

MEET SCHEDULE

March 8-9, 1997

Maryland Masters at UMBC, Catonsville, MD
Contact Barb Protzman (410) 788-2964
7919 Main Falls Circle, Catonsville, MD 21228

March 15, 1997

Ft. Eustis - Entry enclosed

March 22, 1997

Roanoke - Entry enclosed

March 22, 1997

Frank Clark Open, Greensboro, NC
Contact Jennifer Kowalski (910) 272-2016

April 5-6, 1997

Raleigh, NC
Contact Sharon Barrell (919) 834-6518

April 12, 1997

Albatross Open, North Bethesda, MD
Contact: Nadine Clayton (301)530-5054

April 18-20, 1997

Zone Meet - Ft Lauderdale, FL
Entry will be in March VMST newsletter

May 1-4, 1997

YMCA Nationals, Indianapolis, IN

May 15-18, 1997

USMS SC Nationals, Federal Way, WA
Entry will be in *SWIM* magazine.
Entry deadline: April 10
Contact: Hugh and Jane Moore
1867 58th Ave NE
Tacoma, WA 98422-1517

June 24-29, 1997

Pan Pacific Championship, Maui, HI

August 14-18, 1997

USMS LC Nationals, Orlando, FL

OPEN WATER SCHEDULE

May 25, 1997

USMS 1-3 Mile Championship, Reston, VA
Contact Tom Yorty, 12817 Gatepost Crt,
Herndon, VA 22071, (703) 476-6853

June 15, 1997

*Jack King 1-Mile Ocean Swim, Virginia Beach

July 12, 1997

*USMS 2-Mile Cable Championship, Charlottesville

*Entries will be in the May LMSC newsletter.

CAMPS AND CLINICS

Total Immersion Adult Swim Camps

Contact Terry Laughlin, (914) 294-3510
For calendar of camps (800) 609-SWIM
<http://www.totalimmersion.pair.com>
totalswimm@aol.com

Premier Stroke Clinic Series

Contact Clay Britt (301) 231-9740

Coral Springs Masters Swimming Camps

Contact Judy Bonning, Coral Springs Aquatics
12441 Royal Palm Blvd
Coral Springs, FL 33065

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(757) 340-7475

Officials: Mike Duignan
(757) 486-3383

Fitness: Mark Gill
(804) 861-8618

Insurance/Safety: Forrest Sullivan

Long Distance: Joyce Mullins

Notes from the Chairman

LMSC of Virginia ends 1996 with a total of 479 members, about 10 less than registered in 1995. This is the first year we have not increased our membership.

Virginia Masters is the largest team with 321 members. The next highest group of 126 were unattached.

Thanks to Craig Campesi, LMSC Registrar, for his preprinted re-registration form. 1997 memberships are well in advance of last year at this time. The two (2) year registration option has resulted in 35 members selecting this feature.

The Salvation Army Bolts of Norfolk have joined Virginia Masters in 1997. This change will give VMST more depth and a stronger team for Nationals and the upcoming Dual Zone Meet in Ft. Lauderdale, April 18-20.

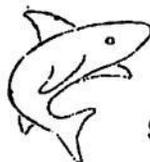
MARK YOUR CALENDAR for this meet; it should be a fun meet with a lot of competition. It is the first time two Zones have tried a dual swim meet.

*Forrest Sullivan, Chair
LMSC for Virginia*

Have you renewed your registration?

If you have not registered for 1997, this is your last newsletter. The Jan/Feb *SWIM* magazine was your last issue.

Use the form on page 11. Don't delay!



Shark Eye Swim Goggles

Swim Goggles for Continuous Comfort

Perfect for the avid swimmer, in pools or open water. Call or write today for free catalog on goggles and accessories.

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219-291-1117

News from USMS

1. New Executive Secretary / National Office

Dot Donnelly, Masters Swimming's "best friend", has retired as USMS Executive Secretary. Dot will continue to be active as a volunteer and as a participant. She entered a new age group in December (75-79); with more time to train, she'll really be tough! The responsibilities of running the National Office have been passed to Tracy Grilli.

Tracy was selected as our Executive Secretary at the USMS Convention in Orlando in September. She is 39 years old (to "age up" in April) and the mother of two. Tracy and her husband David are active members of New England Masters. The new address and phone number are: Tracy Grilli, 261 High Range Road, Londonderry, NH 03053-2616. Phone: (603) 537-0203 and Fax (603) 537-0204.

