

# The Wet Gazette



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## USMS National Convention Wrap-Up

The Virginia LMSC was well-represented at the Annual U.S. Aquatic Sports (USAS) National Convention that took place in late Sept. in Jacksonville, FL. We were authorized to send three Delegates; however, we also had several of our LMSC members who attended as part of their position at the USMS national level. Those included Patty Miller (current USMS President), Jim Miller (a USMS Past President), and Charlie Cockrell (Chair of the USMS Rules Committee). In this article, you will read some general experiences from the three Virginia LMSC Delegates that attended the convention.

### From Shirley Loftus-Charley, Virginia LMSC Registrar

During this year's USMS Convention, I attended a number of meetings and learned quite a bit. Two takeaways that may impact our members locally occurred during the Registrar meeting and the Open Water meeting. During the Registrars' meeting, there was a discussion about potentially replacing the traditional paper membership cards with a permanent plastic card. Although membership cards can be easily downloaded by anyone from the USMS website, many members still request cards be sent to them. Having a permanent card would eliminate the need of manually

sending membership cards through the mail, ultimately resulting in some cost savings to our members.

The hot topic in the Open Water Committee meeting was a discussion on using personal safety buoys during open water events. While these devices add to a swimmer's safety and visibility, there was concern that swimmers might get tangled up in the rope (that attaches the buoy to the swimmer) both at the start and during the swim. In the end the proposal passed but safety buoys will not be allowed in National Championship events and the use of them will be at the discretion of the event hosts.

What I enjoyed most about Convention was meeting and networking with fellow swimmers from across the country. I was able to attend all the early morning organized swim workouts. The pools were outdoors, which was quite a treat!

### From Becca Latimer, VA LMSC Treasurer

I joined U.S. Masters Swimming right out of college and have continued on-and-off for the past 14 years. Before moving to Virginia two years ago, I had no idea there was a national governing body with a headquarters in Florida, or anything about the infrastructure of the organization. Upon moving to Virginia, I re-engaged with USMS and found myself looking for opportunities to volunteer and meet new people. That led to me being elected

Virginia LMSC Treasurer last year, and the opportunity to attend the 2018 Annual USMS National Convention as a Delegate for our membership—an honor that I was very humbled to accept. This was my first National Convention and it was a wonderful experience!

I was fortunate enough to be attending the meeting with some remarkable fellow Virginians – Kirk Clear, Shirley Loftus-Charley, Charlie Cockrell, Patty Miller and Jim Miller – all who gave me some helpful tips and advice before attending.

Upon arriving, I was amazed at the number of delegates and people attending this meeting from all over the nation, but I felt like I was with “my people” (fellow swimmers who loved volunteering). I woke up the first morning and attended an early morning swim practice with my roomie, Shirley. It was a great workout but gave me a little flashback to age-group warm up at a swim meet when I was younger. At the first committee meeting I attended, I arrived early and took a spot at the table – for those of you who have not attended Convention, that is a no-no unless you are a member of that specific committee. Luckily for me, my fellow Virginian, Charlie, was there and kindly instructed me of the meeting procedures. A few minutes later, I received a text message from Kirk advising me of the same thing. I really felt “looked out for” by our experienced Convention attendees!

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## Upcoming Swim Meets, Events and Clinics

### 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.teamunify.com](http://www.teamunify.com)

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

Nearby Zones

Colonies Zone: [www.ColoniesZone.org](http://www.ColoniesZone.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: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stephensen

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

Date	Meet	Location	Registration Deadline
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)
Nov. 1 - Nov. 15, 2018	2018 SmartyPants Vitamins USMS Fall Fitness Challenge	Your choice of pool	Nov. 30, 2018 (online)
Nov. 11, 2018	Maryland Swim Series Meet #2 (SCY)	Chestertown, MD	Nov. 8, 2018 (online)8
Dec. 1, 2018	Maryland Swim Series Meet #3 (SCY)	Easton, MD	Nov. 29, 2018 (online)
Dec. 1, 2018	GERM Solstice SCM Meet	Boyd's, MD	Nov. 27, 2018 (online)
Jan. 20, 2019	Maryland Swim Series Meet #4 (SCY)	Annapolis, MD	tbd
Feb. 2, 2019	VMST David Gregg Memorial Meet	Henrico (Richmond) VA	tbd
Feb. 9, 2019	Maryland Swim Series Meet #5 (SCY)	Severna Park, MD	tbd
Mar. 17, 2019	Maryland Swim Series Meet #6 (SCY)	Annapolis, MD	tbd
Apr. 5-7, 2019	Colonies Zone SCY Champs	Fairfax, VA	Mar. 29, 2019 (online)
Apr. 25-28, 2019	USMS Spring Nationals (SCY)	Mesa, AZ	tbd
Aug. 7-11, 2019	USMS Summer Nationals (LCM)	Mission Viejo, CA	tbd

Registering online is easy and fast. But in case you need a paper copy of the registration form for 2019 . . .



