
LMSC FOR VIRGINIA

Serving Masters Swimmers in Virginia and West Virginia - March 15, 2007



From Our LMSC Chair Terry Sue Gault

Hello folks,

My apologies....this letter is long overdue. I am very happy to have the opportunity to serve the organization that I have been a member of since 1980. **Charlie Cockrell** was kind enough to take the helm of the LMSC when I needed to step down 6 years ago. Charlie has served the entire time since, and he will be a hard act to follow. Charlie has been extremely involved on the national level as a member of the Rules Committee and is now serving as the chair of the USMS Officials Committee. He also received a very special USMS service award: The Dot Donnelly Service Award from the Colonies Zone. Charlie is much respected for his knowledge and input at the national level.

The LMSC has had several situations this fall that I have needed to address. **Harry and Dee Delong** will be leaving for North Carolina and have given notice to their positions. Harry was our Webmaster and Dee was our registrar. I do not need tell you how important these positions are to the LMSC. Harry and Dee have been superior in their dedication to these jobs and again there are big shoes to fill. We are very fortunate that **Mary Beth Hannifer** has agreed to step in for Dee. We are also very close to having a new Webmaster, but I want

*See **Chair** on page 3.*

New Teams in Virginia!!
See page 3 for information on teams.

Meet Our New Registrar Mary Beth Hanifer

by Betsy Durrant

My e-mail interview with Mary Beth...

1. When did you start Masters Swimming? Where and Why?

I started swimming with VMST in 1989 at the athletic club that has been called Briarwood, Riverside and currently goes by the name ACAC. I was a freshman in college and into the latest fitness craze. As a result of incorrect weight lifting I injured my back. My physician, Jim Miller recommended swimming for rehab. I was not a stranger to the concept of Masters Swimming as my mother had been a fitness swimmer with VMST for many years. I remember her leaving early in the morning for practices before my sister and I were supposed to get ready for school. Since I was now old enough (19) I could join the team. Who knew that a life long "hobby" was about to begin?



Mary Beth with her Mom.

*See **Mary Beth** continued on page 4.*



If you do not have internet access, call or write to me (editor address below), and I will send you an entry.

March 24: Montgomery Co., MD

See PV website.

March 31: Durham, NC

See NC website.

April 13-15: Colonies Zone Championship

George Mason University. Entry was in the Feb VMST newsletter and is on the website.

April 28-29: NC Championship, Raleigh

See the NC website.

May 12-13: SCM in Virginia Beach.

Entry is in this newsletter.

May 17-20: USMS Nationals, Federal Way, WA

Newsletter Editor

Betsy Durrant

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From Michael Moore, Pacific Masters:

- ▶The 2009 National Senior Games will be held at Stanford in August of 2009.
- ▶The Perth Committee has announced that the 2008 FINA World Masters Championships will be 15 April through 25 April, with competition 17 April through 25 April. More information can be found at <http://www.2008finamasters.org>
- ▶I was looking at about what the airline cost is - somewhere around \$1500 R/T better start saving your money.

Graphics from www.swimgraphics.com



Masters Swimming in VA

www.vaswim.org

USMS

www.usms.org

Swimming World Magazine

(News about all levels of swimming.)

www.swimmingworldmagazine.com

Nearby LMSCs

North Carolina: www.NCMasters.org

Maryland: www.Maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone

www.ColoniesZone.org



OFFICERS

Chair: Terry Sue Gault

tsgvmst@aol.com, 804-379-9099

Vice Chair: Chris Stevenson

cstevens@richmond.edu, 804-440-3373

Secretary: Position Open

Treasurer: Mike Duignan

mikeduignan@cox.net, 757-721-2225

Registrar: Mary Beth Hanifer

mbhanifer@verizon.net, 804-744-7117

Sanctions: Judy Martin

jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson

cstevens@richmond.edu, 804-440-3373

Chair continued from page 1.

to be sure that it is a perfect fit before we make an announcement to this position. The Webmaster is our connection to each other in the LMSC, a historian, and is becoming more important each year as our organization grows. The Webmaster has to be creative in the design to help make the LMSC website user-friendly and interesting.

Chris Stephenson along with taking on the Vice-chairman position has taken over our record keeping and top ten reporting. He will be working with the HY-tek Team Manager program to help with this timely task. With this in mind it will be very helpful for your meet results to be sent to Chris in the Hy-Tek format.

