
THE WET GAZETTE

The LMSC for Virginia- Serving Masters Swimmers in Virginia and West Virginia

New Look, New Name

A year or so ago I asked for suggestions for a name for the newsletter. I received several good ideas; unfortunately, some suggested names were already being used by other newsletters. "The Wet Gazette" was submitted by **Chuck Wilmore** and approved by the LMSC Board of Directors at the recent meeting. Thanks, Chuck.



Workout Groups and Places to Swim

It is an ongoing challenge to keep an updated list of where to refer new swimmers. I am going to try again. Here's how it will work... Send me information on where you workout in the following format:

City:
Pool:
Is there a coach on deck?
Workout days and times:
Contact person (phone and email):

I will compile the information and give it to Jason, our webmaster, for posting on the website (www.vaswim.org). The biggest problem in the past has been that information is inaccurate because circumstances change. To correct that, we will erase the list each November and start over. That way, if a workout is no longer active, it will be dropped, and changes in days and time will be corrected.

Betsy Durrant, durrant6@cox.net

USMS Convention

By Betsy Durrant

This is a brief summary of actions of the various committees. The convention was September 26-30, in Anaheim, California.

Board of Directors. Confidentiality Policy adopted. "To protect the confidentiality of members' USMS registration information, this information may only be disclosed for official USMS and/or LMSC business relating to the conduct of Masters swimming. Examples of legitimate reason for disclosure include: A member's name, birth date, age, club, ID number and gender may be given to a meet director for uses related to competition, or to the Top 10 and Records Chair. Information concerning members of a club may be given to the designated representative of that club."

USMS Endowment Fund Board of Directors. A grant of \$2000 was approved for Conrad Johnson's proposal for running a clinic and developing a how-to guide for teaching Pilates for Masters. The committee is seeking more

See Convention on page 6.

Delegates from Virginia



Mary Beth, Terry Sue, Betsy



Chris, Patty, Jim



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

December 2: U of MD, 1000/1650

December 8: SCM, Virginia Beach
Entry is in this newsletter.

January 27: Alexandria

February 9-10: Richmond VMST

May 1-4: USMS SC Nationals, U of TX, Austin

May 16-17: VA Senior Games, Virginia Beach

August 14-17: USMS LC Nationals
Mount Hood Community College, Oregon

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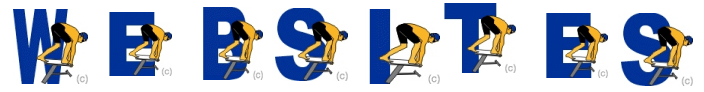
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Congratulations to Marianna Berkley.



***Marianna set her first
national record in the 100
yard breaststroke for
Women 85-89.***

Graphics from www.swimgraphics.com



Masters Swimming in VA

vaswim.org

USMS

usms.org

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



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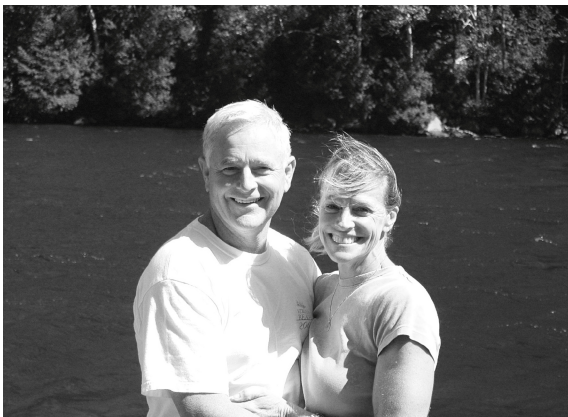
Miraculous Lake Placid

By Dave Holland

I went to Lake Placid for the 2 mile cable national championship this past August, and it was an absolute treat. It seems to me that Lake Placid is one of those places with high name recognition, but when you ask around, relatively few have visited. Walk up to your neighbor and ask him if he's ever gone to Lake Placid, and he will likely say something like "No, but isn't that where the U.S. hockey team beat the USSR in the 1980 Olympics?" If you're over 35 years old, chances are strong that you witnessed that historic upset on television, and maybe you still get goose bumps when you hear Al Michaels say "Do you believe in miracles?". If you're under 35, there's a movie.

