

VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

January 15, 1998

Happy New Swimming Year!

by Betsy Durrant

It's time to make your New Year's Resolutions for your health, fitness, and well-being. Following up on an article by C.J. Lockman Hall in the December newsletter, set some goals for the new year.

1. How many times per week to you make it to practice? Set a goal and arrange your schedule to make those practices. It's all a matter of habit. If you make a habit of practice, you'll go. If you make a habit of a nap, you'll do that. If you don't have a coached workout, arrange to meet someone on a regular basis; it's harder to skip if someone is meeting you.

2. How many yards/meters do you swim per workout? Set a goal. Or, set a weekly goal for yards/meters. It may take a few weeks, but your body really will adjust to the increased yardage.

3. Set a practice goal. I like what Pacific Masters called a "Super Set" - 10 x 100 on a set interval. Try to swim 10 x 100 on an interval that will give you 10 seconds rest. When you accomplish that, work on lowering the interval by 5 seconds. To help you achieve a lower interval, try 3 x 100 on the new interval, then 5 x 100 at the new interval. Then try 7 at the old interval followed by 3 at the new interval. Keep at it. You'll have a great sense of accomplishment, when you make 10 at the new interval.

4. Keep a log. I have never done this for any length of time and have regretted it. When I have had a particularly good nationals, I have wished that I knew exactly what I had done over the season and exactly what I had done for taper.

5. Set a meet goal. If you don't regularly participate in meets, enter a meet. Swimming a 1000 or 1650 in a meet is a great training asset for triathletes. Just as you run road races to test your

running fitness, try a meet to test your swimming fitness. You will be pleasantly surprised at the difference in your meet time and your practice time. Swimming in a meet gives you a way to measure your progress. If you regularly participate in meets, select an event and set a goal time. Talk to your coach about what you have to do to make that goal time. If you don't have a coach, try working on "broken" swims. For a 200, determine the average speed you need per 50. Swim 4 x 50 at that speed at an interval that allows you 15 seconds rest. When you can do that, decrease the interval.

A word of warning ... Set your meet goal according to what you will do, not what someone else will do. Don't set a goal of beating someone else, or even of winning a certain event. As C.J. Hall's article stated in the story about John Nabor, you can't control what anyone else can do, only

See *New Year* on page 5.

PLEASE NOTE!

The date of the Maryland Masters meet at UMBC is February 28 - March 1. This is a change.

REMEMBER

Entry deadline for Richmond meet is February 6. Entry was in December and January newsletter.

IN THIS ISSUE

Article by Jim McFarland
1998 Registration form - if you have lost yours.
Entry for meet at Fort Eustis
Entry for meet in Roanoke

Calendar Page

Postal Events

January One Hour Postal Swim. Entry was in Nov/Dec issue of *SWIM* magazine.
Contact: Joann Leilich, 7209 Hansford Ct, Springfield, VA 22151, 703-354-2130

February Fitness Challenge. Contact: Scott Rabalais, 3537 Christina Ave, Baton Rouge, LA 70820, 504-766-5937

Camps and Clinics

Total Immersion Adult Swim Camps. Contact: Terry Laughlin (914) 294-3510. For calendar of camps 800-609-SWIM.
www.totalimmersion.pair.com or e-mail: totalswimm@aol.com

February 21-22: Total Immersion Freestyle Workshop at Madera School in MacLean, VA, 8:00 am - 4:00 pm.
Contact: Alice Laughlin, 1-800-SWIM.

Premier Stroke Clinic Series. Contact: Clay Britt, 301-231-9740.

Meet Schedule

January 31-February 1: Charlotte, NC. Contact: Richard Fenton, 704-846-5335.

February 14-15: Richmond, VA. VMST meet. Entry was in November and December newsletter. Contact: Nancy Miller, 804-285-2758 ext 142.

February 28: Frank Clark Meet, Greensboro, NC. Contact: Patty Tisks, 910-373-5916.

February 28-March 1: Maryland Masters at UMBC, Catonsville, MD. Contact: Barb Protzman, 7919 Mail Falls Circle, Catonsville, MD 21228.

