
VMST NEWSLETTER

Virginia Masters Swim Team

"VMST - from the Mountains to the Sea"

September 15, 1998

National Champs!!

VMST WOMEN RULE FT. LAUDERDALE

by Beth Baker

If you weren't there, you missed a good one. There was a huge thrill in walking to the pool each morning just before sunrise, passing by the results board, glancing up to see that yes, your team was courting first place in the medium-sized team division of the Long Course Masters nationals. There was even more excitement when, 4 days later, your team was still atop the rankings. And with the help of a small but feisty men's team, your team clinched second overall. Can you believe it! IT WAS SO COOL! I LOVE this team!

But that was only one aspect of the meet that was so great. There were plenty of others. For example, the weather was really pretty terrific; certainly as good as South Florida in August can be. The tee-shirt design was quite nice. In fact, our team caps carried the meet logo on them and more than once I had people come up to me and ask where they would be able to secure such a cap. They wanted mine, even with the VMST on it! (And now, they're collector's items. Sorry, if you didn't go, you can't have one!)

The awards were handsome. The meet announcer was simply awesome and did a phenomenal job of keeping the meet moving. We were done by 2 or 3 pm every day. And you beach lovers would have lost it if you knew how close the pool and our hotel were to the beach. Speaking of the hotel... Nancy Miller really scored big points by booking the Doubletree right across the street from the pool. What convenience! You had to see it to believe it. For pools, the Swimming Hall of Fame had two very fast courses in which to race, both with crystal clear COOL water, plus a large warm-down pool. They had 20 minute warm-ups after each long event, too. So you didn't have to get up at the crack of dawn to warm up for an event 4

hours away. And we had the best seats in the house in the stands. Right on the corner so we could see all our teammates compete. All that, plus a pair of free paddles from a vendor, made this one key site for hosting (and, for VMST winning) a national championship.

Speaking of national champions, we had 10 on our team: Paula Jones, Patty Powis (now SHE could teach a clinic on how to swim a 1500), Lisa Bennett, Shannon Summerlin, Betsy Durrant, Rebecca Miller (youngest athlete in the meet!), Terry Sue Gault, Laura Walker, Dan Summerlin (this year's "ringer") and Beth Baker. Coach Miller did a great job of coming up with some very creative, very fun ways of maximizing points on relays. There was a lot of mixing going on. And some very exciting races to boot.

For example, let's look at the men's 200 free relay. After a strong opening lap by Steve Porter, this new kid, Dan Summerlin, came out of nowhere to sprint into the lead. I

couldn't believe my eyes! Dave Holland held his place and

man, you should have seen it, but Lang Meem, swimming against a guy probably half his age, fought a tough battle only to get barely touched out at the end. (I guess that EWF concert was a little too much for the ole legs, huh Lang??) But what an effort these gentlemen pulled off!

Two women's relays were national champs. The 200+ medley pulled a fast one by having Beth Baker swim back and Betsy Durrant on breast. Then Terry Sue swam this phenomenal leg of fly, and sweet Laura Walker in her first relay, and therefore her first relay START ever, held on for the win on the freestyle leg. The "young" girls got the benefit of one of the "older chicks" to win the other relay. The

See LC on page 4.

More about LC
Nationals on page 5.

Meet Schedule

October 10: DCAC Columbus Day Classic. SC Meters. Fairland Aquatics Center, Laurel, Maryland. Entry is on page 6.

November 14-15: VA vs NC Challenge
Roanoke Rapids, NC. See details on page 5.
Entry will be in the October newsletter.

December 5: Tentative Date for Norfolk/Va Beach Meet.
Entry will be in the October newsletter. Meet is usually first Saturday of November, but one meet director has a conflict and the NC Challenge is the middle of November. We will try to get pool for December 5.

Web Sites

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

USMS
usms.com
(Results from SC Nationals, Links to Top 10)

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.

