

The Wet Gazette

The LMSC for Virginia – Serving Swimmers in Virginia And West Virginia
February 15, 2014

Attention Meet Directors: New Information for 2014

From Heather Stevenson, Sanctions Chair

Event Dates

To ensure that each sanctioned event in our LMSC can have the most possible attendees, only one event will be sanctioned on any day. In 2013, we had two instances of competing events (in each case, a pool event competed with an open water event). All four of the 2013 events would likely have had greater participation if swimmers were not forced to choose between events. So, if you are planning an event for 2014, please email the date(s) of your event to Heather Stevenson (hnsrva@gmail.com). Event dates will be reserved through these emails on a first-come, first-served basis. Meet directors will need to follow up with an online sanction request for their event, but initial date reservations can be made by emailing the date(s) to Heather. As of this the date of this newsletter, the following dates are already booked for meets in our LMSC: February 8 and 9 (David Gregg Meet), March 23 (Dive Into Spring), August 2 (Lake Moomaw 1-Mile Swim).

Pool Length Certification - Specific Requirements for Pool Meets

Starting in 2014, meet directors are required to include the applicable statement from the list in USMS Rule 202.1.1.A(3) about pool length certification in all meet information sheets (both online and paper versions). Here are the statement options (pick the one that applies):

Rule 202.1.1.A

(3) Meet information shall include ONE of the following statements:

(a) The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

See Meet Directors on page 3.

NOTICE TO ALL USMS MEMBERS FROM THE USMS RULES COMMITTEE

SEPARATED HANDS IN BREASTSTROKE AND BUTTERFLY

Issued by FINA January 20, 2014

The FINA Technical Swimming Committee has issued a clarification regarding the interpretation of the new rules about separated hands at the touch for breaststroke (USMS article 101.2.4) and butterfly (USMS articles 101.3.4 and 101.3.5). **The updated interpretation will apply to USMS competition immediately and replaces the USMS interpretation issued September 25, 2013.** USA Swimming has also published the new interpretation. The 2014 USMS Rule Book is available online at usms.org.

Text of the clarification from FINA:
“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.
FINA further states, “It is important that officials use common sense. Please also see attached a file which clearly illustrates the sense of the rules.” (See picture on page 3.)

Colonies Zone Championship

**April 4-6 at George Mason University
Entries open Saturday, Feb 22, 8 am.**

The Friday time slot has been expanded and there will be additional heats of the 1000 and 1650. However, if you want to be sure to swim the distance events on Friday, register early!!! Online entries are preferred. Go to www.clubassistant.com. If you need a paper entry, contact Meet Director: Cheryl Ward (703) 425-1609 or cherylaward@yahoo.com.



If you do not have internet access and need an entry, contact me (address and phone below) and I will send you a copy. Betsy

WAVA Postal Event, through August 31, 2014:
Butterfly is Not a Crime. Details on page 8.

February 8-9: VMST, Richmond
Entry is in this newsletter

March 15: Albatross Open at the Kennedy-Shriver Aquatic Center in North Bethesda, MD.
<http://www.ancientmariners.org/albatross.htm>
Enter at: www.clubassistant.com

March 23: Rockbridge County, VA
Complete entry was in the Jan newsletter.
Page 2, the actual entry is in this newsletter.

March 29-30: NC Championship, Raleigh

Apr 4-6: Colonies Zone, George Mason University
Information is in this newsletter. I do not have a paper entry. Either enter online or contact the Meet Director.

May 1-4: USMS SC Nationals, Santa Clara, CA

Aug 3-10: FINA Worlds in Montreal

Aug 13-17: USMS LC Nationals in College Park, MD

Newsletter Editor

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



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

Meet Directors continued from page 1.

(b) The length of the competition course has been measured and is NOT in compliance with USMS articles 105.1.7 and 107.2.1: Times achieved in the meet will NOT be eligible for USMS Top 10 and records.

(c) The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 107.2.1).

