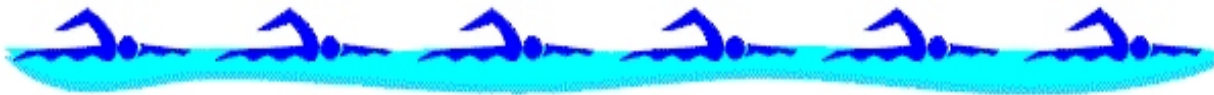

LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - May 15, 2006



VMST Newsletter Problem

By Betsy Durrant, Editor

Those of you who receive the VMST newsletter probably noticed that the April newsletter was extremely late. There was a mix-up between me and the printer. I emailed the April newsletter to the printer on April 4. About the 20th, I started to worry, but I still waited. The newsletters are mailed bulk mail (with bar codes) from Richmond; because I live in Virginia Beach, my newsletter is often later than others. I know this because I get comments from swimmers about a given newsletter before mine has arrived.

Unfortunately, I didn't contact the printer until May 1. Big problem...the printer had not received my email. Our printer agreed to print the April issue that day, May 1, and get it in the mail May 2. I know some of the material is out of date, but I thought it best to go ahead and get it out. The printer and I discussed the problem and have instituted some steps to prevent this happening again. I have been the editor for 10 years, and we have used the same printer for even longer. I don't believe this has ever happened before. From now on, I will request confirmation of receipt (pretty simple), and the printer will contact me if nothing has been received by the 10th of each month.

I sincerely regret the mix-up. Please note the entries for the long course meet (June 11) and the ocean swim (June 18). Get those entries in!!!



Name This Newsletter

As mentioned in the March newsletter, you will be receiving the LMSC newsletter 6 times a year - every other month. I requested suggestions for naming the newsletter. I have received three suggestions:

The LMSC Lane Line

The Wet Gazette

Lane Lines

The newsletter for Maverick Masters is called the Maverick Lane Lines. Any comments or other suggestions?



LMSC Elections

from Charlie Cockrell, LMSC Chair

Elections for LMSC officers (Chair, Vice Chair, Secretary, and Treasurer) will be held at the annual meeting in October. I have asked Terry Sue Gault to chair the committee; Bud Swiger (Virginia Masters) and Eileen Span (Winchester Masters) have agreed to serve on the committee. Interested candidates should contact one of the members of the Nominating Committee. The committee will also contact possible candidates over the next several months to get a slate of officers for election for publication in the September newsletter.

See Elections on page 3.



June 11: LC in Norfolk

Entry is in this newsletter.

June 18: One Mile Ocean Swim, Va Beach

Entry is in this newsletter.

July 7: LC at College Park, Md

July 8: 800/1500 Terrapin Masters

See the PV website.

July 15: 2-Mile Cable Swim, Charlottesville

Entry is in this newsletter. This is a National Championship event.

July 22-23: Dixie Zone LC, Raleigh

Check the NC website for entry.

Aug 4-10: Worlds at Stanford University

On line entry available. June 3 deadline.

August 26-27: Colonies Zone LC at GMU

Entry will be in the newsletter when it is available.



There are several good opportunities to swim long course this summer: June in Norfolk, July in Raleigh, August at George Mason.



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Web Sites

Masters Swimming in VA

VASwim.org

Information, entries, registration forms, and links.

USMS

usms.org

Results from Nationals, Top 10, articles.

SwimInfo.com

Latest info on all levels of swimming.

Nearby LMSCs

North Carolina: NCMasters.org

Maryland: Maryland@usms.org

Potomac Valley: PVMasters.org

Colonies Zone



www.ColoniesZone.org

Officers

Chair: Charlie Cockrell

cockrellsva@cox.net

Vice Chair: Harry DeLong

harry.delong@comcast.net

Secretary: Lisa Bennett

swimlab56@msn.com

Treasurer: Mike Duignan

mikeduignan@cox.net

Registrar: Dee DeLong

deedelong@comcast.net

Sanctions: Judy Martin

jmartin240@cox.net

Graphics from www.swimgraphics.com

Elections continued from page 1.

I encourage anyone with interest in running for an LMSC office to speak up. You have all made very valuable contributions to Masters Swimming in Virginia and we will continue to rely on your collective efforts and leadership in our quest to further the goals and objectives of Masters Swimming. I'd like to ask each current officer, committee chair, and club delegate to consider how you would like to be involved in the future and don't be afraid to ask or volunteer your ideas.

Thanks.