Newsletter Editor

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

Postal Events

Sept 1 - Oct 31: 3000 & 6000 Yard Postal Championship
Contact: Ann Svanson, Po Box 425, Greenfield Center,
NY 12833, 518-893-1967
ASvanson@skiddmore.edu

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 was in the August newsletter.
Contact Terry Gault, 804-379-9099

VMST OFFICERS

President: Nancy Miller
NancyMillr@aol.com

Vice President: Patty Powis
PPowis@aol.com

Secretary: Harry DeLong
hdelong@is.netcom.com

Treasurer: Mile Duignan

Wanna Cat Nap or Rat Race?!

by Alice Phillips

It's 3:00 in the afternoon. You're in a business meeting. You're driving in your car. You're waiting for your kids to come home from school. You're reading the latest issue of *Swim*. Whatever you're doing, odds are you're a little sleepy.

At least according to Dr. James Maas, a psychology professor at Cornell University and a frequent guest on national talk shows. He has recently written a book called *Power Sleep*, in which he makes utterly clear that sleep deprivation is a very significant yet largely overlooked health issue in our society.

If you do get drowsy during boring meetings or while doing repetitive, mindless activities, you probably figure your sleepiness is caused by those situations. In actuality these activities only unmask your need for more sleep. Stuffing envelopes should make you bored, but not drowsy. Most of us live a life now where these two states have become one and the same.

Okay, maybe you need more convincing.

1. How long does it take you to fall asleep at night on average? Five minutes or less and you need to practice your shuteye skills. A well-rested person needs more like 15 to 20 minutes.
2. Do you need an alarm clock to wake up most mornings? If so, you need to extend your visit to the Land of Nod. With proper (and albeit somewhat unrealistic) sleep practices, you can wake up on time every day without the buzzer.
3. Do you prefer (or even need) to sleep extra hours on the weekend? If so, you need to do a little more partying with the Sandman during the weekdays. Sleeping late on the weekend throws off your biological rhythms for the next week. Occasional short naps (any day of the week) are okay, but too much napping throws your body for a loop too.
4. Do you feel irritable? Do you have trouble concentrating sometimes? Had any recent fumbles in the problem solving arena? Of course you could have PMS or be one beer shy of a six pack, but you could also be moody and less proficient because you get only 37 winks each night.

Maas contends that we are so accustomed to our sleep deprivation that we have forgotten what it feels like to perform at our best. After all, it's wimpy to need sleep, you're wasting your life, you'll fall behind in the rat race, or worse still, you might miss the overnight specials at the Wal-Mart and short lines at the Kinko's self-serve. Does anyone remember when it used to be only a 7-11, that was a big deal..., shop early, shop late, how convenient! By today's standards that's a joke. Now, you can buy a Big Gulp any time of night, you can make color copies, you can buy toilet paper in bulk-we are truly a 24 hour society!

And although that is convenient and good for business in many ways, it has a serious downside. Maas includes a number of eye-opening stories of lack of sleep taking a serious toll: air traffic controllers who have to work standing up so they don't fall asleep, major disasters like the Exxon Valdez and Chernobyl related to sleep deprivation, health care professionals being negligent because their unrealistic shifts do not allow for proper rest. On the lighter side, he also includes an anecdote from 1991. President Bush was speaking at a high school in Ohio when according to an observer, at least a third of the kids in the auditorium fell asleep. Maybe he wasn't the most dynamic president we've ever had, but if you can't stay awake for the one time in your life when you meet the commander-in-chief, you've got to wonder.

Maas sums the situation up well when he states, "We must learn to value sleep as much as we value the importance of proper nutrition and exercise. To become peak performers, we must change our habits so we can emerge from the fog of sleepiness to which we have become habituated."

Certainly, we all vary in terms of how much sleep we need to perform at our best and there will be times and circumstances in our lives when we need to operate on less sleep. The point is to identify

See Sleep on page 4.

Sleep continued from page 3.

how much sleep you need to perform well and to set yourself up to get that amount most of the time. Most of us have some catching up to do too, since the effects of sleep deprivation are cumulative. Maas' experience tells him that most people need to sleep 60 to 90 minutes more than they currently are. Among his completely common sense golden rules are to establish a regular sleep schedule, get adequate sleep each night, make up for lost sleep, and get continuous sleep. Tips to achieve higher quality sleep include:

- * get regular exercise
- * eat a proper diet
- * take a warm bath before bed
- * maintain a relaxing bedroom atmosphere
- * establish a bedtime ritual
- * enjoy pleasurable sexual activity
- * limit your time in bed
- * learn to value sleep

(Is it me or do some of these things simply not go together?!)

