

The Wet Gazette



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

Message from the Chair

By Kirk Clear

As we gear up for the summer months, I would like to inform you of a few news items and some upcoming opportunities.

First, I would like to congratulate Denise Letendre and Kyle Ahlgren, the 2017 winners of the Virginia LMSC Service Award. The award recognizes two individuals each year for their outstanding volunteer service to masters swimming in Virginia.

Denise is one of the most visible and active members of Virginia Masters Swimming. She is currently the President of the Virginia Masters Swim Team, the state's largest club with over 300 members. She is also the Vice Chair of the Virginia Local Masters Swim Committee (LMSC), and she is our Social Media coordinator, frequently posting stories and news promoting our members and masters swimming in Virginia.

Kyle had been a USMS member for a few years and had a dream to start a team affiliated with his college alma mater, William & Mary. In 2014, he and a fellow alumnus began Club Tribe with those two members. In just more than three years, the team has grown to over 60 members, Virginia's third largest team. In 2016, he invited all masters swimmers to come swim at his old school, starting the Annual Club Tribe Meet. The event has grown every year, with over 100 swimmers competing this March.

The relentless hours that Denise and Kyle volunteer to make masters swimming in Virginia better for everyone is well deserving of this award.

If you would like to get started in volunteering at the state-level, the LMSC Board does have a need for a new Fitness Chair. Our current Chair, Brianna Lovell, will soon be departing Virginia for a career opportunity elsewhere. Brianna has been our Fitness Chair for the last year and had started many initiatives to advance the fitness of swimming state-wide. I want to thank her for her volunteer work and wish her well as she continues masters swimming elsewhere. If anyone is interested in being considered for the position, please let me know at vachair@usms.org. If not interested in this specific position, we do have needs for volunteers in many capacities.

In other news, the sight and feel of warmer weather means Open Water Season! Virginia has many events coming up if you are an open water enthusiast or if you just ever wanted to try to swimming in one of our state's beautiful landmarks. *(cont'd on page 3)*



Denise Letendre (VMST)



Kirk Clear (VMST) (left) and
Kyle Ahlgren (Club Tribe)



General Information

LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.nemas-ters.org

Maryland: www.mdusms.org

Potomac Valley: www.PV-Masters.org

Nearby Zones

Colonies Zone:

www.ColoniesZone.org

Dixie Zone:

www.DixieZone.org

Online Meet Registrations:

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 Stephensen

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, Postal Swims, and Clinics

Date	Meet	Location	Registration Deadline
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 2, 2018	John Shrum Memorial Cable Swim (see meet info on page 4)	Charlottesville, VA	May 30, 2018 (online)
June 16, 2018	Virginia State Open Water Championships	Richmond, VA	June 16, 2018 (online)
June 17, 2018	*Virginia Beach Lifeguard Assoc. (VBLA) Ocean Swim Series: "JK" 1 Mile	Virginia Beach, VA	June 17, 2018 (online and race day)
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)
Aug. 5, 2018	*Virginia Beach Lifeguard Assoc. (VBLA) Ocean Swim Series: 5K or 1 Mile	Virginia Beach, VA	Aug. 5, 2018 (online and race day)
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)

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



Open Water Swimming Corner

By Kate Stephensen

Virginia Masters Swimming Open Water Race Series

- John Shrum Memorial Cable Swim on June 2nd (event information on page 4 of this newsletter)
- Virginia Swimming State Championships on June 16
- Lake Moomaw One Mile Open Water Swim on August 4th

Compete in all three to win a special "Virginia Masters Swimming 2018 Open Water Race Series" prize!

Open Water Swimming Season is Here - Welcome the Season by Developing New "Sighting Strategies"

Currents, tides, water temperature, salt or muck, and animal life aside. . .one of the greatest challenges of open water swimming is finding your way in the water. Setting the best course without lane lines and the black line to guide your way can be frustrating. Practice the following strategies to better navigate your way through an open water swim.

Message (cont'd from page 1)

Besides open water, there are some pool meets coming up as well, to include the 2nd Annual TIDE Speedo Masters Meet in July at the beautiful Princess Anne YMCA outdoor facility in Virginia Beach. Be sure to check out our Upcoming Events section of our website for event details.

Several months ago, the LMSC Board of Directors approved funds for fun social events that your local swim groups can partake. It's an opportunity

Water Polo Stroke

To use this sighting technique stroke bring your whole head out of the water and take a few strokes while you look forward. Lower your head back into the water to continue swimming. Do not maintain this position for more than a couple stroke cycles as it will put additional stress on your neck and lower back.

Backstroke Swim

This is the most effective way to keep an eye on competitors behind you and to your sides while still moving forward. To use this sighting technique roll onto your back and swim backstroke. You may raise your head to get a broader view of the field or look to your side. Do not maintain the head up position for more than a couple stroke cycles as it will put strain on your shoulder and neck. This is also a great way to work different muscle groups and stretch out your shoulders.

Head Up Breaststroke

To use this sighting technique, swim a few strokes of breaststroke either maintaining your head position out of the water or maintain a normal stroke. This is also a great way to switch muscle groups and protect your shoulders.

Sight without the Breath

To use this sighting technique pop your eyes to the surface to look forward during the recovery. Lower your head back in line as the recovering arm extends forward.

Sight with the Breath

This is the most effective way to sight as it fits in with your natural breathing pattern. To use this sighting technique pop your eyes to the surface to look forward then breathe towards the recovering arm while the front arm begins the catch.

