

# The Wet Gazette



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

## **Master's Spotlight: Bud Swiger**



### **When did you join USMS? Where and how often do you swim?**

I joined USMS in 1998. I swim at Ida Lee Recreation Center in Leesburg, VA. I swim four to five times a week by myself.

### **What is your background as a swimmer and athlete?**

I was a varsity cross country runner, as well as a winter and spring track distance runner at Woodberry Forest School in Orange, VA and at the University of Virginia. I have run in 13 marathons and too many other road races to count both during and after my high school and college career.

My swimming started as a child in summer league and AAU "year-round" club swimming for 5 years. "Year round" meant swimming in the winter in a 17-yard indoor YMCA pool only on Saturday mornings. The ceiling at this pool was so low, there were 4 water pipes just three feet above the surface of the water. Even as children, we could stand in the water and touch the pipes! I didn't swim a lap for 32 years after this once I started running. I started swimming again in 1998 and did the open water swimming series races (this included the Reston, Jack King and Chris Green swims). I was able to complete this series in each of the next 10 years. I have also swum the Chesapeake Bay 4.4-mile swim and participated in numerous pool meets as a member of VMST. I am happy to say I am still actively practicing and swimming in meets currently.

### **What motivates you to swim?**

I stopped running due to acute asthma, but the swim-

ming helps to improve my breathing as well as helping me to keep athletically active. I was put on steroids for the asthma, and with the resultant weight gain, my swimming also helps me control this side effect as much as is possible.

### **Outside of the pool, what occupies your time?**

I work as a Doctor of Dental Surgery. I love playing with my 2 1/2 year old grandson and my two rescue dogs.

### **Some people might be surprised to know that**

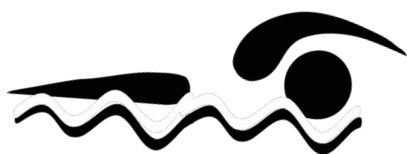
I collect realistic duck decoys and waterfowl art.

### **What's the funniest thing that has happened to you (or that you have seen) at a Master's event?**

Two memories come to mind. First was short course zones years ago, I was walking to join my 400 medley relay teammates for the next event, when the VMST 800 free relay was racing but only had 3 members and their 3rd swimmer was in the water (the 4th member hadn't shown.) They didn't know what to do, and asked if I could swim the last leg. I dove in, swam the last 200 free for them and we got first (more importantly we won 18 points for VMST!) I got out of the water and immediately swam the 1st leg of the medley relay I was scheduled to swim. I was lucky to have been in the right place at the right time to help out the team.

The second memory was at the Maryland Winter meet 14 years ago. Their touch pads had sharp screws on the top. I got out of the water after a race and unknowingly sat on one and slid across it to get up. I waited by the side of the pool for my next event, still unaware of what had happened. I got up on the blocks for my start and felt a breeze across my posterior but went ahead and dove in for the race. When I finished, the young girls who were timing in my lane were giggling and red in the face. A male swimmer told me what had happened – I had shown the girls a full moon! I laughed and apologized. Luckily there was another suit in my bag.

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## General Information

*LMSC for Virginia Website:*

[www.vaswim.org](http://www.vaswim.org)

*USMS Website:* [www.usms.org](http://www.usms.org)

Nearby LMSCs

*North Carolina:* [www.ncmasters.org](http://www.ncmasters.org)

*Maryland:*

[www.maryland@usms.org](mailto:www.maryland@usms.org)

*Potomac Valley:* [www.PVMasters.org](http://www.PVMasters.org)

Nearby Zones

*Colonies Zone:* [www.Colonies-Zone.org](http://www.Colonies-Zone.org)

*Dixie Zone:*

[www.DixieZone.org](http://www.DixieZone.org)

*Online Meet Registrations:*

[www.clubassistant.com](http://www.clubassistant.com)

## LMSC Officers

*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

# Upcoming Swim Meets, Events and Clinics

(meet information in this newsletter for meets in blue below)

