
VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

July 15, 1998

Fast Swimming at Indy Lauderdale Here We Come!

by Jim Miller

Forty-seven Virginia Masters descended upon Indianapolis for an outstanding performance at the Short Course National Championship. In a very competitive meet, the VMST women finished in fourth place behind New England Masters by 26 points while the men rallied on the last day of the meet to ascend from seventh to fifth place, giving our team fifth place overall.

A special recognition needs to go out to Marie Kelleher who set a new national record in the 200 IM. This goes with her current national record that she set in the 100 IM at the Briarwood Winter Meet.

I was excited to meet and have the opportunity of working with many new friends from Northern Virginia that joined us for this meet. I certainly appreciate all of the help that was given to me, as well as cooperation in relay participation although at times people did show up just in the very last nick of time. *(Editor's Note: In case anyone does not know, Jim voluntarily coordinates relays for our team at national events. This is very challenging because you are never sure who will actually be at the meet. "Real life" sometimes interferes with swim meets.)*

It's difficult for me to believe that entry forms are coming due for Long Course Nationals in Lauderdale. The Hall of Fame Pool is picturesquely situated several hundred yards off of the beaches of the Atlantic Ocean with accommodations already being reserved for our team at a hotel sitting barely 100 yards off the pool deck. This is an extraordinary venue for a national championship because it is very compatible with family and vacation plans. This meet is anticipated to conclude each day in early afternoon allowing time for family and friends.

The relay request form is on page 3. Please turn this to me as soon as possible so that I can be working on relay entries well in advance.

Another Challenging Ocean Swim

by Betsy Durrant

A beautiful warm summer day, bright sunshine, a relatively calm ocean, great water temperature - what more could we ask for? I know, maybe a favorable current!

My experience with the swim this year (and I don't think I was alone) was that everything went well for about half of the swim. I was enjoying the swim, not really thinking, just swimming along, until I got to 31st Street. The Days Inn hotel is between 31st and 32nd, and I thought I would never pass that hotel. During the second half of the swim, I had to concentrate just to keep moving in a forward direction. I'm not sure where or when I went wrong. For one thing, I wasn't paying attention at first so I wasn't sure if I was in close or out too far. When I had trouble, I went out further - big mistake. I learned later (much later) that the those who finished faster had stayed in close to the shoreline - again. My previous times for this event have been under 30 minutes (I only do the swim on "good" days). This year I took 51 minutes! I have to admit that when I finished I was tired, but after a little food I felt better and was glad that I had done the race. After being sick this spring, I felt good that I had completed a challenging swim.

Once again, things went well from the point of view of the race directors. Forrest Sullivan and I both were able to compete because we had reliable, experienced help on the beach.

See Ocean on page 4.

Complete results for this year's swim are on pages 8-9.

Meet Schedule

July 26: UMBC, Catonsville, MD

New outdoor pool next to indoor pool.

Contact: Katherine Branch, 111 Smithwood Rd, Catonsville, MD 21228, 410-719-7312

August 2: DC Masters LC.

Entry was in the June newsletter.

Contact: Jeanne Grillo, 301-983-1064.

August 8: Raleigh, NC

Pullen Aquatic Center (where SC meet is held).

Contact: Tim Sexauer, 2121 Ruddy Road, Raleigh, NC 27604, 919-266-6315

August 20-23: USMS LC Nationals, Fort Lauderdale.

Entry was in May/June issue of *SWIM* magazine.

September 13: VMST meet in Woodbridge.

Entry was in the June newsletter and will be in the August newsletter also.

Web Sites

LMSC for VA
serve.com/LMSC_for_VA
(LMSC Records are listed here.)

USMS
usms.com

Newsletter Editor

Betsy Durrant

211 66th Street, Virginia Beach, VA 23451
757-422-6811 (fax or phone before 9:30 pm)
DurrantB@aol.com

Fall Festival

September 19-20

Coaches' Clinic and Swimmers' Clinic
with Scott Rabalais, Crawfish Masters Coach
of Baton Rouge, LA

Dinner/Social at Nancy and Jim Miller's

Sponsored by LMSC for Virginia

Registration form is on pages 10-11
of this newsletter

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

Premier Stroke Clinic Series.

