

The Wet Gazette

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

New LMSC Officers

The annual LMSC Meeting was held on Sunday, October 26, at the home of Chair Patty Miller. In addition to those physically present, others joined by conference call.

The following officers were elected:

Chair: Dave Holland

Vice Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Charlie Cockrell

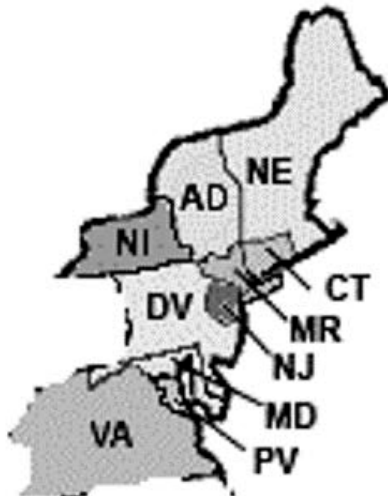
A more complete report on the meeting will be in the December issue of the newsletter.

See page 3 for a message from our new LMSC Chair.

USMS Registration for 2015 is Open

Registrations for 2014 are valid through the end of the year. However, you can register for 2015 from November 1 on. Don't wait. Be sure to renew before December 31. The easiest way is to renew online. Go to: www.usms.org; on the home page, at the very top, you will see "Membership." Click there and follow directions.

You can register by mail also. Forms are posted at www.vaswim.org. Our Registrar, Shirley Loftus-Charley, will mail a paper application to those who signed up by mail in 2014. Or, contact me (your Editor) and I will mail one to you.



Change in Procedure for Getting Printed Version of this Newsletter

At present, you can "Opt Out" of receiving a printed copy of the newsletter and read it online. When you renew your membership for 2015, you must "Opt In" to receive a printed newsletter. The following statement is on the application:

I would like to receive a link to the newsletter electronically instead of a mailed paper version
YES NO

Pay Attention! If you register online, I believe you can't complete the application unless you answer the question. When you register by mail, be careful to complete this question.

Colonies Zone 'Smackdown'

There are two Zone Championship Meets this year on the same date, December 12-14. One meets is in Boston and one is in Manassas. After the conclusion of the meets, scores will be calculated according to your LMSC. There are two divisions:

North

New England
Connecticut
Adirondack
Niagara
Metropolitan

South

Delaware Valley
Maryland
Potomac Valley
Virginia
New Jersey

Let's have a big showing from the LMSC for Virginia! Entries are open on Club Assistant (www.clubassistant.com). The paper copy of the entry is 5 pages. I have included the information on the meet, 3 pages. I did not have room for the last 2 pages, which are the actual entry and the release. If you cannot download these pages, contact me.



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

Dec 12-14 Zone Smackdown, Manassas, VA, and Boston University. Entry is in this newsletter.

January 31 and February 1. 41st Annual Sunbelt Championships SCY Meet, Charlotte, NC

February 7-8: VMST meet in Richmond

February 20-21: North Myrtle Beach, SC

March 1: Greensboro, NC

March 28-29: NC Champs, Cary, NC

April 10-12: Zone Champs, George Mason U.

April 23-26: USMS Nationals, San Antonio

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LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland: www.maryland@usms.org

Potomac Valley: www.PVMasters.org

Colonies Zone: www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

ONLINE Registration:

www.clubassistant.com

LMSC Officers

Chair: Dave Holland

henrydafif@aol.com

Vice Chair: Denise Letendre

dml2jd@virginia.edu

Secretary: Alice Phillips

alicephillips@trinityes.org

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

chrisstevenson@usms.org, 804-282-0124

Graphics from www.swimgraphics.com

◀ *Denise Letendre (new Vice Chair), Dave Holland (new Chair), Adam Barley, Claire Russo*

From Our New LMSC Chair: Dave Holland

My name is Dave Holland and I'm pleased to serve as the new Chair of our LMSC. I have been involved with swimming since age 7, and with USMS since 1997, when I turned 30 and decided that I needed to lose 15 lbs. I live in Richmond, practice at NOVA, and compete with VMST.

First of all, if you do know what the acronym LMSC stands for, please let me know. I think it includes the word "local", which makes no sense to me, as we have more than a 1000 members throughout Virginia and part of West Virginia. Of course, Masters has its own rules and lingo that have always baffled the mind- you can live in Missouri and swim for Virginia Masters (and we encourage that, especially for relays), be married for 50 years and swim "unattached", or sign up for a meet as "one event" and swim 9 events. Go figure. Different strokes for different folks...

