

LMSC FOR VIRGINIA

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

Notes from the LMSC Meeting

by Forrest Sullivan

At the LMSC Annual Meeting this past September, new officers were elected. They are: Chairman - Linda McCowan, Secretary - Joyce Mullins, and Treasurer - Forrest Sullivan. The Annual Meeting of the LMSC was held in conjunction with the Fall Festival. Terry Sue Gault and her helpers put on another outstanding clinic and social!

The USMS Mentor Coach and Swimmer Clinic, with Coach Scott Rabalais, was enthusiastically received and was most informative, with even greater participation than last year. The party on Saturday evening was at Nancy and Jim Miller's, who once again generously permitted us the use of their home. It was a wonderful evening as usual with great food, music and socializing. Thanks again to Terry Sue, Coach Rabalais, Nancy and Jim and all of those who helped in making this LMSC event a huge success.

As I pass LMSC leadership to Linda, I would like to thank some of those who have helped make our LMSC such a vigorous part of the U.S. Masters Swimming program. Craig Campesi - our Registrar (pushing membership to over 600), Joyce Mullins - LMSC Secretary and Meet Director for the Chris Greene Lake swim, Nancy and Jim Miller - coaches and meet directors, James Wolfe - Top Ten Chairman and LMSC Webmaster, Betsy Durrant - Newsletter Editor and meet director for the Jack King swim and the Fall Classic, Judy Martin - Sanctions Chairman, Mike Duignan - Officials Chairman; and many others working behind the scenes making the LMSC a superior program for Virginia and West Virginia.

In the past few years we have increased the number of swim meets throughout the region,

increased the membership, and brought Masters Swimming to more swimmers.

Sincerest thanks to all.

What About My Newsletter?

by Betsy Durrant

Frequently asked questions in regard to newsletters ...

- * *Why don't I get a newsletter every month?*
- * *Why do some people in my workout get newsletters that I don't get?*
- * *Why do I get two different newsletters?*

Part of the confusion is that I edit two newsletters: the LMSC newsletter and the VMST newsletter.

Everyone who is registered in the LMSC for Virginia, regardless of whether they belong to a team or not, and regardless of what team they belong to gets this LMSC newsletter four times a year (February, May, August, November).

The team or club that you belong to may also publish a newsletter. Virginia Masters Swim Team publishes a newsletter the other eight months of the year. There is no VMST newsletter the months that the LMSC newsletter is sent out. The news for all Virginia swimmers and the VMST news (plus anything I get from other teams) are combined in the LMSC newsletter.

So, if you do not belong to a team, you will get a newsletter four times a year. If you belong to VMST, you will receive a newsletter every month (eight times a year it is titled VMST and four times a year it is titled LMSC). If you belong to another team, you will get the LMSC newsletter four times a year plus anything your team sends out.

Meet Schedule

December 13: Terrapin Masters 1000/1650 Meet
U. of MD, College Park, MD
Contact: David Diehl, 12511 Littleton St, Silver Spring, MD
20906, 301-946-0649 (H - before 9 pm) or 301-314-5372 (W)

February 7-8: Briarwood, Richmond, VA
Entry is in this newsletter.

February 20-21: UMBC, Catonsville, MD
Contact: Barb Protzman, 7919 Falls Circle, Catonsville, MD
21228-2421, 410-788-2964, swimbarb@erols.com

March 20: Ft Eustis, VA
Virginia State SC Championships
Entry will be in the January VMST newsletter and February
LMSC newsletter.

April 17-18: Raleigh, NC
Contact: Steve Weatherman, PO Box 19845, Raleigh, NC
27619, 919-844-3673

April 22-25: YMCA Nationals
Milwaukee, WI

April 30-May 2: Colonies Zone Championship
U. of Md., College Park, MD

May 13-16: USMS Nationals
Santa Clara, CA
Entry will be in *SWIM*.

Web Sites

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

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

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 15 - Dec 15: Postal Pentathlon

Month of January: One Hour Swim - Nat'l Championship
Entry was in *SWIM* Magazine.

LMSC Officers

Chairman: Linda McCowan, 757-518-0311
limccowan@aol.com

Secretary: Joyce Mullins, 804-323-0483
mullpost@is.netcom.com

Treasurer: Forrest Sullivan, 757-481-1998
aforrest@erols.com

Registrar: Craig Campesi, 703-791-5567
craig_campesi@email.msn.com

Records/Top Tent: James Wolfe, 540-574-2919
Wolfe@aol.com

Sanctions: Judy Martin, 757-340-7475

Camps and Clinics

Total Immersion Adult Swim Camps.
Contact: Terry Laughlin (914) 294-9770. For
calendar of camps 800-609-7946.
info@totalimmersion.net

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

F.Y.I. from the 1998 USMS Convention....

by Linda McCowan

The focus of this year's USMS National Convention in Cincinnati, Ohio was "Mastering our Destiny...2000 and Beyond". The Virginia LMSC was well represented by the following members: Betsy Durrant (USMS Secretary), Jeanne Crouse (USMS Legal Counsel), Jim Miller (Chairman, Sports Medicine Committee), Nancy Miller (Chairman, Planning Committee and VMST President), Linda McCowan (LMSC Chairman, Delegate at Large, Marketing Committee), Craig Campesi (LMSC Registrar, Delegate, Computer On-Line Committee), Terry Sue Gault (Delegate), Patty Powis (VMST Vice-President), and Harry DeLong (VMST Secretary). Next year's convention will be held September 15-19 in San Diego, CA. *(If you have any interest in attending, contact Linda McCowan.)*

Expansion of the USMS National Staff: In order to provide improved services to USMS members and the LMSCs, the House of Delegates authorized the USMS Executive Committee to expand the current USMS national staff by January 1, 2000.