Contact: Clay Britt, 301-231-9740.

VMST Officers

President: Nancy Miller

Vice President: Patty Powis

Secretary: Harry DeLong

Treasurer: Mike Duignan

Committee Chairmen

Registrar: Craig Campesi

Sanctions: Judy Martin

Top Ten/Records: James Wolfle

LONG COURSE NATIONALS - FT. LAUDERDALE

Below you will find your relay form, which is due back to me no later than August 1st. You may return the information via fax, "snail mail," or e-mail. Relays will be constructed so that the fastest team on paper swims in the "A" position, the next fastest in the "B" position, and so on. **Therefore, it is critical that you submit your most accurate assessment of your times!** Remember, we get to add ages together to create our long course relays!

Please check the relays that you will be available to swim. Note that one of the relays will be swum on Thursday, August 20th, which is unusual at a national championship. If you are not interested in participating in relays at all, please note that also so that we can still make you aware of team activities.

Train hard, swim fast, and let's have fun!

Jim Miller, MD
60 Bellona Arsenal
Midlothian, VA 23113
(804) 320-2143 (home)
(804) 320-2717 (fax)
JWMSwimMD@aol.com

Name	Sex	Age as of 8/23/98
Times (meters):		
50 Freestyle _____		Thursday, August 20th: 200 Mixed Medley Relay Yes ___ No ___
50 Backstroke _____		Friday, August 21st: 200 Medley Relay Yes ___ No ___
50 Breaststroke _____		Saturday, August 22nd: 200 Free Relay Yes ___ No ___
50 Butterfly _____		Sunday, August 23rd: 200 Mixed Free Relay Yes ___ No ___

Favorite Sets

by Betsy Durrant

When I am trying to get back to practicing race pace, I like to do descending sets. There are two reasons for this: (1) I can't maintain race pace for each repeat in the set, and mentally, it's easier to work up to the speed I want. (2) I like to think it helps me more to do the time I want at the end of

the repeats than to do the first fast, then fall off.

SET #1. Do 4 or 5 times: (4 x 50). Descend 1-3. 4th 50 is recovery. You can change stroke after each set of 4 x 50. Later I make this (5 x 50), descend 1-4 with # 5 as recovery.

SET #2. This was part of a workout with Coach Penny Smith. Do 3 or 4 times: (4 x 50 kick, 2 x 100 descend).

Ocean continued from page 1.

Our crew:

Set-Up of buoys, chute, tables: Forrest, Steve Durrant, Mike Duignan, Ed McCowan, Bob Taylor
Check-in: Judy Martin

Trucks: Ann Malsbury, Betty Belknap, Pete Virok
Starter/timer: Steve Durrant

Finish Line: Pete Virok, Francis Hall, Steve Durrant

Results: Betty Belknap, Judy Martin

Also, Karen King (Jack's daughter) was the starter. Ruth Lord and volunteers from Vandeventer/Black helped at check-in and took charge of the food at the finish line.

The chart below shows the winning times for men and women for the 15 years of the race. Ocean conditions are evident by comparing winning times!

First Place Finishers and Times 1984-1998

1984	Kirk Johnson, VAM	no time	Tory Neff, VAM	no time
1985	Perry Lange, VAM	26:25	Bonnie Mosbrook, VAM	37:29
1986	Perry Lange, VMST	18:43	Mary Dowlen, CM	21:22
1987	Perry Lange, VMST	19:38	Pam Locke	21:32
1988	Gary Antonick, VMST	17:50	Mary Dowlen, CM	21:09
1989	William Fitzhugh, UNAT	21:54	Val Van Horn, VMST	24:49
1990	Bill Kloppe, VMST	20:42	Debra Moore, VMST	21:16
1991	Lange, Kloppe (VMST)	17:38	Karen Farnsworth, EMP	18:25
1992	Perry Lange, VMST	22:36	Val Van. Horn Pate, VMST	23:47
1993	Scott Robinson, VMST	17:33	Katy Arris, UNAT	17:31*
1994	Parker Neff, UNAT	27:23	Denise Ware, DCM	27:25
1995	Jerry Smith, VMST	17:36	Denise Landers, DCM	18:46
1996	Robbie Allen, RMST	18:33	Katrina Poplawski, DCM	19:24
1997	Robbie Allen, RMST	26:41	Valerie Nellen, VMST	29:37
1998	Robbie Allen, GLD	22:59	Kelly Parker, VMST	28:34