I did not run on a platform and I did not have an opponent. I was asked and initially said "no", and then was asked to be on a nominating committee. Our committee was not successful in finding someone who said "yes" with any umph to their voice, so here I am. I decided to step up for one simple reason- as an event director (Chris Greene Lake and Lake Moomaw), I have often found myself complaining about the fact that I couldn't find enough volunteers, or that within our LMSC, there's a handful of folks who are doing all the work, year after year. Many of us wear multiple hats. So, I've decided it's time to stop complaining and to start doing something about it! My first and most important task will be to introduce some new faces to the endless joys of administration, and to get more of you involved in volunteering and giving back to our great sport.

In terms of the vital administrative and financial organization of our LMSC, our house is in very good order. There is nothing to fix. We've had good continuity and strong leadership with a core group of committed officers who have put in tons of hours over the years. Thankfully, our very capable Charlie Cockrell will continue as Treasurer, Shirley Loftus-Charley will stay on as our diligent Registrar, and competent folks like Betsy Durrant, Chris and Heather Stevenson, and Jim and Patty Miller will keep serving in multiple capacities.

Our meet directors, including Craig Charley, Betsy Durrant, Nancy Miller, Charlie Tupitza and Ginger Cyganiewicz, are unsung heroes who do a lot of behind-the-scenes work to offer us great events, year after year. Next time you go to one of our meets, seek them out and say "thanks". That will be the best and only payment they will get.

Additionally, I'm pleased that we were able to recruit some new faces to the board- Denise Letendre will be the Vice Chair, and Alice Phillips will serve as Secretary. They both have IQ's that are 30+ points higher than mine, so I plan on delegating all of the important stuff to them. I just have to remember their names.

In the next couple of years, with help from these great folks and hopefully some new folks like you, I will lead us with the following goals:

1. Increase membership by 5%- Denise, assisted by Charlie Cockrell, Patty Miller, and Susan Bricken, are spearheading an effort to put more of our resources into Outreach. They will be communicating with the USMS national office, which has some exciting new outreach programs already in place in several other states.
2. Increase the opportunities for competition by improving our current meets and adding some new ones. Craig Charley, who will also serve as our Coach's Chair, will lead this effort with help from Ginger and Susan Bricken, who would like to bring a new meet to the Christiansburg Aquatic Center.
3. Communicate with and support the meet directors.
4. Communicate with and support our coaches.
5. Listen to your concerns and take action where necessary.

I'm looking forward to serving and representing you and our LMSC in the next two years. Please feel free to contact me with any suggestions or concerns.

Dave Holland



***Dave Holland
with family***

Mail Call

Note from **Adam Kennedy** about an article in the October newsletter:

Betsy,

Thanks for including our 24 hour swim in the newsletter! You hit it right on by adding we should do this all over the state to benefit programs in all areas.

Cheers!

Adam

I heard that **Dave Holland** had gone to the **Rowdy Gaines Meet** in Orlando and asked him about it. His reply:

Betsy, I went, yes. Feel free to share this in the newsletter- A very good experience. Rowdy was on deck and shows the same enthusiasm and warmth that he does on TV. He talked to everyone and was everywhere, cheering and talking nonstop. At one point, as we passed near the locker room, he could tell I was getting ready for a race and said "what have you got?" When I said 200 fly, he smiled, put his hand on my forehead, and said something to the effect of "bless you son".

He also got very excited on Friday night because he helped to orchestrate the first ever 360+ relay. Four guys, 3 of them in their nineties and the young one at 88, swam an 800 free relay, and Rowdy was there coaching and encouraging every step of the way. Then he ran over to the microphone, informed the crowd of the historic nature of this swim, and everyone got into it. The entire crowd cheered them on as they set the first world record for men 360-399. Those old guys were just so happy as each one did his part over in lane 8, and climbed out using the ladder to shuffle over to a plastic chair that we set up for them. When it was done, they sat together there and everyone wanted a photo with them. You could tell they had given it their all. One of the guys had a bad shoulder and did sidestroke most of the way, but rallied on the final 25 and did his full stroke. Rowdy said that each of them had been swimming since a young age. An entire lifetime of swimming, almost 360 years as a group, and still making history.

There were 200 + people at the meet. I swam my usual events, and had a decent 400 IM and 200 fly. I was pleased with my 200 breast, too, which is a relatively new event for me. I also

swam some 25's and that was a lot of fun, something different.

