

The Wet Gazette

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

Update on WAVA's "Butterfly is Not a Crime" Postal Event

Coach Charlie Tupitza reports that he has over 50 entries for this event and has received a lot of positive comments. It seems that there are swimmers who enjoy a new challenge, especially something very different from standard events.

Information and the entry can be found on the LMSC website www.vaswim.org or at www.swimflyfast.com.

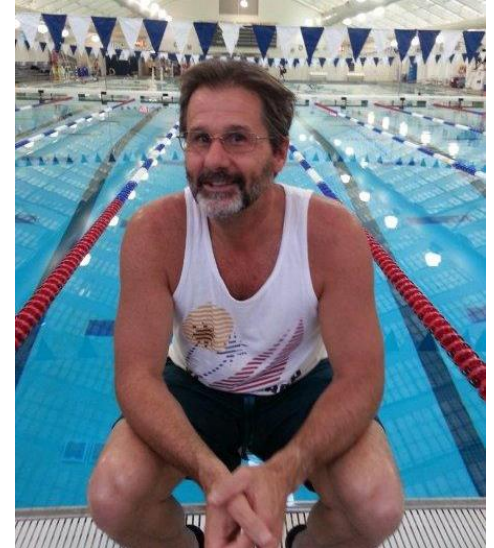
USMS Short Course Nationals Santa Clara, CA, May 1-4

Six swimmers from our LMSC swam in this championship meet. David Vaughn, 49, and Dan Sheahan, 56, represented VMST. Dan earned a medal for 9th place in the 500. Opal Brink, 19, Cleary Maly, 44, and Amy Howard, 49, represented QMST. Opal placed 3rd in the 1000 and 7th in the 50 back. Amy placed 8th in the 1000. Rich Williams, 38, swimming unattached also participated in the national meet.

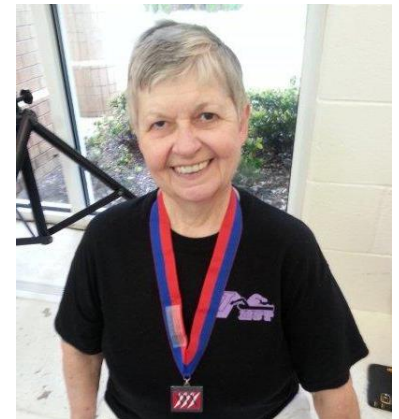


Virginia Senior Games

The Senior Games were in Newport News again this year, at the Midtown Aquatic Center. Bud Swiger sent the photos.



David Malsbury



Cherly Ptak

Arlien Steiner, Marianna Berkley, Al Newberry, Jeanne Meredith, Barbara Boslego, Bud Swiger

One more photo on page 2.



If you need an entry and do not have access to email, call me and I will sent you an etnry. *Betsy*

WAVA Postal Event, through August 31, 2014:
Butterfly is Not a Crime.

June 21: Commonwealth Games, Christiansburg
Entries are due by June 13.

Aug 3-10: FINA Worlds in Montreal

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

Let's have a big turnout of Virginia swimmers at LC in Maryland. Make plans now!

Newsletter Editor

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Senior Games

Miriam Tuovila and Joan Averette



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

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Graphics from www.swimgraphics.com

Travel and the Need to Swim

Visitor Drop-In Guidelines

By Marty Hendrick, May 18, 2014

We're adults, and our day-to-day lives cannot always revolve around swimming. So what's a swimmer to do when the need to travel, whether for business or pleasure, gets in the way of the workout routine? You keep swimming, of course, with the help of USMS's resources to help you find a place to swim and maintain your training regimen.

The benefits of continuing to train when you travel are many, including fitness, peace of mind, the maintenance of your routine, and maybe even new friendships, not to mention the locals' lowdown on where to eat and what to do while you're in town.

In Fort Lauderdale, we have a large number of visiting Masters swimmers on a daily and weekly basis, with more arriving in the winter months.

For example, in a single, recent workout, we hosted one swimmer from England (a registered member of USMS) and five swimmers from two different clubs in Connecticut and a club in New England. Being able to swim with other clubs while on the road is a great benefit of your USMS membership.

But, how do you best prepare to swim with another USMS Club? The following is what I tell my swimmers who ask what they need to know about swimming with other Masters groups while traveling.