*Course Record

Note from the President

Nancy Miller

I hope you all are enjoying the summer. We had a large turnout for the Jack King swim June 21st at Virginia Beach, which, as usual, was beautifully run by Forrest Sullivan and Betsy Durrant and their cohorts. Weather and water temperature cooperated, though the current was a bit stronger than we anticipated at the start. This month will see many of us at Chris Greene Lake outside Charlottesville for our annual two-mile cable swim, which is also sponsored by VMST and ably run by Joyce Mullins and Beth Waters.

Your entry forms for Long Course Nationals in Ft. Lauderdale are due the middle of this month, so don't miss out. Please send your 50 meter times to Jim by August 1st (the relay form is on page 3) so we will know who to count on for which relays. Remember, ages are added for meter relays, so **EVERYONE** - no matter how old or how young - is equally important!

Swimming Posture

by Coach Michael Collins

I am constantly looking for new ways to teach swimming. I attend coaches clinics and swim camps whenever possible to keep updated and inspired to teach swimming better. For the last year or so I have been putting a lot more emphasis on body position than on the pulling and kicking motions based on information learned from top level coaches like Terry Laughlin, Emmett Hines, Bill Boomer and Tom Avischious. But change is a long, slow process. I hope I can help you understand some of these concepts better in this article.

Do you remember in grade school, the teacher or your parents telling you to improve your posture? "Sit up straight, young man! Stop slouching in your seat!" I remember distinctly from both parents and teachers. To grow up with all our body parts working properly, it was necessary to treat our body well by maintaining proper posture and body strength.

Well, guess what? Posture in the water is just as

critical to swimming well. Most swimmers have some glaring posture defects which cause them to either swim much slower than they are capable or work much harder to swim at the same speed. The main two goals in swimming faster are to minimize or reduce drag and to maximize propulsion. Instead we are using most of our energy overcoming poor posture in the water and we are not achieving either! Through Snooper video taping over the last few months, I have found most swimmers drastically out of alignment throughout much of their stroke. To swim faster, we must stop spending so much time trying to work harder, and find ways to swim the same speed with less effort (lower heart rate). Keeping your heart rate lower will allow you to maintain better body position and speed for a longer period of time. Improving your body position (posture) in the water is the quickest way to do this.

Learn to feel weightless in the water by balancing your body in the water. This is difficult to do since the center of your body mass is about 6 inches above your navel, but your center of buoyancy is between your armpits. By pressing the head and chest in to the water with the right pressure, your buoy will float perfectly horizontal at the surface. Very few swimmers do this well. Usually, the head position is far higher than the hips which forces the legs to work harder and the arms to press down to support the head instead of reaching out in front for more distance. This increases the heart rate because the legs are working harder and more arm strokes are required to cover each length.

Collins' Rules to Long Axis Rotational Strokes (free and back)

Rule #1: Maintain head to hip horizontal alignment by keeping pressure on the buoy. Lifting your head higher than your hips at any time during the stroke, especially during breathing is a big no-no. Check yourself by imagining a skewer shoved through your skull and down your spine keeping you perfectly aligned, only allowing you to rotate the head to breathe and not lift it. The skewer tip should always be pointed at the pool wall you are swimming toward.

See Posture on page 6.

Posture continued from page 5.

Rule #2: Maintain a long "boat" position by keeping a "weightless" arm in front for three-quarters of the stroke pattern. This is also known as Front Quadrant freestyle. Stretching the arm out front allows the hips to continue to rotate on the side as the recovery arm passes your ear.

Rule #3: Swim on your side, not on your stomach. Skate down the pool sliding from one hip to the other. Use hip rotation to power your arms through the water. Anchor the hand out front, and then pull it back by rotation of the hips. Increase speed by increasing hip rotation, not arm turnover.

Rule #4: "Stealth Kick" steady and narrow just below the surface. don't break out of the turbulent cylinder created by the body. Legs should not fall significantly lower than the hips, excessively breaking the surface, or scissor wider than the width of your shoulders.

