



Virginia Masters News

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

Published by the Virginia Masters Swim Team

July 15, 1996/Volume XIV/Number 5

NOTES FROM THE PRESIDENT

by Beth Waters

Many thanks to go Betsy Durrant and Forrest Sullivan for running the Jack King 1-Mile Ocean Swim. Linda McCowan and Abbie McGhee also deserve a round of applause for the Chris Greene Lake Swim. Don't forget to submit your relay/attendance form for Long-Course Nationals to Jim Miller.

NEWS NUGGETS

* Third Time's the Charm

Lisa Bennett broke the Women's 40-44 50 yd Breast-stroke USMS National Record, but it wasn't easy. At Nationals, Lisa tied Deb Walker's record of 32.84. Proving that she can hold a taper, Lisa tied the record again two weeks later at Indian River Community College in Florida. Persistence paid off the next day, as she broke the record at the split of her 100 breast. The new record now stands at 32.73. Lisa also won the Anne Wilder Award for Swimming Excellence, a stipend of \$200, for her performance in the 100 IM at the same meet. Congratulations Lisa!

* On a sad note, long-time fitness advocate **Artie Levin** passed away in Roanoke the first of May. Artie hosted a fitness program on the local television station for many years. He participated in many local and state competitions. Artie participated in Master's swimming, and in fact, swam at the First Annual Star City Master's swim meet at the end of April. Artie never knew a stranger in or out of the pool. Swimmers from around the state marveled at his swimming ability at the Commonwealth Games just last summer at the age of 84.

* Don't forget to check out the results from **USMS Short-Course Nationals** on the insert.



TIPS ON LANE ETIQUETTE

by Karen Farnsworth

There are some basic rules to remember when you are working out with a team and need to circle swim and share a lane. If you remember these basic rules, it will make workouts more enjoyable for all involved and will help promote camaraderie in a lane.

First, the fastest as well as the slowest swimmer in a lane each have the right to swim continuously through a set, assuming both swimmers are making the interval. This means that when a faster swimmer is passing a slower swimmer, the faster swimmer should make an effort not to interfere with the slower swimmer's progress. In addition, the slower swimmer needs to anticipate being passed and make an effort to make it easy for the faster swimmer to pass without the slower swimmer stopping. This means that each swimmer needs to be alert in the lane. A general rule of thumb is to let the faster swimmer pass up the middle. Each lane can establish their own method of passing as long as everyone cooperates.

Second, to improve cooperation and lane dynamics, each swimmer in a lane should be willing to lead a set or portion of a set during workout. Even if you are not the fastest swimmer in the lane you should at least offer to lead. It is tedious to be expected to constantly lead the sets in a workout. If you aren't the fastest swimmer, volunteer to lead and ask that the faster swimmer give you ten seconds if it is feasible in the lane.

Third, if you show up late while a workout is in progress, be considerate of those that have already been working out and are tired. Do not get in a lane and proceed to run over swimmers who may already be halfway through a hard set. After you have warmed up a little, you might offer to lead since you are rested. However, keep in mind that if a set has already started, a swimmer in the lane may be trying to make a difficult interval and may not want to change his or her send off time. If you get in late, you must compromise your workout in order not to interfere with the swimmers who make it on time to practice.

continued as **ETIQUETTE** on page 3

Upcoming Events for Virginia Swimmers

- ◆ July 6, 1996
CHRIS GREENE LAKE 2-MILE CABLE SWIM
Charlottesville, VA
Linda McCowan (804) 389-2537
- ◆ July 28, 1996
DCRP LONG COURSE MEET
D. Siskind (202) 3362-8469
- ◆ August 11, 1996
DC MASTERS 11TH LONG COURSE MEET
Teresa Martin (703) 660-6379
- ◆ August 22-25, 1996
USMS NATIONAL LONG COURSE CHAMPIONSHIPS
Ann Arbor, MI
- ◆ September 21-22, 1996
2ND ANNUAL LMSC FALL BALL
Richmond, VA
Alice Phillips (804) 794-0857
- ◆ August 9-22, 1998
WORLD MASTERS GAMES
Portland, OR

Camps and Clinics

- ◆ **Total Immersion**
Terry Laughlin (914) 294-3510
- ◆ **Premier Stroke Clinic Series**
Clay Britt (301) 231-9740
- ◆ **Billabong Aquatics**
Coral Springs, FL
Judy Bonning (305) 345-5370



New Arrivals

- ◆ 6/12/96: Ana Izabel Leino (John and Donielda)
- ◆ 6/18/96: Emma Grace Wrightson (Ian and Joanne)

Congratulations, Newlyweds

- ◆ 5/19/96: Mary Hunter and Jim Adams



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



DC MASTERS 11th LONG COURSE MEET

AUGUST 11, 1996

Sanctioned by Potomac Valley LMSC for USMS, Inc. #106-006
Meet Directors: Teresa Martin (703) 660-6379 & Robert Srouer 301 983-1064

Warm-ups 9:00 AM, 800 Free begins at 9:30 AM

There will be approximately one-half hour additional warm-up before Event 2. At the start of Event 2 one lane will be available for warm-ups and swim-down throughout the remainder of the meet.