I was the only swimmer from VMST but I did run into Kelly Parker Palace and her husband Mark, who have swum with us in the past. As usual, everyone was friendly and it was nice to meet some new people.

I highly recommend this annual meet to others- it was a nice little 4-day vacation with great weather. I did nothing but eat, swim, sleep, and lie in the sun. That's my kind of championship!

Dave

PS- here I am with Rowdy, who sees the same hairstylist as me, evidently.



Zone "Smackdown" Entry

I have included the first 3 (of 5) pages of the entry. All the information for entering online are included. If you want to do a paper entry, you need to download (from www.vaswim.org) the last 2 pages. These 2 pages are the actual entry and the new release form. If you cannot download the pages you need, contact me (Betsy, 757-422-6811) and I will mail them to you.



2014 Colonies Zone SCM Smackdown - South Colonies

Friday, December 12 – Sunday, December 14, 2014

Freedom Aquatic Club

Registration Schedule

	Open	Close
Swimmer Registration	October 30, 2014	Online: December 5, 2014 Mail In: December 1, 2014

Hosted by Freedom Aquatic Club (formerly Sunfish Masters Swim Team)

Freedom Aquatic & Fitness Center, Manassas, VA

Sanctioned by: Virginia LMSC for USMS, INC. #124-S004

Welcome to the 1st Colonies Zone Championship competition between the North (New England, Connecticut, Adirondack, Niagara and Metropolitan) and South (Delaware Valley, Maryland, Potomac Valley, Virginia and New Jersey). An individual may compete at either site (Boston, MA or Manassas, VA) but points will be scored according to their team location. Points will be scored and bragging rights awarded to the winner.

FACILITIES: The Freedom Aquatic & Fitness Center is located on the Prince William Campus of George Mason University, 10900 University Boulevard, Manassas, Virginia 20110-2203. The pool is a 50-meter by 25-yard pool with movable bulkheads and will be configured as a 25-meter, ten-lane course. 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. Additional lanes will be available for continuous warm-up/cool-down throughout the meet. A Colorado Electronic Timing System with a newly installed scoreboard will be used for timing. There will be concessions, meet shirts, and swimwear on sale.

ELIGIBILITY: The meet is open to all Masters swimmers holding a valid 2014 or 2015 USMS registration card. Your membership to USMS will be verified as a part of the online meet entry. For paper/mailed entry, a copy of your USMS card must accompany your entry. Age is determined by a swimmer's age on December 31, 2014.

ENTRIES: Competitors may enter up to **five (5)** individual events per day, plus relays.

Online Entries (The preferable entry method): Use the following link for registration:

https://www.clubassistant.com/club/meet_information.cfm?c=1605&smid=5851. Entry deadline is **Friday, December 5th**. Online entries are paid by credit card to "ClubAssistant.com Events".

Mail in Entries: The paper entry form is included in this meet information. A copy of your current USMS card must accompany your mail entry. Paper entries must be received by **Monday, December 1st**. Entry fees shall be paid by check to "**Freedom Aquatic Club.**"

FEES: There is a Meet Surcharge of \$30.00 for pool and equipment. Individual event fee is \$5 per event, \$10 per relay team. Relays are deck entry only.

SEEDING: Short course meter seed times must be submitted for each event. An online time converter is available on the Club Assistant meet entry form. The meet director or meet referee shall have the right to change seed times that are obviously incorrect. Events will be seeded slowest to fastest with the exception of the 800.

DISTANCE EVENTS: You must check in **BY 3:30 PM on Friday** for the 800 free or you will be scratched from the event. The 800 free will be limited to **120 entries**. The 800 free will be seeded **fastest to slowest, alternating women and men**. No time (NT) will not be accepted for this event. Please ask a friend to count for you in the distance freestyle events. Swimmers entering the 800 free must enter using a provable time either from the USMS database or a written verification from the coach which must be sent to the Meet Director.

RELAYS: Relay entries must be submitted by 10:00 AM Saturday for Saturday relays and by 10:00 AM Sunday for Sunday relays. Entry forms will be available at the check in desk.

PSYCH SHEETS: Psych sheets will be available at: www.freedomaquaticclub.com/ColoniesZone before the meet.

WARM-UP: Warm-up safety rules will be strictly enforced. No diving is permitted in the general warm-up lanes. Swimmers must enter feet first in a cautious manner. Diving or backstroke starts will be permitted only in designated lanes, which are reserved for one-way swimming. Instructions from the designated safety marshal must be obeyed at all times. The use of equipment during warm-up is not permitted.