(d) The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

Insurance Certificates

USMS now has a new insurance carrier. Until we are otherwise notified by USMS, certificates of insurance cannot be obtained online. Do not call your prior contacts at Risk Management Services, Inc. Instead, please contact Tracy Grilli at the USMS National Office for an insurance certificate. Until USMS has set up an online certificate system, it will take more time to get the insurance certificates so meet directors should plan accordingly.

Space, the Final Frontier

Sneaky ways to get more pool time and space

Scott Bay | September 20, 2013

While at dinner with some coaches a few months back, the subject of water time and pool space came up. Several coaches lamented the fact that they want to grow but can't, because of the restrictions on water space or time imposed by their facilities. For their part, these facilities are trying to juggle the needs of various different groups using the pool, so there's not always a cut-and-dried answer.

To solve sticky situations, sometimes you need a slightly sneaky solution! The following are a few such sneaky ways to convince your facilities operator or aquatics director that you need more space and time.

Just Give it a Tri

We started an 11-week program to teach newbies about triathlon which culminated in a local race. We partnered with our local running clubs and bike shops and pitched the idea as a new way to increase membership at the facility and generate revenue. Fifteen students signed up. We sports experts donated our time and asked the facility operator for a convenient time outside of our Masters swim practice sessions to make the program successful. Lo and behold, there was water available where previously there had been none! We convinced the pool operator that this is a viable time slot for programming, not just for kids, but adults as well. We now have a new time slot for swimming and have added new members for both our group and the facility. That's a win-win.

Lap Swimming 101

Chances are, you have gone by a pool and seen some lap swimmers who have such bad technique, it makes you cringe. How many times have you heard that we need to "save space and time for our lap swimmers?" Why not reach out to the lap swimmers who are not part of your program and offer a lap swim with technique advice? Occasionally we have heard people say they are not "good enough" or will join Masters when they are "in shape." They may be intimidated by your better swimmers or perhaps don't understand what Masters swimming is all about. But, if you recruit enough people to your program, you can make a compelling argument to the facility operator to grant you more space and time for your program.

Free Learn-to-Swim

If you find that you need more members for your program to get more time and space, why not create more members? A couple of Masters programs have done just that with great success by offering learn-to-swim programs for adults. When

starting with a brand new swimmer, you can teach that person the proper technique, thereby opening up a whole new fitness or even competitive activity for that individual, who may become one of your most dedicated swimmers. I've seen plenty of folks crossover from other group exercise activities to swimming because it's a healthy, no-impact activity. Usually, these people just needed someone to teach them the basics before they felt confident enough to put the goggles on and go with the Masters group.

In all of these cases, I've found that oftentimes, the new folks you bring into the sport of swimming end up helping you the most by asking the operator or aquatics director for more pool time and space. These individuals can be a great asset to your program and help you grow; you just have to find the time to find the time!

About the Author—Scott Bay

Scott Bay is an ASCA Level 5 certified coach and has been actively coaching for more than 25 years. Team Blu Frog Masters swimmers he currently coaches include national champions, All-Americans, and world record holders who have swum to more than 300 Top 10 USMS swims in just the last five years. Bay is also the chair of both the USMS Coaches Committee and the Florida LMSC, and is head coach of Father Lopez Catholic High School Men's and Women's Swimming.

This article is from the September edition of the USMS publication *Streamlines for Coaches*.

2014 Dixie Zone/NC State SCY Championship Meet March 29-30, 2014

My name is Steve Weatherman and I am the President of the Board of Directors of the Raleigh Area Masters. I hope everyone had a good holiday season and is looking forward to a wonderful New Year.

On behalf of the **Raleigh Area Masters** I would like to invite you to attend the **2014 Dixie Zone/NC State Short Course Yards**

Championships this coming March. RAM will host the meet on Saturday, March 29 and Sunday, March 30, 2014. We will be hosting the meet at one of the premier facilities in the southeast, Triangle Aquatic Center in Cary, North Carolina. While Virginia teams are not a part of the Dixie Zone we would like to extend the invitation to you due to the close proximity of the meet to you. In the past we have had great participation from teams in Virginia.

