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# THE WET GAZETTE

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

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## LMSC Conference Call

Sunday, March 2, 2008, 7:30 pm  
Conference Call

The meeting was called to order by the Chair at 7:38 pm via teleconference.

**Present:** Terry Sue Gault, Chair; Chris Stevenson, Vice Chair; Dave Holland, Secretary; Mike Duignan, Treasurer; Jason Salmanoff, Webmaster; Betsy Durrant, Newsletter Editor

### Old Business:

1. Dave Holland reported that renting a display at the Monument Ave. 10K expo would cost \$750 for a 10'x10' booth. Discussion ensued about benefits of promoting USMS and our teams to a group of 30,000 athletes. Dave will follow up with Mel Goldstein to get promotion set-up and flyers from different teams. Betsy Durrant made a motion that we commit funds to the expo promotion effort, Chris Stevenson seconded, and it passed unanimously.

2. Registrar position - Mary Beth Hanifer has resigned and turned it over to Terry Sue Gault for now. There is interest from two people. Terry Sue will follow up with the candidates and report back.

3. Triathlon Liaison position - Chris Stevenson recommended Brian Bortell. Terry Sue will call him to follow up and see if he agrees to serve.

4. Newsletter - Chris Stevenson proposed that we change to a monthly LMSC newsletter, and that the cost be absorbed by the LMSC by raising the dues for each individual registration (~ \$7.00).

Discussion ensued. VMST pays for ½ of 6 newsletters, which amounts to \$2,088. Discussion evolved into one about cutting costs through electronic dispersion. Group weighed options of having a professional outside company contracted (i.e. Vertical Response) to send out broadcast emails to all 900+ members in our LMSC. Concern was expressed about which individual would be responsible for updating the email

addresses. Terry Sue Gault will follow up and gather ideas from Patty Miller and Tracy Grilli, USMS Administrator.

**Important note: It is essential that representatives from each team respond to this proposal. More about this topic on page 3.**

5. Team Contacts - Betsy Durrant requested that we put a list of team contacts on the web site. Currently, "Places To Swim" allows a user to search by team and/or city, but the contact info is not complete for some teams. Terry Sue will send the updated list to Jason for posting.

The meeting was adjourned at 8:35 pm.

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## VMST Meet Richmond, Feb 9-10

Once again, Nancy Miller ran an outstanding meet! Attendance was up from previous years - 150. The format, distance on Saturday and other events on Sunday, makes it easy for swimmers to participate in the events they want.

As Nancy says, "It's not hard to be a meet director when you have lots of help. I am able to ask someone to take on a job and not have to worry about it getting completed." Paula Jones and Molly Bittner took care of hospitality (snacks available throughout the meet). Heather and Chris Stevenson hosted the social on Saturday night. James Wolfe received the entries, printed the heat sheets, and ran the computer during the meet (results were posted very efficiently). Diane Cayce, VMST member and one of the coaches at NOVA, provided the enthusiastic age group swimmers who worked the meet as timers.

**See Meet on page 3.**



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

**April 11-13:** Zone Championship at GMU  
Entry is in this newsletter.

**April 19-20:** NC Championship, Raleigh  
See NC website.

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

**May 16-17:** VA Senior Games Plus, Virginia Beach. Entry is in this newsletter.

**May 25-26:** Reston Open Water Clinic and Lake Swim. See PV website.

**June 15:** Jack King Ocean, Virginia Beach  
Entry will be in the May newsletter.

**July 12:** 2-Mile National Championship.  
Charlottesville. Entry will be in the May newsletter.

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

### *Newsletter Editor*

Betsy Durrant  
211 66th Street  
Virginia Beach, VA 23451  
757-422-6811 (fax or phone before 9:30)  
durrant6@cox.net

**Terry Sue Gault,  
LMSC Chair and  
temporary  
Registrar**



**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  
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**Colonies Zone**  
www.ColoniesZone.org