Age Determining Dates: The date for determining your age at Short Course Meters and Long Course Meters meets has changed. The age determination for Short Course Yards meets has not changed. The following rule will be used starting in 1999.

For Short Course Meters and Long Course Meters, the eligibility of a participant for a particular age group shall be determined by the age as of December 31 of the year of competition.

1999 Championship Meets:

Colonies SCY Zone	Apr30-May 2	Univ. of Maryland, College Park
USMS SCY Nationals	May 13-16	Santa Clara, CA
USMS LCM Nationals	August 19-23	Minneapolis, MN

2000 Championship Meets:

Colonies/Dixie Zone Challenge	Mid-April	Ft. Lauderdale, FL
USMS SCY Nationals	May 11-14	Phoenix, AZ
USMS LCM Nationals	Aug 17-20	Baltimore, MD
FINA World Masters Swimming	Early August	Munich, Germany

On Line Nationals Entries: Both 1999 Nationals meet directors would like to use the Internet for meet entries. Meet entrants may still mail in entries. Nationals results and splits will be available on the Internet.

On Line Bookstore: An on line bookstore should be available in time for the holiday season using amazon.com as our provider. You will be able to purchase swimming-specific books through the USMS web site. USMS will receive 15% of the purchase price of all books purchased this way.

Fitness Events:

1998 Postal Pentathlon: Events must be swum in a 2-3 hour period from Sept 15, 1998 and Dec 15, 1998. (Entry in the VMST October newsletter or *contact* Wayde Mulhern, 612-635-5167 (Days), 612-783-1282 (Evenings/FAX), Wayde.Mulhern@Unisys.Com)

1999 Check-off Challenge: Entry will be in next issue of SWIM.

New Projects: A Fitness Website and USMS 500 Swim

Toys for Tots: When hosting a meet during October, November and December, you might suggest that participants bring a new toy to donate to this cause. The Marine Corp Reserve collects toys for children during this time frame, and will assist you in this effort. Contact your local Marine Corp Reserve for more information.

1999 Open Water and Cable Championships:

1 Mile OW July 17 Pacific Ocean, Seal Beach, CA

2 Mile Cable July 10	Chris Greene Lake, Charlottesville, VA
1-3 Mile OW August 1	Lake Erie, Cleveland, OH
6+ Mile OW Sept 25	Pacific Ocean, Catalina Island, CA
5K OW Sept 26	Pacific Ocean, Catalina Island, CA

2000 Open Water/Cable Championships:

1 Mile Open Water	June 16 or 17	Eagle Creek, near Indianapolis, IN
2 Mile Cable	July 9	Chris Greene Lake, Charlottesville, VA
1-3 Mile Open Water	TBA	John's Pond, Cape Cod, MA
3-6 Mile Open Water	September 11	Lake Michigan, IL
6+ Mile Open Water	July 15 or 16	Ashland, OR

1999 USMS Calendar of Events and Long Distance Calendar: These calendars include SCY, SCM, LCM, clinics, postal, open water, and long distance pool events. For a copy, contact Lynn Hazlewood, 11714 Decade Ct., Reston, VA 20191-2942, lynhzlwd@usms.org

USMS Endowment Fund: During the 1999 registration year, USMS will match every \$2 contributed to the fund with \$1 up to a total USMS contribution of \$15,000. To contribute, use the check off system on your USMS registration form or send a check to the National Office. This is a tax deductible contribution. The income from the fund will be used to benefit research and education in regard to Masters Swimming.

USMS Libraries:

The book library has over 35 titles which are available for a 30 day loan. Titles and ordering information may be obtained by sending a self addressed stamped envelope to Ed Nessel, USMS Book Library, 10 Irene Court, Edison, NJ 08820

The video library has 23 swimming and fitness related videos which may be borrowed for a two week time period. For more information, send a self addressed stamped envelope to Melanie Dullea, 9162 S Kenwood Crt, Highlands Ranch, CO 80126.

USMS National Sponsors: USMS acquired four new sponsors this year, TYR Sports, Inc., NIKE Swim, and Barracuda Sports Products, and during the convention Viktor Trophy was announced as our newest sponsor. Our other sponsors are Kast-A-Way Swimwear, MBNA MasterCard, Speedo, Finals, Barracuda, Alamo, Pre-Pay Phone Card, Destinations Unlimited, and Mindspring. To show them that we appreciate their support and confidence and to attract additional sponsorships, USMS members are encouraged to patronize these companies. Income from our sponsors has enabled USMS to increase services while maintaining the same registration fee.

USMS Public Service Announcement: The PSA video which local cable companies will air free of charge is now available. Each video can be "tagged" with a message up to 15 words plus a phone number and costs \$75. We are currently trying to decide how and where to use the PSA within our LMSC. If your interested in having this broadcast in your area, please contact Linda McCowan, 5441 Club Head Rd., Virginia Beach, VA 23455 limccowan@aol.com 757-518-0311

USMS Top Ten & Top Ten Patches: USMS publishes three (short course yards, short course meters, long course meters) Top Ten listings each year. Listings from 1993 are on the internet at: <http://www.swimgold.com>

USMS swimmers are eligible to obtain a Top Ten Patch if they are listed in the Top Ten in any event during the year. Members of Top-Ten relay teams are also eligible. These patches and stroke segments can be ordered for the present year and as far back as 1982. Patches can be purchased for \$5.00 each which includes one stroke segment. Additional stroke segments can be purchased for \$1 each. Orders MUST include your name, address, year, course, age group, and event in which you placed in the Top Ten. Make checks payable to "Lake Erie LMSC". Send orders to: Dar Ferguson, 4917 Walden Circle, Orlando, FL 32811 407-248-2624.

