

LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - February 15, 1998

The Weekly Training Plan

by Perry Lange

I am often asked "What should I be doing for a workout?" Not being sure how to answer, my usual reply is "Well, what are you trying to accomplish?" Unfortunately, the most common response is "What do you mean?" So now, I'd like to discuss the importance of having a weekly training plan. Each person's weekly plan should be based on several factors (which I will discuss in a future article):

- * the time of year/where in the current annual cycle you are
- * short-term goals - in the coming month
- * mid-term goals - by the end of the current season
- * long-term goals - within the next few years

However, each training week should roughly incorporate the following basic guidelines:

1. Have a predetermined focus for each workout. Most of us only swim 3 or 4 days a week, so it is important that you go into each session knowing what the "theme" of the workout will be.
2. Training must be specific for the type of race/event that you are specifically working towards.
*As discussed below in #4, you cannot go long-slow-distance sets every practice then expect to be a speed demon sprinter at your race.
3. You must be prepared to be flexible throughout the week. If you come to the pool and find out there are eight people in your lane, you are sick, have had a long intense day at work, etc., you may not be able to do the planned workout. It is better to adjust to the current situation, make the most of a bad day, and attempt to get the planned session in later during the week.
4. Even though you may never enter a mile swim race/triathlon or do a 50 yard freestyle in a Masters

See Plan on page 3.

National Senior Games Update

(for athletes 50 years old and older)

by Joan Averett

The biggest Olympic Games of the century are less than 18 months away, so now is the time to start getting ready! Whether your sport is softball, swimming, track & field, or shuffleboard (or cycling, triathlons, etc.) you need to be polishing your skills so that you can qualify at the Virginia Senior Games in May, 1998, to compete at the National Senior Games to be held at Disney World in Orlando, Florida, in October, 1999.

I have just returned from the National Senior Games Association 1998 Annual Meeting and Coordinators Conference hosted by Walt Disney World. This exciting conference, attended by all of the state coordinators, covered topics ranging from national rules interpretation, sport venues, and opening ceremonies. Disney is planning a memorable, magical experience for the athletes, their fans, and families.

The majority of the events will take place at the new Wide World of Sports complex on the grounds of Disney World. Swimming and a few other sports will be held in Orlando. The All-Star Sports and Music Resorts have been designated as athlete housing. The sports held off of the Disney property will have hotel accommodations nearby. Transportation details are still being worked out.

Swimming competition will take place at the Central Florida YMCA 50 meter pool. The adjacent 25 yard diving well will be used for warm-ups. There are several nice hotels nearby. This pool was the site of the 1997 YMCA Masters Nationals and the 1998 USMS Long Course Nationals.

Registration information will be available soon after the Virginia Senior Games for those who qualify. Plan now for a family vacation in October

See Games on page 3.

Calendar of Events

Postal Events

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

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

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

March 13-15: Ontario (Canada) Masters Championship
Contact: Charlie Lane 416-207-0084

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 Box 464, Hamburg, NY 14075.

May 7-10: USMS SC Nationals, Indianapolis, IN.

Entry is in Jan/Feb issue of *SWIM* magazine.

Addresses, Etc.

Web Site Address

LMSC for VA serve.com/LMSC_for_VA
USMS usms.org

Newsletter Editor

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Wolfle@aol.com

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Notice to all Swimmers from the Editor

I am thrilled to have so many contributors to our newsletters (VMST and LMSC). This issue contains the second articles from Perry Lange and CJ Hall. Last month's VMST issue had our first contribution from Jim McFarland. Alice Phillips is a regular contributor and life-saver for me. She sends several articles at a time for me to use as needed. This issue has the first contribution from Joan Averett. Don't be shy! Everyone has some observation, news, or advice to share! Members are always complimentary about how interesting the articles from new contributors are.

Plan continued from page 1.

swim meet, it is best to have a multifaceted, all-around training plan; however, the key is to place the most emphasis on your chosen event. *It is crucial that at least 50% of your workouts be geared toward your goal event. The other 50% should incorporate sessions that cover the other following areas of development:

- *speed and quickness
- *event-specific strength
- *endurance
- *correct stroke mechanics

Each week, you should cover the above four areas. If you are short on time or swim less than four times a week, choose the areas most pertinent to your event. Again, be specific. For a 20 minute "main set", a sprinter should do 10 x 50s on 2 minutes, all from a dive at 100% effort. If you are a distance swimmer, you would be better off spending this time frame doing 3 x 400s or a timed all-out 1500 straight swim.

