

The Wet Gazette

Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

USMS CONVENTION WRAP-UP

By Kirk Clear

The United States Aquatic Sports, of which US Masters Swimming is part, held its annual convention in Dallas, Sep 13-17. Six members from the Virginia LMSC attended. Nearly 260 USMS delegates from across the nation participated in the Convention. It is an opportunity for the organization's multiple committees to meet in person to discuss issues, determine agendas for the next year, and to propose recommendations on larger issues to the House of Delegate for a vote. The HOD gathers several times over three days to vote on open officer positions, the annual budget, and on proposed legislation or rules changes.

The biggest news coming out of the convention for Virginia was the announcement that the 2020 USMS Summer National Championship Meet will be held in Richmond! The meet was awarded to Swim RVA, and will be held in the Collegiate School Aquatics Center, Aug 13-16, 2020. It will be the first USMS Masters Nationals to take place in Virginia, and it will happen when USMS will be celebrating its 50th Anniversary.

Some other exciting initiatives were also presented. Be on the lookout for the USMS 2018 Winter Fitness Challenge, coming in February. This is an exciting new program aimed at growing USMS's future membership. In addition, USMS has partnered with

College Club Swimming to provide the administrative and support services. This will be a great partnership and get swimmers familiar with Masters Swimming early on. More info on this program can be found here: <https://collegeclubswimming.com>.

Some significant legislation/rules changes included the following:

- The deadline for rules changes to be submitted to the chair of the Legislation, Long Distance, or Rules Committee was moved up one month earlier to June 10 annually. (Article 601.2.3)
- In an Open Water event, a swimmer may now receive assistance (rest) on a physical feature and/or craft, as long as they do not make forward progress by pulling or pushing off of the object. (Article 303.9.5)
- Manual timing (hand-held watches) will no longer be accepted for establishing World or National Records. Records will only be accepted from Automatic and Semiautomatic Primary Timing Systems. Manual Timing Systems may still be used to establish USMS Top-10 times. (Articles 103.18.5 through 103.18.7)

- A swimmer who completes a race may warm down in the assigned lane while the rest of the swimmers finish the heat and shall not be disqualified if that swimmer does not delay the start of the next heat. (Article 102.13.7)

- A proposal to add 25-yard and 25-meter events as conforming events at USMS meets was defeated. Meet organizers can offer those events, but they will not be recognized for records by USMS.

Lastly, USMS adopted a couple of FINA rules. One included a change that alters the interpretation of the freestyle leg of an individual medley and medley relay events. This change permits swimmers to leave the wall during a turn in a position on or towards the back during the freestyle leg of an IM or medley relay event without being subject to disqualification. This includes the breaststroke-to-freestyle transition and freestyle turns. If swimmers leave the wall in a position on or towards the back, they must return to



Convention (cont'd)

a position towards the breast before any kick or stroke.

If you would like to learn more about what happened at Convention, you can see some of the presentations and read the committee reports on the Convention webpage:

<http://www.usms.org/admin/conv/2017/>.



FAVORITE SET

In case you have to workout alone or you just want to try something new, here is one workout suggestions from USMS.org. If these intervals don't work for you, by all means, adjust them!

FOCUS: Distance Swimming/
Triathlon Training

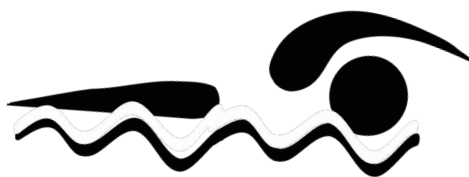
Warm Up: 600 Choice

Main Set:

5 x 500 with 20 sec. rest, do as:
500 Swim
5 x 100 Swim with 15 sec. rest
500 Choice
4 x 125 with 15 sec. rest
500 Pull