Rule #5: Develop a "vertical forearm pull" to increase propulsion. I believe in keeping the elbows near the surface at the catch and the fingertips pointed toward the bottom is far more important than an "S" shaped pull pattern. Remember, though, this is the last step and should only be emphasized after the first four rules have been thoroughly ingrained in your muscle memory.

Michael Collins was head coach of the Davis Aquatic Masters from 1989-1997. He was named USMS Coach of the Year in 1990. This article was originally copied from the Southern Pacific Masters Association's website. I saw the article in The Fast Lane, the newsletter of the New Jersey LMSC. Mike now works for SWIM magazine and helps coach the Masters team that swims at UCLA.

In and Out of the Water

I was scooped by our zone newsletter! Lynn Hazlewood, Colonies Zone Representative, reported in the Colonies Zone News that Shirley Loftus, John Post, John Shrum, John's daughter Mo and son Joe, and Bob Lazzaro will do a relay

swim across the English Channel. They will rotate through one hour swims. They are scheduled to swim July 29 or within five days, depending on weather.

Charlie Cockrell is the proud father of Matthew Dandridge Cockrell, born June 26. Charlie was officiating a summer league meet when Holly called him to go to the hospital.

Charlie was not at the Jack King swim this year, but we did have a Cockrell. Charlie's sister, Suzanne, participated.

Corey Riordan, who lives in Ohio but has been swimming with VMST since the Zone Showdown in Ft. Lauderdale, had never done any open water swimming prior to this year's Jack King. Word is that he is hooked and plans to come again. Corey won his age group and was 10th overall - pretty good for a rookie at open water!

E-mail for Dummies

by Chuck Wilmore

I saw in last month's newsletter that swimmer's E-mail addresses would be given out. I think this is a great idea, but a word of caution. A while back, when I heard Betsy was having some health problems, I sent an E-mail note of sympathy and discussed the problems of not being able to swim. After I sent it, I decided to see if Betsy had an AOL member profile. For anyone not familiar with the system, AOL members can put in a profile that tells their hobbies, etc. I was very surprised to learn that Betsy was a Zoo Reproductive Physiologist living in California. Then I realize I sent it to BDurrant instead of to DurrantB. Somewhere in California, some lady is reading her E-mail and saying "Who IS this Weird person?"

E-mail is great but be sure you have the address right.

Chuck Wilmore, ktwo5500@aol.com

See the first edition of our E-Mail Directory on page 7.

E-Mail Directory, July 6, 1998

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Wofle, James	Wofle@aol.com

****** This listing is for personal correspondence. Please do not use it for mass mailings.***

RESULTS OF THE JACK KING 1-MILE OCEAN SWIM
24TH STREET TO 38TH STREET, VIRGINIA BEACH, VA
SANCTION #120-0007

RACE DIRECTORS: FORREST SULLIVAN, 481-1998
BETSY DURRANT, 422-6811



MEN 19-24

1 RIORDAN, COREY VMST	20	29:42
2 LASINE, ROBERT UNAT	24	30:04

MEN 25-29

1 GEISZLER, ANDREW FXCM	29	27:05
2 MOORE, MICHAEL ?	28	27:14
3 McDONOGH, GEORGE EMP	27	27:25
4 GILL, THOMAS UNAT	27	35:05
5 MUCHOW, STEVE MARY	28	35:35
6 FITZHUGH, JOHN VMST	27	36:49
7 GULLEY, MATT VMST	25	36:56
8 GILL, MARK VMST	29	43:10
9 GERIKE, MATTHEW UNAT	29	43:19
10 WORRELL, STEWART UNAT	27	46:17
11 MCCARTNEY, JOHN 1776	25	53:47
12 BOYLAN, KEITH UNAT	28	62:15

MEN 30-34

1 ALLEN, ROBBIE GLD	32	22:59
2 GALLAGHER, ROD VMST	30	27:43
3 JOHNSON, ANDREW UNAT	33	29:17
4 KIROL, KEITH UNAT	31	30:45
5 FITZPATRICK, TIMOTHY DCRP	34	31:03
6 SUSHKOFF, GEORGE VMST	32	31:18
7 FITZHUGH, WILLIAM VMST	30	32:16
8 MUTH, DAVID VMST	34	32:26
9 ROSE, SCOTT, UNAT	33	35:07
10 ELLIS, BRIAN FXCM	30	35:42
11 SEHLHORST, KC VMST	31	38:31
12 WITTE, DAVID VMST	32	39:30
13 CLOE, KEVIN VMST	30	44:32
14 MICHAEL, WYTHE UNAT	31	46:59
15 GALLAGHER, MICHAEL FXCM	30	63:02