2. New Legal Counsel.

Jeanne Crouse, VMST member, has accepted the position of USMS Legal Counsel. This job places her as one of seven members of the USMS Executive Committee.

3. USMS Elections.

Elections for President, Vice President, Secretary, and Treasurer will be held at the USMS Convention in September, 1997. Nominations should be made to Zone Chairman Stephanie Walsh by February 28. Contact LMSC Chairman Forrest Sullivan if you have questions about how to nominate someone.

4. Marketing Committee Proposals for Clubs and LMSCs.

Excerpts from a letter from Nancy Ridout, USMS Marketing Committee Chairman: This year the Marketing Committee proposes two ways to make money for USMS, your club, and your LMSC. Details of the MasterCard and PrePay Calling Card plans were in the January/February issue of *SWIM* magazine and will be in the March VMST newsletter.

For every Silver MasterCard, \$5 goes to USMS, \$3 to your club, and \$2 to our LMSC. For

a gold card, it is \$7 to USMS, \$5 to club, \$3 to LMSC. Be sure to mention Priority code FBGA when you call. *Editor's Note: I use my USMS card for my swimming expenses - ordering suits, plane reservations, hotels for meets, etc. I like having the USMS logo on the card.*

USMS will get a 17 percent rebate on the calling cards. The rebate will be split 50/50 between USMS and your club. This is a prepaid card, not a credit card. *Another Editor's Note: Instead of submitting phone bills for reimbursement for expenses, maybe I should get a calling card to use for newsletter business.*

Please note that "club" means your USMS registered team. The teams registered in Virginia are listed on page 7.

5. LMSC for Virginia and USMS.

At the 1996 USMS Convention in Orlando, Florida, Virginia was represented by Jim and Nancy Miller, Linda McCowan, Rhea Wilkins, Forrest Sullivan, Craig Campesi, Jeanne Crouse, and Bet Durrant. We tried to cover all committee meetings to be sure we were aware of what was happening and to be sure that the views of our LMSC were represented. If you have any questions on how the organization is run, contact one of our members who attended. If we can't answer your question, we can find someone who can.

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 |

VIRGINIA MASTERS ROCK-IN-AGES INVITATIONAL
Fort Eustis Aquatics Center
Fort Eustis, Virginia
Saturday, March 15, 1997

Location: Fort Eustis Aquatics Center, Ft. Eustis, Va.
Facility: Eleven lane, 25 yard pool, non-turbulent lane markers. Eight lanes will be used for competition; two will be available for continuous warm-up and cool down. Spectator seating is available. A snack bar is open in the facility with a variety of foods and beverages. A recreation pool with a tubular wet slide, water fall and play area is open for a nominal fee in the facility during the meet. The telephone number is (757)878-1090.

Directions: From I-64 take exit 250 (Ft. Eustis)-West. Enter Ft. Eustis -notice 35mph- take a right after the circle onto Tyler Ave. The Aquatics Center is on your left. Bldg.641.
Sanctioned By: USMC, INC and LMSC for VIRGINIA - Sanction #127-0004
Meet Director: Mary Rebarchak

Eligibility: The standard Masters age groups will be used (19-24, 24-29, 30-34, 35-39, etc). All swimmers must be registered with USMS. Include a copy of your registration card with your entry. Virginia registration will be available at the meet.

Entries: \$3.00 per event for pre-entries plus a \$2.00 surcharge to help defray the cost of printing, and postage for mailing results. Late entries and deck entries will be accepted at a cost of \$5.00 per event. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than Saturday, March 8, 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. No diving during warm-up except in designated lanes 15 minutes before the end of warm-up, to be announced by the Safety Marshall.

Awards: Medals for first, second and third places in each individual event. Ribbons for 4 - 6 places.

Social: Join us for our Masters social in our party room at the Aquatics center after the meet. \$5.00 per person covers food and beverages. Please indicate the number attending on your entry form. (All swimmers, their families and friends are welcome)