One of the first things you notice when you drive into the hamlet of Lake Placid is that the townspeople are proud to advertise the Olympic rings, and that their town WAS the site of that historic 4-3 upset in ice hockey on February 22, 1980. You are invited to visit the same arena and sit on the bench where Mike Eruzione sat that fateful evening. This arena was actually a short walk from the beach where the swim took place, and one of the charms of the town is how convenient to foot traffic many of the attractions seem to be. I was without a vehicle for 3 days, but it didn't seem to matter. In fact, my motel was directly adjacent to the beach, which meant I could leave my room and 2 minutes later I'm stepping into Mirror Lake for an afternoon dip. A short walk in the other direction took me past a sign in front of the 1932 ice arena that read "Lake Placid: it's no miracle, it's real snow". Sure enough, piled up right in front of this sign, was what appeared to be a snowdrift. I scratched my head and looked

**Tracy
Hernlen
and
Lisa
Bennett
at Lake
Placid.**



around on this nice August day, about 70 degrees F.

The next day there was even more. Perplexed, I wondered, where is it cold enough in August for them to find real snow? Who is bothering to shovel it and bring it down here every couple of days? Although it took me a few days of detective work to uncover the truth, it turns out the answer was right in front of me: it was just the shavings from the Zamboni machine that keeps the ice smooth inside the arena.

I learned another piece of Olympic trivia while exploring the town: they hosted not only the 1980 Winter Olympics, but also the 1932 winter games. Figure skater Sonja Henie won her second gold medal here, and then glided into a long movie career. In 2000, Lake Placid hosted the Goodwill Games and today, it is obvious from walking around that visitors from all over the world are attracted by the many sites where one can re-live the Olympic spirit. In fact, there are year-round programs at several sites, including the ski jumping complex (with 90 and 120 meter towers) and the Olympic training center, which houses and trains athlete across a wide spectrum of disciplines, including synchronized swimming and water polo.

On Wednesday of each week during the summer, the ski jumping complex was open to the public for an MC'd show billed as "Wet-N-Wild Wednesdays". Because the ski jumpers need to continue practicing their craft during the summers, they actually were jumping from the 90 meter tower onto synthetic grass, wetted down. The aerialists and freestyle jumpers go one better: they land in a swimming pool. On the "freestyle" ramps, kids as young as 7 would ski down a short ramp, launch themselves skyward from the steep pitch at the end, and then perform maneuvers in the air, similar to skateboarders. The only difference: they land in water, and their landing is softened with help from a bubbler system that breaks the surface tension. A couple kids lost their skis on awkward landings but seemed quite adept at diving down to the bottom to retrieve them without ever removing their boots. The set-up is remarkably similar to a multi-platform diving tower, with ramps in lieu of platforms. Two of the larger ramps are dedicated to aerial jumping, and two smaller ones are for the "freestyle" competition where technique and style earn points.

See Lake on page 4.

Lake continued from page 3.

But let's get back to our preferred kind of freestyle. If there is a more amenable training site in the U.S. for open water swimming, I want to know where it is! Lake Placid was idealistic, convenient, and practical (but also a tad expensive). First, the weather was splendid. The first day, I thought "well, we got really lucky, it's just picturesque in all directions !!" I stayed in the area for a week, and with the exception of the morning of the race, the sky was always pleasing to observe. As the day progressed, the skyline would become dotted with billowy clouds floating peacefully by as you strolled down the street. Indeed, the clouds behaved so well, sticking around until sunset to absorb the warm hues and reflections off the water, and then dissipating after dusk so the stars could come out. It was August, but there was absolutely no haze like we have in the south. In Virginia, you have to wait until November to enjoy azure skies like that. Even if your best photographer is an 8-year-old with a cell phone camera, it's hard to leave this place without getting an award-winning shot. When we left and drove south, I noticed that the sky stayed that way until Saratoga, and then it started to look and feel like the dog days of summer again. By the time we got to Pennsylvania, my lens cap was back on for good.

