

LMSC FOR VIRGINIA

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

Membership is Growing!

by Betsy Durrant

(using information from Craig Campesi, Registrar)

As of the end of June, membership in our LMSC passed the 600 mark for the first time. While this is good news, we know that there are more than 600 people in the area covered by our LMSC who could benefit from membership in United States Masters Swimming *if* they knew about our organization.

USMS is divided into 53 LMSCs. Memberships throughout the country (as of June 15) are shown below:

# of members	# of LMSCs
less than 100	9
101-300	11
301-500	11
500-800	14
800-1300	5
over 1300	3

Membership in our neighboring LMSCs (as of June 15) are NC 543, Potomac Valley 1329, Maryland 380.

What can we do to continue our growth? Make people aware that we exist! How? Here are a few suggestions:

1. Send an article to your local paper.
2. Leave your old *SWIM* magazines or old newsletters at your pool for others to look at.
3. Encourage your coach or aquatic director at your pool to join in order to receive the newsletters. Or, ask Craig to include your coach on our mailing list to receive a complimentary newsletter.

Why do we want to grow? More members will mean more opportunities: more coached workouts and more events (meets, open water, clinics).

Other membership facts. We have seven teams registered in our LMSC. Virginia Masters Swim Team (VMST), Valley Blues of Staunton (VBSC), Concord C-Lions of Athens, WV (CCLM), Academical Village Masters of Charlottesville (AVMS), Blacksburg Masters (BMS), Mountaineer Masters of Morgantown, WV (MMAC), and Old Dominion Masters of Norfolk (ODMS). Our membership consists of 319 males and 285 females. Our oldest males: one in the 75-79 age group and one in the 80-84 age group. Our oldest females: one in the 80-84 age group and one in the 85-89 age group. The largest age groups are 40-44 for men (57 swimmers) and 35-39 for women (58 swimmers).

Enough for now - that's probably more facts and figures than you ever wanted to know. If you have questions or suggestions, contact me (your Editor) or Craig Campesi, our Registrar (14134 Walton Drive, Manassas, VA 20112-3701).

LMSC Meeting and Elections

A general meeting of the LMSC is scheduled for 3:00 pm, Saturday, September 19, 1998. This meeting will be held following the swimmers's clinic part of our Fall Festival. The meeting is open to all swimmers. Each team should have at least one representative present.

Elections for Chairman, Secretary, and Treasurer will be held. Nominations should be made to Mark Braiman, Nancy Miller, or Betsy Durrant. This is a chance to get involved or to encourage a teammate to get involved.

Meet Schedule

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

September 13: VMST meet in Woodbridge.
Entry is in this newsletter.

September 12-13: Hendersonville, NC
Contact: Sandra Kremer 704-891-5053

Web Sites

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

USMS
usma.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

LMSC for Virginia Officers

Chairman: Forrest Sullivan
Secretary: Joyce Mullins
Acting Treasurer: Forrest Sullivan

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.

LMSC for Virginia Committee Chairmen

Registrar: Craig Campesi
Sanctions: Judy Martin
Top Ten/Records: James Wolfle

Workouts

NEM Workout

This workout came from the *NEM NEWS* (New England Masters newsletter). It was contributed by Bob Seltzer who prefaced the workout saying that for the times he swims alone, he likes this workout because it is easy to remember and easy to finish.

200 swim
200 kick
200 pull (either freestyle or stroke)

Repeat 4 times. IM order. 50s on 1:00, 25s on :30. No rest between stroke sets.

3 x 50 drill, 2 x 25 swim
2 x 50 drill, 4 x 25 swim
1 x 50 drill, 6 x 25 swim

200 warmdown (3200 yards total)

The point of the workout is not to make an interval but to concentrate on swimming the strokes with better technique.

Main Set from Betsy

This is a main set that I like to do when I am trying to remember how to swim fast. It is a total of 1000 yards. Add your own warm up and cool down. Add more repetitions if you need more yardage in your main set. I do the 50s on 1:00 and the 100's on 2:00. It is easy to tell if you descend with those intervals. You will have enough rest to swim any stroke and to push for some quality swims.

8 x 50. Descend #1-#3 and #5-#7. #4 and #8 are for recovery.