USMS Website: <http://www.usms.org>

VMST Chinn Aquatics Invitational
Woodbridge, VA - Sept 13, 1998

Event Results for Session 1

=====				:	=====				:	=====			
Event 1 Male 500 Free				:	Event 5 Male 100 Free				:	Event 7 Male 200 Breast			
PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals	:	PL	Name	Age Team	Finals
-----				:	-----				:	-----			
--- Ages 30 Through 34 ---				:	--- Ages 19 Through 24 ---				:	--- Ages 35 Through 39 ---			
1	CHESTNUT, DOUG	33 ANCM	5:20.02	:	1	PINSON, ROBERT	22 NCYM	54.18	:	1	DICKS, WALLY	35 ANCM	2:11.95
2	GERIKE, MATTHEW	30 UNAT	7:12.08	:					:				
-----				:	--- Ages 25 Through 29 ---				:	--- Ages 40 Through 44 ---			
--- Ages 40 Through 44 ---				:	1	WALDFRIED, CARLO	29 FXCM	50.53	:	1	KNICK, BOB	44 UNAT	3:13.62
1	LIVSEY, MATT	42 ODMS	5:54.38	:					:				
2	ERICSON, GLEN	43 VMST	6:02.33	:	--- Ages 30 Through 34 ---				:	--- Ages 50 Through 54 ---			
-----				:	1	GERIKE, MATTHEW	30 UNAT	1:04.33	:	1	BROWN, GEORGE	51 VMST	2:43.45
--- Ages 50 Through 54 ---				:					:				
1	BROWN, GEORGE	51 VMST	5:58.31	:	--- Ages 35 Through 39 ---				:	=====			
				:	1	PELL, MICHAEL	36 ANCM	49.42	:	Event 8 Female 200 Breast			
--- Ages 55 Through 59 ---				:	2	MARTIN, WILLIAM	38 VMST	1:02.04	:	-----			
1	NOVELL, KENNETH	56 VMST	6:29.38	:	3	MCCREARY, T.	35 VMST	1:02.73	:	PL	Name	Age Team	Finals
=====				:					:	-----			
Event 2 Female 500 Free				:	--- Ages 40 Through 44 ---				:	--- Ages 35 Through 39 ---			
PL	Name	Age Team	Finals	:	1	RICKARD, AL	41 FXCM	56.25	:	1	MORRIN, DEBORAH	35 TERR	3:12.82
-----				:	2	FEINSTEIN, JOHN	43 ANCM	56.51	:				
--- Ages 30 Through 34 ---				:	3	ERICSON, GLEN	43 VMST	56.71	:	=====			
1	KAUFMANN, KAREN	34 VMST	7:13.34	:	4	LIVSEY, MATT	42 ODMS	58.81	:	Event 9 Male 50 Free			
-----				:	5	BURNS, JOHN	40 VMST	1:02.36	:	-----			
--- Ages 65 Through 69 ---				:	6	KNICK, BOB	44 UNAT	1:08.07	:	PL	Name	Age Team	Finals
1	GRIGSBY-MARTIN,	67 VMST	9:20.60	:					:	-----			
=====				:	--- Ages 55 Through 59 ---				:	--- Ages 19 Through 24 ---			
Event 3 Male 200 Back				:	1	NOVELL, KENNETH	56 VMST	1:01.17	:	1	PINSON, ROBERT	22 NCYM	24.35
PL	Name	Age Team	Finals	:					:				
-----				:	=====				:	--- Ages 30 Through 34 ---			
--- Ages 30 Through 34 ---				:	Event 6 Female 100 Free				:	1	GERIKE, MATTHEW	30 UNAT	29.01
1	ELLIS, BRIAN	30 FXCM	2:26.03	:	PL	Name	Age Team	Finals	:				
-----				:	-----				:	--- Ages 35 Through 39 ---			
--- Ages 30 Through 34 ---				:	--- Ages 35 Through 39 ---				:	1	PELL, MICHAEL	36 ANCM	22.22
1	ELLIS, BRIAN	30 FXCM	2:26.03	:	1	MAERKI, TERI	36 VMST	1:06.30	:	2	LAITI, CHRIS	37 ANCM	23.84
=====				:					:				
Event 4 Female 200 Back				:	--- Ages 40 Through 44 ---				:	--- Ages 40 Through 44 ---			
PL	Name	Age Team	Finals	:	1	JEUTTER, BARGER	40 VMST	1:06.91	:	1	RICKARD, AL	41 FXCM	25.71
-----				:	2	KARLEN, KATHLEEN	40 VMST	1:24.46	:	2	FEINSTEIN, JOHN	43 ANCM	26.46
--- Ages 35 Through 39 ---				:	--- Ages 45 Through 49 ---				:	3	ARMSTRONG, MARK	41 VMST	28.28
1	MORRIN, DEBORAH	35 TERR	3:03.54	:	1	KIRWAN, DENISE	46 DCM	1:03.29	:	4	BURNS, JOHN	40 VMST	28.41
-----				:					:				
--- Ages 40 Through 44 ---				:	--- Ages 45 Through 49 ---				:	--- Ages 45 Through 49 ---			
1	BENSON, JEAN	41 VMST	2:53.14	:					:	1	MILLER, JIM	48 VMST	26.98
=====				:	--- Ages 55 Through 59 ---				:				
				:	1	NOVELL, KENNETH	56 VMST	26.67	:	=====			