Date	Meet	Location	Registration Deadline
Jan. 1 - Feb. 28, 2018	USMS 1-Hour ePostal Nationals	Your choice of pool	Feb. 28, 2018 (online)
Jan. 21, 2018	Maryland swim Series Meet #4	Annapolis, MD	Jan. 18, 2018 (online)
<b>Feb. 3, 2018</b>	<b>VMST David Gregg III Memorial Meet</b>	<b>Richmond, VA</b>	<b>Jan. 30, 2018 (online)</b>
Feb. 24, 2018	USMS Coach Certification (levels 1-3)	Washington, DC	Feb. 23, 2018 (online)
Feb. 25, 2018	USMS Stroke Development Clinic and ALTS Instructor Certification	Washington, DC	Feb. 24, 2018 (online)
Mar. 3, 2018	Albatross Open (SCM)	North Bethesda, MD	Feb. 26, 2018 (online)
Mar. 4, 2018	Frank Clark Memorial Meet	Greensboro, NC	Mar. 6, 2018 (online)
<b>Mar. 17, 2018</b>	<b>Club Tribe Masters Classic</b>	<b>Williamsburg, VA</b>	<b>Mar. 13, 2018 (online)</b>
Apr. 13-15, 2018	Colonies Zone SCY Championship	Fairfax, VA	Apr. 6, 2018 (online)
May 10-13, 2018	USMS Spring National Championships	Indianapolis, IN	Apr. 9, 2018 (online)
May 15 - Sept. 15, 2018	USMS 5K/10K ePostal Nationals (50 m pools only)	Your choice of 50 m pool	Sept. 15, 2018 (online)
May 26-27, 2018	Jim McDonnell Lake Swims (1-mile and 2-mile)	Reston, VA	May 23, 2018 (online)
June 16, 2018	Virginia Masters State Open Water Championships	Richmond, VA	tbd
July 14, 2018	2nd Annual TIDE Speedo Maters LCM Meet	Virginia Beach, VA	tbd
July 18 - Aug. 5, 2018	UANA Pan American Masters Championships	Orlando, FL	June 30, 2018 (online)
Sept. 15 - Nov. 15, 2018	USMS 3000/6000 ePostal Nationals (25 yd and 25 m pools only)	Your choice of pool	Sept. 15, 2018 (online)



## 2018 VMST David Gregg III Memorial Meet

NOVA of Virginia Aquatic Center  
12207 Gayton Road, Henrico, VA 23233  
(804) 754-3401

**Saturday, February 3, 2018**

*Because of new swim lesson schedules at NOVA, this will be a one-day meet (Saturday only) this year. Distance events are the 400 IM, 500 Free, and 1650 Free. The 1000 split (based on the timing system record of the touch at the 1000) of each 1650 will be uploaded to the USMS results database. No split request for the 1000 will be necessary. For fun, there will also be a 100 Mixed Free Relay<sup>©</sup> at this meet.*

**Sponsored By:** Virginia Masters Swim Team    **Sanctioned By:** LMSC for Va. for USMS, Inc.    **Meet Referee:** TBD

**Meet Directors:** Heather and Chris Stevenson ([hnsrva@gmail.com](mailto:hnsrva@gmail.com) or [chrisstevenson@gmail.com](mailto:chrisstevenson@gmail.com))

**Location:** NOVA of Virginia Aquatic Center (address above). This is a 10-lane, 25-yard indoor pool with a fully electronic timing system. 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.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered with U.S. Masters Swimming and must include a copy of their USMS card with paper entries or register online. One event (day of) USMS registrations will be permitted. Virginia registration will also be available at the meet.

**Entries:** \$4.00 per individual event plus a \$8.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Deck entries will be accepted until 30 minutes before the meet start time at a cost of \$8.00 per deck entry. A swimmer may enter a maximum of 6 events per day, plus relays.

**Relays:** Relays will be deck-entered and deck-seeded at no cost. Entries for all relays are due no later than the start of Event 17 (the Women's 500 Free).

**Entry Deadline:** *On-line entries are strongly encouraged:* [www.clubassistant.com](http://www.clubassistant.com) – meets are listed on the Club Assistant home page by date. The deadline for on-line entries is **Tuesday January 30, 2018**. To be seeded, paper entries must be received by **Tuesday January 23, 2018**. Entries received after the applicable dates will be considered deck entries and additional fees will apply.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily. The 100 Mixed Free Relay<sup>©</sup> is a non-conforming event and times for this event are not eligible for USMS records or Top Ten.