6 x 100. Descent #1-#2 and #4-#5. #3 and #6 are for recovery.

Focus on Fitness

from the USMS Fitness Committee

Introduction

The USMS Fitness committee is comprised of Masters swimmers who not only enjoy competition but who embrace our sport for the advantages of life long fitness through swim training.

Work outs

Interval training vs lap swimming.

One of the benefits of swim training is efficient use of time. Within an hour one can work most major muscle groups, have an aerobic work out, and resistance train (similar to weight training), in a comfortable environment.

Many swimmers are yardage freaks. 3000 yards is a better work out than 2000 yards is the logic. Most experts agree it is not the number of yards but the quality. Lap swimming continuously for 2500 or 3000 yards is better than nothing but a work out properly balanced with intervals of exertion and rest will not only make you a better swimmer it will increase physical fitness.

The following work out is a basic interval training work out. Give it a try.

Warm-up

- swim for 5 minutes at an easy pace (about 300 yards)
- swim 100 yards of backstroke
- swim 100 yards of breaststroke

Main Sets (adjust interval time as necessary)

- 9 x 100 yards freestyle on a 1:45 interval
- swim 300 yards at a moderate pace
- 6 x 50 kicking (kickboard optional) on 1:30
- swim a 400 yard pyramid freestyle or stroke (25, 50, 75, 100, 75, 50, 25) at nearly sprint pace. Rest 10 seconds per 25 yards swum (rest 10 sec after 25, 20 seconds after 50, etc).

Cool Down

- swim an easy 200 yards

Total yardage = 2600 yards

Club/Team News

Team Contacts

AVMS

Mark Braiman, 1618 Shady Grove Court,
Charlottesville, VA 22902-7218
804-296-2387 (H), 804-293-7361 (W)

BMS

Leo Piilonen, 2005 Carroll Drive, Blacksburg, VA
24060, 540-951-3221 (H), 540-231-4449 (W)

CCLM

Tim Mainland, PO Box 955, Athens, WV 24712
304-384-7478

MMAC

Denton Quick, PO Box 0877, Morgantown, WV
26505, 304-284-8759

ODMS

ODU Swimming, Hope Building RM 101,
Norfolk, VA 23529, 757-489-2449

VBSC

Diane Kent, 419 G Street, Staunton, VA 24401
540-885-6069 (H), 540-887-7221 (W)

VMST

Nancy Miller, 60 Bellona Arsenal, Midlothian, VA
23113, 804-285-2758

Message from the VMST President *by Nancy Miller*

I can't believe that summer is almost over! We had an absolutely perfect day at Chris Greene Lake last month for the annual two-mile cable swim; I can't recall a better bit of weather. It was clear, breezy, and without humidity, making it as comfortable - or more so! - for those of us on the beach as it was for the competitors. The turnout was excellent, the organization superb, and there

was an even larger number of volunteers on hand to help than usual. Thanks to all those who pitched in to make it a great event.

It looks as though VMST will be sending about twenty swimmers to LC Nationals in Ft. Lauderdale later this month. If you are intending to go and have not already done so, please send Jim or me your 50 meter times and relay availability information as soon as possible. We're looking forward to another fun meet at ISHOF, and, based on the two-pool format, there should be ample free time to relax and enjoy the beach.

Don't forget about the Chinn meet to be held on September 13th in Manassas. Even though it's early in the season, it's a great pool and a well-run event, so let's support it! And lastly, it's time to get your reservations in to Terry Sue Gault for the Fall Festival which will be in Richmond again this year on September 19th and 20th.

E-Mail Directory ***August, 1998***

Your editor, with the help of Beth Baker, has compiled a list of e-mail addresses for Virginia swimmers. It was published in the July issue of the VMST newsletter. If you would like to be added to the list, let me know at DurrantB@aol.com. If you would like a copy of the list, send me a SASE or contact me by e-mail. I will publish additions and corrections each month.