With all of this said, I am reaching out to you and your team for help. This is a total volunteer organization and you as a member are reaping the benefits of the hard work of the officers and committee chairs of the LMSC. We are asking your team to send a representative to our fall meetings. We now have 15 teams registered in the LMSC and we only had representation of 3 teams at our past fall meeting. We struggle to get a quorum ...and, unfortunately, we are contemplating having to fine teams that do not send a representative to our yearly meeting. I believe that there are great ideas out there to help benefit Masters Swimming in VA. You may feel that there is something that you wish to be addressed and do not know how to get it presented. This is a great opportunity for new ideas for our LMSC

At this time the LMSC is in search of members that will chair the Fitness committee, the Safety Committee and the Coaches Committee. The Fitness committee position is to develop fitness activities for the membership of the LMSC and to implement activities from the USMS Fitness Committee and to educate adults on the fitness benefits of swimming. The Officials Committee develops policies and procedures to assure that all LMSC of VA sanctioned events are officiated uniformly and conducted in conformance with the USMS swimming rules. The Coaches Committee develops programs and tools to enhance the quality of Masters swimming programs and coaching. I am certain that there is someone out there who would enjoy contributing to the LMSC of VA by volunteering for one of these committee positions. This is a means for you to give back to an organization that has done so much for you.

Sincerely yours,
Terry Sue Gault

New Teams

Bedford Area Family YMCA

Contact: Elizabeth Wright Creasy, Aq Director

Ph: 540-586-3483

Email: elizabeth@bedfordymca.org

Website: <http://www.bedfordymca.org>

Coach: Adam Butt

Ph: 540-586-3483

Email: podab1@aol.com

Robious Sports and Fitness

Contact: Bonnie G.H. Craig, Aquatics Director

Ph: 804-330-2256

Email: bonnie@robious.com

Website: <http://www.robious.com>

Coach: William (Tripp) H. Craig, III

Ph: 804-357-9224 Email: trippcr@comcast.net

Full List of Virginia Teams

1. Atlantic Coast Athletic Club (ACAM)
Charlottesville, VA
2. Bedford Area Family YMCA (BAFY)
Bedford, VA
3. Blacksburg Masters (BMS)
Blacksburg, VA
4. Charleston Family YMCA (CFYM)
Charleston, WV
5. Coomes Aquatic Masters (CAM)
Abingdon/Bristol, VA
6. Leesburg Area Masters (LAMS)
Leesburg, VA
7. LetSwim Masters (LTSM)
South Riding, VA
8. Robious Sports and Fitness Masters (RSFM)
Richmond, VA
9. Rockbridge County Aquatics (RCA)
Lexington, VA
10. South Hampton YMCA Masters (SHYM)
Chesapeake, VA
11. SwimQuest Masters (SQST)
Richmond, VA
12. Valley Blues Swim Club (VBSC)
Staunton, VA
13. Virginia Masters Swim Team (VMST)
Statewide
14. Winchester Masters Swimming (WMS)
Winchester, VA

Mary Beth continued from page 1.

2. Did you swim competitively before Masters?

As a child I participated in summer league for a couple of years, however I did not pursue it. Talk about reverse peer pressure—I beat one of the team’s more popular members in breaststroke and the rest of the kids were upset with me...go figure! I decided that wasn’t the team for me.

3. What do you do in real life (job)?

After graduating with a degree in Psychology, it was time to great a “real job”. The word was out MB needed to find a full time job. As it turned out, during the off season Richmond VMST had a softball team. At one of those games a fellow swimmer, Kathy Waggoner, mentioned the company she worked for, MCI, was hiring. I dismissed the idea, left the game, but I went back to get the information. After all, what would my parent’s say if they knew I had the opportunity for a job interview and didn’t take it?

That game was in 1993 and I have been working with some version of the company ever since. As some you may know MCI was bought by WorldCom, went bankrupt, emerged as MCI again and then was bought by Verizon. I have had multiple roles in these companies. Each of those roles has afforded me the opportunity to take advantage of many swimming opportunities and develop skills that I now use as a LMSC Volunteer.