MEN 35-39

1 RYAN, PATRICK VMST	39	28:47
2 BROWN, DAVID UNAT	36	29:47
3 MCELHATTAN, DALE ANCM	36	29:57
4 MALSBUY, DAVID VMST	37	31:35
5 BRINKMAN, JB VMST	39	32:18
6 BICKLEY, MATTHEW VMST	36	33:13
7 GANNON, JAMIE UNAT	35	36:31
8 ARMSTRONG, MICHAEL VMST	35	38:58
9 ADAMS, WILLIAM VMST	36	39:23
10 GILBERT, TERENCE VMST	37	42:53
11 HAUGH, JOHN UNAT	37	46:58
12 EVERETT, BERNARD OOMS	39	47:44
13 MCLAUGHLIN, JAY VMST	36	52:11
14 GILLIS, LAUCHLIN UNAT	38	56:07

MEN 40-44

1 MCFARLAND, JIM VMST	40	27:06
2 DENES, THOMAS ANCM	40	30:45
3 WEBB, BOB TRIM	43	34:28
4 NICKUMAS, VICTOR VMST	42	37:04
5 EDWARDS, GRAY VMST	44	38:45
6 HALLIGAN, KEVIN VMST	43	42:22
7 SWIGER II, RALPH UNAT	41	43:29
8 BRENNER, SANDY UNAT	44	50:15

MEN 45-49

1 TAYLERT, GLENN VMST	46	39:27
2 WEBB, SEAN VMST	47	40:38
3 RICHARDSON, ALVIN VMST	47	41:52
4 MILLER, JIM VMST	47	42:37
5 WIMSATT, MICHAEL VMST	47	42:38
6 CARSON, B R VMST	48	44:32
7 D'HAEM, ROBERT UNAT	46	48:45
8 TERRILL, MARK VMST	49	50:16
9 STONE, RICHARD VMST	47	51:27
10 COBERLY, MARK UNAT	45	55:26
11 IZZO, BOB UNAT	45	57:28
12 DILEO, PAT UNAT	46	59:06
13 SORRELL, GENE VMST	45	62:32

MEN 50-54

1 HOLSWADE, HANK VMST	52	37:58
2 DUIGNAN, MIKE VMST	52	40:37
3 LEIMKUEHLER, JAMES FXCM	52	42:58
4 JOSEPH, RALPH UNAT	51	45:51
5 HANRAHAN, JOHN UMCY	52	74:58
6 HALBROOK, STEPHEN UNAT	50	98:45

MEN 55-59

1 WISE, RANDOLPH VMST	56	41:31
2 GOULD, JOE OOMS	58	48:24
3 ZIMMERMAN, CHUCK VMST	59	55:53
4 DILEO, LEN UNAT	55	59:04
5 HOUCK, PETER VMST	59	62:59

MEN 60-64

1 BEAMAN, JOHN UNAT	62	67:44
3 SCHELL, GEORGE VMST	61	70:28
2 MICHAEL, GEORGE UNAT	64	70:49

MEN 65-69

1 SULLIVAN, FORREST VMST	68	56:02
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MEN 70-74

1 BARNES, CALVIN VMST	74	52:41
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WOMEN 19-24

1	RAETZ, JAQUELINE UNAT	24	33:14
2	BRENNER, CORTNEY EMP	24	38:37
3	LUNCEFORD, ANGELA UNAT	23	33:14

WOMEN 25-29

1	WRIGHT, REBECCA VMST	26	31:51
2	CONNOLLY, KAREN VMST	25	34:11
3	GEISZLER, CATHERINE FXCM	29	35:41
4	NORTHUP, HOLLY UNAT	28	37:32
5	RANTHUN, KAREN VMST	28	38:07
6	COCKRELL, SUZANNE VMST	26	39:38
7	DANIELS, ROSY VMST	29	40:33
8	KOLB, TRACY VMST	26	41:32
9	THORNTON, LINETTE VMST	27	52:06
10	MAYHUGH, MEGAN VMST	25	55:08
11	SHAFI, ATOSSA ANCH	27	67:46