Maas also includes a lot of great information on sleep disorders, the purpose and value of the biological need to sleep, quirky information on things like yawns (fish, birds and snakes also yawn!) and the world record for not sleeping (264 hours and 12 minutes), and resources for more information. Incidentally, he lists sleep disorder centers in Fairfax, Norfolk, Richmond and Roanoke.

If you didn't do well at your last competition--consider whether you're getting enough sleep. And, if you're like me and you like swimming the 6AM practice, consider whether it's such a good idea to stay up and watch ER (I fall asleep before it's over most of the time anyway!). Lastly, regardless of your circumstances, Power Sleep makes for an easy, informative and entertaining read--why not enjoy it at an early bed time.

See page 8. Kilmarnock added to Places to Swim.

LC continued from page 1.

ladies 100+ medley won with Paula Jones, Patty Powis (the "old one"), Rebecca Miller and Shannon Summerlin, wife of Dan, the ringer.

At night, there were plenty of things to do. Lang Meem was rumored to be doing some dirty dancing demonstrations on the last night in town. And Liz Holland, wife of Dave, did her best keeping the little one happy, including my own 10 month old. Thanks to the many women who served as surrogate mothers for Ryan in my absence. (Especially Nancy, who must have the best shoulder in town.)

All in all, the meet was a huge success for VMST. We sincerely appreciate the efforts of the Millers. From the hotel, to the team caps, to the relays, their organizational skill are the best, bar none. I personally enjoyed the meet immensely and I plan on having a few more recruits for the next time around. Hope you'll be there too. 'Cause if you weren't there, you missed a really good time. GO Purple!

Note from the President
by Nancy Miller

To borrow a phrase from our esteemed Top Ten chair, "WOW, WOW, WOW !!!!!!!!" This, of course, is in reference to the VMST performance at USMS Long Course Nationals in Ft. Lauderdale recently.

Our women, for the first time, WON the medium team division with only twelve swimmers, edging out arch-rival, D.C. Masters. Our seven men placed thirteenth, also in the medium team division, and VMST came in a miraculous second in the medium-sized combined team scoring! Point scores were 564.5, 139, and 749.5, respectively. As you might expect, our relay performances were a critical factor in our ultimate placements.

Stand-out individual performances and placements were too numerous to catalogue here, and full results are available through the USMS website. I'm sure that James will happily have his hands full re-writing the VMST state records! It was a great group to be a part of - both on and off the pool deck - and my heartiest congratulations go out to all of you!

FIRST EVER VIRGINIA-NORTH CAROLINA CHALLENGE SWIM MEET

November 14-15, 1998

Roanoke Rapids, NC

North Carolina swimmers have challenged us, not just VMST, but ALL swimmers registered in Virginia. Are we going to rise to the occasion, accept the challenge, and show them we are the best?!

I have just a rough draft of the entry at this time. The entry will be in the October newsletter. Mark your calendars now! Here is the deal ...

Saturday, Nov 14. Warm-up at 1:00 pm; meet starts at 2:00 pm. That means we can drive there (2-3 hours) Saturday morning. A pentathlon will be offered (50 of each stroke, 100 IM). The meet will be handicapped by age. Anyone over gets time deducted from their actual time to compensate for age. We'll still be actual times for records, Top Ten consideration, but this makes scoring lots of fun.

Sunday, Nov 15. Warm-up at 9:00 am; meet starts at 10:00 am. Relays. Meet should be over early, so an easy return home is possible.

Entry fee is a flat \$15 for any or all events entered. I'm sure, of course, that there will be a social Saturday evening.

Let's try to make a team effort on this meet. It should be fun and a chance to get some good times on 50's and the IM.

Look for the entry in next month's newsletter.

More continued from column 2 -

DCM, but we also beat New England. NEM was in the large team division, but our women outscored them. NEM is the team that edged VMST for third at SC Nationals in Indianapolis.

