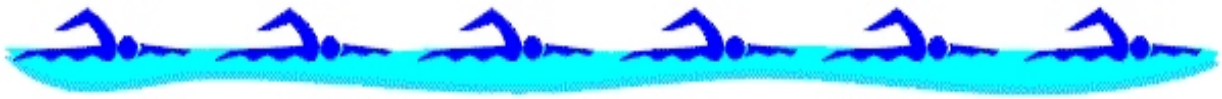


# LMSC FOR VIRGINIA

*Serving Masters Swimmers in Virginia and West Virginia - Mar 15, 2006*



## *LMSC Board of Directors*

The most recent LMSC Board of Directors meeting was held in Richmond the weekend of our Winter Invitational Meet. At this meeting, we discussed several topics of interest and goals for 2006. In attendance were Charlie Cockrell (Chair), Lisa Bennett (Secretary), Nancy Miller (Long Distance Chair), Betsy Durrant (Newsletter Editor and USMS Board of Directors Member), Judy Martin (Sanctions Chair), Bud Swiger (Virginia Masters Swim Team Delegate), Mike Duignan (Treasurer), Jim Miller (USMS Past President), and Patty Miller (USMS Legal Counsel).



*Bud and Charlie*

*Patty and Mike*



One of the key topics of discussion is the changing demographics within our LMSC. Since I first started swimming Masters over 12 years ago, our LMSC has doubled the number of registered swimmers. We have more clubs than ever before, more unattached swimmers, more areas of Virginia and West Virginia represented in our membership ranks, and more opportunities to swim. While we welcome the increase in the number of swimmers who are enjoying the benefits of regular swimming, it means we must change our thinking about how we manage our LMSC operations. When the LMSC was first founded more than 25 years ago, most swimmers were members of a single large

club - the Virginia Masters Swim Team. While VMST is still our largest team and has many swimmers who swim in groups across Virginia and compete in local, Zone, National, and World Masters meets, we want to make sure that our membership programs are balanced to fit the needs of a significantly more diverse membership. There are more competitive swimmers, triathletes, fitness swimmers, and people new to the sport out there than ever before.

In order to make sure we are effectively representing the needs of our membership and continuing to offer more programs, it is critical that all swimmers are represented and all clubs are involved in our LMSC. One of the immediate changes that we will be implementing to improve communications is to increase the frequency of LMSC newsletters. **All swimmers will now be**

**receiving a newsletter every other month instead of once a quarter.** We are also looking into ways to effectively utilize electronic communications and our website to make sure that everyone has the latest information. Each LMSC club is represented by a club delegate to the LMSC Board of Directors and we

typically meet 2-3 times per year, including a mid-year conference call. One of my goals is to have all clubs represented on at least one LMSC Committee by the end of the

*Lisa (taking notes), Judy, Nancy*



See *LMSC* on page 3.



**April 1: Albatross Open, Bethesda, MD**  
SCM. Entry is on the PV website.

**April 21-23: Zone Meet at George Mason**  
Entry is in this newsletter.

**April 29-30: Raleigh, NC**  
Entry is on the NC website.

**May 11-14: USMS Nationals, Coral Springs, FL**  
Entry was in *Swimmer* magazine and is on the USMS website.

**May 11-12: Virginia Senior Games, Va Beach**  
Entry is at [www.virginiasseniorgames.org](http://www.virginiasseniorgames.org)

**June 10: Jack King One-Mile Swim, Va Beach**  
Entry will be in the April and May newsletters.

**June 11: LCM, Norfolk**  
Entry will be in the April and May newsletters.

**July 15: 2-Mile Lake in Charlottesville**  
This is a national championship event.



### *Web Sites*

#### *Masters Swimming in VA*

VASwim.org

Information, entries, registration forms, and links.

#### *USMS*

[usms.org](http://usms.org)

Results from Nationals, Top 10, articles.

#### *SwimInfo.com*

Latest info on all levels of swimming.