WOMEN 30-34

1	WAGGONER, KATHY FXCM	31	33:17
2	BEADLE, ALLISON PNA	33	36:41
3	CALLENDER, LESLIE VMST	30	37:40
4	CARLOW, TAMI FXCM	31	39:35
5	HAMES, CORDELIA UNAT	34	39:48
6	CATANESE, MADELINE UNAT	30	40:45
7	MANCINI-NEWMAN, JINX VMST	32	41:17
8	DYMOND, STACY VMST	34	42:39
9	MCCARTHY, ALICIA NCYM	34	43:50
10	FISH, DEBBIE VMST	33	52:29
11	ZIER, HEATHER UNAT	30	54:43
12	GALLANER, CLAIRE FXCM	32	55:46

WOMEN 35-39

1	PARKER, KELLY VMST	36	28:34
2	VAN HORN PATE, VAL VMST	35	31:30
3	STEVENSON, HEATHER VMST	38	34:34
4	POWIS, PATTY VMST	37	34:50
5	JAMERSON, COLETTE VMST	38	35:33
6	HUNYADY, NANCY VMST	39	35:52
7	BENT, MARTHA 1776	38	36:43
8	LEE, MARY VMST	39	37:34
9	PETERS, SHEILA VMST	39	38:54
10	PETERSON, MARY ANN VMST	38	39:44
11	BROWNING, DALE UNAT	36	40:10
12	DEVANNY, PATTY MARY	39	41:19
13	PENNINGTON, CATHERINE FXCM	39	44:59
14	CRESCIOLI, ANDREA NVAQ	36	45:42
15	WALKER, KELLY UNAT	37	48:48
16	MORRIN, DEBORAH TERR	35	52:10
17	LUNDQUIST, DIANA UNAT	36	54:35

WOMEN 40-44

1	NICKUNAS, KAREN VMST	43	34:56
2	WILKINSON-MEGAN, SUSAN UNAT	44	39:26
3	BENSON, JEAN VMST	41	39:42
4	SEYMOUR, JANE UNAT	42	41:10
5	KELLY, SUSAN VMST	43	50:34
6	COSTELLO, KATHLEEN ANCH	43	65:47

WOMEN 45-49

1	GAULT, TERRY SUE VMST	47	35:11
2	MILLER, NANCY VMST	48	42:32
3	CALEY, ROSEMARY VMST	46	55:50
4	MCCOMAN, LINDA VMST	49	57:40

WOMEN 50-54

1	BERGER, LISA ANCH	50	65:45
2	WEISNER-COMBECHER, CLAUDIA VMST	50	74:40
3	SIEGEL, GLORIA VMST	54	94:10

WOMEN 55-59

1	DURRANT, BETSY VMST	56	51:15
2	WILKINS, RHEA NCMS	57	61:08
3	BUCHHAGEN, DORTNY ANCH	55	98:00

FIRST 10 MEN

PLACE	NAME	AGE	TIME
1	ALLEN, ROBBIE GLD	32	22:59
2	GEISZLER, ANDREW FXCM	29	27:05
3	MCFARLAND, JIM VMST	40	27:06
4	MOORE, MICHAEL ?	28	27:14
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FIRST 10 WOMEN

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8	POWIS, PATTY VMST	37	34:50
9	NICKUNAS, KAREN VMST	43	34:56
10	GAULT, TERRY SUE VMST	47	35:11

VA. LMSC FALL FESTIVAL

USMS MENTOR COACH & SWIMMER CLINIC

Richmond, Virginia

SEPTEMBER 19 & 20, 1998

**Location: Riverside Wellness & Fitness Center, 11621 Robious Road, Richmond, VA
804-378-1600.**

For the second year, the LMSC of Virginia will combine their fall social with a USMS Mentor Coach and Swimmer Clinic. This clinic is open to all registered USMS swimmers as well as those interested in learning more about United States Masters Swimming. Last year's clinic, led by coach Kerry O'Brien, was extremely successful, with 20 coaches and 80 swimmers in attendance.