More on LC Nationals

by Betsy Durrant

I agree completely with Beth Baker that this was one of the most enjoyable nationals that I have participated in. The venue was superb; the weather was much better than expected; we had a wonderful group from VMST. One surprise benefit was that Fort Lauderdale was not crowded at all. We could walk into a restaurant with 10-14 people and be seated right away. (Restaurants are, of course, very important.)

Two mornings I went to warm-up at 6 am. I had a lane to myself for the first 500-600 meters. When I went to the sprint lane, I had two coaches available to help me on my start!

A complete list of VMST participants: Dave Holland, Gennard Lanzara, Lang Meem, Eric Miller, Jim Miller, Stephen Porter, Daniel Summerlin, Beth Baker, Lisa Bennett, Kitten Braaten, Betsy Durrant, Terry Gault, Paula Jones, Nancy Miller, Rebecca Miller, Patty Powis, Roberta Sugden, Shannon Summerlin, and Laura Walker.

Did you recognize the name Rebecca Miller? Becky, Jim's daughter, turned 19 in July and swam in her first Masters meet. What a way to start - part of a winning relay!

Beth's reference to Lang Meem was to the fact that he (and family) flew to Fort Lauderdale Saturday morning after attending a concert Friday night.

A word on the relays. We had several teams entered. After the seedings, Jim and Nancy selected which relays had the best chance. Sometimes it was best to go with the oldest: Roberta, Laura, and Betsy. Sometimes it was best to use the youngest: Becky. Sometimes it was best to mix ages. Our winning 200+ relay means an average of 50 years for each swimmer. Actual ages were Beth, 37, Terry Sue, 47, Betsy, 56, and Laura, 60. Laura and I contributed age, Beth and Terry Sue contributed speed.

Last, but not least, the team scores. As Nancy said in her President's Note, the women edged out

See More in column 1 -



DISTRICT OF COLUMBIA AQUATICS CLUB ANNUAL COLUMBUS DAY CLASSIC 1998

Welcome

The District of Columbia Aquatics Club (DCAC) is proud to present our Annual Columbus Day Classic (ACDC) for 1998. The meet will take place October 10, 1998, at the impressive Fairland Aquatics Center in Laurel, Maryland.

Swim Meet Entry Information

The swim meet will be held at the Fairland Aquatics Center, 13820 Old Gunpowder Road, Laurel, Maryland. Phone: 301-206-2359. The pool is an indoor, 8 lane, 50 meter x 25-yard competition pool with non-turbulent lane lines, which will be made into one 8 lane, 25-meter competition venue, separated with a bulkhead from the remainder of the pool. A separate lane, in a 25-yard warm-up pool will be available at all times for warm up/cool down. Adequate parking, spectator seating, and coin-operated lockers will be available. Food and water will be sold on-site. The facility is fully accessible with elevators and ramps for the physically challenged. The facility is NOT accessible by Metrorail. DCAC will arrange car pools from the Dupont Circle area. For directions to the pool, consult the ACDC website.

Time

Warm-up begins at 8:00 AM, and the meet starts at 9:00 AM.

Sanction

Sanctioning by the Potomac Valley Masters Swimming Committee (PVMSC) for US Masters Swimming, Inc. (number 108-010).

Age groups

Individual Events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, etc. Age is determined by your age on the day of the meet (October 10, 1998).

Relays: Age group is determined by the aggregate age of the four swimmers on the relay, on the day of the meet (October 10, 1998). Relay age groups are as follows: 76-99, 100-119, 120-159, etc.

Scoring

Individual Events: 9-7-6-5-4-3-2-1 for 1st through 8th places respectively.

Relays: Points are doubled from individual events.

Team scoring: Teams will be divided into two divisions: Division I - Large team and Division II - Small team.

Awards

Ribbons will be given in both individual and relay events, 1st through 8th places.

Seeding

All events will be pre-seeded from slowest to fastest. Swimmers will compete against swimmers of the same speed, regardless of gender and age group.

False Starts

The No-False Start Rule will be in effect.

Fees

Swim Meet Entry Fee \$25. Make check or money order payable to DCAC in U.S. Currency.

