

The Wet Gazette



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

Stocking Your Swim Bag for Open Water Season

by Alice Phillips

When I was kid, it always seemed like my mom could never find her car keys. We knew they were in her purse because we could all hear them, but strangely, she found it impossible to actually put her hands on them! I always thought this was some kind of violation of the laws of physics, but sure enough I have had this same experience myself, many times in fact. The only possible explanation for this phenomenon is that there are too many other things in the purse, keeping us from locating the required car keys.

Swim bags can just be déjà vu all over again. I find myself wondering whether more is less or less is more...or more is more and less is less. (I know you know what I mean!) Sometimes I want to go all minimalist and just take the barest essentials. There are a couple of guys on our team who will walk from their cars to the pool without any bag at all, just car keys, towel and goggles. (I assume they are either wearing their suit or it's stowed in a locker somewhere.) I have also seen people arrive at a swim meet like it's a weekend getaway – they've got a folding chair, a yoga-type mat, multiple towels, a small cooler, and gobs of clothes packed in a ginormous swim bag, maybe even one of those rollers that fits in the overhead bin. I bet they have trouble finding their car keys when it's time to go.

The fact is when I do go for an overnight getaway, I most often take my swim bag, especially if I don't need any dress-up clothes. One benefit of being a weekly swimmer is that I already have a dop kit of personal items that I maintain all the time. Why move it to another bag – may as well just use the one it's already in! Whenever I go to Target, I always get two of everything,

one for the swim bag and one for home. I do have to say, I almost never run out.

Still, it's hard to know what is essential and what is extraneous when it comes to swim bags. The Boy Scout in us wants to be prepared, but the Buddhist argues for non-attachment. Every year my family went to the beach, I brought too many t-shirts and sandals because the Boy Scout was insistent that I might need them. Once the Zen of the beach lifestyle takes over though, the Buddhist compels me toward that same favorite pair of flip flops and that one super comfortable tee – it's already dirty so may as well wear it again.

Below is a list of swim bag items for your consideration. It is compiled from various online sources all suggesting what “should” be in your bag. I have to say I don't think there's a right answer to this question. Your Buddhist and your Boy Scout might have to just wrestle it out.

What To Put In Your Bag ...

- 1) Ear plugs – unnecessary for most people, but I like to have them for the cooler fall months.
- 2) Baby shampoo – for your goggles, not your hair
- 3) Bars/crackers/gu's/gels – duh, who doesn't need emergency food?!
- 4) Two water bottles – one with water and one with your favorite non-water (Shirley Loftus Charley likes McDonald's unsweetened tea and she's really fast so you might consider that!)
- 5) Sunscreen – so that your mom will be proud of you.
- 6) Lip balm – because I am addicted and have this in every bag, purse, desk and bedside table that I interact with.
- 7) Back up basics (underwear, bra) – because I have actually forgotten these many times, I put in three or four whenever I do stock my bag!
- 8) Copy of your masters membership – clearly on the Boy Scout checklist.

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Upcoming Swim Meets, Events and Clinics

General Information

LMSC for Virginia Website:
 www.vaswim.org
 USMS Website: www.usms.org
 Nearby LMSCs
 North Carolina: www.ncmasters.org
 Maryland:
 www.teamunify.com
 Potomac Valley: www.PVMasters.org
 Nearby Zones
 Colonies Zone: www.Colonies-Zone.org
 Dixie Zone:
 www.DixieZone.org
 Online Meet Registrations:
 www.clubassistant.com

Date	Meet	Location	Registration Deadline
July 14, 2018	2nd Annual TIDE Speedo Masters LCM Meet	Virginia Beach, VA	July 11, 2018 (online), July 9, 2018 (paper)
July 15, 2018	*Virginia Beach Lifeguard Assoc. (VBLA) Ocean Swim Series: 3K or 1 Mile	Virginia Beach, VA	July 15, 2018 (online and race day)
July 18 - Aug. 5, 2018	UANA Pan American Masters Championships	Orlando, FL	June 30, 2018 (online)
Aug. 4, 2018	Lake Moomaw Open Water Swim	Hot Springs, VA	Aug. 2, 2018 (online), July 27, 2018 (paper)
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)
Oct. 28, 2018	GMUP Sprint Classic (SCY)	Fairfax, VA	Oct. 22, 2018 (online)

*VBLA events are not USMS recognized or sanctioned events and are listed solely for informational purposes.

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 Records & Top Ten: Chris Stevenson
 Review: Heather Stevenson
 Safety: Jim Miller
 Sanctions: Steve Hennessy
 Webmaster: Chris Stevenson

Swim Bag (continued from page 1)

- 9) Shammy towel – also on the checklist, but, I don't even own one
- 10) Back up goggles, cap, suit – a must for me. See #7 above.
- 11) Goggles for sun swimming – I actually keep these in my car instead.
- 12) Glide or other anti-chafe – I don't own any but I like to bum it off other people when they get it out.
- 13) Open water safety buoy – hello, Boy Scout checklist again.
- 14) Flip flops – also in my car, but I learned the hard way not to leave them in the car during the heat of the summer. You think they don't stink, but oh, they do.
- 15) Small dry bag for when you have a kayaker – so you can dump all your extraneous stuff on another person.
- 16) Hide-a-key container for your car keys – One day I should really get one of these. I think even my Buddhist would approve.