#### *Nearby LMSCs*

North Carolina: [NCMasters.org](http://NCMasters.org)

Maryland: [Maryland@usms.org](mailto:Maryland@usms.org)

Potomac Valley: [PVMasters.org](http://PVMasters.org)

#### *Colonies Zone*

[www.ColoniesZone.org](http://www.ColoniesZone.org)

## *LMSC Officers*

**Chair: Charlie Cockrell**  
757-865-6250, [Cockrells@juno.com](mailto:Cockrells@juno.com)

**Vice Chair: Harry DeLong**  
703-368-0309, [hdelong@comcast.net](mailto:hdelong@comcast.net)

**Secretary: Lisa Bennett**  
804-379-5324, [swimlab56@msn.com](mailto:swimlab56@msn.com)

**Treasurer: Mike Duignan**  
757-721-2225, [mikeduignan@cox.net](mailto:mikeduignan@cox.net)

**Registrar: Dee DeLong**  
703-368-0309, [deedelong@comcast.net](mailto:deedelong@comcast.net)

**LMSC Records and Top Ten: Alice Phillips**  
804-560-5551, [aphil65@comcast.net](mailto:aphil65@comcast.net)



### *Newsletter Editor*

Betsy Durrant

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[durrant6@cox.net](mailto:durrant6@cox.net)



*Note that the ocean swim in Virginia Beach will be on Saturday, and the LC meet in Norfolk will be on Sunday. The days were determined by pool availability.*

*Graphics from [www.swimgraphics.com](http://www.swimgraphics.com)*

*LMSC continued from page 1.*

year. Our committee functions include Sanctions (competitive program and meet planning), long distance (including open water swimming), Fitness (programs for non-competitive swimming), Coaches, and Officials. Please consider how you might become involved in one of these committees and contact either myself or your club delegate. Our organization depends upon the volunteer talents of our members, so don't hesitate to get involved.

Another topic discussed at the Board meeting was our competitive calendar. Thanks to rule changes by United States Masters Swimming and agreements with USA Swimming, **we have more flexibility to partner with USA-Swimming Clubs in Virginia and West Virginia to offer meets for masters swimmers or combined masters/age group meets.** This may provide smaller clubs with more opportunities to work with clubs with which they may be affiliated or co-located at one facility. Please contact me if you are interested in exploring one of these options.

The competitive calendar has many opportunities for masters swimmers this year, including the Colonies Zone Championships in April, Short Course Nationals in May, and a long course meet in Norfolk on June 11. For the open water swimmers, The Jack King One-Mile Ocean Swim will be held once again in Virginia Beach on June 10. Virginia Masters is hosting the USMS National 2-Mile Open Water Championships at Chris Greene Lake in Charlottesville and our open water calendar will conclude with another lake swim at Lake Montclair in Northern Virginia in August. For the fitness swimmers and those not able to compete in this summer's World Masters Championships at Stanford, there is the virtual swim to Worlds which you can do in your own pool.

Finally, we discussed the topic of clinics for swimmers. This year will feature a clinic in Virginia Beach for masters swimmers and we will look for future opportunities to offer swimmer and coach clinics around the LMSC.

It has been a pleasure to serve as your LMSC Chair for the past few years and I am

always interested to hear from people if you have suggestions or new ideas. Please don't hesitate to contact me, your club delegates, or any other Board member.

Charlie Cockrell  
cockrellsva@cox.net



## ***LMSC Fall Elections***

Our LMSC has made great progress over the last few years due to Charlie Cockrell's leadership. Unfortunately, our by-laws restrict the term of the chair to 4 years (two 2-year terms). Elections will be held at the fall LMSC meeting. A nominating committee has been formed: Terry Sue Gault, Bud Swiger, and Ilene Span (Winchester Masters).

If you are interested in serving as an officer or if you would like to nominate someone for Chair, Vice-Chair, Secretary, or Treasurer, please contact Terry Sue ([tsgvmst@aol.com](mailto:tsgvmst@aol.com)), Bud, or Ilene.

*Additional reminders will be in future newsletters.*



## ***Name that Newsletter***

Since we will have 6 issues per year of this newsletter, I think it should have a name. "LMSC for Virginia" is pretty dull. If you have a suggestion for a name for this newsletter, send it to me.  
[durrant6@cox.net](mailto:durrant6@cox.net)



## ***All Teams - Please Note***

Note that I have several pages for VMST news. I would like to have at least a partial page for news from **each** team. Since we will publish every other month, just send me what you have and it will be included in the next newsletter.