4. Other interests besides swimming?

*After living in Northern Virginia for the last six years, I have returned to Richmond and bought my first house. I am having lots of fun and a few challenges setting up my new home. I have recently started taking Yoga classes under the expert eyes of fellow Master swimmer / instructor **Charlene Magee**. I am looking forward to getting a kayak this spring to use on the awesome lake I live near.*

5. Interesting experiences through Masters?

I truly believe that becoming a part of the Master swimming family has been one of the best experiences of my life. I feel blessed to have had the support of my swimming family during the various phases of my life thus far (college, first job, first swim meet, first Nationals). Whatever life changes that have taken me in and out of active

participation the friends have always been there. I know I can be away and return to open arms.

On a lighter note, where else could I have the opportunity to participate in a training camp at the Olympic Training Center in Colorado Springs? I was able to swim in the flume, sleep in the dorms, and eat in the cafeteria just like our Olympic athletes!

Where else could I go to Hawaii for two weeks (for nationals), walk around Waikiki and run into swimming friends on the street?

6. Anything else you want to add?

For all those newbie and former swimmers reading this—keep swimming or come back. You get out of Master swimming what you want / need. This is your chance to do something for yourself that will help you “live your best life”. Your swimming family is waiting.

Technique Tips from Swimming World Magazine

BREASTSTROKE PULLDOWN

by Glenn Mills

1. Keep your head stable and in line with your body.
2. Throw the arms back – don’t simply drop them to your sides.
3. Keep the legs straight and tight as you fly through the water.
4. Shrug your shoulders to tighten the bodyline and round the surface that cuts through the water.

November, 2006, issue.

SWIMQUEST MASTERS

- THE 2nd YEAR -

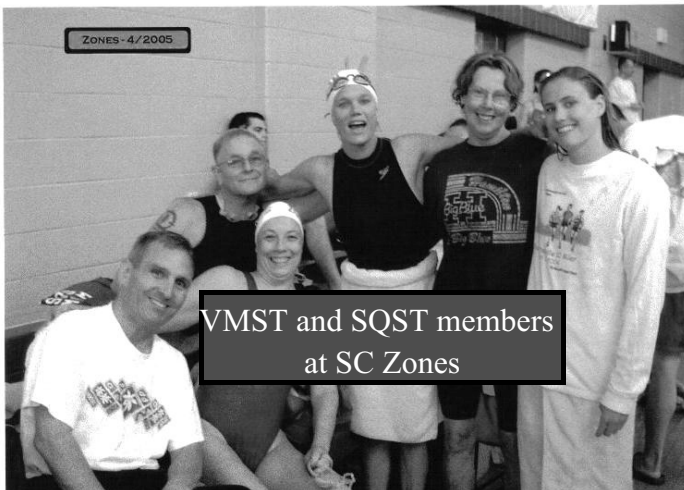
from Lisa Bennett

Well, it's been a fun-filled and exciting first year for the SwimQuest Masters.

We made our "debut" at the David Gregg III Memorial Meet in 2006 under the direction of coach Dudley Duncan. We had nine swimmers, and it was the first time in many, many years that some of them had hit the pool for competition. We decided that the meet was so well organized, and run with great efficiency, that we would make this event our "kickoff" meet for the year. It is close to home and a great reprieve from having to get up and be at the pool by 5 am! SQST returned this past February 10-11 with eight swimmers, and once again enjoyed the meet and all of the swimmers who attended. There were several personal best times achieved and it was great to see where we are and where we need to be for the upcoming Nationals in Federal Way, Washington.

Some of the SQST swimmers participated in several "postal" meets this year as well. They weren't as exciting as Nationals in Coral Springs, but we played a lot of loud music to try to duplicate the experience. SQST is planning on attending the FINA World Championship in 2008...but only if we can collect enough aluminum cans!

SQST is hoping to put together some "time trial" days for its team members as well as local swimmers who might want to come and get a day of "competing." If we can ever get this off the ground we will let the local teams know. But in the meantime....we will continue with our SwimQuest motto: "Good, better, best....never let it rest...until your good is better....and your better best!!"



VMST News

from Betsy Durrant

Relay Time!!

Zones - If you are going to Zones and want to swim relays, let me (Betsy) know as soon as possible. I do not know who the On Deck Coach will be yet, so send relay information to me and I will make sure it gets to the person in charge of relays.

The line-up for relays:

Beginning of Sat. Session: 400 Mixed Free
200 Mixed Medley

End of Sat. Session: 800 Free (M/W)
400 Medley (M/W)
200 Free (M/W)

Beginning of Sun. Session: 800 Mixed Free
400 Mixed Medley
200 Mixed Free

End of Sun. Session: 400 Free (M/W)
200 Medley (M/W)

Coach on Deck for Zones - If you are interested in being the Coach on Deck or if you would like to suggest someone, contact Betsy Durrant or Bud Swiger.

