmer. Although in those days there were older swimmers who competed, I don't recall any who reached Spence's level of achievement at his age.

Walter was my coach at the New York Athletic Club and I was delighted to read the full page spread that the November 1995 issue of *Swimming World* gave the Spence brothers. Yes, there were 3 of them - Walter, Wallace, and Leonard - and their achievements were truly extraordinary. Each was a national title holder in AAU swimming. The three of them combined in the AAU Nationals to win the medley relay when it consisted of just three strokes: back, breast, and free. Adding 1936 Olympian Peter Fick, they won the 400 free relay and each went on to win an individual event: back, breast, or free.

Wallace Spence competed in the first masters meets, winning breaststroke events. Tragically, Leonard died of illness when he was in his thirties, and Walter died in a train accident in his late 50's. The Spence brothers, the children of an English hunter who married a native of British Guiana, came to the United States in the early 1920's. Walter entered Rutgers University in 1931 at the age of 31. In 1932, his first year of varsity competition, he won the NCAA 100 yard free in a time of :53.6. In 1933, he won the event in :52.4, and he topped off his collegiate career with his senior year time of :51.6.

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Upcoming Events for Virginia Swimmers

- ◆ February 4, 1996
VALLEY FORGE MASTERS WINTER CLASSIC
Swarthmore, PA
Dan Castellano (610) 497-1157
- ◆ February 10-11, 1996
VMST WINTER INVITATIONAL
Richmond, VA
Nancy Miller (804) 285-2758, ext 42
- ◆ April 13-27, 1996
INTERNATIONAL SENIOR GAMES
Bermuda
- ◆ April 18-21, 1996
YMCA MASTERS NATIONAL CHAMPIONSHIPS
Orlando, FL
- ◆ May 3-5, 1996
COLONIES ZONE SHORT COURSE CHAMPIONSHIPS
Wilton, CT
Aileen Zaffaroni (203) 834-9968
- ◆ May 9-12, 1996
USMS NATIONAL CHAMPIONSHIPS
De Anza, CA
- ◆ June 1, 1996
POTOMAC RIVER SWIM FOR THE ENVIRONMENT
Joe Stewart (410) 243-4418
- ◆ June 22, 1996
CRAWFISH MASTERS 10K
Baron Rouge, LA.
Scott Rabalais (504) 766-5937
- ◆ June 22-28, 1996
WORLD MASTERS SWIMMING CHAMPIONSHIPS
Sheffield, England
- ◆ August 9-22, 1998
WORLD MASTERS GAMES
Portland, OR

Camps and Clinics

- ◆ **BILLABONG AQUATICS, INC.**
1995-1996 CAMP IN CORAL SPRINGS
February 1-4, 1996
Judy Bonning (305) 345-5370
- ◆ **BILLABONG AQUATICS, INC.**
TROPICAL VACATION STROKE CLINIC
February 22-25, 1996 Cozumel; March 7-10, 1996
Grand Cayman. Judy Bonning (305) 755-9858
- ◆ **TOTAL IMMERSION ADULT SWIM CAMPS**
Weekend Mini-Camps:
March 11-12, 1996: Washington, D.C.
March 18-19, 1996: Atlanta, GA
Swimming Vacations:
January 7-14, 1996: San Jose, Costa Rica
February 4-11, 1996: Winter Park/Granby, CO
Contact Terry Laughlin (914) 294-3510

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 Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573

1996 Potomac River Swim for the Environment

ENTRY APPLICATION



Name _____
Address _____

Telephone (day) _____ (eve) _____

Date of Birth _____

Social Security # _____

Medical/Other information to declare _____

Statement on open water swim experience (dates/distances/times)

Estimated time to complete this 7.5-mile event _____

WAIVER AND AGREEMENT

As a condition of being accepted in the June 1, 1996 Potomac River Swim for the Environment, I agree to make timely payment of the registration fee and raise the minimum amount of pledge money (\$200) before the event; to attend the required May 31, 1996 pre-swim meeting; to adequately train for the swim; to abide by event rules and regulations including water safety determinations that may result in my removal from the water if deemed to be in danger; to accept medical treatment deemed necessary during the event; and to hold harmless by acknowledging and assuming the risks involved in an endurance activity of this nature and for myself and heirs waive all claims for damages or injury arising during this event against any individual, group, association, agency, or government body involved with this activity's organization, conduct, and/or support.

Signature _____ Date _____

Please sign and mail this sheet to Potomac River Swim for the Environment, c/o Joe Stewart, 3212 Avon Ave., Baltimore, MD 21218. For more information, call (410) 243-4418.