## OFFICERS

**Chair:** Terry Sue Gault  
[tsgvmst@gmail.com](mailto:tsgvmst@gmail.com), 804-379-9099

**Vice Chair:** Chris Stevenson  
[cstevens@richmond.edu](mailto:cstevens@richmond.edu), 804-440-3373

**Secretary:** Dave Holland  
[HenryDaFif@aol.com](mailto:HenryDaFif@aol.com)

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

**Registrar:** Terry Sue Gault (temporarily)  
[tsgvmst@gmail.com](mailto:tsgvmst@gmail.com), 804-379-9099

**Sanctions:** Judy Martin  
[jmartin240@cox.net](mailto:jmartin240@cox.net), 757-721-0890

**Records and Top Ten:** Chris Stevenson  
[cstevens@richmond.edu](mailto:cstevens@richmond.edu), 804-440-3373

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

Meet continued from page 1.

Four USMS records were set during the meet. Marianna Berkley, from Virginia Beach, set another breaststroke record in the 85-89 age group. Marianna swam the 200 Breaststroke in 5:08.48, breaking the current record of 5:10.94. Marie Kelleher, from Richmond, had her 95<sup>th</sup> birthday in December and set new records in all three events that she swam. In the 100 free, Marie swam 3:02.75, breaking the existing record of 3:58.23. Marie's 200 free, 6:12.19, bettered the current record of 7:04.75. There was no record for the 100 IM, so Marie's 3:28.34 sets a new standard.



**Marie  
Kelleher**

Seventeen teams were represented at the meet.

From Virginia: SwimQuest, Robious Sports and Fitness, Atlantic Coast Athletic Club, Virginia Masters, Shenandoah Marlins, Warrenton Masters

From Potomac Valley: Fairfax County Masters, District of Columbia Aquatics, Reston Masters, Arlington Ageless, Montgomery Ancient Mariners, Germantown Masters, Patriot Masters

From other areas: Arizona Masters, NC Masters, New England Masters, Sarasota YMCA Sharks



**Dave Holland,  
LMSC Secretary and  
Race Director for  
Chris Greene Lake.**

## Explanation of Meeting Minutes

**by Betsy Durrant**

United States Masters Swimming is the national governing body for Masters swimming in the United States. USMS is divided into 53 smaller groups for administrative purposes. The smaller groups are called LMSCs (Local Masters Swim Committees). The LMSC for Virginia includes most of Virginia (except Arlington, Fairfax, Alexandria, and Falls Church) and most of West Virginia (except Hancock, Brooke, Ohio and Marshall counties). Arlington, Fairfax, Alexandria, and Falls Church are part of the Potomac Valley LMSC, which also includes D.C and Montgomery and Prince Georges counties in Maryland.

The Board of Directors of the LMSC for VA is made up of the officers, committee chairs, and representatives from each team. Since the BOD makes decisions affecting all swimmers in the LMSC (including the local registration fee), it is very important to have representatives and input from all teams. Please read the minutes and respond to Terry Sue and the other officers. Those of us who participated in the call feel that it was very productive; keeping it short (one hour) encouraged us to get down to business and to stay on topic.

Some explanations:

1. Dave Holland suggested that we try a booth at the expo where there are 30,000 entrants. The cost is a little high, but the feeling among the meeting participants was that we should try publicizing Masters Swimming to see if we attract new participants. USMS has a free display that is shipped to whoever requests it. It is easy to set-up and folds back into a traveling case. Shipping expenses are paid by USMS. Dave will also get brochures from the national office and some local information to hand out. Participants in this race and expo are not just from Richmond. I am going to send Dave a printed handout of workout options in the Virginia Beach area. **I suggest that you make up one for your area or your team. The purpose of our participation in this event is not just to benefit the Richmond area or one team, but to benefit all Masters groups in Virginia.**