ORDER OF EVENTS
Saturday, March 15, 1997

Warm-ups: 8:15am
Meet Starts: 9:30am

| EVENT # | | | <u>List Evt# and Time below</u> | |
|--------------|------------|------------------------|---------------------------------|-------|
| <u>Women</u> | <u>Men</u> | | | |
| (1) * | (2) | Mixed 1000 Free | _____ | _____ |
| (3) * | (4) | 200 Fly | _____ | _____ |
| (5) * | (6) | 200 Back | _____ | _____ |
| (7) * | (8) | 200 Breast | _____ | _____ |
| (9) | (10) | 100 Fly | _____ | _____ |
| (11) | (12) | 50 Back | _____ | _____ |
| (13) | (14) | 100 Breast | _____ | _____ |
| (15) | (16) | 200 Free | _____ | _____ |
| (17) | (18) | 100 IM | _____ | _____ |
| (19) | (20) | 50 Free | _____ | _____ |
| (21) | (22) | 100 Back | _____ | _____ |
| BREAK | | | | |
| (23) | (24) | 500 Free | _____ | _____ |
| (25) | (26) | 200 IM | _____ | _____ |
| (27) | (28) | 50 Breast | _____ | _____ |
| (29) | (30) | 100 Free | _____ | _____ |
| (31) | (32) | 50 Fly | _____ | _____ |
| (33) | (34) | 200 Medley Relay | _____ | _____ |
| (35) | (36) | 200 Free Relay | _____ | _____ |
| (37) | | 200 Mixed Medley Relay | _____ | _____ |
| (38) | | 200 Mixed Free Relay | _____ | _____ |

- * Events 3,4,5,6,7, and 8 may be combined, depending on the number of swimmers in each event.
- * Only 2 heats of the 1000 Free - First 16 entries accepted.

Number of Events _____ x \$ _____ = \$ _____
 (\$3 for pre entry, \$5 for late or deck)
 Surcharge (\$2) _____ = \$ _____
 Number attending social _____ x \$5 _____ = \$ _____
 Total amount enclosed _____ = \$ _____

Make checks payable to: **VMST**
 Mail to: Ft. Eustis Aquatics Center, c/o Mary Rebarchak
 Bldg. 641, Ft. Eustis, Va. 23604

CHECK LIST

- 1) Made check payable to **VMST** _____
- 2) Attached a copy of your registration card _____
- 3) Signed waiver _____
- 4) Made a copy of your entries before mailing _____

* For further questions contact Mary Rebarchak at (757) 766-3554. (Please no calls after 9pm).

Age _____ Phone: _____
 Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign the waiver.
 Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 USMS #: _____ Team: _____ Sex: _____

I, the undersigned participant, intending to be legally bound, do 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 of USMS.

Swimmer's signature: _____ Date: _____

ACADEMIC VILLAGE MASTERS

Mark Braiman (804) 296-2387

This is a new team in Charlottesville. At present, practices are Monday and Wednesday evenings at the UVA pool. Members must be eligible to use university athletic facilities.

BLACKSBURG MASTERS

Laurel Davis (540) 953-2515

Blacksburg Masters use the Tech pool four times a week with Coach Alan Davis. Practices are Tuesday and Thursday 8:00-9:00 am, Saturday 4:00-6:00 pm, and Sunday 4:00-5:30 pm. Approximately 30 swimmers are participating in the workouts.

CONCORD C-LION MASTERS

Tim Mainland (304) 384-7473

Tim Mainland coaches five workouts per week. Masters use two lanes during the age group workout. There are approximately 12 members who make it to workouts, 5 or 6 of whom are at practice regularly.

VALLEY BLUES MASTERS

Diane Kent (540) 885-6069

Valley Blues practice at the YMCA in Staunton. Workouts are Monday, Wednesday, and Friday, 5:30-6:30 pm. Coach Bob Couch has a dedicated group who work on a variety of skills and techniques. Workouts are individualized as needed.

VIRGINIA MASTERS SWIM TEAM

Beth Waters (804) 744-8225

Beth is president of this state-wide team of over 300 members. Beth can get you connected with a group near you. The team keeps in contact through a monthly newsletter. The newsletter goes to VMST members every month, and is combined with the LMSC newsletter four times a year (February, May, August, November).

VMST NEWS

A Note from the President

Beth Waters

Don't forget about the upcoming meets! The meet in Richmond is February 15-16 (deck entries are accepted). The meet in Roanoke is tentatively scheduled for March 22

We are actively looking for newsletter articles. Please get your creative thoughts going and submit an article or two.

A final thought - we are getting closer to spring weather.