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Event Results for Session 1

Event 10 Female 50 Free				Event 13 Male 50 Back				Event 16 Female 100 Breast			
PL	Name	Age Team	Finals	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
--- Ages 30 Through 34 ---				--- Ages 19 Through 24 ---				--- Ages 35 Through 39 ---			
1	KAUFMANN, KAREN	34 VMST	33.34	1	PINSON, ROBERT	22 NCYM	30.96	1	MORRIN, DEBORAH	35 TERR	1:31.03
2	ENDERT, MELANIE	34 VMST	36.70					2	BALL, BETSY	38 VMST	1:48.36
--- Ages 35 Through 39 ---				--- Ages 30 Through 34 ---				--- Ages 45 Through 49 ---			
1	MAERKI, TERI	36 VMST	30.27	1	ELLIS, BRIAN	30 FXCM	29.72	1	KIRWAN, DENISE	46 DCM	1:23.48
2	HIRN, DAWN	38 VMST	31.43	--- Ages 35 Through 39 ---							
3	BALL, BETSY	38 VMST	40.58	1	FELL, MICHAEL	36 ANCM	26.35	=====			
--- Ages 40 Through 44 ---				--- Ages 40 Through 44 ---				Event 17 Male 100 Fly			
1	JEUTTER, BARGER	40 VMST	30.23	1	FEINSTEIN, JOHN	43 ANCM	32.23	PL	Name	Age Team	Finals
--- Ages 45 Through 49 ---				2	BURNS, JOHN	40 VMST	35.32	--- Ages 35 Through 39 ---			
1	COFFEY, MARY	49 VMST	48.41	=====				1	MARTIN, WILLIAM	38 VMST	1:10.07
=====				Event 14 Female 50 Back				--- Ages 40 Through 44 ---			
Event 11 Male 200 IM				PL	Name	Age Team	Finals	1	FEINSTEIN, JOHN	43 ANCM	59.90
PL	Name	Age Team	Finals	--- Ages 35 Through 39 ---				2	ERICSON, GLEN	43 VMST	1:02.82
--- Ages 35 Through 39 ---				1	HIRN, DAWN	38 VMST	39.93	--- Ages 45 Through 49 ---			
1	MARTIN, WILLIAM	38 VMST	2:34.63	2	BALL, BETSY	38 VMST	52.05	1	MILLER, JIM	48 VMST	1:20.00
--- Ages 40 Through 44 ---				--- Ages 40 Through 44 ---				=====			
1	LIVSEY, MATT	42 ODMS	2:26.86	1	JEUTTER, BARGER	40 VMST	34.92	Event 18 Female 100 Fly			
2	RICKARD, AL	41 FXCM	2:53.68	--- Ages 45 Through 49 ---				PL	Name	Age Team	Finals
=====				1	KIRWAN, DENISE	46 DCM	37.99	--- Ages 25 Through 29 ---			
Event 12 Female 200 IM				2	COFFEY, MARY	49 VMST	55.74	1	MILLER, TRACI	28 VMST	1:18.81
PL	Name	Age Team	Finals	=====				=====			
--- Ages 25 Through 29 ---				Event 15 Male 100 Breast				Event 19 Male 100 Back			
1	MILLER, TRACI	28 VMST	2:48.14	PL	Name	Age Team	Finals	PL	Name	Age Team	Finals
--- Ages 40 Through 44 ---				--- Ages 35 Through 39 ---				--- Ages 19 Through 24 ---			
1	BENSON, JEAN	41 VMST	3:00.74	1	MCCREARY, T.	35 VMST	1:18.79	1	PINSON, ROBERT	22 NCYM	1:09.23
=====				--- Ages 40 Through 44 ---				--- Ages 30 Through 34 ---			
Event 13 Male 50 Back				1	ARMSTRONG, MARK	41 VMST	1:16.38	1	CHESTNUT, DOUG	33 ANCM	59.92
--- Ages 35 Through 39 ---				2	DUNBAR, DAVID	41 UNAT	1:21.98	--- Ages 35 Through 39 ---			
--- Ages 40 Through 44 ---				3	KNICK, BOB	44 UNAT	1:22.14	1	FELL, MICHAEL	36 ANCM	56.01
=====				=====				=====			