The Triangle Aquatic Center (TAC) is conveniently located off Interstate 40 at Exit 291 and adjacent to Cary's largest shopping mall, Cary Towne Center. This state-of-the-art, 72,000 square foot facility houses three pools. The competition pool ranges in depth from 7 to 12 feet, with 8 lanes configured as short-course. Water temperature is maintained between 79-81 degrees. Two matrix scoreboards for results and competitor names are located above the pool. Spectator capacity within the facility is 1000 with room for additional seating of 600 on deck. The facility also offers a full-service café and an All American Swim Shop on site. To learn more about the facility visit <http://triangleaquatics.org/>.

TAC has special arrangements with eight hotels located between 1.6 and 4.5 miles from the pool. Established prices range from \$59.99 to \$129 per night. Hotel information can be found at <http://www.triangleaquatics.org/Events/PreferredHotels/>.

RAM is offering an **early bird special** on the flat rate fee for the meet. A \$40 early bird registration will be accepted until 11:59 pm EST 2/28/2014. After 2/28, the fee is a \$50 flat rate and will be accepted until 11:59 pm EST 3/26/2014. There is no charge for relays. There will be no refund unless the meet is cancelled, in which case \$10 of the fee paid will be retained, and the remainder will be refunded. The late entry fee is \$60.

Meet information can be found at https://www.clubassistant.com/club/meet_information.cfm?c=1475&smid=5097. Meet entry will become available on January 1, 2014. I will be co-directing the meet with Sue Haugh. If you have any questions concerning the meet the contact information is meetdirector@swimram.org.

VMST News

From Betsy Durrant

1. Note announcement for the **Colonies Zone Championship** on page 1. Register right away (Feb 22) if you want to ensure participation in the distance events. The Friday session will start earlier, and there will be more heats of both the 1000 and 1650.

2. **Relays.** I have been coordinating relays for the last few years, but I may not be able to swim in the meet this year. I don't know yet. So, if you are willing to help with relays, let me know. It has worked well in the past that different people have created relays for their age group. I have coordinated to make sure one person isn't on two relays, and I have filled out the relay entry forms. We will need someone to assume this responsibility.

3. USMS Spring Nationals in Santa Clara.

Who is going? When the entries close and the rosters are published, we can figure out if we have enough for relays. I won't be going this year, but I'll make sure someone takes care of relays. (My husband and I are taking a long vacation during May this year.)

4. **Financial Report for VMST for 2013.** If you would like the full report, let me know and I will email it to you (durrant6@cox.net). If you have any suggestions for your officers, contact us (emails are below). We started 2013 with \$21,405.32 in the checking account, and ended 2013 with \$16,455.14. We also have CD for \$11,076.85. The drop in the balance in the checking account was planned. Because we had ample funds, the officers decided to use some of our funds:

a) to pay the \$1000 insurance surcharge for the Jack King Ocean Swim and the Chris Greene Lake Cable Swim. We also paid \$500 toward the surcharge for the Lake Moomaw Lake Swim. We did that because the increase was made known after the JK and CGL race directors had already made plans for their events. This year, the entry fees will be increased to cover the cost of the insurance. VMST paid a total of \$2500 for these surcharges.

b) to subsidize the LC Zone Meet in Richmond. The rental fees for the facility are extremely high. The officers decided it was worth it to have a LC meet in an outstanding facility. The income from the meet was actually better than anticipated.

5. **LC Nationals in College Park, MD.** With the National Championship so close, we should have a good turn-out of VMST members. The dates are August 13-17 (Wednesday-Sunday). It is a unique experience to participate in a national meet.

VMST Officers:

President- Elizabeth Cohen,

elizcohen@hotmail.com

Secretary: Debbie Jaeger, jaegerdkwf@aol.com

Treasurer: Betsy Durrant, durrant6@cox.net

FINA Worlds in Montreal, Aug 3-10. The following information is from the www.fina.org. Click on Events, then Masters.