April 4: VMST meet at Fort Eustis. Entry is in this newsletter. Contact: Mary Rebarchak, 757-878-1090. Entry is also available on line at www.vabch.com/cockrell/swim.html

April 4: Albatross Open, Montgomery Aquatic Center, North Bethesda, MD. Contact: Steve Jolles, 301-926-7306 or Dave Harmon, 301-972-1417.

April 11: VMST meet in Roanoke. Entry is in this newsletter. Contact: Howard Butts, 540-992-1736 or Bill Pharis, 540-890-2867.

April 18-19: Raleigh, NC. Contact: Sharen Barrell, 706 Kimbrogh St, Raleigh, NC 27608.

April 23-26: YMCA Nationals, Fort Lauderdale, FL. Contact: Gateway Printing (ATTN Shellie), PO Bbox 464, Hamburg, NY 14075.

May 7-10: USMS SC Nationals, Indianapolis, IN. Entry is in Jan/Feb issue of *SWIM* magazine.

Web Site Address

LMSC for VA serve.com/LMSC_for_VA

USMS

usms.org

Newsletter Editor

Betsy Durrant, 211 66th Street, Virginia Beach, VA 23451, 757-422-6811 (phone or fax), DurrantB@aol.com

A Note from the New President

by Nancy Miller

Greetings! I appreciate your confidence in voting me in as your new President. Beth has left behind some extraordinarily large fins to fill! I would like to thank all of the previous officers - Beth, Mike, and Sharon - for their hard work and dedication, and I would also like to welcome and congratulate our new officers - Patti Powis, Vice President; Mike Duignan, who will be retaining the office of Treasurer; and Harry DeLong, Secretary. I'm looking forward to working with all of you.

My address has changed slightly. It is: 60 Bellona Arsenal, Midlothian, Virginia 23113-2038. The telephone numbers remain the same: 804-285-2758 (work) and 804-320-2143 (home). I also have an E-mail address: NancyMillr@aol.com. Please feel free to contact me if you have suggestions or comments.

I have reserved a block of rooms for Virginia Masters during Short Course Nationals in May in Indianapolis. We will be staying at the Embassy Suites Hotel at 110 West Washington Street. I was able to secure 22 rooms, beginning Wednesday, May 6, 1998, and ending Monday, May 11, 1998. Because each suite has two rooms, they can accommodate four people quite comfortably. Please specify either a king with a pull-out in the "living room" or two double beds with a pull-out. The rate is \$109.00 for a single or double, with \$10.00 added for each extra person up to four per suite. The rate includes the two-room suite with refrigerator, microwave, and coffeemaker; a full, cooked-to-order breakfast daily per person; and an evening manager's reception each day as well. Check-in is at 4 pm; check-out is at noon. As usual, I will need to submit a complete rooming list with one credit card per room as well as names of all occupants for each room and the dates of arrival and departure. I must turn this list in to Embassy Suites by April 1, 1998, so scout around for roommates, and give me a call. As of now, eight rooms have been spoken for, though there is probably room in some of them for roommates. Those who have requested rooms are as follows: Jim and I, James Wolfle, Dave Hefner,

Kitten Braatan/Molly Dean, Judy Martin, Betsy Durrant, Forrest Sullivan, and Bob/Corey Riordan. If I have inadvertently left anyone off this list, please let me know ASAP.

I guess that's about it for now. I hope that all of you had a very merry Christmas and that you're all looking forward to a terrific New Year full of personal bests!

Registration Information

1997 registrations were an all-time high: 596 (1996 registration was 479).

1997 VMST registrations were 389.

Your 1997 registration has expired. **Renew your registration NOW!** Your subscription to SWIM will end, and you will only receive one more newsletter (the February LMSC issue).

Craig sent out individualized renewal notices, but a form is included in this issue also.

Note that Craig and Mike Duignan, VMST Treasurer, have changed the procedure this year. Send your registration, including team dues, directly to Craig. He will then send VMST forms and fees to Mike.

Main Set from Betty Belknap

4 x 200	Swim
4 x 150	Pull
4 x 100	Kick
4 x 50	Drill

Use your usual interval for 100s to determine the interval for the 200s and 150s. This main set is 2000 yards. Add 800-1000 warm up and at least 200 cool down.