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--- Ages 40 Through 44 ---				--- Ages 40 Through 44 ---				--- Ages 50 Through 54 ---						
1	BURNS, JOHN	40	VMST	1:17.99	1	KARLEN, KATHLEEN	40	VMST	3:07.49	1	DELONG, HARRY	54	VMST	1:20.27
=====				=====				=====						
Event 20 Female 100 Back				Event 23 Male 50 Fly				Event 26 Female 100 IM						
PL Name Age Team Finals				PL Name Age Team Finals				PL Name Age Team Finals						
-----				-----				-----						
--- Ages 35 Through 39 ---				--- Ages 35 Through 39 ---				--- Ages 30 Through 34 ---						
1	MORRIN, DEBORAH	35	TERR	1:29.83	-	MCCREARY, T.	35	VMST	DQ	1	KAUFMANN, KAREN	34	VMST	1:32.54
---				---				---						
--- Ages 40 Through 44 ---				--- Ages 40 Through 44 ---				--- Ages 35 Through 39 ---						
1	JEUTTER, BARGER	40	VMST	1:15.75	1	FEINSTEIN, JOHN	43	ANCM	27.18	1	MAERKI, TERI	36	VMST	1:21.94
2	BENSON, JEAN	41	VMST	1:21.36	2	ERICSON, GLEN	43	VMST	27.53	---				
.				3	LIVSEY, MATT	42	ODMS	28.92	--- Ages 40 Through 44 ---					
=====				=====				1 KARLEN, KATHLEEN 40 VMST 1:44.79						
Event 21 Male 200 Free				--- Ages 55 Through 59 ---				---						
PL Name Age Team Finals				1 NOVELL, KENNETH 56 VMST 29.54				--- Ages 45 Through 49 ---						
-----				-----				1 KIRWAN, DENISE 46 DCM 1:12.75						
---				---				---						
Ages 25 Through 29 ---				Event 24 Female 50 Fly				=====						
1	WALDFRIED, CARLO	29	FXCM	1:55.86	PL Name Age Team Finals				Event 27 Male 50 Breast					
---				---				---						
--- Ages 30 Through 34 ---				--- Ages 40 Through 44 ---				PL Name Age Team Finals						
1	ELLIS, BRIAN	30	FXCM	2:03.20	1	JEUTTER, BARGER	40	VMST	34.40	-----				
2	GERIKE, MATTHEW	30	UNAT	2:31.58	---				--- Ages 35 Through 39 ---					
---				---				1 DICKS, WALLY 35 ANCM 26.35						
--- Ages 35 Through 39 ---				---				---						
1	RAINER, MIKE	38	VMST	2:19.14	Event 25 Male 100 IM				--- Ages 40 Through 44 ---					
2	MARTIN, WILLIAM	38	VMST	2:21.36	---				1 ARMSTRONG, MARK 41 VMST 33.95					
---				PL Name Age Team Finals				2 DUNBAR, DAVID 41 UNAT 36.80						
---				---				---						
--- Ages 40 Through 44 ---				--- Ages 19 Through 24 ---				=====						
1	RICKARD, AL	41	FXCM	2:16.99	1	PINSON, ROBERT	22	NCYM	1:07.46	Event 28 Female 50 Breast				
---				---				---						
--- Ages 50 Through 54 ---				--- Ages 35 Through 39 ---				PL Name Age Team Finals						
1	BROWN, GEORGE	51	VMST	2:07.24	1	FELL, MICHAEL	36	ANCM	59.22	-----				
=====				2	LAITI, CHRIS	37	ANCM	1:00.46	--- Ages 30 Through 34 ---					
Event 22 Female 200 Free				3	MARTIN, WILLIAM	38	VMST	1:12.07	1 ENDERT, MELANIE 34 VMST 48.44					
---				---				---						
PL Name Age Team Finals				--- Ages 40 Through 44 ---				--- Ages 35 Through 39 ---						
-----				- RICKARD, AL 41 FXCM DQ				1 MORRIN, DEBORAH 35 TERR 40.86						
--- Ages 30 Through 34 ---				- LIVSEY, MATT 42 ODMS DQ				2 HIRN, DAWN 38 VMST 40.91						
1	KAUFMANN, KAREN	34	VMST	2:41.79	---				3 BALL, BETSY 38 VMST 50.08					
---				---				---						
Ages 35 Through 39 ---				1 MILLER, JIM 48 VMST 1:10.46				--- Ages 45 Through 49 ---						
MAERKI, TERI	36	VMST	2:28.38	---				1 COFFEY, MARY 49 VMST 1:00.09						
---				---				---						

Event 29 Male 200 Fly

PL	Name	Age Team	Finals
--- Ages 25 Through 29 ---			
1	WALDFRIED, CARLO	29 FXCM	2:13.72

--- Ages 25 Through 29 ---

1 WALDFRIED, CARLO 29 FXCM 2:13.72

Event 31 Mixed 200 R-Free

PL	Name	Team	Finals
--- Mixed Ages 25 Through 34 ---			
1	UNAT A X-25	UNAT	1:51.68
	BENSON, JEAN-41F	NOVELL, KENNETH-56M	
	ERICSON, GLEN-43M	ELLIS, BRIAN-30M	
2	VMST A X-25	VMST	2:02.24
	ARMSTRONG, MARK-41M	KAUFMANN, KAREN-34F	
	MILLER, TRACI-28F	BROWN, GEORGE-51M	

--- Mixed Ages 25 Through 34 ---

1 UNAT A X-25 UNAT 1:51.68

BENSON, JEAN-41F NOVELL, KENNETH-56M

ERICSON, GLEN-43M ELLIS, BRIAN-30M

2 VMST A X-25 VMST 2:02.24

ARMSTRONG, MARK-41M KAUFMANN, KAREN-34F

MILLER, TRACI-28F BROWN, GEORGE-51M

Event 32 Mixed 200 R-Medley

PL	Name	Team	Finals
--- Mixed Ages 25 Through 34 ---			
-	ANCM A X-25	ANCM	1:42.64
	CHESTNUT, DOUG-33M	DICKS, WALLY-35M	
	FEINSTEIN, JOHN-43M	FELL, MICHAEL-36M	
-	UNAT B X-25	UNAT	2:07.58
	BENSON, JEAN-41F	ELLIS, BRIAN-30M	
	ERICSON, GLEN-43M	NOVELL, KENNETH-56M	
-	UNAT C X-25	UNAT	2:15.36
	KNICK, BOB-44M	RICKARD, AL-41M	
	GERIKE, MATTHEW-30M	HIRN, DAWN-38F	
-	VMST B X-25	VMST	2:17.32
	MILLER, JIM-48M	BROWN, GEORGE-51M	
	MILLER, TRACI-28F	KAUFMANN, KAREN-34F	

--- Mixed Ages 25 Through 34 ---

- ANCM A X-25 ANCM 1:42.64

CHESTNUT, DOUG-33M DICKS, WALLY-35M

FEINSTEIN, JOHN-43M FELL, MICHAEL-36M

- UNAT B X-25 UNAT 2:07.58

BENSON, JEAN-41F ELLIS, BRIAN-30M

ERICSON, GLEN-43M NOVELL, KENNETH-56M

- UNAT C X-25 UNAT 2:15.36

KNICK, BOB-44M RICKARD, AL-41M

GERIKE, MATTHEW-30M HIRN, DAWN-38F

- VMST B X-25 VMST 2:17.32

MILLER, JIM-48M BROWN, GEORGE-51M

MILLER, TRACI-28F KAUFMANN, KAREN-34F

Team News

From Nancy Miller, VMST President

Regrettably, due to a shoulder problem which led to surgery in late October, I was unable to attend the Virginia/North Carolina challenge meet in Roanoke Rapids earlier this month. I'm sure it was a lot of fun for all who participated, and I do hope that consideration will be given to making this an annual event - maybe on alternating sides of the border!