The actual lake where the swim took place, and where I did all my training that week, is Mirror Lake, which is smaller than the monstrous H-shaped Lake Placid on the outskirts of the town. Mirror Lake is about 3/4 mile in length by 1/4 mile wide, and it is the perfect set-up for a cable swim. The southern length of the lake is dominated by the downtown district, with the store fronts facing the main street and the back lots sloping gradually to the water's edge. During the warm-up, it was easy to locate a few landmarks by breathing in this direction and taking note of the location of a church spire or hotel lobby. And you couldn't miss the toboggan track jutting over the water near the finish.

Under the water, there are multiple cables that are permanently in place here, as the site is also used by triathletes and kayakers. The cables, which are about 1/2 " in diameter, traverse in several directions, all of them submerged about 4 or 5 feet below the surface. The standard triathlon swim course is rectangular and begins at one end, follows one cable for 1/2 mile, runs perpendicular for a couple tenths, and then you backtrack on a parallel cable for 1/2 mile, completing a 1.2 mile

circuit (the iron distance is 2.4 miles, so they complete the circuit twice). Most importantly, the water is clear and there are no motorized boats allowed (just a few paddle boats and kayaks), which means you can enjoy swimming without ever having to worry about lifting your head.

One of these cable lengths was used for the 1/4 mile straightaway as part of the Betsy Owens National Championship 2 mile cable race that was contested on August 18. When I arrived the day before and walked down to the beach to survey the course, there was one visible difference between our cable course and the others: instead of an occasional buoy to indicate the presence of the submerged cable, the national championship rules for cable swims require that there are buoys on the surface of the water, at least every 10 meters. To comply, our course was dotted on the surface with small white buoys. They appeared to have been disassembled from the familiar pull buoy you see at most pools, and they were attached vertically with a smaller line to the cable below so that they floated around and moved with the wind. Although they didn't move that much, this was a bit of a difference from Chris Greene Lake, where the buoys are strung on a cable that is pulled tautly along the surface, much like beads on a lanyard. Along with an accurate survey of the course, this was but one of many accommodations and details that the meet directors, Mary Field and Ann Svenson, had to work out in advance to make this a bona fide race in the eyes of the USMS Open Water Committee. And because cable swims are the only open water swims where the navigation is straightforward and measured with accuracy, the one and two mile cable swims are the only USMS open water events that are eligible for national records. On a given day at a cable swim, whether it's Mirror Lake, Chris Greene Lake in Virginia, or Eagle Creek Reservoir in Indiana, the course length is consistent. The wind chop, temperature, or drafting conditions may differ, but the idea is that at the end of the day, the distance covered is precisely the same.

If you've never heard of "wind chop", you will know it when you feel it. When you are swimming in the water and you suddenly have the strange sensation that you are somehow getting too wet, that is wind chop ! On race day, it felt like there were little kids spraying me in the face with water pistols. I warmed up at 8am and it was rainy and

See Lake on page 5.

Lake continued from page 4.

windy, with the temperature in the low 40's. The conditions were not favorable, and I kept looking for snowflakes as I waded out into the lake.

It occurred to me that the toboggan run is probably used for more than half the year as this lake is usually frozen. An hour later, I was back in my motel room, warming up in the shower and stretching. When the race began at 10am, the conditions had improved drastically, with the clouds lifting and the rain gone, but it was still nippy. Terry Laughlin was beside me as we waited to enter the water, and I noticed that as the rest of us were shivering, he stood cozily in his parka until the last minute. I don't know if his behavior was "fish-like", but it certainly was an intelligent form of "total immersion".