Cool Down: 200 Easy

Total Workout: 3,300



Upcoming Swim Meets

(VA LMSC Meets in *Italics*)

| Date | Meet | Location | Entries (Registration Deadline) |
|---------------------|------------------------------------|---------------------------|--|
| Oct. 7, 2017 | Columbus Day Classic (SCY) | Washington, DC | Online (9/29) |
| Oct. 29, 2017 | GMUP Sprint Classic (SCY) | Fairfax, VA | Online (10/24) |
| <i>Nov. 4, 2017</i> | <i>VMST Fall Meet (SCM)</i> | <i>Virginia Beach, VA</i> | <i>Online (11/1); paper (10/30) - meet information in this issue</i> |
| Nov. 11, 2017 | Maryland Swim Series Meet #2 (SCY) | Easton, MD | See vaswim.org |
| Dec. 2, 2017 | GERM Winter Solstice Meet (SCM) | Boyd's, MD | See vaswim.org |
| Dec. 10, 2017 | Maryland Swim Series Meet #3 (SCY) | Chestertown, MD | See vaswim.org |

GENERAL INFORMATION LMSC OFFICERS

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

Nearby Zones

Colonies Zone:

www.ColoniesZone.org

Dixie Zone: www.DixieZone.org

Online Meet Registrations:
www.clubassistant.com

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Registrar: Shirley Loftus-Charley

Coaches: Rich Williams

Fitness: Brianna Lovell

Long Distance: Kate Stephenson

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Steve Hennessy

Webmaster: Chris Stevenson

VIRGINIA MASTERS SWIM TEAM

37th ANNUAL FALL SWIM MEET

SATURDAY, NOVEMBER 4, 2017



Short Course Meters

Location: Bayside Recreation Center, 4500 First Court Road, Virginia Beach.

Facility: Eight lane, 25 meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **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.**

Important Notes: Lockers require a quarter (25 cents). No glass containers in the pool area.

Directions: **From I-64,** take the Northampton Blvd. exit. Go approximately 3.5 miles (route 13 north) to the stoplight at Pleasure House Rd. Turn right on Pleasure House and take a left at the first stoplight onto First Court. The Rec Center is approximately .8 mile on the left. **From the oceanfront area,** take Shore Drive toward First Court Rd. When you see the water tower just beyond the intersection with a stoplight, turn left onto First Court Road. The Rec Center will be on your right (about .8 mile), just past Bayville Park.

Meet Directors: Mitch Saks and Cindy Hamilton.

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction # 127-S005

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2017. All swimmers must be registered with USMS.** If you are currently registered, include a copy of your registration card with your entry.

If you are not currently registered, you may include your registration form and a separate check (to LMSC for VA) with your entry, register online at www.usms.org (on Nov 1 or later) or be prepared to register with LMSC for Virginia on the day of the meet.

Tips for new swimmers: Forms are available at www.vaswim.org and will also be available at the pool for new swimmers. If you are not currently a member of USMS, enter the meet, but wait until November 1 to join USMS because all new registrations after November 1 will be valid through December 2018.

ORDER OF EVENTS. Pool opens at 9:00 am. Warm-up starts at 9:15 am. First heat of 1500 begins at 9:45 am. There will be another 30 min warm-up at 11:00 or at the completion of the 1500s. Event 2 will start no earlier than 11:30. Men and Women will swim together. Back-to-back events are not a good idea.

| | | |
|----------------------------|-----------------------------|-----------------------------|
| 1. 1500 m Freestyle | 8. 100 m Butterfly | 16. 100 m Backstroke |
| 2. 50 m Breaststroke | 9. 100 m Breaststroke | 17. 400 m Freestyle |
| 3. 200 m Individual Medley | 10. 200 m Free Relays * | 18. 200 m Butterfly |
| 4. 200 m Backstroke | 11. 400 m Individual Medley | 19. 100 m Individual Medley |
| 5. 400 m Free Relays * | 12. 200 m Freestyle | 20. 50 m Backstroke |
| 6. 200 m Medley Relays * | 13. 50 m Butterfly | 21. 100 m Freestyle |
| 7. 50 m Freestyle | 14. 800 m Free Relays * | 22. 400 m Medley Relays * |
| | 15. 200 m Breaststroke | 23. 800 m Freestyle |

***Relays** There will be one heat of each relay. Women, Men and Mixed Relays will be in the same heat. No charge for relays. The meet should be completed by 4:30 pm.