Unfortunately, Betsy and Forrest moved their annual fall meet date to accommodate the challenge meet and subsequently wound up unable to secure a pool for our VMST Fall Classic. The VMST meeting which is normally held as part of the meet program will also have to wait until the February meet at Briarwood; it will be held at the pool over breakfast prior to the first day's warmups.

Happy Thanksgiving to all of you, and many thanks for your get-well wishes. I hope to be back in the pool soon.

New Teams or Workout Groups

Workout group in Charlottesville:

Contact Ron Basso, 804-970-3266 (w), 804-977-0969 (H), vaswum@aol.com

Workout group in Kilmarnock:

Coached practices on Tues, Thurs, and Sat. at 8:15 am. Contact: Kathryn Gregory, PO Box 296, Lively, VA 22507, katgreg03@rivnet.net

Workout group in Portsmouth:

Portsmouth Naval Pool. Contact Donna Famey, 757-482-9154

See page 9 for news from Old Dominion Masters.

From the Monarch Masters News
Monthly Newsletter of Old Dominion Masters

Old Dominion Masters team members have recently dominated the 14th Annual Outer Banks Triathlon and the end of the summer Sandman Triathlon. Congratulations to Troy and Nancy Lewis, Eddie Hill, Laura Cory, Gary Markham, Joe Gould, Mimi Fackler, Jack Michaels, Allen and Ada Lester, and Bernie Everett.

Workout times: Wed/Fri 6:30-8:00 am @ H&PE pool. Tues/Thurs 12:15-1:15 pm @ Old Admin pool. Mon 7:00-8:30 pm @ Old Admin pool. Fri 7:00-8:30 pm @ H&PE pool. Sun 8:00-9:00 am @ H&PE pool.

For questions call Carol Withus, 683-5752 or Chris Feaster, 683-6135.

STROKE TIP OF THE MONTH: LITTLE THINGS TO MAKE A BIG DIFFERENCE ...

Some fundamentals that swimmers should work on:

1. Streamline Push-offs - the core of all great swimming. Work on gliding off the wall as far as possible to learn how to reduce drag.
2. Flip Turns - will incredibly reduce freestyle times. When learning, commit to performing a number each workout.
3. Bilateral Breathing - this will help balance your freestyle and increase your distance per stroke.
4. Maintain a High Elbow - under the water, this will help you maintain power in the front of your freestyle stroke.
5. Longer strokes - will help you get more leverage from your muscles and help you swim faster.

Editor's Note: I welcome all news from any team or workout group. If you have a newsletter, please put me on your mailing list.

Top 10 Report
from James Wolfle

The Top 10 list for short course yards (1997-98) has just been released, and Virginia swimmers, once again, are well represented in the list. Virginia continues to show why it's one of the nation's best LMSCs with 29 different swimmers earning at least one spot in the nation's Top 10 List. Seven of these swimmers were represented in at least 5 different events in their age groups: John McGill, Jack Schlitz, John Tudor, Marie Kelleher, Marianna Berkley, Johnnie Detrick, and Lisa Bennett.

Four swimmers were at the top of the list, earning All-American honors (first in the country in an event), and two swimmers set new national records. The new records were set by Janet Mayville (Women 19-24, 50 free, 23.89) and Marie Kelleher (Women 85-89, 100 IM, 2:29.39). For those of you who attended the Richmond Valentine's meet, you had the chance to see Marie's record breaking swim in person. In addition, Janet swam the 100 free just .01 off the record.

The swimmers who were first in their events (and therefore) will be All-Americans are: Marie Kelleher (Women 85-89: 50 fly), Johnnie Detrick (Women 60-64: 100 free), and Jack Schlitz (Men 55-59: 50, 100, and 200 breast).

Congratulations to all swimmers on the list. To see the entire Top 10 list, or just the Virginia swimmers, got to our web page (http://www.serve.LMSC_for_VA) and follow the links to the Top 10 page.

See the **Training** article on pages 10-11. While not many of us have participated in a 5K or 10K swim, many have done the Chesapeake Bay swim at just over 4 miles.

The **Workout** on page 12 is from one of the early morning workouts at the USMS Convention.

Training for the 5K and 10K

by Scott Rabalais

Coach, Crawfish Masters

It has been said that success is a journey, not a destination.

The road to the successful completion of a 5 or 10 kilometer pool swim is a long and often arduous journey, requiring many hours and countless laps of preparation. But at the conclusion of the event — the destination — the feeling of accomplishment and success can be quite overwhelming.

The preparation for a 5 kilometer and 10 kilometer swim is nearly identical, so this article will focus on the longer of the two events. Slight modifications can be made in devising training for the 5 kilometer, such as cutting the training distances in half.

I have found that swimmers can be divided into three categories with respect to preparation for 10K training. There are those whose total focus is on the event, not only to finish but to swim as fast as possible over the 10,000 meters. The second group's focus is divided between training for the 10K and other swimming events, such as meets and shorter open water swims. The third group, though few in number, are those who prepare little and "walk off the street" to swim the 10K. For these brave souls, I offer the suggestion: "If preparation is none, call 9-1-1."

For the purposes of this article, the training of the first group will be detailed. This training plan can be modified to fit the second group, whereas the third group will be busy drinking beer. Keep in mind that there are as many different training plans as there are swimmers and that the plan offered is one of many that can be effective. Feel free to tailor to suit your individual needs.

Building Up

The build-up phase can be likened to climbing a ladder. Beginning 12 weeks before the 10K event, start with a continuous long distance swim well within your capabilities. Most Masters swimmers can handle a straight 1,000 meters without a

problem, so this may be an ideal starting point. In the second week, increase to 2,000 meters. During the third week, complete a 3,000 meter swim. Continue increasing by 1,000 meters per week until reaching a continuous 5,000 meter swim. If this build-up is too quick, increase by 500 meters each time, and start roughly 16 weeks out from the 10K swim date.

