
VMST NEWSLETTER

Virginia Masters Swim Team

Volume XIV/Number 9

December 15, 1996

New Editor

by Betsy Durrant

* I'm the new editor and I have a lot to learn. Please bear with me for the next few issues as I get organized.

I plan to get the software that the Stevensons and Bill Martin used, but I wanted to start this issue early, so I'm using Word Perfect. With any luck, you'll see improvements as I learn.

I want to thank Heather and Chris Stevenson for their work as editors and for their help in getting me started. Bill Martin, former editor, has also agreed to advise me as needed. Beth Waters, VMST president, has been most helpful - answering questions, contributing information (birthday data), and helping with the printer. Linda McCowan has agreed to assist in gathering information, articles, and editing.

Please note several new sections that I hope will be regular items in future newsletters: *In and Out of the Water* with news about team members and *Favorite Sets* with workout information.

Fall Meet

The 17th Annual Fall Meet was held November 2 at Norfolk Academy. Our first meet was in 1980 at Old Dominion; we had two day meets then. This year's meet had 85 entries, all but 8 from Virginia. The results were in the November LMSC Newsletter. If you did not receive a copy or if you want one, contact Betsy Durrant.

The running of this year's meet was a true team effort. Forrest Sullivan and Betsy Durrant were meet directors, Mike Duignan arranged for officials and hosted the party (with the help of his wife, Gloria, and Forrest's wife, Phyllis). James Wolfle received entries, prepared the heat sheets, and handled results at the meet. Craig Campesi took

care of LMSC registrations, sold team items, and helped James with results. Dick Boyle and Nancy Miller officiated, and Mary Barnes (Calvin's wife) gave out awards. All of this "team work" makes being meet director relatively easy.

There were some excellent races, but the highlight of the meet was Jayne Bruner of DCM who set three national records.

President's Note

by Beth Waters

Thanks to Betsy Durrant and Forrest Sullivan for their great job on the November meet. Heather and Chris Stevenson have officially resigned as newsletter editors. We owe them a large thanks for all their work. Betsy Durrant has agreed to take over the newsletter. Linda McCowan, even though she is in Indiana, has offered to assist. Thanks!

INSIDE THIS ISSUE

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Entry for February Meet



MEET SCHEDULE

January 18-19, 1997

SUNBELT MEET, CHARLOTTE, NC

Contact Richard Fenton

704-846-5335 or 541-8102

February 15-16, 1997

VMST MEET IN RICHMOND

Contact Nancy Miller

804-285-2758

March 1-2, 1997

MARYLAND MASTERS AT UMBC,

CATONSVILLE, MD

April 18-20, 1997

ZONE MEET - DIXIE ZONE

AND COLONIES ZONE,

FT. LAUDERDALE, FL

May 1-4, 1997

YMCA NATIONALS IN

INDIANAPOLIS, IN

May 15-18, 1997

USMS SC NATIONALS IN

FEDERAL WAY, WA (entry will be in *Swim Magazine*).

June 24-29, 1997

PAN PACIFIC CHAMPIONSHIP IN

MAUI, HI

August 14-18, 1997

USMS LC NATIONALS IN ORLANDO, FL

Newsletter Editor: Betsy Durrant

211 66th Street

Virginia Beach, VA 23451

757-422-6811

OPEN WATER SCHEDULE

May 25, 1997

USMS 1-3 MILE CHAMPIONSHIP AT
LAKE AUDUBON, RESTON, VA

Contact Tom Yorty, 12817 Gatepost Crt,
Herndon, VA 22071 (703-476-6853)

June 15, 1997

JACK KING OCEAN SWIM IN VIRGINIA
BEACH, VA

July 12, 1997

USMS 2 MILE CABLE CHAMPIONSHIP
IN CHARLOTTESVILLE, VA

CAMPS and CLINICS

Total Immersion Adult Swim Camps

Contact Terry Laughlin 914-294-3510

<http://www.totalimmersion.pair.com>

totalswimm@aol.com

Premier Stroke Clinic Series

Contact Clay Britt 301-231-9740



Newsletter Advertising Rates

Size	Single Issue	Four Issues
Business Card	\$10	\$30
1/4 Page	\$25	\$75
1/2 Page	\$50	\$150
Full Page	\$100	\$300

Minutes of VMST Meeting

November 2, 1996

by Sharon Popson, VMST Secretary

Beth Waters, president, called the meeting to order at 5:00 pm.