Event 2 will not begin before 10:45 AM.

Facility: Prince Georges County Community College - This indoor 50 meter, 8 lane pool has non-turbulent lane lines and Colorado electronic timing. There is ample parking, seating for 350 people, and a sun deck.

Directions: From I-495 (Capital Beltway) take Exit 15, Central Ave., (MD Route 214) EAST (Outside of the Beltway). Bear right on Largo Road (MD Route 202). Go about 1 mile to SECOND stop light (past Campus Dr). Turn right, take next right (0.1 mile). Go to stop sign and turn left. Follow the road about 0.3 mile to Robert Bickford Natatorium and parking on your left.

ORDER OF EVENTS

Swimmers may enter only five events, excluding relays. The events are the same order as LC Nationals.

Warm-ups 9:00 AM, 800 Free begins at 9:30 AM There will be approximately one-half hour additional warm-up before Event 2. At the start of Event 2 one lane will be available for warm-ups and swim-down throughout the remainder of the meet. Event 2 will not begin before 10:45 AM.

- | | | | |
|------------------------------------|---------------------|----------------------|--------------------|
| 1. 800 Freestyle
(2 heats only) | 5. 50 Butterfly | 10. 200 Breaststroke | 15. 100 Backstroke |
| 2. 200 Backstroke | 6. 100 Breaststroke | 11. 50 Backstroke | 16. 200 Freestyle |
| 3. 50 Freestyle | 7. 400 Freestyle | 12. RELAYS | 17. 400 IM |
| 4. 200 IM | 8. 200 Butterfly | 13. 100 Butterfly | 18. FUN RELAY |
| | 9. 100 Freestyle | 14. 50 Breaststroke | |

Event 18 - Fun Relay: Stroke, distance, and equipment details of relay available at the meet. **Winners will receive complimentary tickets to the social following the meet.**

Meet Rules: Current USMS rules apply. All swimmers must be currently registered with USMS and include a photocopy of their registration card with their entry. All deck entrants must present their current registration card. For further information about USMS registration contact Joann Leilich (703) 354-2130.

Entries: Pre-entry deadline is August 2. Mail entries to DC Masters Long Course Meet, c/o Barbara Frid, 6105 Chapman Rd, Mason Neck, VA 22079. NO PHONE ENTRIES ACCEPTED. Swimmers may enter up to five events, excluding relays. The 800 free will be limited to the first 16 entries. Individual deck entries will be accepted on a space available basis until 10:00 AM on August 11. All relays will be deck entered and deck seeded. Any recognized USMS relay may be entered. Relay teams must complete an official relay timers' card (provided at the meet).

Seeding: ALL events (including distance free) will be seeded slow to fast, men and women combined in six (or seven) lanes, allowing one lane for continuous warm-up/swim-down. "No time" entries will be seeded in the slowest heat. Swimmers in the 400 free must check-in by 10:30 AM. Lap counters for the 800 and 400 free will be provided, however, swimmers must provide the person who will count for them.

T-Shirts: Special meet logo by well known graphic artist, Steve Hogan, on a 50 cotton/50 poly T-shirt are \$10 if ordered in advance. \$13.00 if ordered at the meet or after entry deadline.

Fees: \$4.00 per event. Surcharge \$6.00 (includes copy of results). Deck entries, \$6 per event plus surcharge, if not previously paid. No fee for relays and NO awards. \$8.50 for social with entry, \$10 at the meet.

Awards: Bath towels with logo will be given to everyone as participation awards. No other awards will be given (except for fun relay).

Social: Immediately following meet on site. \$8.50 with meet entry. \$10.00 at the meet.

Hotel: Hampton Inn, 4921 W. Largo Rd 301-499-4600 \$79 for single, \$89 for double, includes breakfast; Holiday Inn, Landover, MD. 1-800-874-0322 or (301) 773-0700. Rates range from \$69 - \$99 per night.



DC MASTERS LONG COURSE MEET

ATTACH COPY OF YOUR USMS CARD HERE

USMS # _____ Birth Date _____

Name _____

Address _____

Phone _____

Club _____ Age _____ Sex _____

RELEASE BY PARTICIPANT FROM LIABILITY: "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 of USMS."