VMST February Birthdays

*denotes *new age group!

| | | | |
|------------------|----------------|---------|------|
| Carl Armstrong | Midlothian | 2/25/50 | 47 |
| Calvin Barnes | Hampton | 2/02/24 | 73 |
| Molly Broderson | North | 2/12/52 | 45 |
| Bep Creemers | Lynchburg | 2/25/24 | 73 |
| Rosey Daniels | Richmond | 2/13/69 | 28 |
| Tricia Freer | Woodbridge | 2/09/54 | 43 |
| David Gouger | Midlothian | 2/04/55 | 42 |
| Anita Hogan | Salem | 2/20/53 | 44 |
| Susan Kessler | Vinton | 2/09/60 | 37 |
| John Lowe | Wilmington, DE | 2/08/61 | 36 |
| Edwin McCowan | Richmond, IN | 2/03/48 | 49 |
| Kevin Miller | Blacksburg | 2/20/72 | 25 |
| Ed Moylan | Dale City | 2/28/42 | 55 * |
| Lucy Nichols | Richmond | 2/09/66 | 31 |
| Beth O'Connor | Arlington | 2/13/61 | 36 |
| George Pugh | Midlothian | 2/03/49 | 48 |
| John Roach | Blacksburg | 2/23/48 | 49 |
| Jim Sehorn | Chesapeake | 2/18/61 | 36 |
| Mike Stott | Richmond | 2/10/43 | 54 |
| Rick Stringer | Va Beach | 2/02/50 | 47 |
| Karin Stronach | Hampton | 2/04/40 | 57 |
| Linette Thornton | Smithfield | 2/26/71 | 26 |
| John Tosloskie | Va Beach | 2/17/58 | 39 |
| Maria Velikonja | APO AE | 2/24/58 | 39 |

Article from *Swimming World*

The following, written by Phillip Whitten, appeared in the Editor's column in the January, 1997, issue of *SWIMMING WORLD*. It is not about a Masters swimmer, but it expresses what many of us like to think the sport of swimming is all about. Phil Whitten is the editor of both *SWIMMING WORLD* and *SWIM* magazines. Phil is a dedicated and talented Masters swimmer. After many years with New England Masters, Phil moved to Arizona and now trains with Troy Dalbey and the Phoenix Swim Club Masters.

Annette Salmeen, a senior at UCLA and a 1996 Olympic gold medalist, was one of 32 American college seniors named Rhodes Scholars for 1997. A chemistry major, Salmeen carries a 3.92 grade point average.

Salmeen personifies the characteristics that swimming natures: intelligence, self-discipline, modesty, hard work and perseverance. She is a superb ambassador for our sport. We proudly salute Annette Salmeen for her achievements in the water...and in the classroom.

In and Out of the Water

(News about Masters Swimmers)

New address for our former treasurer: **Carl Russ**, 2718 Golf Lake Drive, Plant City, FL 33567, (813) 754-4060. Carl is planning to join us at the Zone Championship in Ft. Lauderdale.

Collette Jamerson is coaching the Masters group in Lynchburg.

Our assistant newsletter editor, **Linda McCowan**, reports that she has been asked to help out and assume some responsibilities for the Ohio LMSC. Linda and Ed live in Indiana, but train with a group in Ohio. Linda says she will continue to help with our newsletter, but will register in Ohio for this year. Ed, however, will continue to represent VMST. It didn't take the Ohio swimmers long to recognize what we already know about Linda's talent and enthusiasm.

Harry DeLong reports that two swimmers from the Chinn Aquatic Center workout swam in the DCRP Meet Jan 19th. (*Editor's Note: We did not have this meet on our calendar*). **Craig Baldwin** and **Lorraine Sites** were both very pleased with their times. **Lorraine** won't be at the meet in Richmond as she will be celebrating her anniversary.

Harry also wants us to know that **George Brown** is still swimming and plans to be in Richmond. He had a great meet at SC Nationals, but has not competed since. Sometimes the job gets in the way of what's truly important.

Norwood Thornton (aka Stefan the magician) is now living in Las Vegas, Nevada. Norwood plans to send us a newsletter article about his experiences.

Word from **Susan Bleistein** is that she has joined a workout group. Susan has been swimming only a few years and has made great progress swimming on her own.

When I heard on the news that former Senator **Paul Tsongas** had died, I remembered when he swam at SC Nationals in Chapel Hill in 1992, representing New England Masters. All activity stopped when he swam the 50 fly (or was it breaststroke); everyone on deck watched his heat. After his swim, beaming, he graciously shook hands

with spectators nearby. Swimming with all the media attention must have been a real challenge, but he seemed to enjoy it.