Corrections to the July list:

Fitzhugh, Will	fitzhughw@aol.com
Johnson, Andrew	andrew.j.johnson@us.pwcglobal.com
Malsbury, David	dbMalsbury@aol.com
Mullins, Joyce	mullpost@ix.netcom.com

Additions to the July list:

Bartlett, Jennifer	jbartlet@cville.net
Cayce, Diane	DPCayce@aol.com
Cockrell, Suzanne	scockrel@city.virginia-beach.va.us
McLaughlin, Jay	jaymac@richmond.infi.net

Why Race?

by Bob Shaw, Cy-Fair Cyclones

Published in the GulfMasters Newsletter, May, 1998)

USMS has a little publicized objective of "fitness swimming." Loosely defined, fitness swimming is conditioning without competition. Health club workouts, aerobics, morning jogs, roller-blading and similar activities may provide fitness with little or no emphasis on head-to-head competition. All of these are good if the person training is motivated and structured toward improvement.

But I see people spending a lot of time and effort at these activities and not keeping a record of repetitions and/or weight, time to complete, or distance covered. They are not maintaining a system of goals, improvement or accomplishments. How do they know if their physical prowess has improved? Doing the same workout time and again may not even maintain the level of conditioning. Extra demands need to be added once a certain level of proficiency is attained.

In a structured Masters's swimming workout, you generally have certain sets or repetitions that are regularly assigned - i.e., 5 x 100s on a certain interval. If you remember or record your average time in this set, you then have milestone to base future efforts against. Just swimming laps does not improve conditioning except for the poorly trained athlete for whom fatigue sets in just by swimming. If you are reading this newsletter, you are probably a swimmer who has enough swimming skill to be able to swim a number of easy lengths and not have the heart rate increase much above the resting level. Extra stress needs to be placed on the human system to gain conditioning.

By maintaining a record of common sets, the conscientious swimmer has a goal or a least a checkpoint to compare future efforts against. If you averaged 1:15 two weeks ago and you averaged 1:12 today, you can assume either or both of two things: you are better conditioned, or, you have improved your technique, assuming all other factors being the same. Whatever the reason for the improvement - it has taken place.

The experienced athlete knows this. Now, I hope to lead you to why competition should be included into this analysis of your conditioning level. To those of you who have not competed, or do not desire to compete, don't stop reading here.

If you have the good fortune, as I do, to train with a team whose members are geared mostly to competition, you will find the emphasis on improvement (technique and conditioning) to be at a substantially higher level than those groups supposedly aimed toward the "fitness swimmer." We have a core group of about 25 swimmers who regularly attend at least a couple workouts a week. The "team" concept gives us a unity and familiarity with the skill levels of fellow team members.

When a meet is approaching, I often hear in the locker room the question, "What are you swimming?" indicating an interest in which events a teammate is preparing. Our coach encourages and prods, but does not require, our membership to compete in most available meets. When the meet does arrive, it is a positive factor to see several fellow teammates warming up. When someone beats the seeding time, as is often the case with our team, that swimmer hears many times "way to go" and "good job." The emphasis is again on improvement, not necessarily winning.

We do have some fast swimmers who are often racing to win, but most of our team is not at that elite level. Regardless of the finishing place, the swimmer is praised and encouraged upon returning to the team area after a race.

If you have selected swimming as the area in which you plan to maintain your lifetime health, you must include improvement as one of the primary objectives. Keep track of your workout efforts - that is important. But, if you include results during competition as a basis for your level of conditioning, you will have a far better indicator of the level of your physical state. The idea of competing in Master's Swimming is not primarily to see who is the fastest. It should be thought, rather, as a group effort to prod you to higher goals and accomplishments. Whatever the reason for the improvement, it has taken place.

VMST 2-MILE CABLE SWIM - JULY 11, 1998
 CHARLOTTESVILLE, VA
 RACE DIRECTOR: JOYCE MULLINS, 804-323-9020



MEN 19-24

1 PETERS,JEFFREY TRIM	24	0:49:33.57
-----------------------	----	------------

MEN 25-29

1 DEWING,CRAIG MARY	27	0:44:04.86
2 BRENNAN,ROBERT UNAT	28	0:59:18.99
3 MAINS,COURTNEY TRIM	29	1:01:32.11
4 MCCARTNEY,JOHN 1776	25	1:11:18.61