**Warm-up/Warm-down Procedures:** Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN**. Instructions given by the designated Safety Marshall shall be obeyed at all times.

**Awards and Results:** Ribbons will be given for first, second, and third place in each individual event. No ribbons for relays or time trials. Results will be posted at [www.vaswim.org](http://www.vaswim.org) and will be uploaded to the USMS results database.

*Special awards* will be given to the **male** and **female** overall winners in two award categories: **Best Sprinters** (lowest cumulative time in all four 50s); and **Best Distance Swimmers** (lowest cumulative time in the 400 IM, 500 Free, and 1650 Free).

### Nearby Lodging:

- Hilton Richmond Hotel & Spa, 12042 W. Broad Street, Henrico, VA 23233. Phone: (804) 364-3600.
- Aloft Richmond West, 3939 Duckling Drive, Glen Allen, VA 23060. Phone: (804) 433-1888.

**On-line entries strongly encouraged!**

**On-line entries close *Tuesday January 30th!***

**Enter online at: [www.ClubAssistant.com](http://www.ClubAssistant.com)**

**(search for the meet by date on the left of the Club Assistant home page)**

**Paper entries are due by Tuesday January 23<sup>rd</sup> for seeding.**

Note that both this page and the following signed waiver page must be submitted with paper entries.

**Fill in the following information:**

Name:		Sex:	USMS Reg. No.:	
Address:				
City:		State:	Zip Code:	
E-Mail Address:				
Age as of 2/3/2018:		Birthdate (Mo/Day/Yr):		
LMSC:	Club:	Phone (Day):	Phone (Night):	

**Saturday, February 3, 2018**

**Warmups: 2:00-3:00 PM; Meet Starts: 3:00 PM**

Women	Time	Event	Men	Time
1		400 IM	2	
3		200 Breast	4	
5		100 Free	6	
7		50 Fly	8	
9		200 Back	10	
11		100 Breast	12	
13		50 Free	14	
15		100 IM	16	
17		500 Free	18	
<b>BREAK – 5 Minutes</b>				
19	--	100 Mixed Free Relay <sup>©</sup>	--	--
21		200 Fly	22	
23		200 IM	24	
25		100 Back	26	
27		50 Breast	28	
29		100 Fly	30	
31		50 Back	32	
33		200 Free	34	
<b>200 YARD RELAYS</b>				
35	--	200 Medley Relay	36	--
37	--	200 Free Relay	38	--
39	--	200 Mixed Medley Relay	--	--
--	--	200 Mixed Free Relay	40	--
<b>BREAK – 5 Minutes</b>				
41		1650 Free	42	

**Entry Fees**

Total event fees: \_\_\_\_ x \$4.00: \_\_\_\_  
Surcharge: \$8.00  
**Total Amount Enclosed: \_\_\_\_**

**Make checks payable to:**  
Virginia Masters Swim Team

**Send paper entries to:**  
Chris Stevenson  
7702 Hampshire Road, Henrico, VA 23229

**Questions?** Contact Heather or Chris Stevenson  
(804) 310-3069 or (804) 332-4339  
[hnsrva@gmail.com](mailto:hnsrva@gmail.com) or [chrisl Stevenson@gmail.com](mailto:chrisl Stevenson@gmail.com)

**FOR PAPER ENTRIES: A COPY OF YOUR USMS  
REGISTRATION CARD MUST BE ENCLOSED FOR  
YOUR PAPER ENTRY TO BE ACCEPTED!**

©The 100 Mixed Free Relay is a non-conforming event.  
Times for this event will not count for USMS records or Top Ten.



**3<sup>rd</sup> Annual Club Tribe Masters Classic**  
**College of William & Mary Rec Center Pool**  
**400 Brooks Street (at Compton Drive)**  
**Williamsburg, VA 23186**  
**(757) 221-3310**

**March 17, 2018**

Welcome to the 3<sup>rd</sup> Annual Club Tribe Masters Classic! Prep for Colonies Zones and bid farewell to Winter at the College of William & Mary's sneaky-fast 8-lane pool. Test your team's sprinting prowess in the most thrilling relay of them all: the 100 (4 x 25) Medley Relay. This meet is graciously hosted by William & Mary's stellar varsity swimming teams and staff.