While the very experienced swimmer may wish to continue increasing the length of the build-up swim, for most Masters who average 2,000 to 3,000 meters per workout, a 5,000 meter limit should be imposed. Only those who are accustomed to training loads of 5,000 meters per day or more should attempt swims near the 10 kilometer distance in training. Save it for 10K day!

Keep in mind that training for the 10K is as much mental preparation as it is physical. Dealing with the boredom of long distance swims can be a challenge for some. Common remedies for boredom are watching your pace (checking the split time each 500 meters), focusing on stroke technique, counting laps, singing songs (in your head) or just letting the mind roam free. Many swimmers report falling into the "zone," a free-floating state of mind in which one experiences an effortlessness and timelessness.

Pace Work

Once you are up to the 5,000 meter range and accustomed to the tedium of distance swims, begin working on your 10K pace with interval training. Once a week for five weeks, swim a distance set totalling 5,000 meters. For example, swim 50 x 100 with :10 rest after each. Set a goal time for each 100, perhaps at the pace you would like to swim a 10K.

Let's say you wish to swim a 10K in 3 hours, 20 minutes. This is an average of 2:00 per 100 meters. Swim 50 x 100 on a 2:10 interval and try to hold 2:00 or better on each one. Keep in mind that when determining an overall 10K time, most swimmers

are likely to swim a bit slower toward the end of the event due to fatigue. So, in the above example, 1:55 per 100 may be a more appropriate goal.

Other examples of pace sets are as follows:

400, rest :40, 300, rest :30, 200, rest :20, 100, rest :10

Do the above 5 times and increase pace each time from the 400 to the 100.

1 x 1000, 2 x 500, 5 x 200, 10 x 100, 20 x 50

Choose a short-rest interval for each of the above sets.

100 x 50

Alternate swimming 10 x 50 slower than 10K pace and 10 x 50 faster than 10K pace.

Actually, changing the training pace is not significant in training for the 10K, but it does add variety to the longer sets.

Resting

The final training swim should be a comfortable 3000 meters, one week to ten days before the event. Allow your training regimen to keep you fit, but not fatigued in the days immediately preceding the event. Consider taking the day off before the event so you will be fully rested.

Here are some other tips for 5K/10K training:

1) Emphasize turns, particularly if you are training in a long course pool. Use the upper body to do the work between the walls and use the lower body and the mid-section during the turns. At each pushoff, streamline off the walls and work six kicks before your first stroke.

2) Practice alternate breathing. Not only will this help balance your stroke, it will give overused muscles a rest.

Focus on stroke mechanics. Usually when swimmers grow tired, the stroke falls apart. Think about rotation, hand entry, the catch, the follow-through and the kick. Keep it smooth and efficient.

4) If soreness or pain persists, take a brief stretching break. Or, change to a different stroke to give your repetitive motions a rest. Be careful not to strain muscles or tendons due to inefficient swimming.

5) Take liquids periodically, and for longer swims eat light foods, such as a piece of fruit, cookies or a small energy bar. Generally, water should be taken if a continuous swim or set exceeds a half-hour, and food should be ingested for swims exceeding two hours.

6) If chafing occurs under the armpits or between the legs, apply petroleum jelly. Be careful not to wipe the jelly on your goggles.

7) Using a pull buoy on long distance swims can be helpful, especially for swimmers who are cross-training as runners or cyclists. However, do not become dependent on the buoy to keep the body afloat. Use it occasionally for variety and to help you through those tougher training days.

8) Time all of your swims. Use a pace clock or a wristwatch to keep track of your pace. The clock can also be used as a counting guide. If you are swimming at 2:00 per 100 pace, swim for 100 minutes for a 5,000 meter swim.

9) Warm up before each workout. Stretch for 10 minutes and hop in the water for an easy 200 meters before heading off on a long one. Also, use the first part of your long swims/sets as a warm up.

Have a great swim, and we'll see you at the finish line!

Scott Rabalais is the coach of the Crawfish Masters in Baton Rouge, La. The Crawfish Masters have won five consecutive USMS 10K Postal Championship team titles, with a high of 41 swimmers completing the event in 1993. Scott, 38, is a national champion 5K and 10K distance swimmer with recent best times of 1:03:41 (5K) and 2:10:52 (10K).



USMS Coaches Committee Workout

Coaches: Leslie Cooper, David Grilli and Clay Evans

	Fastest 3 lanes	Middle 3 lanes	Slower 2 lanes
Warm up 100-300 (depending upon if you arrived on bus number 1 or number 2)			
Warm up (get lanes and swimmers organized)	6 x 50 @ 50	6 x 50 @ 50	5 x 50 @ 1:00
Warm up (everyone on the same interval)	4 x 125	4 x 100	4 x 75
Warm up (reduced breathing, prepare for next set!)	6 x 25 @ 30	6 x 25 @ 30	4 x 25 @ 40
Tough pull set (everyone on the same interval but different distances)	1 x 400 @ 500 4 x 200 @ 2:40 Descend 1 - 4	1 x 350 @ 500 4 x 175 @ 2:40 Descend 1 - 4	1 x 300 @ 500 4 x 150 @ 2:40 Descend 1 - 4
Kick set (everyone together)	3x25 @40 easy 3x25 @35 make the interval 3x25 @30 start working 3x25@25 only the tough 3x25@25 all star kickers 25 easy	<p>“</p> <p>At some point on the Kicks, you will be doing a continuous 75 rather than 3 x 25. Don't worry!!</p> <p>“</p>	
High quality – last chance to be a star! First 50 is an interval you can barely make. Add 5 seconds rest till number 4. Then start over with the fast one!	16 x 50 4 sets of 4 lane 1: @ 30, 35, 40, 45, 30, 35, ... lane 2: @ 35, 40, 45, 50, 35, 40, 45,....	15 x 50 3 ¾ sets of 4 lane 3,4: @ 40, 45, 50, 55, 40, 45, ... lane 5,6: @45, 50, 55, 100, 45, 50, ...	12 x 50 3 sets of 4 lane 7,8 @ 50, 55, 100, 105, 50, 55, 100
Loosen down. Thanks for coming.			
TOTAL YARDS	~3,500	~3,000	~2,500