# VMST NEWS

## *Two Great Meets!*

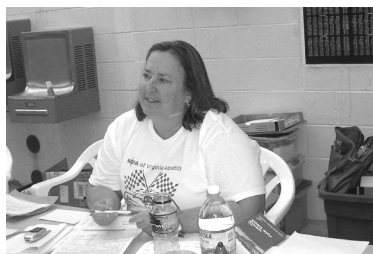
Congratulations and thanks to **Nancy Miller** and **Harry DeLong** for the two great meets held in February and March. Both events had around 110 entries.

### **Richmond, February 11-12**

Nancy was meet director for the Richmond meet, held for the second time at the NOVA pool. Nancy does a great job, with help from other team members. **James Wolfle** handled the entries and ran the computer during the meet. **Diane Cayce** arranged for her swimmers from NOVA to be the timers. **Bud Swiger** helped out with awards (as well as swimming). **Paula Jones, Molly Bitner**, and others keep refreshments available. **Stacy and Eric Cornell** opened their home for very nice social.

Results are in this newsletter.

*Meet Director Nancy Miller still smiling at the end of the meet.*



*Diane Cayce*

### **Chinn Meet, March 5**

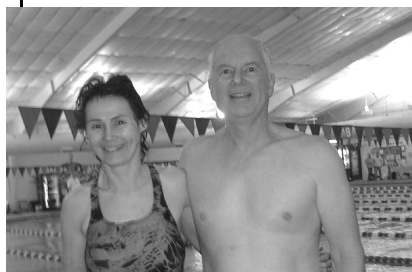
Harry DeLong, with help from **Dee** and the swimmers he coaches, put on another fast, well-run meet. It was good to see **Karen Kauffman** (timing) and **Mary Beth Hanifer** there, even though they did not swim.

Results can be found at [www.harry.mhost.com](http://www.harry.mhost.com)

*Beth Schreiner and Dee DeLong*



*At the Richmond social, Marianna Berkley, Stephanie Wolfle holding Caitlin Cornell, James Wolfle holding Abigail Wolfle.*



*Dave Eckes and Pat Brinkley of Bedford*

**Women's 75+ Relay**



*Marianna Berkley  
Mim Tuovila  
Terry Sokolik  
Jeanne Meredith*



# ***FINA World Championship***

So far, 17 VMST members have indicated interest in participating in the meet at Stanford.

Boslego, Barbara	F55
Brundage, Warner	M63
Butts, Howard	M65
Calvert, John	M61
Cornell, Eric	M36
Cornell, Stacy	F33
Flood, Chris	M44
Hlavacek, Ida	F64
Holland, Dave	M39
Lange, Perry	M50
Lyons, Tom	M73
Malsbury, David	M45
Miller, Jim	M56
Miller, Patty	F45
Scotty, DJ	M36
Woods, Tom	M63
Zaremski, Barb	F67

## **DORM ROOMS**

The FINA Worlds Organizing Committee has secured a limited number of Stanford Dorm rooms. Please note that Stanford says "Dorm Rooms" are not hotel rooms and Stanford is not in the hotel business. These rooms are used for students during the academic year and for conferences during the summer season.

The Dorm rooms include a bed, sheets (not changed daily), bathroom / toilets (WC) down the hall. The dorm rooms include breakfast and a sack lunch or a lunch at the dorm. Due to Stanford policies, the food plan is included with the dorm room package. The dorm rooms are on the Stanford campus.

You may only reserve dorm for certain periods of time. The first period of time is the swimming/water polo time: 3-11 August (eight days). The second period of time is the Diving / Synchronized Swimming time from which is 11-18 August (7 days).

Stanford's policies require that you reserve the dorm for the entire period of time. There is no credit given if you stay in the room for less time. You must prepay the entire amount. ***If you do not use the***

***rooms, there is no credit given.*** You may choose either single or double occupancy. most of the rooms have two beds in them. Internet access is available for a fee it can be reserved in advance via the Internet, so it will be ready when you arrive. You may arrange for Internet access once you arrive by going to the Stanford Internet Service.

The price per night for a single (including breakfast and a sack lunch) is \$108.05/ night. The price for a double (including breakfast and a sack lunch) is \$185.10 (92.55/person).

