

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
April 15, 2013

The Potomac Valley LMSC is hosting a USMS Masters Coach Level 3 Certification Clinic

Saturday, June 1, 2013 9:00 AM - 3:30 PM
Contact: Bill Brenner bill.brenner@usms.org

Mail Call

Last month I listed Virginia swimmers who had made the Top Ten lists for Short Course meters in 2012. In the article, I mentioned that Shirley Loftus-Charley was listed for 17 events and Ida Hlavacek in 16 events. I received the following note from **Lucille Griffin**.

Hi Betsy,

Thanks for this newsletter. Absolutely no need to apologize for lists: they contain very compact information, quite interesting to me and certainly many others, also. Owen Maher extends his fine example of a life lived well and fully up to the very end, his sunny disposition seemed to deny old age; I am forever thankful to have been on some of his relay teams.

*I think the huge accomplishment in swimming versatility of **Ida Hlavacek**, equal to **Shirley Loftus-Charley's**, might be recognized in a personal interview. It should be enlightening to read how she trains for so many very different events.*

*I am surprised and delighted by the number of teams in our LMSC, no doubt a very good sign. Cheerio,
Lucille=*

Lucille's suggestion seemed like a good idea, so I interviewed Ida.

Swimmer Profile

Ida Hlavacek

By Betsy Durrant

When I first met Ida, she lived in Arkansas; she now lives in Texas. A logical first question was: **If you live in Texas and have never lived in Virginia, how did you come to swim with VMST?** When in Arkansas, the closest meet was 2 ½ hours away in Bentonville. At the meet, I recognized a gal from my teenage days in Chicago. That was Barbara Zaremski. I told Barbara how hard it was to find workout space and how few meets there were in Arkansas. She suggested that I join DC Masters with her and Joann Leilich, who also swam on our (age group) team in Chicago. A few years later, Joann left DC Masters and joined VMST so Barb and I did also. There has been no turning back since then. We have the most awesome team and camaraderie. I LOVE relays and almost always swim faster times on them than I do in my individual events. It is because of you awesome folks that I was privileged to be on 2 relays that broke World Records.



Ida Hlavacek and Barb Zaremski

See *Ida* on page 3.



If you do not have internet access, contact me (Editor's information below), and I will send you an entry.

May 25-26: Lake Swims and Clinic, Reston, VA

June 5-13: Pan American Meet, Sarasota, FL

June 8: LC Meet in Goldsboro, NC

► **June 22-23: Colonies Zone LC Championship Richmond, VA.** Information is in this newsletter.

► **June 23: Jack King 1-mile Ocean Swim**
Online entries available. Information is in this newsletter.

July 6: Commonwealth Games (LC) in Christiansburg, VA

► **July 13: Chris Greene Lake, Charlottesville**
Online entries will be available. Paper entry will be in May and June newsletters.

July 13: LC Meet in Cary, NC

Aug 7-11: USMS LC Nationals, Mission Viejo, CA

Newsletter Editor

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

Graphics from www.swimgraphics.com



Virginia LMSC Website
www.vaswim.org

USMS Website
www.usms.org

Latest info on 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

ONLINE Registration for many meets:
www.clubassistant.com

LMSC Officers

Chair: Patty Miller
pmillerswmr@gmail.com

Vice Chair: Charlie Tupitza
ctupitza@warrentonmasters.org

Secretary: Pam Dameron
cpdameron@comcast.net

Treasurer: Charlie Cockrell
Charles.Cockrell@alumni.virginia.edu

Registrar: Shirley Loftus-Charley
VARegistrar@usms.org

Sanctions: Heather Stevenson
hns@usms.org, 804-282-0124

Records and Top Ten: Chris Stevenson
chrilstevenson@usms.org, 804-282-0124

Ida continued from page 1.

How long did you swim competitively in your youth? When and how did you begin Masters swimming? I started on a team at about age 6. I won my first award at age 7. I could only swim until I was 18 because Title 9 was not in effect at that time. When I was in my late 30s I coached the city summer swim team. We went to a meet in Missouri, and I saw an older man start swimming with the “17 & Over” group of boys. I asked if there was an age limit and was told “No” so I put on my suit and won some medals. I learned about Masters Swimming in my 40s and have been going strong ever since.

Do you swim with a coach or a group? I swim by myself. When I was in Arkansas, I had a year with a coach. When I moved to Texas I swam with a team for 3 months before they changed pools. The new pool was 15 miles away and I didn’t want to buck traffic during rush hour, so I was back by myself again.