FINA WORLD MASTERS CHAMPIONSHIPS

More information on the [OFFICIAL WEBSITE:](http://www.finamasters2014.org)
www.finamasters2014.org

The 15th edition of the FINA World Masters Championships will take place in **Montreal (CAN)** from **July 27 - August 10, 2014.**

The FINA World Masters Championships is the Federation's biggest competition in terms of participation, for the reason that it welcomes, every two years, swimmers, divers and water polo players aged 25 to more than a 100 years old from all corners of the world. The vibrant Masters movement actively promotes fitness, friendship, understanding and competition through its five disciplines (swimming, diving, water polo, synchronised swimming and open water swimming).

FINA officially created the Masters movement about 25 years ago, the first edition being held in 1986 in Tokyo (JPN) and would later confirm its inclusion at a Congress meeting in Madrid the same year. The second and third editions of the Championships included swimming events only. But since then (1990), the Championships incorporate FINA's five disciplines.

Starting in **2015**, the FINA World Masters Championships will be held in conjunction with the FINA World Championships, taking place in **Kazan (RUS).**

Colonies Zone Championship, April 4-6
Hosted by: George Mason University Swimming & Diving
George Mason University Aquatic and Fitness Center, Fairfax, Virginia
Sanctioned by Potomac Valley LMSC for USMS, INC. # 104-S002

Welcome to the 2014 Colonies Zone Short Course Yards Championship meet. The swimming facility will be configured as two separate 8-lane competition courses, women in one course and men in the other, with both courses displayed on the scoreboard. The all deep-water lanes, overflow gutters and non-turbulent lane lines should allow for some very **fast** swimming! A separate 6-lane 25-yard pool will be available for continuous warm-up/cool-down throughout the meet.

ENTRIES: Online entries are preferred. **Online entry deadline is Friday March 28.** Paper entries must be postmarked by Friday March 21. Competitors may enter up to 5 individual events per day, plus relays. The meet is open to all Masters Swimmers holding a valid 2014 USMS registration card. **Your membership to USMS will be verified in online meet entry. For paper/mailed entry, copy of your USMS card must accompany your entry!** Age is determined by a swimmer's age on April 6, 2014. 2014 USMS rules and regulations apply.

FEES: Meet surcharge (required) \$25.00. Individual Event Fee \$5 each. Online entries are paid by credit card to "ClubAssistant.com Events".

SEEDING: Events will be seeded slowest to fastest. Women will swim in the shallow end on Saturday and the deep end on Sunday. Men will swim in the deep end on Saturday and the shallow end on Sunday. The 1000 and 1650 free will be seeded fastest to slowest, men and women combined.

RELAYS: Relay Deck Entries will be accepted **BEFORE 10am** Saturday and Sunday, or Friday night, or they may be mailed in with your meet entry. Relay Entry Forms are available at www.patriotmasters.org/ColoniesZone2014.htm.

DISTANCE EVENTS: You must check in Friday **BEFORE 3:30pm** for the 1000/1650 or you will be scratched. *Choose either the 1000 free or the 1650, not both.* The 1000 is limited to the first 120 entries received and will be swum in the shallow end. The 1650 is limited to the first 80 entries received and will be swum in the deep end. Please ask a friend to count for you in the distance freestyle races. Swimmers entering the 1000 free and 1650 free must enter using a provable time. It can be done in practice and signed off by a coach or come from the USMS meet results database.

PSYCH SHEETS: Psych sheets and rosters will be available on our website www.patriotmasters.org/ColoniesZone2014.htm before the meet.

DIRECTIONS: If you are using a GPS or Mapquest, 10484 Holston Creek Drive, Fairfax VA will get you to the correct parking lot.

- From the West: Take I66 east to Route 123 (exit 60), south on Route 123 for 2.7 miles to Braddock Rd, left on Braddock, left on Sideburn, park in Lot C.