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2nd Annual LCM Masters Meet: TIDE Swimming

Saturday, July 14, 2018: Virginia Beach, Virginia

USMS Sanction: 128-S005, sanctioned by LMSC for Virginia for USMS, Inc.

Location: Princess Anne YMCA, 2121 Landstown Road, Virginia Beach, VA 23456.

Facility: Outdoor, 9-lane Myrtha 50-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.

Meet Directors: Carri Lamoureux, meetdirector@tideswimming.com, Dana MacCorquodale, coachdana@tideswimming.com

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, 2018. All swimmers must be registered with USMS.

Order of Events: Warm-up starts at 8:00 am. First heat of Event 1: 1500 free begins at 08:45 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. There will be one heat of each relay. No charge for relays.

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 2 relays.

Entry Deadline: Online entries encouraged: www.clubassistant.com. To be seeded, paper-entries must be received by Monday, July 9. Online entries close on Wednesday, July 11.

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.

Warm-Up/Warm Down: Swimmers must enter the pool feet-first in a cautious manner. Diving and backstroke starts will be permitted only from the blocks in the designated sprint lanes during warm-up. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Psych Sheets, Meet Results and Heat Sheets: Psych Sheets/Meet Results will be posted at www.vaswim.org and will be sent to by email to meet registrants. Heat sheets will be posted at multiple locations on the pool deck.

Awards: Medals will be awards for 1st through 3rd , ribbons for 4th through 8th.

Social: More information will be in the VMA April newsletter, posted at www.vaswim.org, and available at check-In.

Hotel Information: Holiday Inn Virginia Beach- Norfolk, 5655 Greenwich Road, Virginia Beach, VA, 23462

Lake Moomaw 1-Mile Swim

Saturday, August 4, 2018: Alleghany County, Virginia

Sponsored by: The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

Sanctioned by: LMSC of Virginia for USMS Inc. Sanction # 128-W002

Event: One-mile race. Start and finish: on the beach at Cole's Point. Course runs along the shore to the south, approximately 50 yards out; continues east and north around clearly visible buoys. Turn around point: inside the "no wake zone" in the inlet. Turn counter-clockwise around buoy and return to beach via the same route. Buoys will remain to the swimmer's left. A course diagram will be posted at the lake. Water and air temperature will be posted at 8am.

Warm-up Begins At: 7:45am **Check-in Closes At:** 8:45am **Race Begins At:** 9:00am

Eligibility: Open to all swimmers 18 years & older. Paper entries must include a copy of your 2018 USMS card. Online entries will be verified automatically. "One Event" is available through online registration for an additional fee of \$31.50. To renew or join USMS online, visit www.usms.org/reg.

Rules: Current 2018 USMS rules will govern the race.

Entries: Register online at www.clubassistant.com. Snail mail entries must be postmarked by July 27, 2018. Online entries will close at 5:00pm Eastern Time on August 2, 2018. Late or race day entries will NOT be accepted. Online entry is strongly encouraged. Entry fee is \$45.00. To be guaranteed a free t-shirt, enter online by 5pm on July 15, 2018.

Safety: For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed 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 WestRock water rescue team will be on site with boats, rescue boards, and 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 1-minute intervals. "No Time" entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

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

Awards/Social: Awards: top 3 men & women finishers in each age group. Awards ceremony on the beach following the race.

Accommodations: Please call Josh Taylor (Alleghany-Highlands Chamber of Commerce) at 540-962-2178 for information.

Directions: Google Map "Coles Point Drive, Hot Springs, VA 24445"

Race Directors Contact: Dave Holland 804-467-2425 (VMST); Josh Taylor 540-962-2178 (Chamber)

Three Open Water Workouts

While open water swimming requires good swimming skills, it also involves mental training. The following workouts are designed to help you practice dealing with those mental aspects of open water races, along with perfecting your race pace, etc.

Workout Number 1: This workout focuses on open water race pace.

Warm Up: 500 m/yds - focus on efficient pulling; include drills every other 50.

Main Set:

2 times through	2 x 250 free: 75% race pace (20 sec rest interval)
	1 x 500 free: open water race pace (30 sec rest interval)
	5 x 100 free: fast (15 sec rest interval)

Warm Down: 5 x 100 EZ (mix your strokes by 100) (15 sec rest interval)

Total Distance: 4000 m/yds

Workout Number 2: This is an endurance workout.

Warm Up: 500 m/yds (swim as 100 swim, 100 kick, 100 pull, 100 drill, 100 swim)

Main Set:

1 x 500 free (30 sec rest)

2 x 400 free (30 sec rest interval)

3 x 300 free (20 sec rest interval)

4 x 200 free (20 sec rest interval)

5 x 100 free (15 sec rest interval)

Warm Down: 500 EZ (mix strokes and free)

Total Distance: 4500 m/yds

Workout Number 3: This workout will test your mental fortitude and help develop your race pace.

Warm Up: 500 m/yds (1st, 3rd & 5th 100s swim; 2nd & 4th 100s head up to practice buoy sighting)

Main Set: 40 x 100 free race pace (10 sec rest interval). Stop for one minute after each set of 10.

Warm Down: 200 EZ

Total Distance: 4700 m/yds