Entries: \$6.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event plus surcharge.** Swimmers may enter a total of 6 individual events and 5 relays. **NOTE THE CHANGE IN NUMBER OF INDIVIDUAL EVENTS ALLOWED.**

Entry Deadline: To be seeded, paper-entries must be received by **Monday, October 30.** The easiest way to enter is online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates. Online entries close on **Wednesday, November 1.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. **Swimmers will be expected to cooperate with the Safety Marshall who will monitor warm-up. No diving during warm-up except in designated lanes.**

Awards: Medals for 1st through 3rd places in individual events for each age group. Ribbons for 4th through 6th places. Ribbons for relays.

Social: Back by popular demand... Due to success of last year's Social, we'll be returning to Commonwealth Brewing Company. Food to be provided. We have requested a larger room and help with parking. Carpooling from the pool will definitely help. More details at the pool at check-in.

Hotel Information: Check hotel rates online. Most of the oceanfront hotels have very good rates in November.

Relays! To provide an opportunity for swimmers to compete in SCM relays, we have scheduled relays – events 5, 6, 10, 14, and 22. Relay entry forms will be available at Check-In.

NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.

******* PAPER ENTRIES ARE DUE BY OCTOBER 30. ONLINE ENTRIES CLOSE NOVEMBER 1!*******

ENTER ONLINE AT www.clubassistant.com

Or go to www.vaswim.org and click on Upcoming Meets. There is a link there.

Age (on Dec 31, 2017): _____ Phone: _____ E-mail: _____

Attach copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but **be sure to sign waiver on next page**. If you are not registered with USMS, you may include your registration form and a separate check with your entry, or you may register at the meet. You must be registered to participate.

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

USMS #: _____ Team: _____ Sex: _____

Please enter seed times for meters. If you do not have any times for meters, add 10% to your yard times. Relays may be entered on the day of the meet. Relay forms will be available at check-in.

| <i>Evt #</i> | <i>Seed Time</i> | <i>Event</i> | <i>Evt#</i> | <i>Seed Time</i> | <i>Event</i> |
|--------------|------------------|--------------|-------------|------------------|--------------|
| (1) | _____ | 1500 m Free | (13) | _____ | 50 m Fly |
| (2) | _____ | 50 m Breast | (15) | _____ | 200 m Breast |
| (3) | _____ | 200 m IM | (16) | _____ | 100 m Back |
| (4) | _____ | 200 m Back | (17) | _____ | 400 m Free |
| (7) | _____ | 50 m Free | (18) | _____ | 200 m Fly |
| (8) | _____ | 100 m Fly | (19) | _____ | 100 m IM |
| (9) | _____ | 100 m Breast | (20) | _____ | 50 m Back |
| (11) | _____ | 400 m IM | (21) | _____ | 100 m Free |
| (12) | _____ | 200 m Free | (23) | _____ | 800 m Free |

Please note that there is no break in the meet program. Think carefully before entering back-to-back events. Relays (events 5,6,10,14,22) will be deck entered. There will be no entry fee for relays.

Number of Events _____ x \$6 = \$ _____
\$10 Surcharge = \$ 10
Number of people for social ____ x \$10 = \$ _____
Results Mailed (\$2) = \$ _____
Total Amount Enclosed = \$ _____

*Results will be posted at
www.vaswim.org.
If you want results mailed
to you, fill in blank to the left.*

Make checks payable to: VMST. Attach a copy of your registration card. Be sure you have signed the waiver. Mail to: Betsy Durrant, 3100 Shore Dr #950, Virginia Beach, VA 23451. For questions about entries, e-mail Betsy at durrant6@gmail.com or phone Betsy at 757-615-1661. No calls after 9:30 pm, please! For other questions, contact Mitch Saks at (757) 343-8793 or Mitchell.Saks@wellsfargo.com

**DO NOT FORGET TO SIGN AND SUBMIT THE WAIVER. WAIVER AVAILABLE
FROM BETSY OR AT MEET.**

OPEN-WATER SWIMMER LYNNE COX COMING TO CHAR- LOTTESVILLE

Lynne Cox is an American long-distance open-water swimmer, motivational speaker, and author. She is best known for her swim across the Bering Strait from the United States to the Soviet Union 7 August 1987. She twice held the overall record for the fastest crossing of the English Channel from England to France and has completed over 60 challenging swims around the world.