MEN 30-34

1 GEISE,ROBERT GCAM	34	0:41:36.94
2 HOLLAND,DAVE VMST	30	0:45:24.16
3 COBAU,JOHN DCRP	31	0:46:42.22
4 GALLAGHER,ROD VMST	30	0:47:23.65
5 MORSE,ROBERT UNAT	30	0:49:35.19
6 FIELDS,DORON DCM	31	0:52:08.91
7 LAMBERT,JAMES UNAT	32	0:52:47.05
8 LAMSON,JOHN DCRP	30	0:57:00.83
9 ROSE,SCOTT UNAT	33	0:57:35.48
10 ROMAN,JOSE UNAT	33	1:02:48.43
11 WHITLOCK,CHRIS UNAT	32	1:05:12.09
12 GENTRY,DAVID UNAT	32	1:06:32.30
13 NEIKIRK,CHRISTOPHER VMST	32	1:11:07.56

MEN 35-39

1 STAVROS,JACK PNA	38	0:43:23.03
2 FETTERS,MATTHEW DCRP	37	0:47:07.78
3 CLEARY,TOM NIAG	39	0:48:10.78
4 ALLEVA,BRIAN UNAT	35	0:49:55.82
5 RAINER,MICHAEL VMST	38	0:52:50.83
6 GROSSMAN,STEVE DCRP	35	0:53:11.40
7 HILD,GARY VMST	39	0:54:21.26
8 ADAMS,WILLIAM VMST	36	0:54:39.40
9 ARMSTRONG,MICHAEL VMST	35	0:58:29.05
10 MCLAUGHLIN,JAY VMST	36	1:09:54.34

MEN 40-44

1 KEGLEY,JAMES DCRP	40	0:42:00.13
2 ERB,JOHN DCM	41	0:46:33.43
3 MCFARLAND,JIM VMST	40	0:46:36.87
4 KIRCHNER,KEVIN DCRP	42	0:49:20.37
5 WEBB,BOB TRIM	43	0:50:33.87
6 EDWARDS,GRAY VMST	44	0:53:56.38
7 BRAIMAN,MARK AVMS	41	0:59:29.32
8 HALLIGAN,KEVIN VMST	43	1:00:05.05
9 SWIGER II,RALPH UNAT	41	1:00:45.86
10 THOMAS,BRUCE FXCM	44	1:01:13.65
11 RUDIN,ANDREW UNAT	40	1:05:19.59
12 TROWBRIDGE,VANCE UNAT	42	1:07:37.08

MEN 45-49

1 FETTERS,PAUL DCRP	45	0:44:06.68
2 SHRUM,JOHN VMST	49	0:52:34.78
3 SCHLEIDER,BENJAMIN RMST	45	0:55:47.45
4 KURZ,JAMES UNAT	48	0:57:21.72
5 AKERS,STEVEN UNAT	47	0:59:32.62

6 CRADDOCK,HOWARD UNAT	45	1:00:08.85
7 GARRISON,KEN JCCN	46	1:03:08.64
8 KASIMER,JOSEPH JCCN	47	1:06:09.42
9 LEAVELL JR,BYRD VMST	47	1:13:01.83
10 CALLAHAN,ALVIN VMST	46	1:17:37.72

MEN 50-54

1 OLMOS-LA,NICK ANCM	52	0:52:34.60
2 POST,JOHN VMST	50	0:54:53.26
3 MILLER,ERIC VMST	51	0:56:41.74
4 LEINKHLER,JIM FXCM	52	0:57:43.22
5 CORNELL,TOM RMST	50	1:00:35.24
6 SLAUGH,JAMES VMST	53	1:01:42.82
7 JOSEPH,RALPH UNAT	51	1:07:17.53
8 GARRETT,RAND UNAT	51	1:09:59.44
9 PENDLETON,JOHN VMST	51	1:12:58.02

MEN 55-59

1 TESCH,ROBERT WILD	57	0:51:17.82
2 WILLIAMS,ROBERT MARY	56	0:53:08.26
3 STOTT,MIKE VMST	55	0:57:43.61
4 CUMMINGS,WILLIAM DCM	59	1:04:02.14
5 SEBBEN,JAMES NVAQ	57	1:13:27.10
6 HOUCK,PETER VMST	59	1:13:36.49
7 PATTIE,KENTON VMAQ	58	1:22:38.68