You can make your reservation by going to the XI FINA World Masters Web site <http://www.2006finamasters.org> then clicking on hotel reservations. If you have further questions, please contact RJ at: [dorms@2006finamasters.org](mailto:dorms@2006finamasters.org)



## **2006 ZONES – SC & LC**

*by Dick Cheadle*

We are once again blessed to have both SC Zones (April) and LC Zones (August) here in Virginia. Very unusual, but very fortunate.

My body (shoulders in particular) is so beat up that times don't matter much anymore. The physical exercise is good for me and I really still enjoy the comraderie and the relays. I went to SC Nationals in Fort Lauderdale last May and got to swim on my very first "A" relay short course. (There were only 4 of us there over 65). Then at the LC Zones I got to swim on my first three 280+ relays ever (all three placed in Top Ten). That was just a lot of fun.

I also accomplished something I never, ever thought I would ever do again, swim and win a 50 meter butterfly race. I was a butterflyer in college and for the first 26 years of my masters career, until I blew out both shoulders in 1999. I gave up the stroke after that until SC Nats when I realized that if we swam a 65+ mixed medley I would have to swim the fly leg. It took me two weeks before I

*See Zones on page 6.*

could legally swim 50 yards butterfly. It's not so much a question of pain, it's a question of lack of strength plus virtually no range of motion. When my arms pass my head they just drop into the water; I can't get them out in front of me. And having a giant cyst just above the rotator cuff doesn't help a lot either. Then when LC Zones came along, just on a lark I decided that I would like to go for probably my last 50 meter fly win ever. To do that, there needed to be two factors present: One, no other entries in my age group, and two, I would have to be physically able to complete the required 50 meters. So I entered the event with No Time. I thought if I could complete one in practice, I would swim the race in the meet. The first 3 times I tried I didn't make it. I did on the 4<sup>th</sup>. I timed it on the 5<sup>th</sup> (2 days before the meet) in 1:10, 26 strokes, so I did swim it in the meet. My goal was to break 1:10. I did 1:07.38, there were no other entries, and I was ecstatic. Not as quick as my :32.6 in the 1982 Texas Police Olympics, but in a different sort of a way maybe just as rewarding.

Both meets (SC and LC Zones) are well run. The one thing I don't like about the SC meet is having all of the mixed relays at the beginning of the day. We lost a goodly number of Top Ten times last year and will again this year because some people just don't want to swim relays before their main individual event. I asked the meet director about this last year, and she said it was because she didn't want the women to have to sit around for an hour and wait for the men to finish.

The LC meet at the end of August is a good meet, and the medals and team award plaque are awesome. The World Championship meet is August 3-11. There will be no LC Nationals, so the LC Zone meet is our best chance to swim in a big meet.

So let's have a huge turnout for both. We've had in the anywhere from 70-90 at short course zones and had 25 at long course zones last August. Let's go for a big group at both.

If anyone needs assistance with lodging up here, our new e-mail address is **dbchadle@verizon.net**

**Men 35+ 200 Yard Medley Relay**

1	SQST-VA	A	2:02.62
	Broughton, Lance H 44	Frisch, David J 56	
	Lighthiser, Jeff N 51	Hernien, Tracy T 52	

**Mixed 25+ 200 Yard Medley Relay**

1	ALEX-PV	A	1:57.35
	Fry, Jonathan M 26	Hatakeyama, Chio E 30	
	Navarro, Jennifer D 27	Jent, Daniel E 28	

**Mixed 35+ 200 Yard Free Relay**

1	SQST-VA	A	1:57.83
	Huss, Mary K 49	Lighthiser, Jeff N 51	
	Cleary, Kelly L 42	Hernien, Tracy T 52	
2	VMST-VA	A	2:16.06
	Vaughan, Lisa J 37	Randall, Marnie 47	
	Poehler, Elizabeth T 51		

**Mixed 35+ 200 Yard Medley Relay**

1	SQST-VA	A	2:06.90
	Howsmen, Angela V 45	Frisch, David J 56	
	Broughton, Lance H 44	Bennett, Lisa A 49	
2	VMST-VA	A	2:47.83
	Newbury, Alfred C 72	Funkhouser, Raymond C	
	Hollings, Charlotte A 41	McKerns, Susan P 41	



## ***Senior Games and USMS Nationals A Conflict and a Possible Solution***

For those of us who enjoy going to USMS Nationals and going to the National Senior Games, there is a dilemma this year.