AWARDS: Individual Events: Medals will be awarded to first place in each age group, with ribbons for second through six places. Certificates for all participants will be provided with label records of your performance in each event. Trophies will be presented for the male and female high point winners. **Relays:** Ribbons for relays will be awarded for first through third places. **Team Awards:** Championship awards will be presented to the top three large, medium and small team division winners. **Scoring:** Individual events are scored 17-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1; relays will be double. The 800 Freestyle Relays will not be scored. Participants must pay \$5.00 processing fee and complete mailing label at the Awards Table for award(s) to be mailed.

RESULTS: Results will be available on-line at <http://www.freedomaquaticclub.com/>. 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 Records will be contingent on verification of bulkhead placement.

DIRECTIONS: If you are using a GPS or MapQuest, 10900 University Boulevard, Manassas, Virginia 20110-2203 will get you to the correct parking lot.

HOTELS: The Courtyard, Manassas, VA (At I-66 exit # 47) 10701 Battleview Pkwy (703) 335-1300
(A limited number of rooms are available for \$70 - /King and \$80-Queen/Queen at The Courtyard.)
Country Inn & Suites by Marriott (5.4 miles to pool) 10810 Battleview Parkway, Manassas (703) 393-9797
Fairfield Inn by Marriott (5.5 miles to pool) 6950 NOVA Way, Manassas (703) 393-9966
Hampton Inn (4.8 miles to pool) 7295 Williamson Blvd, Manassas (703) 369-1100
Marriott's Fairfield Inn, Manassas, VA (At I-66 #47) (703) 393-9966
Springhill Suites by Marriott, Centreville, VA (703) 815-7800

QUESTIONS: Meet Director: Ginger Cyganiewicz (571) 643-6619: e-mail freedomaquaticclub@gmail.com

FRIDAY, DECEMBER 12, 2014 Warmups 3:30 PM Meet Starts 4:30 PM SESSION 1			
Event	Gender	Distance	Event
1	Women	800 M	Freestyle
2	Men	800 M	Freestyle

SATURDAY, DECEMBER 13, 2014 Warmup 9:00 AM Meet Starts 10:00 AM SESSION 2			
Event	Gender	Distance	Event
3	Women	400 M	Freestyle
4	Men	200 M	Freestyle
5	Women	50 M	Butterfly
6	Men	50 M	Butterfly
7	Women	100 M	Backstroke
8	Men	100 M	Backstroke
9	Women	200 M	Breaststroke
10	Men	200 M	Breaststroke
11	Women	400 M	Free Relay
12	Men	400 M	Free Relay
13	Mixed	400 M	Free Relay
15	Women	50 M	Breaststroke
16	Men	50 M	Breaststroke
17	Women	200 M	Butterfly
18	Men	200 M	Butterfly
19	Women	100 M	Freestyle
20	Men	100 M	Freestyle
21	Women	200 M	Individual Medley
22	Men	200 M	Individual Medley
23	Women	200 M	Medley Relay
24	Men	200 M	Medley Relay
25	Mixed	200 M	Medley Relay

SUNDAY, DECEMBER 14, 2014 Warmup 9:00 AM Meet Starts 10:00 AM SESSION 3			
Event	Gender	Distance	Event
27	Women	200 M	Freestyle
28	Men	400 M	Freestyle
29	Women	100 M	Individual Medley
30	Men	100 M	Individual Medley
31	Women	100 M	Breaststroke
32	Men	100 M	Breaststroke
33	Women	200 M	Backstroke
34	Men	200 M	Backstroke
35	Women	50 M	Freestyle
36	Men	50 M	Freestyle
37	Women	400 M	Medley Relay
38	Men	400 M	Medley Relay
39	Mixed	400 M	Medley Relay
41	Women	400 M	Individual Medley
42	Men	400 M	Individual Medley
43	Women	50 M	Backstroke
44	Men	50 M	Backstroke
45	Women	100 M	Butterfly
46	Men	100 M	Butterfly
47	Women	200 M	Free Relay
48	Men	200 M	Free Relay
49	Mixed	200 M	Free Relay
51	Women	800 M	Free Relay
52	Men	800 M	Free Relay
53	Mixed	800 M	Free Relay

Local Masters Swim Committee Newsletter
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Photos from Lake Moomaw

Editor's Note: I do not know all of the names. However, if I recognized one person in the photo, I checked results to see who else placed in that age group. It's the best I could do.



David Brown (middle) with Bruce Boyle and Mike Klaus



Arlie Steiner and Susan Marens