How often do you practice? What is a typical or favorite workout? I practice 2 times a week. I’ve tried getting it up to 3, but my Fibromyalgia gets the better of me. I try to get a minimum of 2500 meters in a practice. When I am feeling good I can get 3000 to 3300 meters.

My warm-up consists of 500-1000 freestyle followed by 300 backstroke. I do 600-800 kicking then get into my main set. I’ll either work on sprints, IMs, drills, intervals or whatever depending on what I’ll be swimming at the next meet. I typically do a 200 free and 200 back for my warm-down. My fibromyalgia doesn’t flare up as much if I change up my strokes and muscle groups during a workout. My favorite workout is accomplishing a set doing a 400 IM followed by a 300 IM, 200 IM and finishing with 100 IM.

How often do you go to meets? I schedule 10-12 competitions every year. I have recently added some small meets that don’t count for USMS, but I love being more relaxed at these and actually found that being more relaxed I swim faster. I had a blast recently at a mixed Masters and age group meet. Some 6 year olds were on the waiting bench behind me when I was getting ready to do the 50 Fly. I

asked if any of them would swim it for me and just got strange looks from them.

I know you have worked as a nurse. Tell me about where you studied for nursing and what kind of jobs you had? Anything else? I always remembered wanting to be a nurse, but I had to wait until I was married and already had 2 children before an opportunity opened up for me to attend nursing school. The main school was 50 miles away but there were 4 of us from Mountain Home, Arkansas, that were in the same class so we carpooled. We were also able to attend some evening classes in Mountain Home. I was 36 when I graduated and immediately went to work at the hospital in Surgical Intensive Care. I stayed at the hospital 6 years and then went to a dermatologist office for almost 8 years.

I quit to help my husband finish our “dream home.” It took us 3 years to build the almost 5,000 square foot home. He went legally blind 2 years into the building. I quit so I could help the last year. We did most of the work ourselves except for electrical and plumbing. I have built walls, done insulation work, finishing wood, painting and wall papering, ceramic tile work. I did not do drywall, hang doors or brick work. After the house was finished, I went to work for the state Department of Health/In-Home Services as a contract visiting nurse. I did this for 12 years; it allowed me to have flexible hours. My husband was on dialysis for over 5 years, and I was able to drive him to appointments. He died in 2001. I continued nursing until after I moved to Texas.

Since retiring, I have done 3 Mission Trips to the Ukraine, construction jobs, and Vacation Bible School. I also crochet hats that our church sends to outreach programs.

Anything else? I have had my share of medical problems but know that swimming has helped me cope with them all. I have had both knees replaced, have had cervical neck surgery and have a plate and screws in my neck. Recently I found out that my thyroid is sluggish. I probably wouldn’t have figured it out if it were not for swimming. I now have an endocrinologist helping me adjust dosages. My swim times this year are much better! See you at the pool!!

VMST News

New Team Hoodies



We have just received a supply of new warm-up jackets with hoods. The jackets are medium blue with the team logo on the front.

How do you get one? If you swim in the SC Zone Meet at George Mason this month, USMS Nationals in Indianapolis in May, the **LC Zone meet in Richmond in June**, or the USMS Nationals in Mission Viejo in August, you will receive one as a gift from the team!

If you are going to GMU and see this newsletter before the meet, be sure to let me (Betsy Durrant) know your size. I will bring a variety of sizes, but I can be sure you get the size you want if you let me know before the meet.

The same goes for the other meets. Once you enter, let me know your size. For LC Zones, you can also let Elizabeth Cohen know your size.

I have mine already and I love it!!!

VMST at Albatross Meet

Eleven VMST members participated in the Albatross Open SCM meet in March: **Adam Barley, Kirk Clear, Johnnie Detrick, Ed Gaulrapp, Shirley Loftus-Charley, Jim Miller, Patty Miller, Alison Moore and Dan Sheahan.** In addition to several outstanding individual races, VMST had 2 winning relays:
Men 200-239 200 Free Relay: Kirk Clear, Jim Miller, Dan Sheahan, and John McCorkle
Mixed 240-279 200 Medley Relay: John McCorkle, Johnnie Detrick, Shirley Loftus-Charley, and Ed Gaulrapp.