The race itself went off without a hitch. I was seeded in the second wave, which departed 30 seconds after the big horses like Chris Stevenson and Jim Stewart. I decided to take the advice that Dave McCulloch gave me a few years ago, and swim "flat-out from the first stroke". The sprint method worked very well, as I was able to catch a few from that first wave at the quarter mile point. At the half mile, I was winded, and regretted my decision to wear my Speedo Fastskin full-body suit. My lungs were burning and my rib cage felt constricted. Luckily, about this time, I found myself settling behind a very large fish-like creature (not Terry), easy to draft on but impossible to pass. I stayed with him most of the race and finally passed him when his kick (literally and figuratively) started to slow.

Finishing an open water race is always a thrill, and with about 200 meters to go, I always try to fantasize that I'm running an Olympic marathon and coming through the tunnel and onto the track for the final lap. It sounds corny, but by merely imagining a stadium full of people cheering you on, it gets the adrenaline pumping for that final push. When I walked up onto the beach, I was spent, but knew I had pushed it hard. My popsicle stick was #5, and my final time was my second-fastest ever (44:10). I spent the rest of the morning taking photos of the finishers as they exited the water, and it was great fun to see the different reactions. There were several close finishes, usually in groups of 2-4, and it was entertaining to hear people catch up afterward and review the swim as if they had been tracking each other's moves the entire way. Although I've never been a NASCAR devotee, I do think we open water swimmers could

benefit by joining forces with them and learning how to improve our communication technology between swimmers, fans, and our crew on "pit row".

At the least, we should have a checkered flag at the finish. Maybe I'll get one for next year's 2 mile cable national championship at Chris Greene Lake (July 12, 2008).

Lake Placid was memorable and certainly did "take my breath away" for a solid 44 minutes, but it wasn't just the swimming. The village is nestled into the Adirondack region of upstate New York, and the hiking and scenery were phenomenal. In this case, "up" means way north, about 2 hours from Montreal, and "up" also means a high altitude. The town of Lake Placid is at 1800 feet above sea level, but there are a large number of 4000 foot peaks in the surrounding area.

I got a ride to Lake Placid because my wife and kids were staying in the Outer Banks for a few more days and were planning to come up and join me for a little camping vacation the following week. Driving into town, I found myself in a family mini-van with Lisa Bennett (an excellent driver, who only made one wrong turn in 650 miles), Tracy Hernlen (who only pointed Lisa in a wrong direction once in 650 miles), Casey (Lisa's teenage daughter), and Isabella (her friend), and as we got close to our destination, the scenery just seemed to get more and more beautiful. We crested a hill and poof, look at that postcard view in front of us !! Lisa pulled off the road beside a gorgeous lake known as Cascades that could have passed for another "mirror" lake. I snapped a photo of Lisa and Tracy there, one for my scrapbook as they'll be moving to Huntsville, Alabama later this year. It was great fun hanging out with them for 3 days, joining them on a trip up the Veterans Memorial Highway to Whiteface Mountain on the day after the race, and sharing meals. Tracy is the first person I've ever met who can show his dissatisfaction about a lousy cut of meat to a restaurant owner and still manage to come off like a swell guy addressing his great aunt at a family reunion. He handed over the comment card as if he were giving her flowers. Dear Abby should have been there taking notes.

When my wife Liz and our kids arrived later, we stayed for 5 days at the Whispering Pines campground and took long day hikes in the area, enjoying Rainbow Falls, Mount Jo, and our first 4000 footer, Cascades Mountain. My wife and I have done plenty of hiking in the past fifteen years (our honeymoon was a 5 month hike on the Appalachian

See Lake on page 6.

Lake continued from page 5.

Trail), but the wind gusts on top of Cascades were a new experience. Suffice it to say we opted to hold on to our kids but not our hats, glasses, or saliva.

That was our last day in Lake Placid, and after a long day of hiking, I was in the mood for a swim. We went down to the beach at Mirror Lake again, and as Liz and the kids finished up another Harry Potter book, I donned my suit and headed in for one last lap. No lifeguard, no motorboats, no chlorine, no noise, no restrictions. If all you do is swim in pools, you are missing something, I'm telling you. It was a glorious way to finish out the week, and the 68 degree water was exactly what the doctor ordered for my sore legs. You don't need to stay in a fancy spa when you have healing waters like that, unspoiled and unforgettable. This is what they mean by "open water" because it's open 24/7. I can't tell you how nice that water felt! Now, if the locals could just figure out a way to keep that lake from freezing every winter, swimming might become their #1 sport. Then again, it's Lake Placid, and they do believe in miracles, don't they?