Review of Minutes. The last meeting was held on November 4, 1995. Betsy made a motion to waive reading of the minutes. Judy seconded the motion.

Old Business. A copy of the Swimmer's Profile was distributed for review by Beth.

Treasurer's Report. Mike Duignan presented the treasurer's report. The beginning balance as of November 1, 1995, was \$9,844.70. The total income was reported a \$29,778.16. Expenses were \$17,002.08. The balance as of October 27, 1996, was reported as \$11,605.24.

Mike made the suggestion that a portion of the existing balance be transferred from the checking account to a C.D. If more funds were available to transfer, the officers of VMST could decide on the amount. This motion was seconded by Judy.

New Business. Entries for Richmond Meet held in February will be in the next three newsletters.

Tentative Meets: Blacksburg - January - cancelled.

Virginia Beach, - (1650/1000) - January

Roanoke - March

Betsy Durrant will take over the production of the newsletter to begin in December. Beth encouraged people to provide information to Betsy for the newsletter.

Craig Campesi reported that registration forms were mailed to each swimmer this year. The form is preprinted and updated. Registration will be available for two years. Cards can be laminated for wallet or for a luggage tag. Craig also reported that the Salvation Army Bolts will be joining VMST.

Beth presented the idea of purchasing a laptop computer. Craig did research on current computers and suggested a Winbook at approximately \$2000. Discussion also included the purchase of a laser printer. A motion was made by Betsy that both a laptop and a laser printer be purchased at the discretion of Craig and James Wolffe.

Nancy informed the group that the Colonies Zone Championship would be combined with the Dixie Zone on April 18-20, 1997, in Ft. Lauderdale, Florida. She has secured a block of room at the Doubletree Inn. The cost of a room for 4 people is \$79.

Craig reported that he is interested in providing a coach's clinic at the CHIN Aquatic Center in Manassas.

The meeting was adjourned at 5:40 pm.



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In and Out of the Water

(News about VMST Members)

Linda and Ed McCowan have moved from Richmond, VA, to Richmond, IN, but their daughter **Amy** is a new VMST member who swam in the fall meet in Norfolk. **Carl Russ**, former Top Ten Chairman and recent LMSC Treasurer, will retire in January and move to Florida. The weekend workout group at Virginia Beach will not be the same. **Rhea Wilkins** has moved to Raleigh, NC; that's close enough to see her on a regular basis.

Lucille Griffin's article in the October Newsletter mentioned Kiphuth's book which is out of print. **Francis Hall** has a copy and made a copy of part of it for Lucille.

Ron and Charlene Magee both placed in the top three of their age group in the Sandman Triathlon in Virginia Beach in September. **Sharon Popson**, VMST Secretary, ran the Marine Corps Marathon in October.

It was good to see **Mary Beth Hanifer** competing again in the November meet. Mary Beth has helped out several times when she couldn't swim due to injuries. **Jim Brinkman**, former VMST President, is now in school in Newport, RI, but he was still able to make the November meet.

Craig Campesi, LMSC Registrar, sent out registration invoices to all who were registered in 1996 and 1995. After the invoices went out, **Alec Thomson** called. He has not competed recently, but hopes to train and compete again this year.

At LC Nationals in Michigan in August, **Roberta Sugden** had her family there for a reunion. Family members came from NC, VA, and MI to cheer for her. **Mike Slowey** was also at LC Nationals. He had just returned from working in Japan for a few months.

One of **Manny Klammer's** articles from our newsletter is quoted in the November/December issue of *SWIM* magazine. Keep writing, Manny.

Editor's Note: Please keep me informed on what is happening with swimmers in your workout.

December Birthdays

* indicates "aging up"