*Editor's Note: I am very pleased and appreciative that so many people have responded to my request to share news about the swimmers in their workouts. Please continue the good work! Also, thanks to **Jeanne Crouse** for help with rewrites.*

Workout

from **Harry DeLong**

On this workout, I encourage at least two strokes to be used during the warm-up and I really push for people to slow down and stretch. Sometimes that's hard to do. On the kick set, try to get everyone to use no boards. The FR should be done on the side, the BR normal, the back on the side or back, and FL on the back. The latter usually brings groans from the team. The main set can and usually is adjusted for who is in the water that night.

Warm-up. 5 by 100 choice

Kicks - no boards.

1 x 200, 1 x 150, 1 x 100, 1 x 50

RI 20 sec. Start in favorite stroke and descend to least favorite.

Swim - Main Set.

4 x 200 FR on 2:45

4 x 150 BK or BR on 2:45

4 x 100 BR or BK on 2:00

4 x 50 FL on 1:30

Rest 30 sec after the set

Swim/Recover.

2 x 100 choice.

2nd ANNUAL STAR CITY MASTERS MEET Roanoke Virginia-March 22, 1997

Warm-up @ 9:15am Meet begins @ 10:00am For Information Call: Bill Pharis (H) 540-890-2867

Sponsored by: Virginia Masters Swim Team

Sanctioned by: LMSC for VA for USMS, Inc.

Sanction Number: 127-0005

Meet Referee: Debbie Johnson

Meet Director: Bill Pharis

Facility: Lancerlot Fitness Center, 1110 Vinyard Rd., Vinton, VA

The pool is 25 yards with 8 lanes for events, non-turbulent lane lines. Ample parking, seating for 50, sundeck attached to pool.

Directions: From I-81 take I-581 to Roanoke, take exit 6 (Elm Ave, Rt. 24), turn left at end of exit ramp, go 2 1/2 miles through 6 traffic lights. Turn right on Vinyard Rd, which is between McDonalds and "Lake Drive Plaza" shopping plaza. Lancerlot is 1/8 mile on left.

Rules: Swimmers must be registered in the US Masters Swimming (USMS). A photocopy of your current (1997) registration must be attached to your entry. Registration will not be available at the meet. The 1997 USMS rules shall prevail. Each swimmer will be limited to five (5) individual events, plus relays.

Warm-up/down:

1. Swimmers must enter the pool feet first in a cautious manner.
2. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up.
3. There will be continuous warm-up/down area available.
4. ABSOLUTELY NO DIVING will be permitted in the warm-up/down area.
5. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Fees: Entry fees are: \$3.00 for each individual event and \$5.00 for each relay. There is a \$5.00 surcharge for each swimmer. Deck entry fees will be \$5.00.

Deck entries will be accepted from 8:00am to 9:00am the morning of the meet only.

Fees must accompany entries and are non-refundable. Checks payable to "Virginia Masters Swim Team".

Entry Cards: Swimmers must submit a 3X5 card for each event with: Name, Age (race day), Sex, Event #, Event, and seed time for each event entered.

Deadline: Entry deadline to be seeded is March 17, 1997. Events and heats will be mixed gender and seeded by time only.

Awards: 1st place medal, 2nd & 3rd place ribbons.

Social: An on deck social will be going on during the swimming meet for all.

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 March 22, 1997): _____
Birth date (Mo/Day/Yr): _____ LMSC: _____ Club: _____
Phone (Day): _____ (Night) _____

| | Time | Event |
|----|-------|---------------------------|
| 1 | _____ | 200 Medley Relay |
| 2 | _____ | 200 Free |
| 3 | _____ | 100 Backstroke |
| 4 | _____ | 50 Breaststroke |
| 5 | _____ | 50 Freestyle |
| 6 | _____ | 100 Butterfly |
| 7 | _____ | 100 IM |
| | | 15 Minute Break |
| 8 | _____ | 200 Choice (no Freestyle) |
| 9 | _____ | 100 Freestyle |
| 10 | _____ | 50 Backstroke |
| 11 | _____ | 200 IM |
| 12 | _____ | 50 Butterfly |
| 13 | _____ | 100 Breaststroke |
| 14 | _____ | 200 Freestyle Relay |
| 15 | _____ | 500 Freestyle |

Number of events _____ X \$3.00 = \$ _____ + \$5.00 = _____

Make checks payable to: Virginia Masters Swim Team

Mail to: Bill Pharis, 5154 Truman Hill Rd. Hardy, VA 24101

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



1997 / 1998
USMS, INC and LMSC for Virginia
Registration

NEW RENEWAL - Current USMS Number _____

Last name _____, First name _____ Initial _____
Important: Register with the name that you will use when you enter meets.