1980 Olympic Ice Hockey Trivia

- One week before the Olympics, the Soviets had trounced the American team 10-3 in Madison Square Garden. The American players had appeared awe-struck, applauding the Soviets during the pre-game introductions. Facing the Soviets at Lake Placid, the word "underdog" was an understatement.
- Head Coach Herb Brooks was the last man cut on the 1960 Olympic team. That U.S. team went on to beat the Soviets 3-2 in Squaw Valley en route to the gold medal. Every gold medal after that had gone to the Soviets.
- The players kept a notebook of what they called "Brooksisms." One of them was "You don't have enough talent to win on talent alone." Another was "You can't be common, because the common man goes nowhere. You have to be uncommon."
- Mike Eruzione scored the fourth and decisive goal against the USSR, a 25-foot wrist shot that skipped through a screen and past Soviet goalie Vladimir Myshkin.

Eruzione retired one week after the Games, stressing his desire to go out on top. "Right after we won I got bags of mail," Eruzione said. "It was like in the movie "Miracle on 34th Street" when they bring in all that mail to Santa. That's what I used to get."

Champagne was sent to the American dressing room following the win over the Soviets, and not a single American player touched it. "If we don't win tomorrow," Jim Craig told the media gathering after the Russian game, "people will forget us."

In the gold medal game that followed, the U.S. rallied from a 2-1 deficit with three goals in the third period to beat Finland 4-2. It's been forgotten by many that if the United States had fallen to Finland, it would not have earned a medal at all, gold or otherwise.

The Americans trailed in six of their seven Olympic wins.

Convention continued from page 1.

proposals for research that will benefit Masters Swimming.

Executive Committee. The EC, with the help of the BOD, will be working with committees to focus on service to members. The new strategic plan emphasizes serving our members rather than focusing on administration details.

Registration Committee. This committee will prepare a plan for "rolling" membership (a year's membership from the month that you join each year). A contract has been signed with a company to provide on-line registration. The program will be implemented gradually over the next 6 months.

Fitness Committee. The committee was renamed the Fitness and Education Committee. One of the missions of the committee will be to educate the membership as well as sponsor fitness events.

Coaches Committee. New format for Mentor Clinics – coaches will go to the mentor coach's pool and observe his/her program. There will be USMS coaches available at Worlds (see next article about Worlds).

See Convention on page 7.

USMS Coaching Support

2008 World Masters

Championships

Perth, Australia

Program Purpose & Goals

The purpose of this program is to provide USMS swimmers with the best possible coaching support as they strive for excellence at the World Championships in Australia, 2008. We know that many of you do not have coaches or whose coaches will not be traveling with them to Perth- we're here for you!

The coaching staff will be available before and during the meet to provide these services to USMS swimmers at the meet:

- * Schedule and hold a pre-meet meeting for USMS swimmers on the day before the meet.
- * Designate an USMS "team area" & hang the USMS banner. Please sit with us.
- * Offer guidance & splits during warm-up to those who desire it.
- * Offer pre-race guidance & post-race comments throughout the meet to those who desire it.
- * Assist videotaping if possible.
- * Offer encouragement as needed.
- * Serve as advocate for USMS swimmers regarding protests & administrative problems.
- * Arrange for team picture(s).
- * Perform other coaching tasks as needed.

We welcome all USMS swimmers and coaches present in Perth to join us at the meet, in the spirit of fellowship that is United States Masters Swimming!

Coaches

The USMS Coaches Committee has named four Masters Coaches to assist USMS swimmers planning to compete at this spring's FINA World Masters Swimming Championships in Perth, Australia April 15-25, 2008.