**Sponsored By:** Club Tribe (1693)

**Sanctioned By:** LMSC for Va. for USMS, Inc. #[ ]

**Meet Director :** Kyle Ahlgren (clubtribealumni@gmail.com)

**Meet Referee:** \_\_\_\_\_ (TBD)

**Location:** College of William & Mary Student Recreation Center Pool. Address: 400 Brooks Street (at Compton Drive), Williamsburg, VA 23186. Telephone number: (757) 221-3310. This is an 8-lane, 25-yard indoor pool with a fully electronic timing system. 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.

**Parking:** Ample parking is available in the William & Mary Hall parking lot, which is also located at the corner of Brooks Street and Compton Drive. Please adhere to posted parking regulations.

**Eligibility:** The standard Masters age groups will be used. All swimmers must be registered with US Masters Swimming and must include a copy of their LMSC card if using paper entry.

**Awards:** All four swimmers on the fastest overall relay teams in each of the Women's, Men's and Mixed 100 Medley Relay will receive pewter Jefferson cups commemorating victory.

**Entries:** \$8.00 per individual event plus a \$12.00 facility fee. Relays will be deck-entered and deck-seeded at no cost. Deck entries for individual events will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

**Entry Deadline:** On-line entries are strongly encouraged: [www.clubassistant.com](http://www.clubassistant.com) – meets are listed on the left side of the Club Assistant home page by date. The deadline for on-line entries is **Tuesday, March 13, 2018**. In order to be seeded, paper entries must be received by **Tuesday, March 13, 2018**. Entries received after the deadline will be considered deck entries and will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

**Relay Entry Deadlines and Seed Times:** Relay cards for the 100 Medley Relay are due before the conclusion of the 50 Free. Relay cards for the 200 Free Relay are due before the conclusion of the 200 IM.

**1,000 Freestyle Entry Limit, Check-In and Wait List:** The 1,000 Free will be limited to the first twelve (12) entries received, whether on-line or by paper entry. **Positive in-person check-in for the 1,000 Free is required by 2:45 PM** on the day of the meet. Swimmers who are unable to enter the 1,000 Free because the entry limit has been reached

may place themselves on a first-come, first-served wait list upon arriving at the meet. Swimmers granted entry in the 1,000 Free from the wait list must pay the \$8.00 individual entry fee. We will post the final 1,000 Free heat sheets by 3:15 PM. W&M varsity swimmers will serve as lap counters for the 1,000 Free.

**Rules:** Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. Women and Men will swim separately in all individual events except the 1,000 Free, which will be combined. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but may otherwise be combined. Age groups will be combined in all events.

**Warm-up/Warm-down Procedures:** Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

**Meet Results and Heat Sheets:** Meet Results will be posted at [www.vaswim.org](http://www.vaswim.org) and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, March 16, and will be posted at multiple locations on the pool deck.

**Williamsburg Info and Lodging:** Spring often visits Williamsburg early, and the Merchants Square Farmer's Market will be in full swing. There are myriad hotel, motel and B&B options in all price ranges a short distance from the pool. Good resources for local lodging include: [www.colonialwilliamsburg.com/stay](http://www.colonialwilliamsburg.com/stay) and [www.bandbwilliamsburg.com/](http://www.bandbwilliamsburg.com/).

**Saturday Evening Swimmers' Social:** Swimmers, friends and family members are encouraged to gather informally immediately following the conclusion of the meet for repast and revelry at Paul's Deli, 761 Scotland Street in Williamsburg (directly across from Zable football stadium). Paul's is family-friendly with a very flexible ordering and seating system.

**Questions:** If you have questions, please feel free to contact Meet Director Kyle Ahlgren at (202) 957-3936 or [clubtribealumni@gmail.com](mailto:clubtribealumni@gmail.com).