- From the South: Take I95 north to exit 160, north on Route 123 for 14.5 miles to Braddock Rd, right on Braddock, left on Sideburn, park in Lot C.

- From the North: Take I95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 5 miles to Sideburn, right on Sideburn, park in Lot C.

POOL ENTRANCE: The GMU Aquatic & Fitness Center has requested that all swimmers enter thru the side door (closest to Parking Lot C). This door will open at 2:30pm on Friday and 8:30am on Saturday and Sunday. If you get dropped off at the front entrance, walk down the outside stairs to the side door. Also the pool has a "No deck chair" policy.

HOTELS:

Mason Inn - 703-865-5705 (on campus)

Courtyard Fairfax Fair Oaks - 703-273-6161 (3 miles from the pool)

Holiday Inn Express - 703-359-2888 (2 miles from the pool)

Fairfax Marriott at Fair Oaks - 703-352-2525 (4 miles from the pool)

Springhill Suites Fairfax Fair Oaks - 703-691-7880 (3 miles from the pool)

QUESTIONS: Meet Director: Cheryl Ward (703) 425-1609 e-mail cherylaward@yahoo.com

Rockbridge County Entry

Sponsored by: Rockbridge County Aquatic Masters **Sanctioned By:** LMSC for Va. for USMS, Inc., Sanction # 124-S001

Release: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSE BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Please fill in the following:

Date:		Signature:	
Name (First, MI, Last):			
Gender:		USMS Number:	
Address:			
City:		State:	Zip:
Email:		Age as of 3/23/14:	
Phone Number (Day):		Cell Phone Number:	

Warm Ups: 11:45am-12:45pm; Meet Starts at 1:00pm

At 12:15PM lanes 2 & 5 are one way sprints. Lanes 1,3,4,6 will remain as general warm-ups

****The 500 yd and 1,000 yd Freestyle events are limited to the first 20 registered athletes for each event.****

<u>Women</u>	<u>Time</u>	<u>Event</u>	<u>Men</u>	<u>Time</u>
1	_____	**500 yd Freestyle**	2	_____
3	_____	100 yd Backstroke	4	_____
5	_____	50 yd Breaststroke	6	_____
7	_____	100 yd Butterfly	8	_____
9	_____	200 yd Individual Medley	10	_____
11	_____	200 yd Freestyle	12	_____
13	_____	50 yd Backstroke	14	_____
15	_____	200 yd Breaststroke	16	_____
17	<i>Deck Entered</i>	200 yd Medley Relay	18	<i>Deck Entered</i>
		15 Minute Break		
19	<i>Deck Entered</i>	200 yd Freestyle Relay	20	<i>Deck Entered</i>
21	_____	50 yd Butterfly	22	_____
23	_____	100 yd Freestyle	24	_____
25	_____	200 yd Backstroke	26	_____
27	_____	100 yd Breaststroke	28	_____
29	_____	200 yd Butterfly	30	_____
31	_____	100 yd Individual Medley	32	_____
33	_____	50 yd Freestyle	34	_____
35	_____	400 yd Individual Medley	36	_____
37	<i>Deck Entered</i>	March Madness Relay		
		10 Minute Break		
39	_____	**1,000 yd Freestyle**	40	_____

A photocopy of your current USMS registration card must accompany your entry.

Event Fees:

Total Events: _____ X \$4.00 = _____

Surcharge: \$6.00 \$6.00

Meet Tee-Shirt (optional): \$15.00 _____

Total Amount Enclosed: _____

Make Checks Payable to : _____

Rockbridge Storm

Mail Entries to:

Craig Charley
106 Rebel Ridge Road
Lexington, VA 24450

Questions? Contact Craig Charley ccharley9@hotmail.com (540) 463-5441



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

Prstd Std
U. S. Postage
PAID
Richmond, VA
Permit #3022

Photo to explain
FINA Ruling
from page 1.



Separated Hands

"Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands; incidental contact at the fingers is not a concern.

OK



**Separated means:
No stacked hands**