VIRGINIA MASTERS WINTER INVITATIONAL
Riverside Wellness and Fitness Center - Briarwood
Richmond, Virginia
February 6 and 7, 1999

Sponsored By: Virginia Masters Swim Team

Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction #129-0002

Meet Directors: Nancy and Jim Miller

Location: Riverside Wellness and Fitness Center at Briarwood, 11621 Robious Rd., Richmond, Va. Telephone number is (804) 378-1600. This is an eight-lane, 50-meter indoor pool with bulkhead, using fully electronic timing system with scoreboard and non-turbulent lane markers.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: \$3.00 per individual event plus a \$6.00 surcharge to help defray the costs of data entry, automatic timing, printing, and postage for mailing results. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of \$5.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than January 29, 1999, or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Lanes 1 and 8 will be maintained as continuous warm-up/warm-down lanes during the entirety of the meet; **ABSOLUTELY NO DIVING** will be permitted in these lanes once the meet has begun. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Awards: Medals, keychains, or pins for first place in each individual event. Medals for second and third places in each individual event.

VMST Annual Meeting: There will be a team meeting at 9:30 AM Saturday, February 6th, at the pool prior to warmups. Breakfast will be provided. Please try to attend.

Social: Join us for our Masters potluck after the meet on Saturday, February 6th. \$5.00 per person covers food and drink. Please enclose payment with your entry. Please indicate the number attending on your entry form. Maps will be available at the meet.

ORDER OF EVENTS

Saturday, February 6

Warm-ups: 11:30 AM

Meet starts: 12:30 PM

Event #

Women/Men Event

* 1	* 2	* 200 Y Choice
# 3A	# 4A	500 Y Free
5	6	1000 Y Free
7	8	1650 Y Free
9	10	400 Y IM
# 3B	# 4B	500 Y Free

Select only one of the 500 Freestyle slots to enter, and please denote it clearly on your entry form.

Sunday, February 7

Warm-ups: 8 AM

Meet starts: 9 AM

Event #

Women/Men Event

		* 200 Y Choice:
* 11	* 12	200 Y IM
* 13	* 14	200 Y Fly
* 15	* 16	200 Y Breast
* 17	* 18	200 Y Back
19	20	100 Y Free
21	22	Novice 50 Y Fly
23	24	50 Y Fly
25	26	100 Y Breast
27	28	Novice 50 Y Free
29	30	50 Y Free
31	32	100 Y IM
BREAK		
33	34	200 Y Free
35	36	100 Y Back
37	38	Novice 50 Y Breast
39	40	50 Y Breast
41	42	100 Y Fly
43	44	Novice 50 Y Back
45	46	50 Y Back
47	48	200 Y Medley Relay
49	50	200 Y Free Relay
51	52	200 Y Mixed Medley Relay
53	54	200 Y Mixed Free Relay

*200 Y Choice means that you may swim any 200 yard event of your choosing (except the 200 Y Free). Please indicate your choice on your entry form.

Nearby Lodging:

Days Inn - Chesterfield (closest)
1301 Huquenot Road (804) 794-4999

Sheraton Park South
9901 Midlothian Turnpike
(804) 323-1144

Holiday Inn - Koger Center
1021 Koger Center Boulevard (804) 379-3800

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(as of 2/7/99): _____ Birthdate(Mo/Day/Yr): _____

LMSC: _____ Club: _____ Phone(Day): _____ (Night): _____

Women	Time	Event	Men	Time
1	_____	200 Y Choice Fly	2	_____
3A/3B	_____	500 Y Free	4A/4B	_____
5	_____	1000 Y Free	6	_____
7	_____	1650 Y Free	8	_____
9	_____	400 Y IM	10	_____
11	_____	200 Y IM	12	_____
13	_____	200 Y Fly	14	_____
15	_____	200 Y Breast	16	_____
17	_____	200 Y Back	18	_____
19	_____	100 Y Free	20	_____
21	_____	Novice 50 Y Fly	22	_____
23	_____	50 Y Fly	24	_____
25	_____	100 Y Breast	26	_____
27	_____	Novice 50 Y Free	28	_____
29	_____	50 Y Free	30	_____
31	_____	100 Y IM	32	_____
33	_____	200 Y Free	34	_____
35	_____	100 Y Back	36	_____
37	_____	Novice 50 Y Breast	38	_____
39	_____	50 Y Breast	40	_____
41	_____	100 Y Fly	42	_____
43	_____	Novice 50 Y Back	44	_____
45	_____	50 Y Back	46	_____

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1/17/99

RELAYS

RELAYS

RELAYS

RELAYS

Number attending social: _____ Total Events _____ x \$3.00 _____
 Surcharge \$6.00
 Social \$5.00/each
 Total Amount Enclosed \$ _____

Make checks payable to: Virginia Masters Swim Team

Mail to: James Wolfe
 509 E. Rock Street
 Harrisonburg, Virginia 22802

Questions? Call James (540) 574-2919
 or
 Nancy Miller (804) 320-2143

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED
 FOR YOUR ENTRY TO BE ACCEPTED

Masters Swimming Newsletter
Craig Campesi, Registrar
14134 Walton Drive
Manassas, VA 20112-3701

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: *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; Navy Pool, Donna Farney, 757-482-9154

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 (540) 992-1736 (H) or 981-0205 (W);

Gator Aquatic Center, 1130 Overland Rd, Roanoke, Kathy Shober (540) 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; Seatack, 437-4858.

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