Charlie

Editor's Note: The current officers are listed on page 2. The Chair is limited to two 2-year terms. There is no restriction on the number of terms for the other officers.

How to contact the Nominating Committee:

Terry Sue Gault tsgvmst@aol.com
Bud Swiger mssswim@aol.com
Eileen Span mespan@adelphia.net



Life in the Slow Lane

*by Martha Katzeff
May 1, 2006*

(This article is posted on the USMS website, which is www.usms.org.)

I love to compete. I swam in my first competition at the tender young age of 50.

Until then, I had been a runner for 22 years. Knee surgery was the end of my daily running regimen and the start of cross-training. I had always loved to swim in my younger days, but as an adult with work and family responsibilities it was far easier to put on running shoes and go out the door for an hour.

I rekindled my interest in swimming after the knee surgery and during my daughter's swim team days. I took several private lessons from her coach and began swimming in earnest after a 30-year hiatus. Soon after,

the manager of a pool company told me about Masters Swimming (explaining to me what it was first) and I found a team to join. I was convinced that my two or three times-a-week, 45-minute lap swimming put me in the "good swimmer" category. What an eye-opener that was! I had absolutely no idea that many Masters swimmers started out as competitive high school and college swimmers.

At the coach's suggestion, I attended a stroke clinic before I went to an actual practice. Right then and there, I suspected that I might be out of my league, but persevered. When I did attend my first workout, I didn't know what to expect. The coach suggested that I start in Lane 1 at the end of the lane. Having no idea what he was talking about, I just got in the water where he was pointing. In the lane already were five women who had clearly been swimming together for a long time and, to me, looked extremely intimidating. The coach wrote the workout on the board and I looked at all those numbers, turned to one of the women in the lane and said, "What's that??" After collectively rolling their eyes, one of them explained the sequence to me. Still completely clueless, I got behind the last woman, started to swim and tried my best to stay out of everyone's way. It was touch and go for me for about 2 months. I sorely tried the patience of both the coach and the other women in the lane (yes, we were all women most of the time), but finally, got it.

With the help of weekly stroke clinics, which I attended religiously, and patient tutoring from my lane mates (who warmed up to me after they realized that I was there to stay and eager to swim), I became a die-hard Masters swimmer.

Along the way, I struck up a friendship with another new-to-swimming (she had just learned how to swim a year earlier!) die-hard, Masters woman. Together, we decided that we were going to compete even though we'd only been swimming a short time.

We signed up for a local meet and off we went. My husband was gracious enough to give up his Sunday morning racquetball game to drive us there and cheer. When we got there and saw all the swimmers, we were so overcome with anxiety that we could hardly breathe, let alone swim. We stood mesmerized, watching the first few events, and then it dawned on us -- that -- wait a minute -- a lot of those swimmers are not so fast . . . and not so young.

We ended up becoming meet junkies and competing together whenever we could. In the summer we plot out all the open water swims we're going to do (here in the *See Life on page 4.*

Life continued from page 3.

Northeast, open water swim season is very short) and then tell our husbands that we're busy every single summer Sunday morning and hope that they will understand.

Four years and many competitions later, I'm still a lane 1 swimmer, but now I'm the engine instead of the caboose. One of the best things about Masters swimming is the inclusiveness of all ages and abilities. Our lane 1 became a close-knit group of women who from time to time met outside the pool for a "lane 1 dinner."

Last year, our team lost its pool when the building that housed it was sold. It was a devastating loss for all of us because there was no one pool available that could absorb our more than 100 swimmers. The team fell apart, although a large part of the team did merge with another local team. Sadly, our lane 1 group went its separate ways (although we still meet for dinner occasionally).

I joined a team locally known for its extreme competitiveness and landed in their midst just at the start of their gearing-up-for-Nationals training. It was quite a bit of culture shock for me to go, in the space of a week, from a mostly laid back group of swimmers to a flock of Type A personalities launching themselves into training hyper-drive. Still reeling from the loss of my other team, I threw myself into the fray and signed up for Nationals.

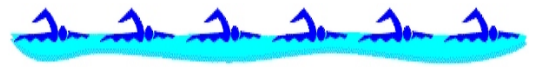
To the credit of the coaches of my new team, I was always given lots of encouragement and training for the competition, just as if I were one of the faster swimmers on the team, and, indeed, was the only representative from my lane on our Nationals team.