Lynne is on a book tour and is speaking at the University of Virginia's Batten School of Public Policy on October 25, 2017, at 11:30 AM. Tickets are not required and admission is free! See www.lynnecox.com for more information about Lynne.

TRIATHLETE CORNER: PRACTICING WITH WETSUITS

By Jay Peluso
(Coach of Peluso Open Water Masters)

As the weather and water cool, now is the time to take advantage of practicing in your wetsuit. Often times we see athletes putting on their wetsuit for the very first time during the practice swim before an event or even worse, the day of. "It's too tight", "I can't breath", "my shoulders are tired" are all phrases that result from this pre-race mistake. Couple this with a failure to

workout (not just swim) in the open water and you have a recipe for a DNF. The intensity of an open water start is something that also needs to be practiced if you are going to have a calm, successful opening leg. Getting your heart rate up - while wearing a wetsuit - can be intimidating if you have not prepared for it. Give yourself the opportunity to succeed by training your mind and body to handle these stressors.

MEETS AND NOVICE SWIMMERS

By Heather Stevenson

I attended two very good workshops at Convention this year. The first was titled "Adding Oomph to Your Meet!"; the second was "Getting Your Fitness Swimmer On and Off the Blocks!" The leaders for both of these workshops were fantastic. They were excellent coaches with years of USMS experience - two had received USMS Coach of the Year (one for 2016, the other for 2017). But, best of all, the coaches all loved working with novice swimmers, fitness swimmers and triathletes and encouraging them to try pool meets.

While many of us competed in summer league, high school, or college, only about 25% of USMS swimmers compete in pool meets or open water events. That means that the vast majority of our USMS swimmers are fitness swimmers or triathletes who never dive off the blocks in a pool. As a meet director, I am particularly interested in how to make our February meet more fun, how to attract more swimmers, and how to entice new swimmers who have never competed to try our meet.

So, what did I learn??? Here is a list of

suggestions (in no particular order!) that those of you who are running events in our LMSC might want to consider. Some ideas as designed to free up funds so that you can use your money for other things. Most of the ideas, however, are designed to make your event exciting and enticing to all levels of swimmers.

- Have fun, non-conforming races: 50s, 100 relays, ladder relays (25/50/75/100), mixed relays (this suggestion generated the most excitement, by far).
- Pair novice swimmers with "buddy" swimmers.
- Have interesting awards - several people mentioned the great bread that is given out as awards at the 2-mile cable swim in Lake Placid. And by the way, that's a terrific open water event. If you find yourself in that neck of the woods in August, consider entering that race!
- Have good food at your event. Ask local businesses to donate hospitality items - this can save you a lot of money.
- Have a theme and dress up..
- Play music!
- Have surprise music heats - the winner of the music heat gets a prize.
- Provide a signature event to draw in specific attendees. For example, include one or more distance events and encourage triathletes to enter (cap the entries if necessary to meet facility time line limitations).
- Give out free stuff!
- Use social media to promote your meet.
- Host a post-meet social at a local brewery or pizza parlor.
- Work with a local massage school to provide free massages.

That's a long list to consider and I am sure there are lots of other ways to add excitement to an event. If you are organizing a meet or open water event, you might want to pick out one or two of these suggestions and try them out.

Virginia Local Masters Swim Committee Newsletter
Chris and Heather Stevenson, Editors
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Henrico, VA 23229

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NOTICE:

Annual LMSC Board Meeting

November 5, 2017
Time: TBD

Contact Kirk Clear
for details.



Kirk Clear, Betsy Durrant, Heather Stevenson, Charlie Cockrell, Jim Miller and Patty Miller at the US Aquatic Sports Awards Banquet in Dallas, Texas