ACDC Website

For pool directions and other information about the meet, refer to the ACDC meet website:
<http://www.swimdcac.org/EVENTS/ACDCmeet/index.htm>

DCAC/ACDC - Entry Form

Sanction number 108-010

Instructions

Fully complete this registration form and include a copy of your US Masters/FINA registration card. All swimmers are limited to four individual events and two relays. All relays will be deck seeded. **All registration forms are due on September 25, 1998.**

Mail this registration form along with your check (made payable to DCAC) to:

DCAC, c/o James Ridout
1725 P Street, NW #203
Washington, DC 20036



DCAC ANNUAL COLUMBUS DAY CLASSIC 1998

Waiver of Liability

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 the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of these 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, HOSTS 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.

Signature _____
Date _____

Personal Information (please print)

Name _____
Address _____
City _____
State (Prov.) _____ Zip _____
Telephone (home) _____
Telephone (work) _____
E-mail _____
Fax (opt.) _____
Gender: _____ male _____ female
Age (as of 10/10/98) _____
USMS (or FINA) number _____
Swim Team _____
Emergency Contact: name _____
Phone _____

Swimming Events

Please circle no more than four events. Include your seed times in meters. Individuals will be seeded in the slowest heats if no seed time is provided.

Event (scm)	Seed time
1. 50M Breaststroke	_____
2. 100M Backstroke	_____
3. 400M IM	_____
4. 100M Free	_____
5. 200M Butterfly	_____
6. 100M IM	_____
7. 200M Free	_____
8. 50M Back	_____
9. 400M Medley relay	_____
10. 200M Breast	_____
11. 50M Butterfly	_____
12. 200M IM	_____
13. 50M Free	_____
14. 200M Backstroke	_____
15. 100M Butterfly	_____
16. 100M Breaststroke	_____
17. 200M Free relay	_____
18. 400M Free	_____

Coordinators:

Overall Swim Meet

James Ridout, 202-232-7650
E-mail: jridout@ix.netcom.com

Pool Operations

Neill Williams, 202-588-0958

Registration

Chris Haren, 301-585-0928

Checklist (due on 9/28/98):

- ☐ Fully complete the swimming entry form
- ☐ Include a copy of your US Masters or FINA registration card
- ☐ Sign and date liability waiver
- ☐ Enclose your check for \$25, payable in U.S. Dollars to:

DCAC, c/o James Ridout
1725 P Street, NW #203
Washington, DC 20036

UNITED STATES MASTERS SWIMMING PUBLICATIONS

1998 Rule Book		\$8.00	_____
Places To Swim		\$6.00	_____
Building A Successful Masters Club		\$6.00	_____
Masters Coaches Manual		\$25.00	_____
Masters Open Water Manual		\$7.00	_____
Organization & Conduct of Cable Swims		\$6.00	_____
USMS Decals	4/	\$1.50	_____
	100/	\$20.00	_____
USMS Posters	1-4/	\$1.50 each	_____
	5-9/	\$1.25 each	_____
	10+	\$1.00 each	_____
1998 USMS Planner	SASE W/	.55 postage*	_____
Promotional Brochures	SASE W/	.32 postage*	_____
Masters Swimming, What's It All About			
*inquire postage costs for quantities			
NEW - USMS 100 sheet Sticky Note Pads		\$3.00 each	_____

National Top Ten Times/National and World Records

3 Issues (SCY, LCM, SCM)	\$15.00	_____
6 Issues (2 years)	\$30.00	_____
Single Issues	\$7.00	_____
Back Issues Available:		_____
1996 SCM _____ 1996/97 SCY _____ 1997 LCM _____		

~ Canadian orders add \$1 per item and \$3 for TT subs.

~ Foreign orders add \$2 per item and \$8 per TT subs.

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Send to:

USMS National Office, P.O. Box 185, Londonderry, NH 03053-0185

Name: _____

Address: _____

C/S/Z: _____

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

Bulk Rate
U.S. Postage
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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.

→ **Kilmarnok:** *Oakwood Fitness Center, 804-435-2101, Kathryn Gregory

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