This year we are equally excited to have Scott Rabalais as our mentor coach. As USMS Coach of the Year in 1995, Scott brings to us the finest in coaching and swimming experience. Scott is enjoying his 18th year as head coach of the Crawfish Masters Swim Team in Baton Rouge, Louisiana, and has conducted numerous masters swimming clinics throughout the United States as well as internationally. He served as editor for SWIM Magazine from 1993-1997 and is currently the Fitness Editor. He also chairs the USMS Coaches Committee. Scott swam collegiately at Louisiana State University and has competed in the Hawaii Ironman and professionally as a triathlete. As a competitive and long distance swimmer, he has earned USMS National Champion and All American status.

In the coach's sessions, Scott will be discussing team dynamics and swimmer motivation along with current stroke technique. In the swim clinics, you will have an opportunity to have your stroke analyzed as well learn proper stroke techniques. There will also be above and under water videotaping, so you may want to bring a video tape. If you do not bring a tape, we will supply you with one for a nominal fee. Those of you signing up for the coaches session will have an opportunity to practice new coaching techniques under Scott's direction.

Another unforgettable weekend of fun, learning, and camaraderie is planned for you and your family. In conjunction with the clinics, we will again have a catered picnic social at the home of Jim and Nancy Miller. There you may enjoy the scenic James River, water skiing, canoeing or even fishing (bring your own fishing equipment!). For those who enjoy dryland activities we will have volleyball and badminton. Music will be supplied by Virginia Masters' own Lang Meem and Todd Russell. So plan to dance the night away!

The cost for each coach and swimmer will be \$30. Coaches will receive a copy of the USMS Coaches Manual, normally \$25 by itself. This three-ring binder contains great information gathered from the top USMS programs and coaches through out the country. If you have previously participated in an USMS Clinic as a coach and have a USMS Coaches manual, your fee will be \$10.

Sign-up soon for space is limited, and registrations will be accepted on a first come first serve basis.

Schedule of Events

Saturday	10:00 a.m. - 12:00 p.m.	Coaches Clinic
	12:00 p.m. - 3:00 p.m.	Swimmers Clinic with videotaping
	3:00 p.m. - 5:00 p.m.	Va. LMSC Annual meeting
	5:30 p.m. - Until....?	Fall Festival Picnic
Sunday	8:00 a.m. - 10:00 p.m.	Coaches Clinic
	10:00 a.m. - 1:00 p.m.	Swimmers Clinic with videotaping

Hotel Accommodations

Sheraton Park South	9901 Midlothian Tnpk	804-323-1144
Days Inn-Chesterfield Town Ctr	1301 Huguenot Rd.	804-794-4999
Holiday Inn Select-Koger Center	1021 Koger Center Blvd.	804-379-3800

LMSC for VA Fall Festival Registration Form

Name: _____
Home phone# _____ Work phone# _____ USMS Reg.# _____
Address: _____

Please include a copy of your registration card, if you are a registered USMS swimmer.

Coach/Swimmer Clinic **\$30.00**

Special Fee for returning Coaches **\$10.00**

Picnic \$15 x ____ (# attending) _____

Make check payable to the LMSC of VA **Total Due:** _____

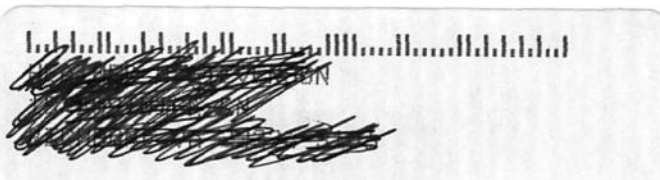
Mail payment and registration form to: **Terry Sue Gault**
For confirmation include a SASE **3202 St. Stephens Way**
Midlothian, VA 23113
804-379-9099

"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 risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT HERETO, 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 SWIM 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 the rules of the USMS."

Signature _____ Date _____

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

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Richmond, VA



Places To Swim Across Virginia and WVA

** indicates coached workouts*

Blacksburg: Lucille Griffin (540) 552-5943; *Laurel Davis (540) 953-2515.

Charlottesville: *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.

Waynesboro: YMCA, 648 Wayne Ave, Bret Figgatt, 540-943-5012

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

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