Before You Travel

If you're unfamiliar with the area you're visiting, your first resource can be the USMS website to help you find a Masters workout. On the website you can locate pools and Masters workouts by selecting the [Places to Swim](#) page which can be found under the [Local Programs](#) tab on the home page. Another option is to search the [Local Masters Swimming Committee](#) website for the area where you'll be traveling. There, you can learn more about

the clubs and workout groups available. If there is no club website, there may be a phone number. Remember that some of the pools listed in the Places to Swim database may not have Masters workouts. In that case, it is best to find out if they offer public swimming times, meaning certain times when they permit nonmembers or visitors to swim. Once you've found a pool or club that appears to be close to where you're staying, find out if they run official Masters workouts, which are nearly always listed on the club's website. Check for workout schedules, visitor or drop-in policies, and for a phone number so that you can confirm that the information on the website is accurate. If you do call, be sure to ask the following questions:

- Does the group or facility welcome visitors or drop-in guests?
- What's the workout schedule—what days and times are workouts offered?
- What are their fees, and whom and how should you pay?
- Where should you park and are there special instructions for finding or accessing the facility?
- Do they have locker rooms to change and should you bring your own lock?
- Are bags and shoes allowed on deck?

Day of the Workout

You must bring a copy of your USMS card with you to the workout! You can also now display your card on your phone or mobile device, but for some coaches, it may be helpful for them to have a hard copy of the card so they can remember your name. Some clubs may also require it for their own internal paperwork. Asking whether they need you to bring a hard copy of your USMS member card with you could be another question to ask in advance of arriving at the pool for a workout.

You should also bring your driver's license or other government-issued photo identification, as some facilities require it to enter.

Plan to arrive to the workout early so you can introduce yourself to the coach on deck or the person supervising the workout. This gives you the

opportunity to get the lay of the land and determine which lane would be best suited for you. I typically ask a visiting swimmer what interval they use when they do a set of 5 x 100 SCY to place them in the appropriate lane. You can also take that opportunity before workout to let the coach know of any limitations you may have. Ask the coach if they require circle swimming within each lane.

Arriving late can be very disruptive to the coach and the swimmers in the workout. When you arrive late to a new group, the coach—who is responsible not only for the actual workout but also for the safety of the swimmers in the workout—has to divert attention from the swimmers already in the pool to talk to you. You'll also be interrupting swimmers who began workout on time. Some clubs don't allow swimmers to enter the practice once workout has begun, so **get there early**.

One of the most frustrating things for me as a coach, and for my swimmers, is for a visitor or drop-in guest to start our structured workout and go off-script or do their own thing in a lane that's doing the organized workout. If you want to swim on your own, please find the times and pools that offer noncoached public swim times.

Lastly, remember that you are a guest. Thank the coach and your lanemates for hosting you!

About the Author—Marty Hendrick

Marty Hendrick is the Head Coach of Swim Fort Lauderdale Masters. He is a USMS Level 3 Coach and a recipient of the 2011 USMS Kerry O'Brien Coaching Award. He serves on the USMS Coaches Committee and is current Chair of the Florida Gold Coast LMSC. He also loves to swim, and holds numerous Masters World and National Top 10 rankings

Editor's Note: This article came from the USMS website, www.usms.org.

Hill Carrow Receives RJA Award

***USMS's highest honor goes to longtime
national volunteer from North Carolina***

USMS | May 8, 2014

The Captain Ransom J. Arthur M.D. Award is U.S. Masters Swimming's highest honor, given to the volunteer who does the most to further the objectives of Masters Swimming. This year, the award went to Hill Carrow of North Carolina Masters Swimming. Hill is a USMS Recognized Coach who also received the 2004 U.S. Masters Swimming National Championship Meets Award. Congratulations, Hill, and thank you for your service!

Editor's Note: The above announcement is from the USMS website. Below is an article from NC Masters website (ncmasters.org). Hill was the meet director for LC Nationals in Raleigh in 1984, SC Nationals in Chapel Hill in 1992, and co-director for SC Nationals in Greensboro in 2012.

Hill Carrow, From NC LMSC, Has Been Selected as the 2014 Recipient Of USMS's Ransom Arthur Award.

By Jon Blank

USMS President Nadine Day publicly announced the award on May 2nd at short course nationals in Santa Clara, California, after a private presentation one week earlier in Cary NC. The Ransom Arthur award is the highest volunteer honor in United States Masters Swimming. Carrow is the first recipient from NC to have earned this honor.