An example of a 4-session a week plan would be:

- * Monday (after a tough weekend) do a long, "mindless" swim at slow to moderate pace.
- * Wednesday (and now refreshed) focus on hard efforts, aimed at your specific event- sprints or distance, it doesn't matter, but be specific and go for 100% effort.
- * Friday should now emphasize repetition or sets of broken repeat swims at 80% effort.
- * Weekend - try to repeat Wednesday's event-specific focus, but be prepared to be flexible. If it's "not there", change to an easier day or focus on stroke mechanics; if you've recovered and feel good - go for it!

As I've said in previous articles, don't just come to the pool and put in mindless unfocused laps - come with a focus in mind and get the most out of your workouts!

Games continued from page 1.

of 1999, and get ready to qualify at the Virginia State Games to be held in Williamsburg, May 27-31, 1998. Remember, you must qualify at a state games in 1998 to participate in the national games in 1999.

Participating in your local games would be fun and a good "warm-up"! Virginia Beach's local games are April 21-22 at the Great Neck Recreation Center (496-6766). Contact your local Recreation Department for information on local games. It is not necessary to participate in local events to go to the state competition. But, it is necessary to qualify at a state competition for the national event.

Joan Averett is a Masters swimmer who works for the Virginia Beach Parks and Recreation at the Bayside Recreation Center. She has attended three of the National Senior Games.

Correction to Fort Eustis Entry

The entry for the Fort Eustis meet that was in the January VMST newsletter contained 2 errors. The entry in this newsletter is correct. **Swimmers may enter a maximum of 5 individual events. The surcharge is \$6.00.**

Water Polo

Miguel Figueras is looking for people interested in playing water polo. Miguel has been in the area about a year and is organizing a practice at Fort Eustis Aquatic Center on Sunday afternoons. He has been playing polo for 14 years, including high school, college, and club teams. He has also coached high school and club teams.

For more information, contact Miguel at 757-456-0684 or at eiznof@aol.com

A Little Spring Cleaning

by CJ Lockman Hall, M.A.

Although spring is still a speck on the horizon, it's never too early to start spring cleaning. Ah, spring cleaning: images of a glorious day wrapped in a warm, crisp breeze; the scents of spring dancing in the air, windows upraised and doors open wide; a sweeping of the dust from sunbathed rooms. A time that we look back on with satisfaction.

Sound good? Well, why not get started with a little mental spring cleaning? By tending to your "inner house", you might be amazed at the clutter and the layers of dust covering priceless treasures!

Dust away the cobwebs.

Do you find that you have adapted quite well to "not being a breaststroker" or "not being a morning person"? Do you assume that you can't do butterfly, without having given it a chance lately? Do you really know that you "can't" breathe on both the right side and left side? Dust away mental cobwebs and marvel at the jewels you uncover!

Shine a light into nooks and crannies.

Review habits, routine, and items that have been on your "to-do" list for an eternity. Are they serving a positive purpose, or have they transformed into semi-conscious uses of your time?

Do you find that you defeat yourself with subconscious, or out loud, statements like "This set is too hard for me!" or "I'll be glad if I make one of these!"? Do you say "yeah, yeah" to stroke corrections because last time you tried, it didn't quite happen? Shine a light in your nooks and crannies and then scrub away the gunk!

Move the furniture around.

Do you find yourself expecting to do the same times in practice week in, week out, comfortable with the pecking order in your lane, short-changing certain stroke drills because you don't like them? Does your slightly flawed stroke technique stay that way because it is easier than changing it? Although it takes mental effort to try new things, "moving the

furniture around" will ensure that your rooms are filled only with useful, positive things.

Let in fresh air.

Swim in a different lane, or go to a practice you don't normally go to. Talk to teammates who seem to have mastered (no pun intended) aspects of swimming that you are still grasping at and see what you can learn. If you've never swum in a meet, or tried an open water swim, sign up and tailor practices around your new goal. A little fresh air can revive, reenergize, and invigorate!

A nice polish.

Even those at the top of their sports focus efforts and energies on improvement. Challenge yourself to find out how much you can polish your skills and abilities.

A bonus: by doing a little regular spring cleaning, you will enjoy that sense of freshness and liveliness year-round!

CJ Hall is a member of the Montgomery Ancient Mariners in Bethesda, MD, and president of Positive Performances. For a free issue of the Positive Performer, contact CJ at micandcj@erols.com or 301-309-3688.

LMCS for VA Team Contacts

Academical Village Masters Swimmers

Mark Braiman, 804-296-2387,

Blacksburg Masters

Laurel Davis, 540-953-2515

Concord (WV) C-Lions

Tim Mainland, 304-384-7475

Old Dominion Masters

ODU Swim Team office (757) 683-6135.