Random Sets with Multiple Partners or Networking in the Pool

by Jim McFarland

Do you long for something more? Do you need a coach? Tired of working out alone? Then STOP! Stop complaining, that is.

Look over there, two lanes over. See that person? Ever consider him a potential workout partner? "No," you say, "because ..."

- he's too slow
- he's too fast
- all he ever swims is freestyle
- I probably won't like him, anyway
- I don't have time.

Ah, creative excuses for failure: self-sabotage. Let's try creative solutions for success:

- no one is too slow for an interval if you can manipulate the distance or intensity
- fast swimmers need love, too
- you don't have to swim the same stroke
- you may not like them, but it's not romance, folks!
- this is a way to creatively and effectively use the little time you do have.

Scenario: You are in the pool (not a coached practice), you are sharing a lane with someone who swims nonstop for 1500 meters. He is holding about a minute per 50. You like to swim breaststroke and freestyle. Ask the person in your lane if he'd like to "do a set." "What do you have in mind?" he asks. You invent a set - or two - as follows:

Warmup: You swim 500, he swims 400, since your breaststroke is faster than his freestyle. You might consider alternating 100 free/100 breaststroke, while your partner swims freestyle. The 400 meters will satisfy his need to grind his usual gears.

Main Set: 10 x 50 on the 1:05. He can swim slightly faster than his normal pace; you can work on your form or decrease your stroke count or increase your intensity.

Alternate Main Set: 5 x 250 on 4:00 for you, 5 x 200 on 4:00 for him. This would encourage him to

swim at about a 3:45 pace. Remember, he usually swims nonstop for 1500, less that 4 seconds per 50 slower. 3:45 for 200 might give him a slight challenge, and he will thank you for adding spice to the workout.

There are countless variations. If you do not know how to use the pace clock, you might agree on a rest period that is mutually acceptable:

- you swim 10 x 150, he swims 10 x 100, with 20 seconds rest starting with the swimmer who finishes last. Setting the rest by the swimmer who finishes last, allows everybody to complete the set.

The key to all of this is negotiation. If you always have to have what you want, you will need greater numbers of people to swim with. If you are willing to share, you might need only a few swimming partners, but you will wind up having more people who want to swim with you!

And remember, there are always 5 better reasons for success than for any single excuse for failure!

Editor's note: Many thanks to Jim for this contribution. I hope it is the first of many articles from him. Jim is an experienced Masters swimmer and coach who lives in Lynchburg.

Don't Forget

January - One Hour Postal Swim
Test how far you can swim in an hour.

February - Fitness Challenge
Keep track of your yardage for the month of February

Details for obtaining entries are on page 2.

New Year continued from page 1

what you can do. Set a goal time and rejoice in making that goal time.

An article in the November issue of *Swimming World* makes the same point. Sheila Taormina, a member of the 1996 gold medal 800 freestyle relay team, says her coach would not allow her to set her goal at making the '96 Olympic team. "The reason was that he and I had no control over whether or not I would make the team because we had no control over how fast my competition would swim." Instead, she set her goal at a time that they believed would make the relay team.

I watched an interview on our local cable station recently. The interview was with two young men (twins) who are college freshmen. They were valedictorians of the high school where I teach and outstanding wrestlers (placing or winning at the State Championship Meet). On goal setting, one response was that when you set a goal, you have to be prepared to "raise the bar." The worst thing you can do is set a goal, achieve it, and stop. You must keep striving for the next level. Pretty good advice from a teenager!

More from Alice Phillips

Top Ten Words with the Most Meanings in the Oxford English Dictionary:

- | | |
|----------|------------|
| 1. set | 6. get |
| 2. run | 7. turn |
| 3. go | 8. put |
| 4. take | 9. fall |
| 5. stand | 10. strike |

"This *set* sucks...I have to *run* to the bathroom...you guys *go* ahead...this will just *take* a minute...don't

just *stand* there, *get* going while I pee
(FLUSH)what a nice flip *turn* Sally Jane...it is so nice that I can't possibly *put* my big butt back in the water and embarrass myself...I'll just *fall* into this lounge chair and watch...the clock *strikes* 7, time to go home..."