Chris Stevenson reports that the following were new LMSC records for Short Course Meters:

M30-34, 100 Breast, 1:11.67, Adam Barley
M30-34, 100 IM, 1:02.38, Adam Barley
M60-64, 400 IM, 6:15.22, John McCorkle
M70-74, 50 Fly, 40.43, Edward Gaulrapp
M70-74, 400 IM, 7:59.41, Edward Gaulrapp
M200-239, 200 Free Relay, 2:02.45

VMST (Clear, Sheahan, Miller, McCorkle)

In the team scores, VMST was 3rd in Women, 4th in the Men, and 4th in the Combined Division.

Thanks to **Kirk Clear** for organizing the relays and for sending the information.

RCA News

Rockbridge County Masters sponsored the "Dive Into Spring" in March. Meet Director **Craig Charley** sent the following report.

Thank you to all participants for making yesterday a very special day! I appreciate you all coming (and driving in the snow) to our 4th annual RCA Dive Into Spring Meet. I have attached the picture we took outside in the snow. (See photo on page 5.) Meet results are posted at www.vaswim.org.

Congratulations to the following people for setting a new meet record: **Alice Corbett, Brianna Lovell, Joseph Hussar, Ellen Marks, Jon Baca, Lucy Lyons, David Eckes, Jenny deHart, Shirley Loftus-Charley, Pieter deHart, Robert Romo, Pat Bradley, Ted Turner, David Vaughn, David Lasardo, Kevin Culhane, Donna Hodgert, Alain Guet, Susan Harrison, Craig Charley, Greg Harris, Calvin Biesecker & Julie Woodzicka.**

Thanks again and if you have any suggestions on how we can make this event even better, please let me know. Mark your calendars now for next year's event, March 23, 2014.





World Rankings for 2012

By Chris Stevenson, March 29, 2013

The world swimming federation FINA (“Federation Internationale de Natation”) has published the **Top 10 world rankings** for masters swimmers for the year 2012. Besides the expanded competition, keep in mind the following differences between FINA and USMS rankings:

- FINA considers “masters” swimming to begin at age 25, so there is no 18-24 age group for individual swims, and relays cannot have swimmers under 25.
- There are rankings for two courses, SCM (25m pools) and LCM (50m pools).
- FINA only considers times from meets sanctioned by USMS (or another FINA member). This means that times from *recognized* meets are not eligible for FINA rankings. In particular, times from Virginia Senior Games (SCM) and the Commonwealth Games (LCM) held in LCM do not count for FINA. Neither do swims by USMS members in USA-S meets.

With those caveats in mind, **13 members of our LMSC** have achieved a total of 54 world-ranked

swims in 2012. *Shirley Loftus-Charley* led the way with 12 ranked swims, including four top-ranked efforts; *Beth Schreiner* and *Chris Stevenson* also had 7 swims apiece. Complete details of the swims, as well as world-ranked efforts in previous years, can be found on our website.

The latest world-ranked swims are shown below. Congratulations to all these swimmers!

Adam Barley, M30-34, 9th 800 free;
9th 400 IM, LCM
Calvin Barnes, M85-89, 3rd 800 free,
3rd 1500 Free; 6th 200 Back, SCM
Marianna Berkley, W90-94, 6th 50 free;
5th 50 breast; 2nd 100 breast,
3rd 100 IM, SCM
Johnnie Detrick, W75-79, 3rd 50 free, LCM;
3rd 50 free; 2nd 100 free, 9th 400 free;
10th 50 breast; 5th 100 IM, SCM
Sandy Galletly, M70-74, 7th 1500 free, LCM
Ida Hlavacek, W70-74, 8th 200 fly, 9th 400 IM, SCM
Dave Holland, M45-49, 9th 200 fly, LCM
Shirley Loftus-Charley, W60-64, 4th 100 free,
1st 200 free, 2nd 400 free, 1st 800 free,
1st 1500 free, 10th 100 back, 4th 200 back,
5th 200 breast, 2nd 100 fly, 8th 100 IM,
2nd 200 IM, 1st 400 IM, SCM

See *FINA* on back page.