Upon reflection, I realized it took a lot of chutzpah for a lane 1 swimmer, and the newest member of the team, to even contemplate competing on that level. Nevertheless, I went to Nationals and even managed not to finish absolutely dead last in one of my events. The atmosphere in Florida was exhilarating. No one there ever questioned my right to swim with the "big guns" and the cheers were just as loud for the slower swimmers as for the record holders. (In some cases, louder!) I went home rejuvenated and ready to tackle whatever swim challenges the coaches threw at me. My coach asked me what my goals are for the coming season and I gave him quite an ambitious list and hope to meet as many as I can.

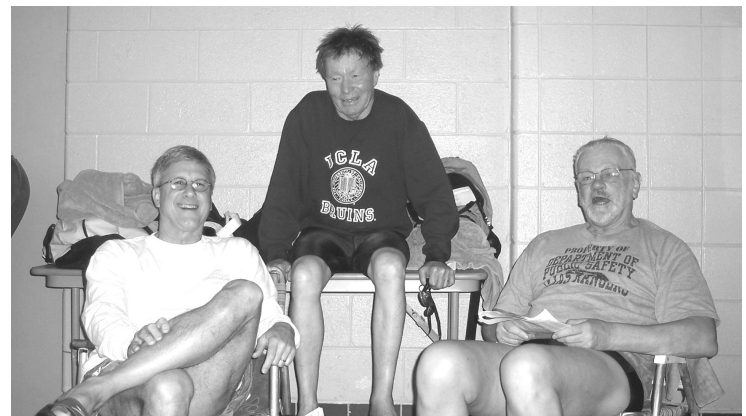
In the meantime I will continue to swim and cross-train with an eye toward the 2006 Nationals. The subject of Nationals came up in the locker room recently. One of the women mentioned several teams who had brought

only their "best" swimmers to Nationals this past spring. This caused quite a stir among the rest of us. The general consensus was that bringing only the best swimmers goes against almost everything Masters swimming embodies. It flies in the face of the USMS rule that allows any swimmer to enter three events without meeting qualifying times, which levels the playing field. I certainly hope those teams reconsider their strategy and include their enthusiastic, not-quite-best yet swimmers the next time they go to a Nationals meet.

For me, competition keeps me motivated and focused. In fact, I look forward to entering Nationals at 90 so that I can enter six events without a qualifying time!

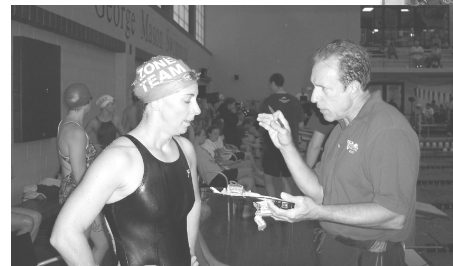


From the Colonies Zone Meet ...



Ed Gaulrapp, Tom Lyons, and Dick Cheadle

Al Keith

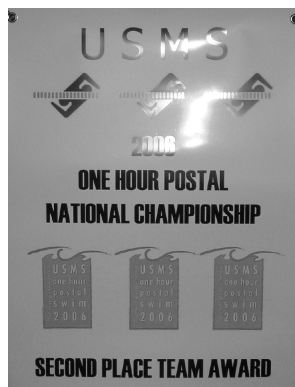


Alice Phillips and Jim Miller

VMST NEWS

The Hour Swim

It was quite a surprise to learn that VMST won a banner for a 2nd place finish for Small clubs in the One Hour Swim National Championship Postal Event. Some teams make a big deal of getting as many members as possible to enter. This year I mentioned it and challenged team members to try it. Eighteen participants is a good start; we'll try for more next year.



To the left is a picture of the banner. To the right is a list of the teams.

In the April newsletter, I listed 16 people who had done the swim. I'm missing two - please let me know who. I went through the results several times, but still missed some.