Nationals at Federal Way - Are you planning to swim in SC Nationals? Please let me know if you are going so that we can make team plans. The following are all I know about so far: me, Susan Marens, Ida Hlvacek, Beth Schreiner, Patty Miller, Jim Miller, Dave Malsbury.

Coach and swimmer Stann Bailey, Tracy Hernlen, Cayce Buscaglia, Kelly Cleary, Johnnie Detrick, Annie Gill. Photo from Lisa Bennett from SC Zones.

Training for Championship Meets

by Dr. Paul Hutinger

The following "Tip of the Month" column was written by Dr. Paul Hutinger and published in the Maverick Lane Lines newsletter.

Many swimmers, at any age and any level, attending their first National meet, let distractions prevent them from concentrating on their events. If you watched any of the Olympic events during February, you probably picked up on some of them from top notch athletes, including knowing the bus schedule to events, partying the night before, etc.

Fellow Maverick, James Anderson, 81, swam very good times at the Florida State Senior Games Meet in December, 2004. These qualified him for the National Senior Games in Pittsburgh, in June, 2005. Although he won several of his events, he was disappointed that his times were slower than what he expected, based on his previous exceptional performances. In his best event, the 50 breast, he was three seconds slower.

Based on a critique of Anderson's performance, I have included some tips that I personally use and recommend for any swimmer. These will help prepare you ahead of time for both your mental and physical performance at the meet, as well as being well rested. Swimmers should plan on how they will prepare for each day at the meet. My suggestions also apply to those who chose to use a local big meet as their "championship meet."

TRAINING TOO HARD - Many swimmers train too hard before the meet. A month or less before the big meet, they decide now's the time to train more, thinking that this will make up for months of low yardage. This is a big mistake! Your yardage during the last couple of weeks should be less with more emphasis on broken swims.

MENTAL IMAGERY - Mentally, go through each of your events. If you have access to a computer, you can check the internet ahead of time for the posted psyche sheets (list of swimmers, by time, in each

event and age group), OR, ask your coach for this information. By doing so, you will know who your competitors are.

GETTING TO THE POOL - Plan for an early enough arrival to allow for a leisurely check-in, seeing the layout of the pool, finding a place to sit, changing into your suit and checking the heat sheet.

WARM UPS - Decide ahead of time what you will include in your general warm up, and what you will include, additionally each day, for your specific events. (Use this as your warm up during the last two weeks before the meet.) Warm up during the scheduled time in the competition pool. Do some pace 50's for your longer events.

URNS - Work on turns for each of your events. If you are a backstroker, work on turns with the flags. Know your count! Remember, in meter pools, the flags are at least one stroke farther from the wall.

STARTS - Use the sprint lane to do starts for each of your strokes. Adjust your goggles, if needed.

REST - You need to be well rested before and during the meet. Do your touring and sightseeing after the meet, not before.

Another Technique Tip from Swimming World Magazine

BUTTERFLY Initiating the Breath

by Glenn Mills

1. Look down at the water as you rise forward into the breath.
2. Bend the elbows into the power position (imagine where you would want your elbows to be if you were pushing yourself out of the pool).
3. Keep pressure on the hands, wrists and forearms.
4. Point your toes as you deliver the downward kick.

December, 2006, issue.

2006 USMS Top Ten SCM for Virginia LMSC

There were 37 swimmers who made the national Top Ten in Short Course Meters! Note that we had 4 swimmers with the #1 time: Beth Schreiner - 3 events Johnnie Detrick - 3 events
Marie Kelleher - 3 events Chris Stevenson - 1 event