Head Coach: Mark Moore, Mission Viejo Masters – coachmark@mastersmvnswim.org

Assistant Coaches: Michael Collins, Irvine Novaquatics - mcollins@multisportsOC.com
Tiffany Forbes, Boulder Aquatic Masters - tafswim@comcast.net

John Grzeszczak – Florida Gold Coast Masters - swimjohnswim@bellsouth.net

If you are planning to swim in Perth, please contact Coach Mark Moore by e-mail at coachmark@mastersmvnswim.org. If possible, indicate the events and days that you will swim, so that the coaching staff can plan their daily coverage.

The coaching staff is working on Regional Training Camps and USA Masters logo apparel for swimmers attending the meet.

More information and details will be posted on the USMS web site in the near future.

Convention continued from page 6.

Championship Committee. 2008 Championship locations were decided last year (SC in Austin, TX, May 1-4 and LC in Mt Hood, OR, Aug 14-17). The 2009 Championship locations are: SC in Clovis, CA, and LC in Indianapolis, IN.

Marketing Committee. The USMS Planner was approved and will be available from the National Office. The committee recommended a strengthening of the relationship between USMS and USA Triathlon and triathletes.

Long Distance Committee. Championship locations for 2009:

> 6 mile – Metropolitan;

3-6 mile – Chicago;

1 mile – Clovis, CA (to be held in conjunction with SC nationals);

2 mile cable – Lake Placid, NY;

1-3 mile – Canandaigua, NY.

The committee approved a 25K open water championship in Noblesville, IN. The name of the committee was changed to the Open Water and Long Distance Committee.

Legislation Committee. Legislation was passed clarifying requirements for Recognized Meets. The name of the Editorial Committee was changed to the Publications Management Committee. The Planning Committee was eliminated because the new BOD now carries out the function of planning. The Safety Committee was eliminated and the Sports Medicine Committee was renamed to the Sports Medicine, Health and Safety Committee. The Midwest LMSC was renamed the Nebraska LMSC. Counties of Iowa that were part of Midwest are now part of the Iowa LMSC. The Wyoming LMSC was eliminated and the state of Wyoming will be part of the Colorado LMSC. Jackson

See Wrap-UP on page 8.

Wrap-Up continued from page 7.

County, IL, was moved from the Illinois LMSC to the Ozark LMSC because the swimmers in Jackson County are much closer to action in and around St. Louis than to the Chicago area.

The hot topic, that was defeated, was to define 2 types of Masters Clubs for team scoring at national championships. One group would be Club teams and the other would be Regional Clubs. Defining Regional clubs was not completely clear. This proposal was from the Pacific LMSC. This will come up again next year when a better definition of types of clubs is written. There will be more discussion of other aspects of scoring also.

Colonies Zone Meeting. Patty Miller received the "Dot Award." This is an award given by our zone in honor of Dorothy Donnelly (our first USMS Executive Secretary) to recognize outstanding contributions by volunteers. Zone Championships for 2008 will be SCY at George Mason University and SCM at Rutgers. There were no bids for a LCM Championship.

LMSC Board of Directors Meeting - October 7, 2007

The LMSC Board of Directors consists of the LMSC officers, committee chairs, and representatives from each club (team). The following were at the meeting: Terry Sue Gault (Chair), Chris Stevenson (Vice Chair), Dave Holland (new Secretary), Mike Duignan (Treasurer), Mary Beth Hanifer (Registrar), Patty Miller (Safety Chair), Jim Miller (Coaches Chair), Jason Salmanoff (Webmaster), Charlie Tupitza (Warrenton Masters), Bud Swiger (Virginia Masters), Dave Black (Winchester Masters).

The Secretary position was not filled at last year's meeting and elections. The first order of business was to elect Dave Holland as LMSC Secretary.

Mary Beth reported that we have 874 swimmers registered in Virginia. 367 belong to VMST, 303 are Unattached, the other 204 swimmers are dispersed among 15 other club teams. (See back page.)