Carrow's resume on behalf of USMS is comprehensive. He was one of the originators of the North Carolina LMSC. In addition, he founded two NC workout groups, one in Raleigh and one in Winston-Salem. Carrow, serving on multiple committees, has attended 32 consecutive USMS conventions. (Among his annual duties, Carrow is

the emcee for the Dorothy Donnelly awards at the USMS Convention, where he announces the award winners in rhyme). Carrow is a strong promoter of North Carolina's presence at national events within USMS. He has served as meet director at each of the three USMS nationals held in NC. He also directs the USMS high-performance camp, held in Greensboro.

Carrow serves the cause of US Amateur sports on many levels. Though it is not specifically germane to his Ransom Arthur award, Carrow has also staffed the US Olympic Committee in Colorado Springs, even acting at one time as a board member on the USOC's bobsled national federation. The 1987 US Olympic Festival, spearheaded by Carrow and held in the Research Triangle, remains the largest and most successful of those events ever held by the USOC. His leadership of US Figure Skating's nationals in 2011 at Greensboro was so well received that the event will return in 2015.

Carrow, a Kinston native, swam competitively for the McCallie School and the University of North Carolina, before earning a law degree. (It should be no surprise to learn of Carolina Swimming's annual Hill Carrow Spirit Award). He, wife Sheri-Lyn, and daughter Casey live in Morrisville, where Hill is CEO of entertainment and sports marketing company Sports & Properties. North Carolina's LMSC is proud of Tar Heel native, Hill Carrow, and gratified his many years of dedication earned this lofty national recognition from USMS.

Editor's Note: We realize that the newsletter may not be delivered by June 14, but anyone can still participate and get the swim cap.

Swim "Laps for Nat" in Honor of Natalie Lewis on June 14, 2014

On May 9, 2014, University of Richmond Masters Swimming lost a beloved team member, Natalie Mattimore Lewis. Natalie, a former standout swimmer at the University of Richmond, graduated in 2011, and swam with the UR Masters "WaterSpiders" swim team since her graduation.

She was a two-time captain on the UR Swim & Dive team, specializing in the 100, 200 and 500 free. Natalie worked as director of women's basketball operations at the University of Richmond and was killed in a hot air balloon accident, along with UR associate women's basketball coach Ginny Doyle.

"Natalie loved swimming. She was a successful high school swimmer in Buffalo. She improved the Richmond team by working hard and being the best teammate. When most college swimmers retire, Natalie's love for swimming held strong as she began swimming Masters. She loved to train and she loved challenges. She did all of it with a huge smile – literally," said Matt Barany, Head Women's Swim Coach at the University of Richmond.

In honor of Natalie Lewis, on June 14, there will be a memorial swim -- **Laps for Nat**.

Swimmers are encouraged to dedicate their swim to Natalie on this day -- even if it is just one lap. Swimmers can take a picture and post photos with hashtag #lapsforNat on Facebook, Twitter or Instagram in her honor. "Laps for Nat" latex swim caps are also available for \$5, see the Facebook page listed below for details. Any funds raised by Laps for Nat will feed into the Natalie Lewis Memorial Fund, in Natalie's honor at the University of Richmond at the wish of her parents. Those who want to make a direct contribution to the Natalie Lewis Memorial Fund, can send it to: University of Richmond Spider Club, 28 Westhampton Way, University of Richmond, Richmond, VA 23173. Checks can be made payable to University of Richmond: Natalie Lewis Memorial Fund.

"Natalie was a light to us all. She gave us her best effort day in and day out; she pushed the best swimmers to be at their best and encouraged the more novice swimmers to always improve. She brought a smile to every practice and with her endless stories made us smile along with her. She organized team gatherings and lit up the room with her happiness. Whether you met her in childhood and knew her for many years or met her later in life and only knew her for a few months, it was inevitable to quickly feel a profound connection with her. Natalie touched all of our hearts and we will always remember her," says Fernando

See Laps on back page.



Chris Greene Lake 1- & 2-Mile Cable Swims

Charlottesville, Virginia, Saturday, July 12, 2014

Sponsored by: Virginia Masters Swim Team and Albemarle County Parks and Recreation

Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction #124-W002.

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org

Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a counter-clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a clockwise direction. Both the 1- and 2-mile distances are certified and qualify for national records. No splits or premature finishes will be eligible for records. **The lake opens at 7am and warm-up on the cable course will be available from 7:15-8:15am.**

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:

2-Mile: 8:15 AM 1-Mile: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 12, 2014. **Paper entries must include a copy of your 2014 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$25.30.** To renew or join USMS online, visit www.usms.org/reg

Rules: Current 2014 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by July 3, 2014. Online entries will close at 11:59pm Eastern Time on July 7, 2014. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$32/ \$42.