In and Out of the Water

Judy Martin was out of the water for a few weeks with back problems. Physical therapy has helped and she is swimming again now, but she could still face surgery.

Virginia's second state high school Swimming Championship will be held in Virginia Beach February 20-21. I'm not sure this could happen without Masters swimmers. The meet will be at the Princess Anne Recreation center where Janis Sweeney is the Aquatic Director. Janis has swum in Masters meets and has officiated at some of our meets. Janis and Mike McGee, from the school system, are in charge. Mike is a former Masters swimmer and coach. His wife Abbie swims and has helped with the lake swim for a number of years. Mike Duignan, Forrest Sullivan, Karen Mickunas, and Diane Johnson are certified as high school officials and work at the local meets. I believe a number of Masters swimmers are coaching high school teams. Let me hear from you if you are a high school coach.

Joan Averette, who works on the aquatic staff at Bayside Recreation Center in Virginia Beach, is going to Disney World this month as part of a planning team for the Senior Games (formerly known as Senior Olympics). The Games will be in October at Disney World. Participants must qualify at a state competition. Virginia's state meet will be in May at William and Mary.

Editor's note: I am sorely lacking in news this month. Get busy. Send me news about yourself or your workout group.

3rd ANNUAL STAR CITY VIRGINIA MASTERS MEET

Roanoke, Virginia-April 11, 1998

Warm-up @ 9:15AM Meet begins @ 10:00AM

For information Call: Howard Butts 540-992-1736 or Bill Pharis 540-890-2867

Sponsored by: Virginia Masters Swim Team

Sanctioned by: LMSC for VA for USMS, Inc.

Sanction Number: 128-0004 Meet Referee: Debbie Johnson

Meet Director: Howard Butts

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, and a sundeck attached to the pool.

Directions: From I-81 take I-581 to Roanoke, take exit 6 (Elm Ave. Rt. 24), turn left at the end of the exit ramp, go 2½ miles through 6 traffic lights. Turn right on Vinyard Rd., which is between McDonalds and "Lake Drive Plaza". Lancerlot is 1/8 mile on left.

Rules: Swimmers must be registered in US Masters Swimming (USMS). A photocopy of your current (1998) registration must be attached to your entry. Registration will not be available at the meet. The 1998 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 areas.
4. **ABSOLUTELY NO DIVING** will be permitted in the warm/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 will also be a \$1.00 surcharge for computer results. 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. Make checks to: "Virginia Master's Swim Team".

Deadline: Entry deadline to be seeded is April 4, 1998. Events and heats will be mixed gender and seeded by time only.

Awards: 1st place medals through 3rd places in each age group. Ribbons for fourth through sixth places.

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

Name: _____ Team: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Sex: _____ USMS Reg. No.: _____ Age (as of April 11, 1998): _____

RELEASE

The following release must be dated, signed and in the 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 (train 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 rules of USMS.

Date: _____ Signature: _____

- | | Time | Event |
|------------------------|-------|---------------------------|
| 1. | _____ | 200 Medley Relay |
| 2. | _____ | 200 Freestyle |
| 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 for late or deck entries) = \$ _____ - \$1.00 (surcharge for computer operator) = \$ _____

Make checks payable to: Virginia Masters Swim Team

Mail to: James Wolfe, 509 East Rock Street, Harrisonburg, VA 22801

A COPY OF YOUR USMS REGISTRATION CARD AND THE SIGNED WAIVER MUST BE ENCLOSED WITH YOUR ENTRY.

Virginia Masters
State Invitational Championships
Fort Eustis Aquatic Center
Fort Eustis, Virginia 23604-5105
Saturday, April 4, 1998

Location: Fort Eustis Aquatic Center, Ft. Eustis, Va.

Facility: Ten 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 tubular wet slide, water fall and play area is open for a nominal fee in the facility during the meet.

Telephone- (757)-878-1090

Directions: From I-64 take exit 250 (Ft. Eustis:) - West. Enter Ft. Eustis- Notice 35 mph - take a right after the circle onto Tyler Ave. The Aquatic center is on your left, Bldg. 641.