2. Newsletter discussion. At present, everyone in

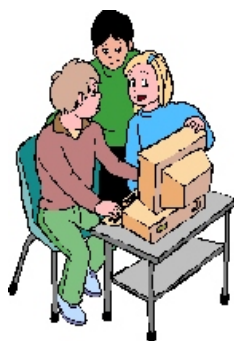
**See Explanation on page 4.**

**Explanation continued from page 3.**

our LMSC gets a newsletter every other month (January, March, May, July, September, and November). The cost of the LMSC newsletter is split 50/50 with VMST. This LMSC newsletter is supposed to include news from or about all the teams in the LMSC. However, it is rare that anyone from teams other than VMST send me (the editor) any information for the newsletter. VMST also sends a newsletter to team members the other 6 months (February, April, June, August, October, and December). Chris Stevenson has suggested that we send the LMSC newsletter every month to all swimmers in Virginia. There are 2 important questions here: (1) Do teams and unattached swimmers want to receive a newsletter monthly? (2) How will we pay for it?

During the meeting it was suggested that we raise the membership fee, but there was significant opposition so that was dropped for now. Instead, the discussion centered on reducing the cost of the newsletter by sending it electronically to those who would prefer it that way. While all of this is being researched, Terry Sue (or one of the other officers) needs to hear from you. The whole point of this discussion is to better serve the members.

Express your opinion. Let your officers know what you want from the local organization! Phone numbers and email addresses are on page 2 of this newsletter.



**Email**

**Or**

**Call**



**Shirley Loftus-Charley and Lisa Bennett**



I regret that I do not have a picture of Craig Charley.

## **USMS All-Americans and All-Stars for Long Distance and Open Water Events**

According to the USMS Rule Book, "The highest ranking USMS member in each age group of each individual national long distance championship event shall qualify as a USMS Long Distance All-American." If a swimmer wins his/her age group at a national long distance championship, that swimmer will be an All American.

From Virginia, the list for 2007 includes:

**Lisa Bennett**, Midlothian, Swim Quest  
**Shirley Loftus-Charley**, Afton, Virginia Masters\*  
**Craig Charley**, Radford, Virginia Masters  
**Rob Jones**, Charlottesville, Unattached  
**Chris Stevenson**, Richmond, Virginia Masters

\*Shirley has joined a new team, Shenandoah Masters, for 2008.

USMS sponsors five Long Distance Postal Events: The One Hour Swim, 5K, 10K, 3000 Yard, and 6000 Yard. The following swimmers participated in ALL FIVE of these postal events.

**Shirley Loftus-Charley** (W 55-59). Shirley was 4<sup>th</sup> in the One Hour event and 1<sup>st</sup> in the other 4 events!

**Craig Charley** (M 18-24). Craig was 8<sup>th</sup> in the One Hour and 2<sup>nd</sup> in the other events.

The USMS All-Star Team is determined on a point basis determined by finish place in open water and postal national championships. To be eligible for AA, swimmers must compete in at least 3 events – one has to be open water and one has to be a postal event.

**All-Stars from Virginia are:**

**Craig Charley**  
**Lisa Bennett**  
**Shirley Loftus-Charley.**

Image from  
[www.discoveryschool.com](http://www.discoveryschool.com)



# Tip of the Month-- Importance of Rest

by Paul Hutinger

*Editor's Note: This article is from the Florida Mavericks' newsletter. Paul Hutinger swims with and coaches the Florida Maverick Masters. Paul has a doctorate in Exercise Physiology from Indiana University where he studied under Doc Counsilman. He has coached successfully on all levels of swimming - age group, high school, college, and Masters. He retired from teaching and research at Western Illinois University and lives in St Petersburg, Florida.*

Last month, I wrote about how to judge how hard you are training. Now, I'm telling you to rest. What's up with this? Sound like an oxymoron? Well, not quite. Rest is an important part of your preparation. This applies to competitive swimmers, but the same principles apply, even if you only swim for your health and fitness.

Elite swimmers will often "swim through a meet," without being concerned about their times. They train for one big meet a year. In Masters swimming, you never know how your body will be working, especially in the older age groups. Whether or not you go to Nationals, local meets are an excellent opportunity to get your best times. As I've said before, planning ahead is important. Here are a few suggestions to help you in your quest for rest.