MEN 60-64

1 SIEBOLD,MEL CONN	63	0:56:40.94
2 WILMORE,CHUCK VMST	63	1:05:17.68
3 GRAY,JAMES DCM	62	1:13:53.35

MEN 65-69

1 AMES,CHRISTOPHER 1776	66	1:02:02.84
-------------------------	----	------------

MEN 70-74

1 ALLEVA,JOHN UNAT	70	1:01:00.60
2 BARNES,CALVIN VMST	74	1:06:15.63
3 NOBLE,DAVID UNAT	70	1:09:14.69
4 RAINER,NORMAN VMST	70	1:15:06.38

MEN 80-84

1 WOODFORD,DEXTER O*H*	84	1:23:59.31
------------------------	----	------------

WOMEN 19-24

1 RICE,ROSE DCM	24	0:48:22.71
-----------------	----	------------

WOMEN 25-29

1 POPLAWSKI,KATRINA UNAT	26	0:42:30.89
2 DAWSON,KARA AVMS	28	0:50:40.01
3 NORTHUP,HOLLY UNAT	28	0:50:56.23
4 RYAN,KATRINA CHIN	25	0:54:28.76
5 GARDNER,MEREDITH DCRP	28	0:58:39.99
6 SPRINGER,EDEN UNAT	29	1:07:17.10

WOMEN 30-34

1 DEAN,MOLLY VMST	32	0:47:42.11
2 FEHRENKAMP,KIRSTEN DCRP	30	0:47:51.03
3 GRANT,ELLEN DCRP	30	0:50:57.81
4 LAWRENCE,KIMBERLY UNAT	34	0:51:13.51
5 MEIRIGS,LISA VMST	31	0:56:48.60
6 DYMOND,STACY VMST	34	1:02:06.70
7 MCCARTHY,ALICIA NCYM	33	1:03:11.76
8 UNGER,LARA CHIN	33	1:03:19.31
9 EDGAR,KIMBERLY UNAT	33	1:06:57.76
10 LAMBERT,SHERRY UNAT	33	1:17:30.35

WOMEN 35-39

1 POWIS,PATTY VMST	37	0:47:56.36
2 LEE,MARY VMST	38	0:52:53.57
3 PETERS,SHEILA VMST	39	0:53:07.84
4 HUNYADY,NANCY VMST	39	0:54:51.47
5 GUENTHER,KIM UNAT	36	0:55:20.88
6 KENNEDY,LINDA UNAT	37	1:00:36.03
7 CHASE,TONI UNAT	35	1:03:46.24
8 MORRIN,DEBORAH TERR	35	1:04:56.09
9 ROBST,RUTHANN MARY	38	1:06:53.32
10 KUHN,JACQUELINE NCYM	37	1:24:25.60

WOMEN 40-44

1 WILKINSON-MEGAN,SUSAN UNAT	44	0:55:07.43
2 TROWBRIDGE,JANE VMST	43	1:04:43.16
3 BALES,JANICE UNAT	41	1:07:30.62
4 KELLY,SUSAN VMST	43	1:07:31.22
5 CASSIN,CYNTHIA VMST	44	1:09:04.16
6 ELK,NANCY JCCM	42	1:11:41.96
7 SCHEID,JANET VMST	43	1:12:58.41
8 BLEISTEIN,SUSAN VMST	40	1:18:42.10

WOMEN 45-49

1 LOFTUS,SHIRLEY VMST	46	0:47:53.07
2 GAULT,TERRY VMST	47	0:50:03.44
3 SCOTT,JO UNAT	46	1:01:47.93

WOMEN 50-54

1 HAZLEWOOD,LYNN RMST	52	0:58:45.58
2 SINATRA,SUSY CONN	51	0:59:03.07

WOMEN 75-79

1 RUSS,BETTY O*H*	71	1:15:30.07
-------------------	----	------------

10 FASTEST MEN:

1 GEISE,ROBERT GCAM	34	0:41:36.94
2 KEGLEY,JAMES DCRP	40	0:42:00.13
3 STAVROS,JACK PNA	38	0:43:23.03
4 DEWING,CRAIG MARY	27	0:44:04.86
5 FETTERS,PAUL DCRP	45	0:44:06.68
6 HOLLAND,DAVE VMST	30	0:45:24.16
7 ERB,JOHN DCM	41	0:46:33.43
8 MCFARLAND,JIM VMST	40	0:46:36.87
9 COBAU,JOHN DCRP	31	0:46:42.22
10 FETTERS,MATTHEW DCRP	37	0:47:07.78