2006 One Hour Postal Swim Final Results

Place	Club Name	Club	Entries	Total Yards
Extra Large Clubs				
1	New England Masters	NEM	250	932,085
2	YMCA Indy Swim Fit	ISF	172	650,755
3	UCLA Bruin Masters	UCLA	150	569,490
Large Clubs				
1	Oregon Masters	OREG	80	283,985
2	Masters of South Texas	MOST	70	240,565
3	Unattached	UNAT	62	231,415
4	Metro Masters Swim Club	METR	61	226,750
5	Swim Kentucky Masters	SKY	62	222,810
6	St Pete Masters Inc	SPM	53	196,650
7	Tamalpais Aquatic Masters	TAM	53	189,170
8	Menlo Masters	MELO	50	186,905
9	Pacific Northwest Aquatics	PNA	49	178,365
Medium Clubs				
1	Red Tide of New York City Inc	REDT	36	138,465
2	Team Illinois Masters	IM	33	128,450
3	Walnut Creek Masters	WCM	31	118,320
4	Santa Cruz Masters Aquatics	CRUZ	29	112,640
5	Colonials 1776	1776	28	106,390
6	Colorado Masters Swimming	CMS	28	103,200
7	Michigan Masters	MICH	25	99,105
8	Strawberry Canyon Aquatic Mast	SCAM	26	98,895
9	Niagara District Masters	NIAG	28	95,700
10	Florida Aquatic Combined Team	FACT	26	92,315
11	Tri Valley Masters	TVM	22	86,380
12	Florida Maverick Masters	FMM	27	71,040
Small Clubs				
1	The Olympic Club	TOC	15	68,245
2	Virginia Masters Swim Team	VMST	18	65,215
3	Prairie Masters Swim Team	PMST	16	58,925
4	Ladera Oaks Masters	LOM	17	57,925
5	Henderson Southern Nevada Mast	HSNM	16	56,805
6	North Carolina Masters Swimmin	NCMS	15	56,795
7	Minnesota Masters Swim Club	MINN	15	55,285
8	Team Ridgilea	RIDG	13	49,440
9	DC Masters	DCM	14	49,235
10	Ventura County Masters	VCM	10	47,010
11	Central Maryland YMCA Masters	CMYM	12	43,980
12	Missouri Valley	MOVY	12	42,970
13	Arizona Masters	ARIZ	12	42,430
14	O'H'I'O Masters Swim Club	O'H'	11	41,955
15	Sawtooth Masters	SAWS	11	41,565
16	Davis Aquatic Masters	DAM	11	41,540
17	Arkansas Masters	ARKM	12	40,975
18	Daland Swim School Masters	DSSM	9	37,190
19	Shoals Sharks Masters	SSMS	10	36,960
20	Connecticut Masters	CONN	11	35,885
21	Irvine Novaquatics	NOVA	9	35,100
22	Garden State Masters	GSM	9	34,685
23	Rose Bowl Masters	ROSE	7	31,780
24	Great Bay Masters Swimming	GBM	9	30,955

2006 World Championship

The entry deadline is June 3. If you are going, please let me know when you have entered (durrant6@cox.net). At present, I know of 15 VMST members who may be going. Several have entered, but not all. Jim Miller is trying to organize some relays, so it is important to know who is going

Those who have expressed interest are listed. The * indicates that they have already entered. Barbara Bosleo*, Howard Butts, John Calvert, Eric Cornell, Stacy Cornell, Terry Sue Gault, Ida Hlavacek, Dave Holland*, Perry Lange*, David Malsbury*, Jim Miller*, Patty Miller*, DJ Scotty, Tom Woods*, Barb Zaremski.

Zones

VMST had 60 swimmers entered in the recent SC Colonies Zone Championship. VMST finished second in team competition, behind Curl Burke (with 80 swimmers). The complete results can be found at www.patriotmasters.org. For the first time, we had a full time coach on deck for Saturday (the great and unflappable Harry DeLong) and two coaches on deck for Sunday (Nancy Miller and Harry). This is the first time we have had coaches available who were not also swimming. We had 26 relays entered on Saturday and 25 on Sunday. This is always very confusing, especially the first relays on Saturday morning. Harry stayed around the starting blocks so swimmers could find him to answer questions. (What heat? What lane? What stroke am I swimming? How far do I have to swim on this one?)

See *Note* on back page.

A Note from a Coach and Swimmer...

Thanks to Harry DeLong

At the Colonies Zone Meet held at George Mason April 21 – 23, one of the heroes of masters swimming was once again in action. Harry DeLong, well known for his longtime contributions to the sport and the association, stepped up and organized VMST relays in a manner consistent with his usual excellence in action.

What a pleasure to arrive well before warm-ups and find the day's relays posted in clear readable format, organized and complete. That's not to say situations didn't require adjustment, they certainly did. The difference this year was that every swimmer was also personally notified of his or her events and of changes. There was also considerable effort to let folks know their heat and lane in a timely fashion, in addition to their posting.

The relays took into account personal wishes of the swimmers, while putting out as many teams as possible, with the best possible opportunity for points.

Kitten Braaten and Nancy Miller also assisted with relays and with the communication, coordination. Nancy helped by recording splits.

We need to give a hearty, "Thank You," for a job well done to Harry and his helpers. This meet felt more like a team experience than any in recent memory.

Kathryn Gregory