Safety: For safety reasons, swimmers who cannot complete 1 mile in 1 hour or 2 miles in 2 hours should NOT enter. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The Charlottesville-Albemarle rescue/dive team will be on site with boats, scuba divers, and a rescue squad.

Seeding: Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 30-second intervals. "No Time" entries will be seeded in the final wave. Seeding changes will not be allowed on race day.

Age Groups: 18-24, 25-29, 30-34, etc. in five year increments, as high as necessary for both men/women.

Awards/ Social: For both races, custom awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the 1-mile race. Drinks and snacks will be provided.

Accommodations:

Doubletree Hotel
(6 miles from lake)
990 Hilton Heights Rd.
Charlottesville, VA 22901
(434) 973-2121
or (800) 222-TREE

Hampton Inn
(9 miles from lake)
2035 India Rd.
Charlottesville, VA 22901
434-978-7888
or (800) 426-7866

Directions: (mapquest "Chris Greene Lake Park")

from Washington, D.C:

(Distance: 115 miles, Drive Time: ~ 2 to 2.5 hours)

Take Rt. 29 toward Charlottesville, VA. In Earlsville, turn right onto Airport Rd. (Rt. 649). Travel 7/10 mile toward airport. At roundabout, bear right onto 606. Go 1.2 miles and turn left onto Chris Greene Lake Rd. Proceed past guardhouse and follow the road downhill and around the lake to the parking lot at the end of the road.

from Richmond, VA:

(Distance: 75 miles, Drive Time: ~ 90 minutes)

Take I-64 West to exit 124, Charlottesville/Shadwell, (U.S. 250 West), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

from Waynesboro, VA:

(Distance: 34 miles, Drive Time: ~ 45 minutes)

Take I-64 East to exit 118B, Charlottesville/Culpeper, (U.S. 29 North Bypass), to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649). Turn left onto Airport Rd., go 7/10 mile toward airport and follow the underlined directions above.

Race Director Contact:

Dave Holland, 804-467-2425


Email: HenryDaFif@aol.com



2014 Chris Greene Lake 1- & 2-Mile Cable Swims ENTRY FORM

Avoid this form, avoid errors by registering online at www.cableswim.org

**PLEASE INSERT SEED TIME
FOR EVENT(S) YOU ARE ENTERING**

	<p>US MASTERS SWIMMING PLEASE STAPLE A LEGIBLE COPY OF YOUR 2014 CARD HERE. TRIM YOUR CARD AND COMPLETE THE FOLLOWING:</p> <p>Emergency Contact Name: _____</p> <p>Emergency Contact Phone: _____</p> <p>Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____</p>
--	--

2- MILE 8:30 am	Counter-Clockwise	1650 yd time: ____ : ____
1- MILE 10:30 am	Clockwise	1650 yd time: ____ : ____

		<input checked="" type="checkbox"/>	CHECKLIST
\$ _____	\$ 32.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$ _____	\$ 42.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$ _____	T-Shirt: included free with entry; \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$ _____	Additional T-Shirt: \$12.00 each S-XL, \$15.00 for XXL or XXXL	<input type="checkbox"/>	Signed Release Below
\$ _____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) S M L XL XXL XXXL

Additional T-Shirts: indicate quantity and size: _____

Please use the checklist above to ensure that your entry is complete!!
Mail this completed form with check or money order payable to VMST, postmarked by July 3, 2014 to:
Dave Holland, 1508-G Autumn Honey Ct, Henrico, VA 23229

RELEASE BY PARTICIPANT FROM LIABILITY

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 CAUSED 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, OR ALBEMARLE COUNTY AND ITS OFFICERS, AGENTS, AND EMPLOYEES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE: _____ **DATE:** _____ **AGE ON 7/12/14:** _____

Phone (H): _____ **Phone (W):** _____ **E-Mail:** _____

PLEASE PRINT CLEARLY

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

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Richmond, VA
Permit #3022

Laps continued from page 5.

Rodriguez, University of Richmond WaterSpiders Masters Swim coach and UR Assistant Swim Coach.

Plans are also underway for a Natalie Lewis Memorial Swim in April 2015. The Laps for Nat Facebook page will have more details in coming months: <https://www.facebook.com/LAPSforNAT>