Sanctioned By: USMC, Inc. and LMSC for Virginia - Sanction # 128-0005

Meet Director: Mary Rebarchak

Eligibility: The standard Masters age group will be used (19-24, 24-29, 30-34, 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 \$6.00 surcharge to help defray the cost of printing, and postage for mailing results, and data entry. Late entries and deck entries will be accepted at a cost of \$5.00 per event. A swimmer may enter a maximum of 6 individual events plus relays. Relays will be deck-entered and deck-seeded at no cost.

Entry Deadline: Entries must be postmarked no later than Saturday, March 28, 1998.

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. No diving in general warm-up lanes during competition.

Warm-up/warm-down Procedures: Swimmers must enter the pool feet first in a cautious manner. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Medals for 1ST through 3rd places in each event for each age group. Ribbons for 4th through 6th places.

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

ORDER OF EVENTS

Saturday, April 4
Session I
Warm-ups: 8 AM
Meet starts: 9 AM

Saturday, April 4
Session II
Warm-ups: 11:00 AM
Meet Starts: 12:00 PM

Event#	Women/Men	Event
1	2	1000Y Free
3	4	400 Y IM
5	6	1650 Y Free

Event#	Women/Men	Event
7	8	200Y Med Relay
9	10	200Y Mix Med Relay
11	12	100 Y Fly
13	14	200 Y Free
15	16	100 Y IM
17	18	100 Y Back
19	20	50 Y Free
21	22	100 Y Breast
23	24	200 Y Fly
25	26	500 Y Free

*** Break ***

27	28	200 Y Back
29	30	200 Y Breast
31	32	50 Y Fly
33	34	100 Y Free
35	36	50 Y Back
37	38	200 Y IM
39	40	50 Y Breast
41	42	200 Y Free Relay
43	44	200 Y Mix Fr Relay

List Event # and Time:

Event#	Time
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Make Checks Payable To: VMST

Mail To: Mary Rebarchak
Ft. Eustis Aquatic Center
Tyler Ave., Ft. Eustis, Va.
23604-5105

Number of Events_____ x \$_____	= \$_____
(\$3 for pre entry, \$5 for late or deck)	
Surcharge (\$6.00)	= \$8.00
Number attending social_____ x \$5.00	= \$_____
Total amount enclosed	= \$_____

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 _____ Birthdate(Mo/Day/Yr): _____
LMSC: _____ Club: _____ Phone: _____ -



1998 / 1999 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

Team:

- ☐ UNATTACHED
☐ VMST (Virginia Masters)
☐ VBSC (Valley Blues)
☐ AVMS (Academical Village)
☐ CCLM (Concord C-Lion)
☐ BMS (Blacksburg Masters)
☐ ODMS (Old Dominion 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
☐ Lexington
☐ Harrisonburg / Staunton
☐ Warrenton / Culpeper
☐ West Virginia
☐ Other: _____

For Registrations:

Make check payable to:

LMSC for VIRGINIA

Mail this form and check to:

Craig Campesi
14134 Walton Drive
Manassas, VA 20112-3701

703-447-6618

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

☐ I wish to contribute \$1.00 (or \$____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 1998 registration fees
☐ I wish to contribute \$1.00 (or \$____) to the United States Master Swimming Foundation. I have added this amount to my 1998 registration fees

TOTAL FEE _____

All registrations are valid through December 31, 1998 (1yr.) or December 31, 1999 (2yr.)
Note: All registration fees are reduced by \$8 during the last 2 months of 1998
(September and October, 1998) VMST \$28/\$64(98&99) All Others \$13/\$34(98&99)

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.

Virginia Masters Swim Team 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 and WVA

** indicates coached workouts*

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

Fredericksburg/Stafford Area: *Rappahannock Area YMCA, 212 Butler Rd, Amy Smith or Paul Wiesner, (540) 371-9622

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 (757) 827-0420.

Norfolk: *YMCA (757) 622-9622; *ODU (757) 683-6135.

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.

Staunton: *Staunton YMCA, 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, 460-7540, Kempsville, 474-8492,

Bow Creek 431-3765.

Williamsburg: *James City Co Rec Center, Longhill Rd, 220-4700.

West Virginia: *Concord, Tim Mainland (304) 384-7473