Warrenton Masters reported that they have access to a new 10 lane, 25 yard pool. They are looking for a coach. In the interim, Charlie Tupitza is coaching. They are interested in hosting a meet.

Jim Miller presented a proposal, which was approved, to enhance growth and educational opportunities for coaches and swimmers (See page 9 for more on this). Jim also proposed the inclusion of a triathlon liaison position on our BOD. **If anyone is interested in this position, let Terry Sue know.**

A discussion was held concerning the use of wetsuits in open water events. Chris Stevenson will work on a proposal.

At present the LMSC newsletter is mailed and posted on the website. Discussion was held about sending an electronic copy, rather than a paper copy, to those that request it. This will be investigated and reported on in a future newsletter. Managing the list of emails is the issue.

Dave Holland reported that he will add a 1-mile race to the docket for Chris Greene next year. He will also investigate whether or not a USA-S team would want to offer an age group event.

A complete copy of the minutes are posted on the website (www.vaswim.org).

Those Were the Days

by Lisa Bennett

Remember when Life was easy? When a 200 butterfly was piece of cake...when you could actually remember who was on your relay team...and when it didn't matter if you had to swim in the lady's heat, even if you were a man??? Yes, those were the days!

In the pictures on page 9 are several of VMST swimmers in 1965 and 1956 (oh, my ...that was over 20 years ago!!) And they are all still involved in swimming! See if you can recognize all of these swimmers. Answers are on the bottom of page 9.

It is always fun to reminisce about the good times we had in "past lives." And the life of swimming is the epitome of such fun. We make friends and keep them. We can suffer in workouts together; gripe about our swims, and best of all, share in the excitement of achieving a great time. What I remember most (and remembering these days gets more difficult!) Is the laughter; all the antics and jokes. The silly hats and t-shirts...but what I don't miss are the panels on the women's "tank suits!"

Coaches Initiatives

Jim Miller, MD

Earlier this year Terry Sue Gault, your LMSC Chair, approached me to take over the Coaches Chair position in the LMSC. Harry DeLong had done a great job over the years, but he could not continue while transitioning into retirement in North Carolina. I have coached Masters since 1980. I am passionate about Masters swimming and the incredible jobs that the coaches in Virginia have done over the years to build Masters swimming to over 800 athletes in our LMSC.

I presented an ambitious proposal to the LMSC Board meeting on October, 7 to promote the profession of Masters coaching and help all clubs grow in our state. The Board was excited about the proposals and unanimously adopted them. I view my mission as LMSC Coaches Chair to:

- Promote the profession of Masters Coaches.
- Enhance growth opportunities for the creation of new programs.
- Enhance opportunities for existing programs' growth and success.
- Provide educational opportunities for coaches.
- Provide educational opportunities for athletes.
- Provide the opportunity for all Masters coaches to obtain Red Cross (or equivalent) Coaches Certification, CPR and First Aid

This is an aggressive program but we need to support the fine work that our coaches are doing throughout our state.

The educational opportunities will take place throughout the state. I am in contact with everyone who has listed on their USMS membership forms that they serve in a coaching capacity. We will be setting up Red Cross training sessions free of charge to them in at least 3 sites in our state. We will also be giving grants to help defray expenses for at least two coaches to attend the American Swim Coaches Association (ASCA) annual meeting in 2008. The LMSC will be working with your coaches to set up stroke clinics to promote your local programs. Your coaches will also begin to benefit from periodic newsletters which will allow us to share ideas for program growth and development.

Join me in thanking Terry Sue and the entire LMSC Board in supporting your local coaches' efforts.

Brown University, 1985



a b c d

Above - a. John Sultan, b. Forrest Sullivan, c. Diane Cayce, d. Judy Martin

Upper right photo. Back row - Marie Kelleher, Betsy Durrant

Middle row - Joe Quinn, Judy Martin, Diane Cayce

Front row - Mike Daugherty, Forrest Sullivan

Lower right Photo. Dick Cheadle (middle)

Fort Pierce, FL, 1986



Police Olympics, 1986