Winchester Masters

Porter Schiavone

SwimQuest

Becky Franklin

Angela Howsmon

Lisa Bennett

Unattached

Kelly Riedinger

Claudia Cortes

Tom Royal

Virginia Masters

Barbara Boslego

Kathryn Page

Ida Hlavacek

Judy Martin

Johnnie Detrick

Terry Sokolik

Marianna Berkley

Ruth Good

Owen Maher

Charles Erwin

Thomas Lyons

Susan Marens

Beth Schreiner

Betsy Durrant

Laura Walker

Susan Henley

Jeanne Meredith

Miriam Tuovila

Marie Kelleher

Alfred Newbury

Calvin Barnes

Neil Sween

Troy Johnson

Eric Cornell

Chris Stevenson

David Malsbury

John McCorkle

William Bacon

Warner Brundage

South Hampton YMCA

Andrew Spillane

Women 18-24

Porter Schiavone, 22 WMS, 4 - 200 Fly, 3:33.61

Women 25-29

Kelly Riedlinger, 27 UNAT, 8 - 200 Breast, 3:10.47

Women 35-39

Becky Franklin, 38 SQST, 10 - 200 IM, 2:59.67

Women 45-49

Angela Howsmon, 46 SQST, 6 - 200 Back, 2:58.03

Women 50-54

Lisa Bennett, 50 SQST, 3 - 400 Free, 5:24.34; 3 - 50 Breast, 40.13

4 - 100 Breast, 1:28.91; 6 - 100 IM, 1:20.38

Claudia Cortes, 51 UNAT, 4 - 200 Fly, 3:03.43; 5 - 200 IM, 3:00.16

5 - 400 IM, 6:13.44

Women 55-59

Barbara Boslego, 55 VMST, 10 - 100 Back, 1:38.08; 6 - 50 Breast, 44.96

3 - 100 Breast, 1:38.61; 3 - 200 Breast, 3:34.12; 10 - 50 Fly, 39.60

10 - 100 IM, 1:31.48; 5 - 200 IM, 3:19.47

Kathryn Page, 58 VMST, 10 - 200 Back, 3:34.73; 10 - 200 IM, 3:34.12

Women 60-64

Ida Hlavacek, 64, VMST, 8 - 200 Back, 3:46.50; 9 - 100 Fly, 1:55.67

6 - 200 Fly, 4:18.49; 9 - 400 IM, 8:26.88

Judy Martin, 64, VMST, 10 - 200 Back, 3:58.76

Susan Marens, 64, VMST, 8 - 50 Breast, 51.01; 9 - 100 Breast, 1:56.42

10 - 100 Fly, 1:56.84; 7 - 200 Fly, 4:26.85

Women 65-69

Beth Schreiner, 65, VMST, **1 - 50 Free, 34.94; 1 - 100 Free, 1:21.39**

1 - 200 Free, 3:03.71; 3 - 100 Back, 1:40.04

Laura Walker, 69, VMST, 8 - 50 Free, 41.75; 9 - 100 Free, 1:35.13

6 - 50 Back, 52.72; 7 - 100 Back, 1:54.45; 8 - 200 Back, 4:03.48

Betsy Durrant, 65 VMST, 8 - 400 Free, 7:08.90; 3 - 50 Back, 46.84

4 - 100 Back, 1:42.99; 4 - 200 Back, 3:51.75; 2 - 50 Breast, 50.49

2 - 100 Breast, 1:51.39; 4 - 200 Breast, 4:15.23

Women 70-74

Johnnie Detrick, 71 VMST, 2 - 50 Free, 37.67; 3 - 200 Free, 3:25.60

2 - 800 Free, 15:40.52; **1 - 50 Breast, 52.60; 1-100 Breast, 1:53.29**

1 - 200 Breast, 4:14.65; 3 - 200 IM, 4:00.65

Susan Henley, 74 VMST, 10 - 100 Back, 2:17.84; 8 - 200 Back, 4:48.90

Women 75-79

Terry Sokolik, 79 VMST, 10 - 50 Free, 53.56; 7 - 100 Free, 1:59.18

10 - 200 Free, 4:36.51; 4 - 400 Free, 8:53.43; 4 - 50 Fly, 1:06.95

8 - 100 IM, 2:21.69; 6 - 200 IM, 5:23.77

Jeanne Meredith, 78 VMST, 10 - 100 Free, 2:06.37; 7 - 200 Free, 4:25.56