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to get together outside of the pool and get to know your pool pals on a different level. This program has already been a tremendous success, with several groups having already taken advantage of this offering.

Finally, I want to wish all of the Virginia masters swimmers who are competing at the USMS Spring Nationals in Indianapolis (May 10-13) the best of luck—go show what Virginia Masters Swimming is all about!

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2018 John Shrum Memorial Cable Swim

Saturday, June 2, 2018



Location: Chris Greene Lake, Charlottesville, Virginia

Sanctioned by: LMSC of Virginia Inc. for USMS Inc. Sanction : 128-W001

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

Event: There will be two races: a 2-mile cable swim at 8:30 am (Event #1) and a 1-mile cable swim beginning at 10:30 am (Event #2). The 2-mile swim will consist of 4 laps in a counter-clockwise direction around a 1/4-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the 1/4-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.

NOTE: Holding on to water craft or the cable will not be allowed, all swimmers must be able to complete the swim on their own without assistance. If you have questions, please contact the race director.

Anticipated water temp: 78° to 83°. NO WETSUITS ALLOWED.

Warm Ups: Start at 7:15 AM; Event starts at 8:30 AM.

Check-in Closes At: 2-Mile: 8:15 AM; 1-Mile: 10:15 AM.

Eligibility: Open to all swimmers 18 years & older as of Dec 31, 2018. 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 both races.

Entries: All snail mail entries must be postmarked by May 21st, 2018. Online entries will close at 4:59pm Eastern Time on May 30th, 2018. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$39 (1-mile race) and/or \$49 (2-mile race), which includes a \$5 USMS open water surcharge. The charge for both races is \$88.

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.

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 Earlysville, 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: Kate Stephensen email: kands606@gmail.com

For entry information, see www.cableswim.org!

Colonies Zone Short Course Championship

Colonies Zone Short Course Yards Championship, held Apr 13-15 at George Mason University, was the site of some fast swimming! Club Tribe won the Large Team division — Virginia Masters came in third in the same division — while members of our LMSC set six new national records!

There were an impressive 63 new LMSC records set at the meet (42 individual, 21 relay). Lucas Bureau led the way with six individual records in the 18-24 age group, one of which (100 IM) was also a new national record. Harry Sober (5), Ed Gaulrapp (4) and Doug Slater (4) also helped re-write the LMSC Record book. Of the 21 relay records, Club Tribe set 13 of them while Virginia Masters set the other 8. These two clubs each set five new national relay records: Club Tribe in the Women 25+ 400 Free Relay, Men 18+ 800 Free Relay, and Mixed 18+ 400 Medley Relay, while VMST set new marks in the Men 75+ 400 Free Relay and Mixed 75+ 200 Free Relay.

For complete results, go to www.vaswim.org.



Club Tribe captures the Colonies Zone SCY Championship

VMST NOMINATION FOR TREASURER

VMST member, Betsy Durrant, is stepping down from her role as club treasurer after many, many years of wonderful service, which means we need to elect a new treasurer. After soliciting nominations, we had one individual, Devon Wallace, volunteer. We need to have an official team vote to confirm Devon in the new position. Denise Letendre will send a team-wide email out on May 20, 2018, soliciting votes. Please reply to the email or leave a voice mail at 636-236-6435. Below is a short introduction Devon wrote so you can get to know her better before voting. Thanks in advance for your participation.

Hello, I am Devon Wallace and I want to be your VMST Treasurer. VMST has been my team ever since I joined USMS, and as your Treasurer I will give back to the team who has reawakened my love of swimming. I have always had a good head for numbers and will use it to assist with the high level of quality swimming and club management you have come to expect from VMST. Those who know me will attest to my extreme attention to detail and near obsessive compulsion with organization, both of which will be valuable skills in my kit bag as VMST Treasurer. With your help, I look forward to continuing the phenomenal job our current Treasurer Betsy Durrant has so diligently attended to throughout the years for VMST.

Thank you for your consideration and I look forward to seeing many of you around the pool. - Devon

Local Masters Swim Committee Newsletter
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Stripers Swim at Y Nats!

Several of the Stripers from the Northern Neck Family YMCA in Kilmarnock went to Florida in April. Esther Glover, Molly Broderon, Phoebe Mix and Coach Craig Bauer competed in the 2018 YMCA Masters National Swimming Championships held in Fort Lauderdale, Florida. The competition was held April 19-22 in the International Swimming Hall of Fame Pool. 47 teams representing YMCAs from all over the country were present to swim in this annual event.

The Stripers had outstanding results for the small team of 4 swimmers: the women's team placed 13th, the men's team placed 19th, and combined, the Stripers placed 14th. As a team, they swam 26 events (Esther lead the way by swimming 10 individual events). Swimmer and coach Craig Bauer won the 50 freestyle. Medals were awarded to the top 8 finishers and the Stripers medaled in every event they swam.

Esther placed second in her age group in the 1000 free, 100 back, and 200 back; third in the 50 breast; fourth in the 50 back; fifth in the 200 free and 50 fly; and seventh in the 50 free and 100 free. Molly paced third in her age group in the 200 free; fourth in the 50 free, 100 free, and 50 fly; and seventh in the 50 breast. Phoebe placed seventh in her age group in the 50 free, 100 free, and 200 free. Craig placed first in his age group in the 50 free; second in the 100 free, 200 free, 50 breast, and 100 breast; and third in the 200 breast.

Great swimming Stripers!