Sean Cantrell	Richmond	12/08/65	31
Jeanne Crouse	Rockville, MD	12/31/56	40 *
Dee DeLong	Manassas	12/02/49	47
Stephen Dye	Ormond Bch, FL	12/15/58	38
Susan Eriksson	Blacksburg	12/12/49	47
Leonard Frazer	Ormond Bch, FL	12/30/56	40 *
Carter Grant	Midlothian	12/08/59	37
Shirl Hall	Midlothian	12/09/54	42
Betty Hanifer	Richmond	12/03/35	61
Victoria Harris	Lynchburg	12/31/19	77
Mike Hechtkopf	Virginia Beach	12/10/46	50 *
Marie Kelleher	Richmond	12/21/12	84
Michael Kernyat	Richmond	12/09/55	41
Perry Lange	Virginia Beach	12/14/55	41
William Martin	Richmond	12/27/59	37
Ray McDaniels	Virginia Beach	12/29/58	38
S Nightengale	Woodbridge	12/07/76	20 *
Gary Pantaleo	Richmond	12/26/54	42
James Pickelman	Midlothian	12/04/38	58
Roy Sammarco	Dumfries	12/04/48	48
Robert Taylor	Virginia Beach	12/27/38	58

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

Secretary: Sharon Popson
1328 Goose Landing
Virginia Beach, VA 23451
757-425-6056

Treasurer/Membership: Mike Duignan
3313 Glen Eden Quay
Virginia Beach, VA 23452
757-486-3383

VIRGINIA MASTERS WINTER INVITATIONAL
Riverside Wellness and Fitness Center - Briarwood
Richmond, Virginia
February 15 and 16, 1997

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

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction #127-0002

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 \$6.00 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 \$5.00 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 7, 1997, 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. 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, keychains, or pins for first place in each individual event. Medals for second and third places in each individual event.

Social: Join us for our Masters potluck after the meet on Saturday, February 15. \$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 15
Warm-ups: 11:30 AM
Meet starts: 12:30 PM
Event #
Women/Men Event

1A 2A 500 Y Free
 3 4 1000 Y Free
 5 6 1650 Y Free
 7 8 400 Y IM
 # 1B 2B 500 Y Free

Select only one of the 500 Freestyle slots to enter, and please denote it clearly on your entry form.

Sunday, February 16
Warm-ups: 8 AM
Meet starts: 9 AM
Event #
Women/Men Event

* 200 Y Choice:
 * 9 10 200 Y IM
 * 11 12 200 Y Fly
 * 13 14 200 Y Breast
 * 15 16 200 Y Back

17 18 100 Y Free
 19 20 Novice 50 Y Fly
 21 22 50 Y Fly
 23 24 100 Y Breast
 25 26 Novice 50 Y Free
 27 28 50 Y Free
 29 30 100 Y IM
BREAK
 31 32 200 Y Free
 33 34 100 Y Back
 35 36 Novice 50 Y Breast
 37 38 50 Y Breast
 39 40 100 Y Fly
 41 42 Novice 50 Y Back
 43 44 50 Y Back
 45 46 200 Y Medley Relay
 47 48 200 Y Free Relay
 49 50 200 Y Mixed Medley Relay
 51 52 200 Y Mixed Free Relay

*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

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 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.

Date: _____ Signature: _____

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

Address: _____

City: _____ State: _____ Zip Code: _____

Age(as of 2/16/97): _____ Birthdate(Mo/Day/Yr): _____

LMSC: _____ Club: _____ Phone(Day): _____ (Night): _____

Women	Time	Event	Men	Time
1A/1B		500 Y Free	2A/2B	
3		1000 Y Free	4	
5		1650 Y Free	6	
7		400 Y IM	8	
9		200 Y IM	10	
11		200 Y Fly	12	
13		200 Y Breast	14	
15		200 Y Back	16	
17		100 Y Free	18	
19		Novice 50 Y Fly	20	
21		50 Y Fly	22	
23		100 Y Breast	24	
25		Novice 50 Y Free	26	
27		50 Y Free	28	
29		100 Y IM	30	
31		200 Y Free	32	
33		100 Y Back	34	
35		Novice 50 Y Breast	36	
37		50 Y Breast	38	
39		100 Y Fly	40	

41	_____	Novice 50 Y Back	42	_____
43	_____	50 Y Back	44	_____
RELAYS	RELAYS	RELAYS	RELAYS	
Number attending social:	_____	Total Events	_____ x \$2.00	_____
		Surcharge		\$6.00
		Social		\$5.00/each
		Total Amount Enclosed		\$ _____

Make checks payable to: Virginia Masters Swim Team

Mail to: James Wolfe
509 E. Rock Street
Harrisonburg, Virginia 22801

Questions? Call James (540) 574-2919
or
Nancy Miller (804) 285-2758 ext. 142

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

Flexible Fliers

(a Christmas present from Lucille)

If you plan to enter a 100 or 200 fly with confidence, some one-arm fly or a few occasional sprints are no substitute for a solid butterfly set in your workout. The problem is to find the space to work in the required fly set. This is where a flexible attitude comes in handy.