5 - 400 Free, 8:57.20; 5 - 800 Free, 19:13.87; 9 - 50 Fly, 1:22.51

Women 80-84

Miriam Tuovila, 81 VMST, 8 - 100 Free, 2:30.24; 5 - 200 Back, 5:58.56

2 - 50 Breast, 1:08.63; 2 - 100 Breast, 2:29.97; 2 - 200 Breast, 5:28.66

3 - 100 IM, 2:31.38; 3 - 200 IM, 5:36.49

Marianna Berkley, 84, VMST, 4 - 50 Free, 57.04; 5 - 100 Free, 2:10.80

5 - 200 Free, 4:59.09; 4 - 400 Free, 10:07.31; 2 - 800 Free, 20:27.71

5 - 50 Back, 1:08.81; 5 - 100 Back, 2:29.32; 3 - 200 Back, 5:25.85

3 - 100 Breast, 2:41.87; 3 - 200 Breast, 6:00.22; 5 - 100 IM, 2:34.56

5 - 200 IM, 6:01.71

Women 85-89

Ruth Good, 86 VMST, 6 - 50 Free, 1:15.59; 6 - 100 Free, 2:52.64

4 - 200 Free, 6:02.72; 3 - 400 Free, 12:18.09; 3 - 50 Back, 1:25.33

5 - 100 Back, 3:33.24; 5 - 50 Breast, 2:05.88; 2 - 100 Breast, 4:30.08

2 - 100 IM, 3:31.16

Women 90-94

Marie Kelleher, 94 VMST, **1 - 100 Free, 2:57.46; 2 - 200 Free, 6:43.83**

1 - 50 Fly, 1:48.46; 1- 100 IM, 3:31.92

Men 25-29

Andrew Spillane, 27 SHYM, 6 - 50 Breast, 31.77

Men 30-34

Troy Johnson, 31 VMST, 4 - 50 Free, 23.73; 2 - 100 Free, 52.79

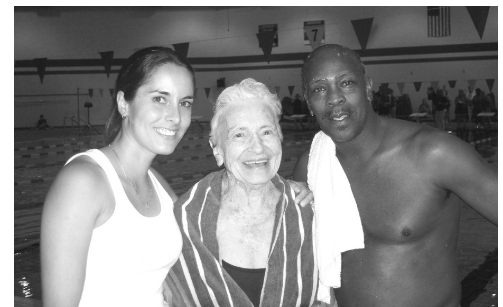
4 - 200 Free, 2:01.03; 4 - 50 Fly, 26.27



Beth Schreiner



*Johnnie Detrick
in action.*



*Marie Kelleher with her
granddaughter and Alvin
Richardson.*

Men 35-39

Eric Cornell, 36 VMST, 10 - 50 Free, 25.53

Men 40-44

Chris Stevenson , 42 VMST, 6 - 200 Free, 2:03.56; 6 - 400 Free, 4:23.77
2 - 50 Back, 28.67; 2 - 100 Back, 1:00.78; **1 - 200 Back, 2:11.38**

Men 45-49

David Malsbury, 45 VMST, 6 - 50 Back, 31.31; 10 - 100 Back, 1:09.38
6 - 50 Breast, 33.42
Tom Royal, 46 UNAT, 7 - 100 Breast, 1:14.63; 7 - 200 Breast, 2:44.46

Men 55-59

John McCorkle, 55 VMST, 9 - 200 Back, 2:56.50; 7 - 400 IM, 6:03.49

Men 60-64

William Bacon, 60 VMST, 4 - 50 Back, 35.03; 2 - 100 Back, 1:19.23
4 - 200 Back, 3:00.43
Warner Brundage, 63 VMST, 8 - 50 Breast, 38.56; 6 - 100 Breast, 1:25.88
5 - 200 Breast, 3:08.22; 8 - 200 IM, 2:52.35

Men 70-74

Neil Sween, 71 VMST, 10 - 100 Back, 1:43.50
Owen Maher, 71 VMST, 5 - 100 Fly, 1:58.99
Alfred Newbury, 72 VMST, 6 - 100 Fly, 2:05.68
Thomas Lyons, 73 VMST, 9 - 100 Fly, 2:12.35

Men 75-79

Charles Erwin, 75 VMST, 10 - 50 Free, 37.45; 10 - 100 Free, 1:29.29
5 - 200 Free, 3:09.66; 3 - 400 Free, 6:43.00

Men 80-84

Calvin Barnes, 82 VMST, 3 - 1500 Free, 30:40.77; 6 - 100 Back, 1:54.70
3 - 200 Back, 4:00.35; 7 - 50 Fly, 59.39



*Chris Stevenson with Cyle Sage
and AK Miller.*



*Owen Maher, Marianna Berkley, Susan Marens, Betsy Durrant, Laura Walker, Terry Sokolik, and Al Newbury.
Picture was taken in St George, Utah. All 7 made at least one Top10 time in this meet.*