Valley Blues

Diane Kent, 540-885-6069

Virginia Masters Swim Team

Nancy Miller, 804-285-2758 (w), 320-2143 (h)

NancyMillr@aol.com

Team News

Blacksburg Masters

Paul Smeal sent me a copy of the Blacksburg team's promotional materials and an article from the local paper. The promotional materials include a colorful flier with pull slips that they have posted in grocery stores and their recreation and aquatic center. See the bottom of page 10 for a copy of the pull slip.

The newspaper article is from *The Roanoke Times* under Community Sports. It includes two pictures, information about the local practices and USMS, and who to contact for more information.

Try sending an article to your local paper, you may be pleasantly surprised.

A Note from the VMST President

Hopefully, all of you have now recovered from any holiday indiscretions and are back in the pool on a more regular basis.

Don't forget to send in your entries for our February 14-15 meet at Briarwood, and plan to attend not only the meet but also the social. Our Richmond members always put on a wonderful dinner spread for all of the meet participants and their friends. In fact, there have been times when the number of people at the social exceeded the number entered in the meet!

Remember, too, to make your plans for SC Nationals in Indianapolis, gather your roommates, and give me a call about hotel space if you need it.

We look forward to seeing you all at Briarwood!

Nancy Miller
VMST President

This is it, folks!

If you have not registered for 1998, there will be no more newsletters and no more issues of *SWIM* magazine for you. Use the form on page 11 now!

In and Out of the Water

VMST swimmers see the world!

Jim Miller has just returned from two and half weeks in Australia at the Swimming World Championships. Jim was the Team Physician for the U.S. Long Distance Swim Team. There was a 5K and a 25K race. **Diane Limerick**, former VMST member, also made the trip as the trainer for the Long Distance team. Jim has been selected as the lead physician for the Good Will Games, to be held in New York. I have asked Jim to write an article on his experiences in Australia, including swimming in a shark tank.

Jeanne Crouse will be going to Tokyo and Beijing in March. Her husband, Kurt Hoffman, will be speaking at a convention in Tokyo. Jeanne and daughter Kyle will accompany him on the trip.

Welcome to **Dick Cheadle**, long time Masters swimmer, who has joined VMST.

Francis Hall is recovering from heart bypass surgery. He swam well at the Zone meet last April, so watch out when he returns to racing!

Dave Malsbury, Troy Lewis, Forrest Sullivan, Carl Russ, and Betsy Durrant are planning to go to YMCA Nationals in Fort Lauderdale? Is anyone else planning to go?

Alice Phillips' health articles are read, remembered, and sometimes reproduced. **Mike Duignan** is reading *Timeshifting*, a book referred to by Alice in one of her articles. I noticed another of Alice's articles was reproduced in the Delaware Valley newsletter.

Ann Berquist has sent me charts relating to currents and tides for this year's Jack King Swim. Last year, she checked the charts and decided not to come. I think she knows something.

Editor's Note: Remember to keep me up to date on what's happening in your workout or in your lane.

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 (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, 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 operation) = \$ _____

Make checks payable to: Virginia Masters Swim Team

Mail to: James Wolfle, 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 5 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)	= \$6.00
Number attending social_____ x \$5.00	= \$_____
Total amount enclosed	= \$_____

Blacksburg Masters Swimming

Organized in 1994

Over 25 swimmers

Ages 19 to 65

All swimming abilities
and levels of fitness

All sessions are coached
with individualized
instruction

4 sessions (6 1/2 hours)
weekly

Swimming at Virginia
Tech Pool
Tue & Thur 8-9:30 am
Sat 4-6 pm Sun 4-5:30pm

Winter - Spring Session
Jan. 6 to May

Visit our homepage at:
[http://www.vt.edu:10021/
bev/Sports/masters/](http://www.vt.edu:10021/bev/Sports/masters/)

For more information:

Adam Redbord, Coach,
951-8524
E-mail: aredbord@vt.edu

Leo Piilonen, Treasurer
951-3221

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)

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

Other: _____

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	<input type="checkbox"/> 1 yr. = \$36	<input type="checkbox"/> 2 yr. = \$72	Other Fees:	<input type="checkbox"/> Laminated Card Wallet Size \$0.50
	All Others	<input type="checkbox"/> 1 yr. = \$21	<input type="checkbox"/> 2 yr. = \$42		<input type="checkbox"/> Laminated Card Luggage Tag \$1.00
<input type="checkbox"/> 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					
<input type="checkbox"/> 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.

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 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