The next National Senior Games will be in 2007 in Louisville, Kentucky. This should be a good event; the meet director, Bill Tingley, is an experienced USMS swimmer and organizer. (See the current issue of USMS Swimmer for more about the Tingley family.) For some reason unknown to me, you must qualify during 2006 for this meet in 2007. The games will be June 22 - July 8, 2007. I do not have the exact dates for swimming yet.

The Virginia Senior Games, May 11-12, 2006, in Virginia Beach, is the local qualifying event for the 2007 national games. Here is the dilemma - the USMS National Championships is

*See Senior Games on page 9.*

# White Bean Soup

from Bronwyn Lewis

## Easy to prepare

1C baby carrots, halved  
1C chopped onion  
2 garlic cloves, minced  
2C chicken, cubed

½ t Italian seasoning  
½ t black pepper  
2 cans Great Northern Beans, drained and rinsed  
6 oz fresh spinach or kale (chopped)

Heat large sauce pan coated w/cooking spray over med hi heat. Add carrots, onion, garlic, and chicken. Saute 3 mins, stirring occasionally. Reduce heat to medium; cook 5 mins. Add broth seasonings, and beans. Bring to boil, reduce heat and simmer 5 mins.

Place 2 cups of soup in a food processor or blender and process until smooth. Return to pan, simmer 5 minutes. Remove from heat, stir in greens until they wilt.

Yield 5 servings (1 ½ c)

The longer it simmers the better blending of flavors. If you want to do this, leave out the beans and greens until close to serving time. White beans get mushy fast! Enjoy this soup with some hearty bread.



## 2006 Virtual Swim to the XI FINA World Championships in California! January 1, 2006 to August 1, 2006

*Enjoy a “virtual swim” to the XI FINA World Championship meet in California!*

Each Zone (8 total) will be racing and competing with each other to get to Stanford first. A distance of 1500 miles has been set as the goal - which is close to the average distance a USMS swimmer will have to travel to this meet (sorry, but Alaska and Hawaii distances weren't used in this estimate!). Let's see which zone will arrive there first – ready for the world competition.

Simply log your swim mileage (logs are provided for your convenience in the Fitness Section at [www.usms.org](http://www.usms.org)) that you swim daily. Then just email your mileage to Mary Sweat ([marysweat@email.com](mailto:marysweat@email.com)) at the end of each month. Please include the following:

**Name**

**Age**

**Zone**

**Miles swum during month**

There is no entry fee or official rules – just good old racing fun in a virtual sense. The results will be compiled and posted on the website (see the Fitness section) each month for you to see the race of the “zones to worlds” in progress!

This swim also counts towards the 2006 Virtual Swim Series. A t-shirt commemorating your participation in this specific swim will be available for minimal cost.

I hope you will enjoy the fun of training and swimming (virtually speaking!) to the XI FINA World Championships in California.

# *Why am I so tired?*

by Jody Welborn, M.D.

March 1, 2003

(Editor's Note: This article is from the USMS website Sports Medicine section)

Fatigue is a very common complaint and affects athletes of all ages, sizes and abilities. It is one of the most common complaints in the physician's office, with one in every four patients stating that fatigue is disrupting his or her life.

## What is Fatigue?

Fatigue is a subjective condition in which a person feels tired before beginning an activity, lacks the energy to accomplish tasks requiring sustained effort and attention, and becomes unduly exhausted after normal activities. It can range from pervasive and overwhelming to subtle, felt only during all-out competition. Fatigue, as a symptom, is vague and can be wide-ranging in its implications.

What are the most common causes of fatigue? For the friends and family in our lives, it is obvious that the reason we are tired is the fact that we get up at 4:30 in the morning to exercise strenuously prior to starting the work day. How would that have an impact? It is important to remember that the human body requires 7-10 hours of sleep in a 24 hour period. When there is not enough time, the first place typically cut back is sleep time. If you are getting up early to exercise, or staying up late, it is important to adjust your sleep time accordingly. If continuous sleep is not possible, a 20-40 minute nap during the day may help.