Colonies Zone

2013 Long Course Championship

June 22-23 in Richmond, VA



Come compete in **one of the fastest pools in the country**, used for the 2008 US Olympic Trials. Discounts available for local hotels. Details and entry forms:

www.colonieszone.org/ or www.vaswim.org/upcoming-events/

Meet directors: Chris & Heather Stevenson
chrisl Stevenson@gmail.com, 804-282-0124

| Saturday, June 22 | Sunday, June 23 |
|--|---|
| <p>First session <i>Warmup at 7am, start at 8am</i></p> <ul style="list-style-type: none"> • 1500 free <ul style="list-style-type: none"> ✦ limited to 80 swimmers ✦ 800 split automatically submitted to USMS <p>Second session <i>60-min warmup at noon or after first session ends (whichever is later)</i></p> <ul style="list-style-type: none"> • 100 back • 200 breast • 50 free • 200 fly • 200 IM • 50 back • 200 free • 400 free relay • 200 medley relay | <p><i>Warmup at 8am, meet starts 9am</i></p> <ul style="list-style-type: none"> • 800 free relay • 400 medley relay • 200 free relay • 400 free • 100 fly • 50 breast • 200 back • 100 free • 50 fly • 100 breast • 400 IM |

30th Annual Jack King One Mile Ocean Swim



Sunday, June 23, 2013 10:00 a.m. Virginia Beach, VA

Hosted By VMST



Sanctioned by the Local Masters Swim Committee for Virginia (LMSC for VA) for USMS, Inc.

Sanctioning No. 123-XXXX

ONLINE ENTRY IS HIGHLY ENCOURAGED. PLEASE CONTACT RACE DIRECTOR FOR A RACE APPLICATION IF YOU CANNOT REGISTER ONLINE

Go to https://www.ClubAssistant.com/club/meet_information.cfm?c=2080&smid=4493 to Register

ONLINE Entry Fee: \$30 by June 7, 2013. \$35 after June 7 to June 21st, 2013. Online entry closes Friday, June 21st at Midnight. \$50 RACE DAY. T-shirts are guaranteed to swimmers who register by June 7, 2013. No Refunds.

Eligibility: Minimum age to participate is 18 as of June 23, 2013. All swimmers must be registered with USMS. Online registration for USMS is available on the web at www.usms.org.

NOTE: USMS registration is also available with online entry to the race (annual USMS registration or one event passes)

Age Groups/Awards: Awards will be presented to the 1st – 6th place swimmers in each age group. Standard Masters age groups will be used (18-24, 25-29, 30-34 and so on in 5 year increments).

NOTE: Wet suits are allowed. However, no official time will be given and not eligible for awards.

Course: The start is in the water at 24th Street, swimming north parallel to the beach/boardwalk. The finish is on the beach at 38th Street. Buoys mark the start and finish. You must swim around the finish buoy before exiting the water.

Directions: From I-64 take Route I-264 East. When the expressway ends, you are on 21st Street. Take 21st Street to Atlantic Avenue. Turn left on Atlantic Avenue and follow to 24th Street.

Parking: Municipal lots are located at 19th and 25th Streets. Metered spots are located along Atlantic and Pacific Avenues as well as side streets.

Inclement Weather: No rain date, No refunds due to weather.

General Race Information:

Swim caps will be provided to all entrants. Caps must be worn by all who participate. Water Temperature will be approximately 72 degrees or less. Trucks will be available at the start line to transport swimmers' bags to the finish line.

All swimmers must check-in race day at 24th Street on the beach. Restrooms and changing facilities are available at 24th Street Park. Check-in begins at 8:30 A.M. and ends at 9:30 A.M. A safety briefing will be held on the beach at 24th at 9:50.

A cutoff time of 1 hour and 15 minutes has been established for the course.

For more information please contact:

June McDaniels: june@aquariusengineering.com or 757-496-7450

Hotel Information at: www.vbhotels.com / www.vbfun.com

Local Masters Swim Committee Newsletter
Betsy Durrant, Editor
211 66th Street
Virginia Beach, VA 23451-2040

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| <p><i>Prstd Std</i> <i>U. S. Postage</i> <i>PAID</i> <i>Richmond, VA</i> <i>Permit #3022</i></p> |
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FINA continued from page 5.

Beth Schreiner, W70-74, 3rd 50 free; 6th 100 free; 9th 200 free, LCM; 3rd 50 free, 4th 100 free, 3rd 200 free,
10th 100 back, SCM

Susan Skiff, W55-59, 6th 200 free, 5th 400 free, 2nd 800 free, 6th 100 fly, 4th 200 fly, LCM

Chris Stevenson, M45-49, 5th 200 free, 2nd 400 free, 4th 800 free, 9th 50 back, **1st 100 back**,
2nd 200 back, 7th 100 fly, SCM

Laura Walker, W75-79, 8th 200 back, SCM

Barbara Zaremski, W75-79, 6th 200 fly, LCM; 8th 200 fly, 5th 400 IM, SCM

In this issue...

Information on the Jack King One-Mile Ocean swim

Information on the LC Zone Meet in Richmond