10 FASTEST WOMEN:

1 POPLAWSKI,KATRINA UNAT	26	0:42:30.89
2 DEAN,MOLLY VMST	32	0:47:42.11
3 FEHRENKAMP,KIRSTEN DCRP	30	0:47:51.03
4 LOFTUS,SHIRLEY VMST	46	0:47:53.07
5 POWIS,PATTY VMST	37	0:47:56.36
6 RICE,ROSE DCM	24	0:48:22.71
7 GAULT,TERRY VMST	47	0:50:03.44
8 DAWSON,KARA AVMS	28	0:50:40.01
9 NORTHUP,HOLLY UNAT	28	0:50:56.23
10 GRANT,ELLEN DCRP	30	0:50:57.81

VIRGINIA MASTERS CHINN AQUATICS INVITATION

Chinn Aquatics and Fitness Center

Woodbridge, Virginia 20112

Sunday, September 13, 1998

LOCATION: Chinn Aquatics and Fitness Center, Woodbridge, VA

FACILITY: 8 lane, 25-yard pool, non-turbulent lane markers. All lanes will be used for competition. The pool has a section outside the competition area that can be used for warm-up and cool down at all times during the meet. Spectator seating is available.

DIRECTIONS: From I-95 take the Prince William Parkway - West. Follow approximately 5 miles. The sign for the Chinn Aquatics and Fitness Center will be on the right at Prince William Drive. Turn right onto Prince William Drive. The center will be the second large building on the right. There is plenty of parking at the center.

SANCTIONED BY: USMC, Inc. and LMSC for Virginia - Sanction #129-0001

MEET DIRECTOR: Kathy Karlen; (703) 590-4036; No calls after 9:30 p.m.

ELIGIBILITY: The standard Masters age group will be used (19-24, 24-29, etc.). All swimmers must be registered with USMS. Include a copy of your registration card with your entry.

ENTRIES: All entries will be \$3.00 per event plus a \$4.00 surcharge to help defray the cost of meet preparation, heat sheet printing, and facilities operation. Entries are limited to 5 events.

ENTRY DEADLINE: Entries must be received no later than Saturday, September 5, 1998. Deck entries will be permitted. Deck entered events will be \$5.00.

RULES: Current USMS rules for Masters swimming will apply. No one will swim alone. No one may enter more than five events. Events will be combined where necessary. There will be two lanes used during warm-up for practice of starts during the last 15 minutes of the warm-up. No diving will be permitted in any other lane.

AWARDS: Ribbons for first, second and third places in each individual event.

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.

ORDER OF EVENTS

Sunday, September 13, 1998

Name: _____ Phone: _____

Warm-ups: 7:00 a.m.
Meet Starts: 8:00 a.m.

Event #		Event	Event	Entry Time
MEN	WOMEN			
1	2	500 FR		
3	4	200 BK		
5	6	100 FR		
7	8	200 BR		
9	10	50 FR		
11	12	200 IM		
13	14	50 BK		
15	16	100 BR		
17	18	100 FL		
19	20	100 BK		
21	22	200 FR		
23	24	50 FL		
25	26	100 IM		
27	28	50 BR		
29	30	200 FL		

Fees

	# of Events:	X	Fee	=	Total
Pre-entry		X	\$3.00	=	\$
Deck entry		X	\$5.00	=	\$
Surcharge			\$4.00	=	\$
					4.00
Total (No more than 5 events)				=	\$

Make checks payable to: VMST
Send to:
C/o Craig S. Campesi
14134 Walton Dr
Manassas, VA 20112-3701

CHECK LIST

1. Confirm check is payable to VMST: _____
2. Attached is a copy of your registration card: _____
3. Signed waiver: _____
4. Copy of entries: _____ (no more than 5)

Please attach this form to entries.

Attach a copy of your registration card to this page and include this with your registration. If your card is not attached, you will not be entered into the meet. A reasonable attempt will be made to contact you about the omission.

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: _____

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 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 NATIONAL 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** _____

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

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

11/11/98 PM #12

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