**Event Schedule Notes:** The 100 Medley Relay is NOT USMS-sanctioned and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants. Unattached swimmers and swimmers on smaller teams are ENCOURAGED to coordinate and assemble 100 Medley Relays and chase the pewter!

**On-line entries strongly encouraged!**

**Online entries close *March 13!***

**Enter online at: [www.ClubAssistant.com](http://www.ClubAssistant.com)**

**(search for the meet by date on the left of the Club Assistant home page)**

Paper entries are due by **March 13<sup>th</sup>**.

Note that your paper entry must contain three (3) pages: this page, the Payment Information Page and the waiver page. Your paper entry must also enclose a copy of your USMS registration card, which can be retrieved at [www.usms.org/reg/getcard.php](http://www.usms.org/reg/getcard.php).

**Please provide the following information:**

Name:	Sex:	USMS Reg. No.:
Address:		
City:	State:	Zip Code:
E-Mail Address:		
Age as of 3/17/2018:	M or F (circle)	Birthdate (Mo/Day/Yr):
LMSC:	Club:	Phone:

**ENTRY FORM**

**Warm-Up: 2:00PM – 2:55 PM / Meet Begins at 3:00 PM**

<b>#</b>	<b><u>Event</u></b>	<b><u>Seed Time</u></b>
1-2	50 Back	
3-4	200 Free	
5-6	50 Free	
7-8	100 Breast	
9-10	100 IM	
11-12	1,000 Free	
13-15	100 Medley Relay (Women, Men and Mixed)	DECK ENTERED
16-17	100 Fly	
18-19	200 IM	
20-21	50 Breast	
22-23	100 Free	
<b><i>15-Minute Break</i></b>		
24-26	200 Free Relay (Women, Men and Mixed)	DECK ENTERED
27-28	100 Back	
29-30	400 IM	
31-32	50 Fly	

**PAYMENT INFORMATION**

<b>ENTRY FEES</b>	
Total Events ____ x \$8.00:	
Surcharge:	\$12.00
<b>TOTAL AMOUNT ENCLOSED:</b>	

**Make checks payable to:  
Club Tribe Masters 1693 Inc.**

Questions? Contact Kyle Ahlgren – (202) 957-3936;  
[clubtribealumni@gmail.com](mailto:clubtribealumni@gmail.com).

**Mail Paper Entry To:  
Club Tribe  
5108 Wehawken Road  
Bethesda, MD 20816**

***A COPY OF YOUR USMS REGISTRATION CARD MUST BE  
ENCLOSED FOR YOUR PAPER ENTRY TO BE ACCEPTED***

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## Fitness Corner:

### 30 Minutes Can Save a Life

By Brianna Lovell, VA LMSC Fitness Chair

Want to set new fitness goals for 2018? I've got a great place for you to start...The inaugural **2018 USMS Fitness Series** featuring three FUN fitness events for all individuals trying to improve their fitness level in the new year.

The three fitness event offerings in the 2018 series are the 30 Minute Swim, the 2k Swim, and the 1-Mile Swim. With each of these fitness events there is an opportunity to reach a new level of fitness swimming starting with beginner and ending with advanced. This gives all those fitness swimmers out there a chance to set goals for the year and set themselves up for fitness success via the best sport of all...Swimming.

With February quickly approaching, let us focus on the **30 Minute Swim** being held February 15-28, 2018. While this event is geared specifically towards beginner level fitness swimmers, it is a great event for all levels of fitness swimmers. Participation by swimmers of all abilities aids in motivation and helps build comradery across the organization. Entry fees are \$10 if registered by January 31 and \$12 to register before entry closes on February 28.

If you are new to swimming or are just coming back from a hiatus, 30 minutes of continuous swimming can be daunting. Because of this, this event can be broken up into shorter distances, done as relay efforts, or completed in a mix of strokes. This truly gives each swimmer the ability to set their fitness goals, document them, and achieve them on an individual basis. Maybe you want to complete the event in its entirety by swimming nothing but butterfly. Maybe you simply want to show up and complete the event while having a blast with friends and colleagues. Either way, this is the perfect first step to improving your overall fitness level in 2018. Participants

are encouraged to bring a friend to enjoy the event and improve their own fitness.