## Insomnia

Sometimes the problem isn't lack of sleep, but the inability to fall asleep. Everyone has problems with insomnia at some time, typically associated with a change in the daily routine such as travel or a new job. Others have more persistent trouble sleeping.

There are a variety of causes for insomnia. These include illness, medications, or depression and should be discussed with a physician. Many

times the exact cause of the insomnia cannot be identified. However, there are a variety of things to try in order to improve sleep.

It is important to go to bed at the same time each night and to get up at the same time each morning. Napping in the middle of the day should be avoided. A regular exercise routine should be followed and it may be of benefit to exercise in the late afternoon or early evening. At bedtime, the room should be dark and quiet and extremes of temperature should be avoided.

If you find yourself unable to fall asleep, after 30 minutes get up, do some quiet activity and return to bed when you are sleepy. Avoid caffeinated foods or beverages after 4 p.m. and remember that although alcohol is a sedative, it also prevents deep, restful sleep and should be avoided if sleeping is a problem.

## Overtraining

An overlooked cause of fatigue in the athletic adult is overtraining. One of the hardest things for an athlete to do is rest. The mind set is to push harder to get stronger and faster. We forget that it is possible to get too much of a good thing, even exercise, and that rest is an important part of training.

## Rest and Recovery

What is rest? Rest can be the time when no strenuous activity is performed such as in sleep time or days off. It can also be more active and involve low intensity exercise, allowing a small amount of increased blood flow to reach the muscles. Both types of rest allow recovery to occur.

Recovery is what the body does during rest periods to repair the damage to muscle cells after strenuous activity. If the body is given enough rest to allow adequate recovery, the body will completely repair the broken-down muscle cells and even build them up a little stronger, resulting in a stronger and faster athlete.

## Balancing act

Exercise needs to have a balance between training and recovery. If an imbalance occurs and is

See *Tired* on page 9.



*Tired continued from page 8.*

allowed to persist, overtraining results. The athlete, and those around them, will notice lingering fatigue, mood changes, irritability, altered sleep and persistent soreness. Performance in workouts or competition may deteriorate. Frequent respiratory illnesses or even an overuse injury may occur.

The cure for overtraining is rest. The more severe the problem, the more rest needed to fix it. This can be very difficult to do until illness or injury forces the rest to occur. Prevention can help the adult athlete avoid this problem. Programming rest into the training can help. It is also important to be aware of how the body is responding to training. Some, particularly those who are prone to overdoing it, find it beneficial to keep a fatigue score, ranking the cumulative “feel” during the day from 1-5. If this score goes up over days to weeks, it may be time to decrease the intensity of training. Another way to track overtraining is to measure morning heart rate. If the measured pulse increases progressively, it may be a sign that the body has not had ample time for recovery. Both the fatigue scale and the morning heart rate can be recorded in a training log.

It is also important for the adult athlete to factor in the outside stresses of real life, job and family. Anticipate times of increased stress and adjust the workout schedule accordingly.

There are many causes of fatigue in the athletic adult. It is important to listen to your body and heed your body’s warning signs. It is also important to remember that unrelenting fatigue may be a sign of underlying illness and you should consult with your physician if this occurs.

**Jody Welborn** is a cardiologist from Portland, Oregon. Her medical experience includes a B.A. from the University of Oregon, M.D. from Oregon Health Sciences University, internal medicine residency at University of Texas, San Antonio, and Cardiology fellowship at the University of Alabama, Birmingham. Jody is a member of three USMS national committees, including Sports Medicine, Fitness and Planning. She is also a Masters swimmer who swims with the Metro YMCA Masters in Portland.

**Swim Quest Swim Team** members at the Richmond and Chinn meets:



**Kelly Cleary**



**Lisa Bennett and Coach Dudley Duncan**



**Senior Games** continued from page 6.

in Coral Springs, Florida, May 11-14.

It is possible to qualify for the senior games by swimming in the qualifying meet in another state. A schedule of other state meets can be found at [www.nsga.com](http://www.nsga.com). A group from Virginia Beach is going to attend the Huntsman Senior Games, in St. George, Utah, October 10-11. I have heard great things about this event from swimmers in California and Arizona. St. George is in southern Utah and the easiest access is through Las Vegas.

Let me know if you want more information.

Betsy Durrant, [durrant6@cox.net](mailto:durrant6@cox.net)