Potomac River Swim for the Environment
c/o Joe Stewart
3212 Avon Avenue
Baltimore, MD 21218
(410) 243-4418



A 7.5-mile Swim Across the Mouth of the Potomac River Between Virginia and Maryland to Benefit the Environment



MAY 31, 1996 * PASTA SUPPER AND PRE-SWIM MEETING

JUNE 1, 1996 * SWIM, PICNIC, AND AWARDS CEREMONY

Registration Information

June 1, 1996 is the Saturday set for the next Potomac River Swim for the Environment, a non-profit, all-volunteer event organized by open water swim enthusiasts Joe Stewart and Missie Hersey and supported by local environmentalists to both provide an exciting endurance challenge for participants and a way to benefit efforts to clean up the water we drink and swim in.

Each accepted applicant will be accompanied on this 7.5-mile crossing of the mouth of the Potomac River where it meets the Chesapeake Bay and divides Virginia's Northern Neck from Saint Mary's County, Md., by one kayak and one Boston Whaler plus lead and tail boats and public safety vessels beginning at a time selected with the help of NOAA and local navigators closer to the date of the event.

All applicants will receive an acceptance, regret, or stand-by status letter as promptly as possible. Those accepted will receive further instructions including maps, charts, pledge materials, and a book about the Potomac River. The non-refundable entry fee is \$100. Upon receipt of an acceptance letter, \$50 will be due, with the \$50 balance due no later than May 1, 1996.

NEED A NEW VMST SWIM SUIT???

Carter Grant has arranged three package deals for VMST suits and caps. All items are imprinted with the VMST logo. The packages are as follows:

Men's Package (suit + cap) - Terra Male Racer Suit and Custom VMST Swim Cap - \$20.50.

Terra Male Racer

- Nylon/lycra, T128 flat seams, full front body lining, engineered wet print design, drawstring at the waist
- Available in sizes 22-38
- Color - black/imperial

Women's Package #1 (2 suits + cap) - Micro Key-Back Racing Suit, Terra Female XT Work-out Suit, and Custom VMST Swim Cap - \$69.00.

Micro Key-Back Racing Suit

- The micro suit is made of ultra light micro fiber nylon with a 30 denier lycra developed for the needs of highly competitive swimmers.
- Available in sizes 22-34 (use your **true** size when ordering this suit)
- Color - black

Terra Female XT Work-out Suit

- Nylon/lycra, T128 flat seams, full front body lining, engineered wet print design
- Available in sizes 22-40
- Color - black/imperial

Women's Package #2 (2 suits + cap) - Micro Key-Back Racing Suit, Solid Nylon/lycra Work-out Suit, and Custom VMST Swim Cap - \$63.00.

Micro Key-Back Racing Suit

- The micro suit is made of ultra light micro fiber nylon with a 30 denier lycra developed for the needs of highly competitive swimmers.
- Available in sizes 22-34 (use your **true** size when ordering this suit)
- Color - black

Work-out Suit - Solid Color

- Nylon/lycra, T128 flat seams, full front body lining, solid color design
- Available in sizes 22-40
- Colors - black, cobalt, or navy

If you are interested in ordering any of the above suit packages, please complete the order form below and return the form to Carter Grant at 1201 Cedar Crossing Terrace, Midlothian, VA 23113. All orders must be submitted to Carter by **January 28, 1996.**

VMST SUIT PACKAGE ORDER FORM

Name: _____
Address: _____
City/State/Zip: _____
Phone #: _____

Choose your suit package, indicate size (and color if necessary), and send order form and check for amount of purchase to Carter Grant: 1201 Cedar Crossing Terrace, Midlothian, VA 23113.

____ Men's Package - \$20.50
Size: _____

____ Women's Package #1 - \$69.00
Micro suit size: _____
Work-out suit size: _____

____ Women's Package #2 - \$63.00
Micro suit size: _____
Work-out suit size: _____
Color choice for work-out suit: _____

If Undeliverable Return to:

**Stevenson
15 Bostwick Lane
Richmond, VA 23226**

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

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

NEW VMST MEMBERS: Welcome!

Victoria Augustine	Blacksburg	Kaye Kriz	Blacksburg
Craig Bauer	Richmond	Alice Lawrence	Manakin Sabot
Laura Bennett	Manassas	Kevin Miller	Blacksburg
Richard Boyle	Virginia Beach	Andrew Ringh	Richmond
Jane Craig	Richmond	Kurt Schuster	Chester
Alan Davis	Blacksburg	Donald Sedberry	West Point
Russell Davis	Virginia Beach	Paul Smeal	Blacksburg
Stephen Dye	Ormond Beach, FL	Glenn Taylert	Virginia Beach
Susan Eriksson	Blacksburg	Robert Taylor	Virginia Beach
Deborah Fish	Fredericksburg	John Tosloski	Virginia Beach
Kevin Halligan	Richmond	Nina Vaid	Virginia Beach
John Houston III	Gainesville	Maria Velikonja	APO AE
Mathilde Huber	Richmond	Nancy Vogt	Woodbridge
Diane Johnson	Virginia Beach	Steve Wolf	Newport News
Susan Kelly	Stafford	Susan Wolfle	College Station, TX
Susan Kessler	Vinton	George Wright	Woodbridge
Kenneth Kirkham	Lexington		