Before swim meets:

- Think of a preliminary SPECIFIC goal (or goals) for each meet. It could be a new event, a specific technique or legal swim or a record time, ranging anywhere from a personal best to a Maverick or World record.
- Work on the pace for your events, a couple of weeks earlier.
- The week before, do broken swims for all of your events.
- The week before, focus on mental practice for your events.
- Taper the week before. Cut down on your total yardage.
- Take two days off before a weekend meet.

Warmup at the meet, to maximize your previous rest:

- In cold water, such as Clearwater, shorten your warmup and do a couple of lengths in the warm pool.

- At the very least, 50 yards of each of your strokes.
- Each of you should personalize your own routine, so you are on automatic.
- Do short sprints for the shorter events and pace work for distance events.
- Starts, to make sure your goggles stay on.
- Turns, for your specific events.

Cool down, after each event:

- At LEAST 100 easy yards, to eliminate the lactic acid in your muscles.
- You could use it as a warmup for next event, concentrating on stroke technique and turns

Training isn't always about how much you do, but how well you recover from it. As your body ages, recovery becomes more important. You will perform better, if you listen to your body and give it ample time to recover.

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## Beat the Blahs

by Laura Smith

August 1, 2007

**Editors Note: This article came from the "Articles" section of the USMS website: [www.usms.org](http://www.usms.org)**

Let's face it. No one feels great in every workout. Sure, there are those far too infrequent times when you dive into the pool and feel strong, fast, and efficient. However, there are other times that the only thing slower and more painful than your turn-over is the clock ticking down to the end of workout. When this situation unfortunately yet inevitably occurs, you have some options:

A) Get out. (But, by the time you've made the effort to get to the pool, change, and get in the water, this option is a huge waste of time and energy. Plus, it's so hard to find an excuse that the coach will actually believe.)

B) Mindlessly go through the motions of a workout. (This would count as "junk yardage". You're no doubt being sloppy, repetitively engraining bad habits into your stroke and keeping your heart rate at the level of a Sunday stroll through the park with Grandma. Refer to "huge waste of time" in paragraph above.)

**See Blahs on page 6.**

**Blahs continued from page 5.**

C) Use this opportunity to change things up, break the monotony, and have fun in the workout. (Bing! Bing!! Bing!!! Pick this! Pick this!)

Master swimmers in general fear change (i.e., try getting someone to switch out of their normal lane in a morning workout!). However, sometimes to stay motivated and improve your swimming, you're just going to have to suck it up and do it! All the hard sets, long yardage workouts and painful intervals can't compete with efficiency and good technique. Practice doesn't make perfect. Perfect practice makes perfect. As long as you're going to be there, you may as well get the most out of your workout.

Here are some ideas to improve your swimming (and your "I should have taken up Masters Badminton instead" attitude):

►Work the turns. Yep. Just the turns. You may be feeling slow and lethargic during a set, but don't waste the whole set by just 'getting through it'. Stay long and relaxed in the main part of the pool, but when you hit the flags, pick up your kick and increase your turnover. Snap your legs on the flip, make a concentrated effort to explode off the wall, and exaggerate the streamline. Take two or three strong strokes out of the turn, then back off and relax. Repeat this for every turn during the set. Not only is it great cardio training with short bursts of efforts followed by a recovery period...but you will also be so focused on the turns, that you just may forget the monotony of the set.

►DPS (Distance Per Stroke). Forget about speed. Work on efficiency. Some days you just don't feel fast, and that's okay. Try swimming a few hundred yards of the same stroke and keep track of the average number of strokes you take per length. Then, spend your workout concentrating on taking fewer strokes per lap. You will have to extend the glide phase of your stroke and you may have to pick up your kick a bit. Initially, try knocking one stroke per length off a swim. Then two. Challenge yourself to see how few strokes you can take.

►Catch Up Stroke. This is a freestyle drill that you can do while swimming a set. Don't start the pull with the right arm, until the left arm "catches up" at the top of your stroke. It feels a little awkward at first, but it's a great way to work on core rotation and glide. If you ever watch world-class swimmers,

even the sprinters have a powerful glide each stroke.