Here are my two favorite fly sets: 500 fly at 200 pace, holding minimum stroke count, 1) broken thus, 100 / 2 x 75 / 3 x 50 / 4 x 25; or for lazy days 2) broken thus, 50 K + 100 S / 25 K + 75 S / 2 x (25 K + 50 S) / 2 x (25 K + 25 S). Stretch well during the intervals. When you feel like it, sprint the last few 25's.

The problem with these sets is that they cry out for 10-15 minutes in a lane by yourself or accompanied by just one other swimmer who is similarly inclined and near to your pace. Therefore, you may need to do extensive reconnoitering of available pool hours or make up a bold "FLY ONLY, DO NOT DISTURB" sign and bribe the guards. Actually, you only need an open lane for a few minutes to get started. The trick is to go for it the moment you have an opening. Once a fly set is underway, the chop usually discourages most company.

On days when there is no chance to attempt a planned fly set, you can substitute a killer dolphin set which can be easily adjusted to the lane traffic: 3 x 200 underwater dolphin, inhaling every 7th or 8th kick. Strike out in butterfly any time an opening occurs. This way you can often do a whole 200, kick / swim by 25's. some days you can only work in one 25 fly per 200; other days, none. No matter.

By monitoring your pulse during all sets, you may discover that it is equally elevated whether you swim the 500 broken fly or the killer dolphin variations which, on paper, appear to be the easier alternative. In fact, the underwater kick set is easier only if your dolphin kick is in very good shape, you are an ace at breath control and you are not prone to adjust your pace to create more butterfly opportunities than would otherwise be likely to cur.

• Once accustomed to a flexible flier routine, you may be surprised to notice that the few lengths of fly you are able to sneak in feel much easier than the breath control kicking segments. Gradually, your attitude adjusts: you look forward to a chance for butterfly. When it works out that you have room to swim the last length of a 200, you feel like sprinting in celebration. Advantages can also be gained in the 50 fly by training for the longer races: 1) the good habit of fewer strokes per length may transfer to your sprint; 2) if it does not, go for the psyche-out. Behind the blocks you mention to your opponents, "Don't worry about me. I can't seem to get going on a 50 fly any more, since I train for the 200."

Favorite Sets

If you have to swim alone, it's nice to have a prepared workout. Each month I'd like this section to include a set with its place in the workout (warm-up, main, cool-down) and its purpose (conditioning, pace work, meet preparation, race pace, whatever). Please call, fax, or mail me your favorites.

Conditioning Set/Main Set

A total of 15 x 100 as follows:

5 x 100
4 x 100
3 x 100
2 x 100
1 x 100

There are several variations on how to swim this set.

1. Use a descending interval - each set has a shorter interval (5 on 1:40, 4 on 1:35, etc), or
2. Keep the same interval and descend within each set.



Betsy Durrant
211 66th Street
Virginia Beach, VA 23451

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New VMST Workouts

Aqua Wear Aquatics Inc.

Many thanks to Debbie and Blaine Pearsall for combining their Salvation Army Bolts team with VMST. Welcome to all Bolts who have joined VMST. Aqua Wear Aquatics has leased the Salvation Army Aquatics Center in Norfolk and coached workouts are held there on Monday, Wednesday, and Friday from 7:00-8:30 pm.

Contact Blaine or Debbie Pearsall or Bob Taylor at 461-2683 for more information.

Fort Eustis Aquatics

by Mary Rebarchak

In June of 1996 a new state of the art aquatics facility was opened on Fort Eustis. A sure bet that a true aquatics freak will think that he/she has found a

swimmers paradise. Fort Eustis is equipped with a competitive 10 lane, 25 yard pool made available to Masters swimmers 6 days a week. The water temperature is a controlled 82.6 degrees with chemicals monitored by the latest electronic equipment. A Masters coach has been hired to train and advise swimmers for competitive swimming, triathlons, and fitness. Keep in mind that military and non-military alike are participating. Fort Eustis is proud to be another new sight available for Virginia Masters swimmers.

Workouts are:

Monday-Friday, 5:30-7:00 am; 11:30-12:30 pm.
Saturday, 7:00-8:00 am.

Contact Mary Rebarchak, 757-766-3554.