Two neat aspects of this event, as well as the other two events in this series, are that certified coaches have created 6-week training plans at three different levels for beginner, intermediate, and advanced swimmers AND these events serve as official fundraisers for the USMS Swimming Saves Lives Foundation. This foundation serves as a financial and educational resource for programs across the country to provide swim lessons for adults and to raise awareness about adult drowning. What better way to motivate improved fitness than contributing to a charitable organization? Your 30 minutes of fitness swimming and/or donation could save a life. Please go to this link to register for the event and to donate or become a fundraiser for the event: [www.usms.org/content/fitness\\_series](http://www.usms.org/content/fitness_series).

Like most other events, social media is a must and USMS has provided two hashtags for Facebook or Instagram posts: #USMSFitnessSeries and #30MinuteSwim. And let's not forget about the SWAG. Upon registering for the event, swimmers will receive discounts from USMS partners, sample packs from SmartyPants Vitamins, and an event swim cap. Who doesn't love a new swim cap?!

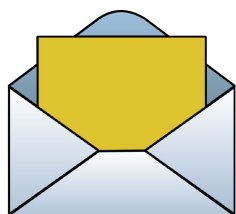
Stay tuned to the Fitness Corner for more information about the 2k Swim and the 1-Mile Swim as they approach. But come February, join your club, another local club, or just a group of friends to complete the 30 Minute Swim challenge, have fun, and help save lives. **Enter Today!**

#### Workout of the Month

Warm-up: 600 yds swim choice  
Kick set: 8 x 50 yds kick on 15 sec rest  
Main set: 15 sec rest after each moderate swim,  
30 sec rest after each fast swim  
200 yds moderate; 200 yds fast  
150 yds moderate; 150 yds fast  
100 yds moderate; 100 yds fast  
50 yds moderate; 50 yds fast  
Sprint set: 12 x 50 yds free on 1:10  
Warm-down: 200 yds easy  
**Total: 2,800 yds**

*Local Masters Swim Committee Newsletter*  
*Chris and Heather Stevenson, Editors*  
*7702 Hampshire Road*  
*Henrico, VA 23229*

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



## **Message from the LMSC Chair**

by Kirk Clear

Happy 2018 Virginia Masters Swimmers! Whether you are new to masters swimming or you are a long-time veteran, this year promises to be great. In 2017, we concluded the year with nearly 1,300 registered swimmers, and about 40 masters clubs in Virginia and West Virginia—we look for 2018 to be even bigger!

For those of you who love competition or just swimming in meets, there are lots of events in Virginia, as well as our neighboring LMSCs. If you check out our website, there are over 10 events listed before the end of April, capping off with our Colonies Zone Championships! And be sure to register for our Virginia-hosted David Gregg Memorial Meet in Richmond in early Feb, and the Club Tribe meet in Williamsburg in March.

If open water swimming is more to your taste, Virginia has several events this year, including the USMS Middle-Distance Open Water National Championship in May, which will take place in Reston, Virginia. Open water continues to be one of

the fastest growing elements of masters swimming, and USMS keeps growing its offerings in that area.

For fitness swimmers, the year starts off with the 2018 Winter Fitness Challenge. Check with your local club or pool to see if they are participating in the Challenge. If you cannot find a program, go to [USMS.org](http://USMS.org) to find out how you can get your local club to host a Challenge.

There are also many coaching certification courses being offered in our area, as well as Adult Learn to Swim programs and many other opportunities being offered by U.S. Masters Swimming. Make sure you bookmark the [vaswim.org](http://vaswim.org) website and refer to it routinely for the latest news and information.

Lastly, the Virginia LMSC is looking for nominations for this year's Stevenson Service Award. The award recognizes two individuals each year for their outstanding volunteer service to Virginia Masters Swimming. Nominees can be a coach, fellow swimmer, or anyone that has significantly contributed to enhancing masters swimming in Virginia. Nominations are due by Friday, Jan. 12, and can be sent to me at [VChair@usms.org](mailto:VChair@usms.org). Winners will be announced and presented with awards at the David Gregg meet in February.

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