►Find the chinck in your amour! Ask your coach to watch your stroke (it can be any of the four) and give you one, just ONE, thing to work on to improve your efficiency. If you try to "keep your head down, lift your elbows, work on hip rotation, and increase your kick" all at once, you'll probably end up more confused and less efficient than you ever have been. Change takes time. Changing anything about your stroke is like a sore in your mouth...it feels huge although it is barely visible to the naked eye. Take this one aspect of your stroke, and concentrate on it for the entire practice. Slow down if you must, but really work on correcting it. Check back with the coach intermittently to be sure you haven't slipped back into old habits.

►Change it up. Try moving to a lane with slower intervals and swimming one of your 'off' strokes. We all have a stroke that we ignore like a redheaded stepchild. And usually, it's the stroke we could improve upon the most. If you've been powering through months and months of distance freestyle, try swimming the main set backstroke or breaststroke. Working different strokes not only makes all of your strokes stronger, but changing movement patterns can also help alleviate overuse injuries that are all too common in swimming.

We can't have the best workout of our life every time we jump into the pool. However, with a little creativity, you can get something positive out of each and every workout...regardless of how your feeling. Take advantage of the workouts where you feel great! But also take advantage of the days where you don't feel so great and use them to work on things you may normally overlook in your practice. Most of all, make it fun, and you'll always be successful.

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**Laura Smith is a long time Masters swimmer. She swam with Rocky Mountain Masters and Colorado Masters, but now swims with Arizona Masters. Other articles by Laura can be found on the USMS website.**

# **VMST News**

## **Team Meeting**

A brief team meeting was held at the conclusion of the meet in Richmond on February 10. Seventeen members were present. Betsy Durrant called the meeting to order; Kitten Braaten volunteered to take notes for the minutes.

Betsy asked everyone if they had suggestions for team projects. Is there anything the team should be doing? Betsy reported that she was working with Kast-a-way to get new team shirts that were embroidered with the team logo. She'd like to find a color that we could get in Men's and Ladies' sizes, but is not sure that is possible. Everyone's first choice was purple.

A brief discussion was held about SC nationals in Austin, TX. No rooms have been reserved so those going need to make their own reservations. Some members have booked at a Red Roof Inn, Super 8, and Crowne Plaza.

Chris Stevenson brought up his idea of discontinuing the VMST newsletter and having a monthly LMSC newsltter with sections for each team. There wasn't much discussion since it probably wouldn't change how VMST operates, except it would save the team money. The question is whether the LMSC can afford to do that. We will discuss this more after the next LMSC meeting.

The main order of business was the election of officers. The slate was accepted unanimously:

President - Betsy Durrant  
Vice President - Bud Swiger  
Secretary - Debbie Jaeger  
Treasurer - Pete Virok

## **Zones Championship Meet at George Mason University April 11-13**

### **VMST TRAVEL SQUAD – APRIL SC ZONES**

This message is addressed to those people on the Virginia Masters Swim Team who are planning on participating in the SC Zone Championships at George Mason University in Fairfax, VA April 11-13.

To put it plain and simple, we need to know that you're coming, and we need your split sheets. That's the only possible way that we can even make a modicum effort at penciling in relays. We have received a trickle so far, and the ones that we have received have been extraordinarily helpful. We are now in Mid-march, and we need these thing to be flowing in by the score. If you're coming to the meet, please don't just show up, and expect to be (or not be) in any relays. We can only draft relays based upon what you tell us.

I had said before that I will only be involved in the older (55+ and 65+) relays, and at this early point it looks like we will be exceedingly strong in the 65+ relays and exceedingly weak in the 55+ relays. We really need some 55+rs to step forward and let us know that you'll be here, and in the process include your relay splits – 50 –100 –200 free, and 50 –100 of whatever stroke you feel you can do that might be of help.

Communication is what will make us or break us in this meet (plus participation). So please get back to us ASAP if you're planning on attending.

Send your splits to me: dbcheadle@verizon.net or Betsy: durrant6@cox.net. We will make sure that they get to the proper people.

**Dick Cheadle**