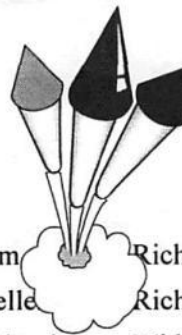
Signature _____ Date _____ Phone _____

Event	Seed Time	Event	Seed Time	Event	Seed Time	Entry Fees
1. 800 Free	: :	7. 400 Free	: :	13. 100 Fly	: :	events x \$4.00 = _____ Surcharge _____ 6.00 (includes results) No copy of USMS card add \$1 _____ T-shirt \$10 _____ Circle size _____ S M L XL Social \$8.50 _____ TOTAL _____ Check payable to DC Masters, Inc.
2. 200 Back	: :	8. 200 Fly	: :	14. 50 Breast	: :	
3. 50 Free	: :	9. 100 Free	: :	15. 100 Back	: :	
4. 200 IM	: :	10. 200 Breast	Deck Enter	16. 200 Free	: :	
5. 50 Fly	: :	11. 50 Back	: :	17. 400 IM	: :	
6. 100 Breast	: :	12. 50 RELAYS	: :	FUN RELAY	Deck enter	

Entries received after August 2 will be considered deck entries

Mail to DC Masters Long Course Meet, c/o Barbara Frid, 6105 Chapman Rd, Mason Neck, VA 22079. No phone entries accepted.

JULY BIRTHDAYS



Kitten Braaten	Richmond	7/26/55	41	Lang Meem	Richmond	7/9/54	42
George Brown	Woodbridge	7/12/47	49	Valerie Nelle	Richmond	7/14/70	26
Patricia Chappell	Midlothian	7/29/54	42	Nancy Packard	Midlothian	7/24/53	43
Elizabeth Debiasi	Charlotte	7/21/67	29	Alice Phillips	Midlothian	7/30/65	31
Mark Ferris	Roanoke	7/27/59	37	Colin Rea	Blacksburg	7/7/72	24
Linda Fournier	Richmond	7/22/58	38	Mary Sines	Virginia Beach	7/27/70	26
Mark Gill	Petersburg	7/13/68	28	Amy Smith	Fredericksburg	7/20/62	34
Jewell	Stafford	7/29/31	65	George Sushkoff	Colonial Heights	7/7/65	31
Grigsby-Martin							
David Hefner	Midlothian	7/20/54	42	Karen Tallmadge	Charlotte, NC	7/28/62	34
Genevieve Hoskins	Newport News	7/10/70	26	Corey Ullman	Bowling Green, OH	7/14/76	20
Allan Howell	Richmond	7/6/45	51	Nina Vaid	Virginia Beach	7/13/71	25
Gennard Lanzara	Roanoke	7/28/58	38	Steve Wolf	Newport News	7/3/57	39
Judy Martin	Virginia Beach	7/5/42	54	James Wolfle	Harrisonburg	7/3/68	28

Fall Ball II

Mark Your Calendars Now!

Say farewell to summer and welcome in the new short course swimming season with the 2nd Annual LMSC Fall Ball. This year's event will take place on September 21st and 22nd at the Holiday Inn Select - Koger on Southside Richmond near the Briarwood pool. Saturday evening's activities will include cocktails, a buffet dinner, the annual LMSC meeting and a special guest speaker (as yet to be determined). On Sunday, a morning workout, light breakfast, and a choice of seminars will be available at the Briarwood pool for those interested (spouses and significant others are invited to participate in the Sunday events as well!)

As of this printing, the planning committee is still at work on the details of this event. Every effort is being made to keep the pricing reasonable (in line with last year's) and to make the events appealing to

a wide range of interests. More details and the official registration form will follow in the August newsletter. In the meantime, if you have any questions or suggestions, feel free to call Alice Phillips at (804) 794-0857.

ETIQUETTE, continued from page 1

Fourth, always remember that this is Masters swimming and we are all supposed to be adults. Your workout is not more important than any other swimmer in the workout. If you are considerate to your fellow swimmers it can be amazing what you can achieve.

My best seasons as a Masters swimmer directly correlate to not just the coach on deck but also the swimmers I have been fortunate to share a lane with over the years.

This article was originally published in the Empire Masters Newsletter.

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15 BOSTWICK LN
RICHMOND VA 23226-3106**

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: YMCA (804) 847-5597

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

NORFOLK: Fleet Rec. Park - Hampton Blvd (804) 622-9622. Lap swimming; YMCA - Some coached workouts. Call for times. Also: the Salvation Army Aquatics Facility: T & Th 6:30-8:30pm, Sat. 10am-12pm.

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: 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; Bay-side (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.