Street address _____

City _____, State _____ Zip _____

Telephone (_____) _____ Date of Birth _____ Age _____ Sex FEMALE MALE

E-mail Address _____ Coach USMS USS Official USMS USS

Occupation / Service you want advertised in LMSC Directory (Optional)

Team:

- UNATTACHED
- VMST (Virginia Masters)
- VBSC (Valley Blues)
- AVMS (Academical Village)
- CCLM (Concord C-Lion)
- BMS (Blacksburg Masters)
- Other: _____

Area Where You Swim:

- Northern VA (Prince William)
- Stafford / Fredericksburg
- Richmond
- Petersburg
- Charlottesville
- Roanoke / Salem
- Lynchburg
- Blacksburg / Radford
- Norfolk / VA Beach
- Hampton / Newport News
- Williamsburg
- Winchester / Front Royal
- Leesburg
- Harrisonburg / Staunton
- Warrenton / Culpeper
- West Virginia
- Other: _____

For VMST Registrations:

Make check payable to: **VMST**
 Mail this form and check to:
Mike Duignan
3313 Glen Eden Quay
Virginia Beach, VA 23452-6240

For All OTHER Registrations:

Make check payable to:
LMSC for VIRGINIA
 Mail this form and check to:
Craig Campesi
14134 Walton Drive
Manassas, VA 20112-3701

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 MASTER 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 _____

Fees: VMST 1 yr. = \$36 2 yr. = \$72 **Other Fees:** Laminated Card Wallet Size \$0.50
 All Others 1 yr. = \$21 2 yr. = \$42 Laminated Card Luggage Tag \$1.00

TOTAL FEE _____

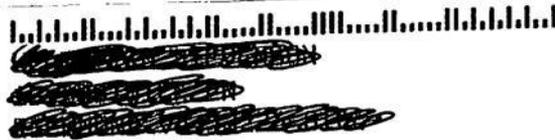
All registrations are valid through December 31, 1997 (1yr.) or December 31, 1998 (2yr.)
 Note: All registration fees are reduced by \$8 during the last 2 months of 1997 (September and October, 1997) VMST \$28/\$64 All Others \$13/\$36

Benefits of Membership include: A subscription to SWIM Magazine during the length of the membership year (\$7.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee. VMST members also receive additional VMST newsletters. USMS Registered swimmers are covered with secondary accident insurance.

- 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Masters Swimming Newsletter
Betsy Durrant
211 66th Street
Virginia Beach, VA 23451

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



Places To Swim Across Virginia

Blacksburg: Lucille Griffin (540) 552-5943; Laurel Davis (540) 953-2515.
Charlottesville: Craig C. Clift (804) 293-6657; Mark Braiman (804) 296-2387.
Chesapeake: YMCA, (757) 547-9622
Ft. Eustis: Mary Rebarchak, (757) 766-3554.
Harrisonburg: James Wolfe (540) 574-2919; Susan Lees Arnold, (703) 434-6224.
Lynchburg: YMCA, (804) 847-5597
Newport News: Riverside Health and Fitness Center (757) 877-8223; Sentara Fitness Center (804) 827-0420.
Norfolk: Aqua Wear Aquatic Center (757) 461-2683; YMCA (757) 622-9622..
Northern Virginia: Chinn Aquatic Center, Harry DeLong, (703) 368-0309.
Portsmouth: YMCA (757) 399-5511.
Richmond: Riverside Wellness & Fitness Center (Briarwood), Robious Rd, Midlothian, Jim Miller (804) 330-3335;
Tuchahoe YMCA, Patterson Avenue, (804) 740-9622
Roanoke: Lancerlot Fitness Center, 111 Vineyard Rd, Vinton, Howard Butts (703) 992-1736 (H) or 981-0205 (W);
Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (703) 982-7665.
Stafford: Fitness University, Aquia Towne Center, Rte 1, Lou-Ann Hadlock, (703) 659-6737.
Staunton: Staunton Racquet Club, Diane Kent (540) 885-6069.
Virginia Beach: Mt Trashmore YMCA, (757) 499-2311; Dam Neck Navy Base (757) 433-6264;
VBCRC: Great Neck, 496-6766; Princess Anne, 426-0022; Bayside, 560-7540, Kempsville, 474-8492, Bow Creek 431-3765.
Williamsburg: James City Co Rec Center, Longhill Rd, 229-5676.