## 2019 Membership Application

All 2019 memberships expire on December 31, 2019

☐ Renewal – my last USMS number was \_\_\_\_\_  
☐ New registration



Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		MI
Street Address				
City		State	Zip	Phone
Date of Birth (mm/dd/yy)	Age	Sex (circle) M      F	E-mail address	
Club or Unattached				
Signature (required)				Today's Date (required)

RELATED MEMBERSHIPS & CERTIFICATIONS: I am a: \_\_\_\_\_ Masters Coach

### Fees (if joining between November 1, 2018, and June 30, 2019)

VMST (Virginia Masters Swim Team) (\$45 USMS, \$11 LMSC, \$12 VMST)	\$68			
VMST 18-24 Year Olds and 85 years and older (\$45 USMS, \$0 LMSC, \$12 VMST)		\$57		
All Other Teams & Unattached (\$45 USMS, \$11 LMSC)			\$56	
All Other Teams & Unattached, 18-24 Year Old and 85+ (\$45 USMS, \$0 LMSC)				\$45
I wish to contribute this amount to the Int'l Swimming Hall of Fame Foundation				
I wish to contribute this amount to the USMS Foundation				
I wish to contribute this amount to our local LMSC for Virginia				
<b>TOTAL AMOUNT:</b>				

Benefits of Membership include a subscription to USMS's magazine, *SWIMMER*, during the length of the membership year. USMS Registered swimmers are covered with secondary accident insurance:

- 1) in practices supervised by a USMS member where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

#### Instructions:

- 1) Fill out both pages of this form. Page 1 is the application; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.
- 2) Make check for total fee plus any optional donations/purchases payable to: **LMSC for Virginia**
- 3) Mail check and completed forms (Pages 1 and 2) to:

Shirley Loftus-Charley, Registrar,  
65 Ledges Lane, Afton, VA 22920



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M      F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

***Revised 07/01/2014***



## Pictures from the VMST Fall Meet

(see the meet write-up on page 6)



The Virginia Beach  
SwimNerd Team



Kirk Clear, Mitch Saks, Denise Letendre



Marcia Berry and Mitch Saks

## 2018 SmartyPants Vitamins U.S. Masters Swimming Fall Fitness Challenge

Event dates: Nov. 15-30, 2018

Entries close: Nov. 30, 2018

Are you looking for a fitness goal this fall but aren't ready for a swim meet? If so, sign up now for the **2018 SmartyPants Vitamins U.S. Masters Swimming Fall Fitness Challenge**, a 1-mile swim done between Nov. 15 and Nov. 30. Grab your goggles and team up with a friend or family member for this great event.

You can complete this 1-mile swim with fins, as part of a relay, or by yourself. This is a fun and non-competitive event you can do with your lanemates and a perfect opportunity to try something different!

Participants will receive exclusive discounts from USMS partners, sample packs from SmartyPants Vitamins, and a cool orange event swim cap!

Net proceeds from the entries for this event will go to the USMS Swimming Saves Lives Foundation.

## VMST Fall Meet

Saturday, November 3rd, was the 38th Annual Fall VMST Meet in Virginia Beach. The meet had great participation, with the 84 entered swimmers representing 11 clubs. The after-meet party at Commonwealth Brewing Company was the most highly attended meet social yet!

There were plenty of smiles and socializing and there was also some very fast swimming. At least 34 new LMSC records were set (note: requested splits are still being checked for additional records - [www.vaswim.org](http://www.vaswim.org) will be updated if any additional records are identified). While there were a number of shining stars at the meet — for example, Doug Slater and Warner Brundage set three records each — the brightest had to be Marcia Barry, who set five new LMSC marks and a new national and world record in the 1500 free. Wow!

Many thanks go to the Head Referee, Dan Demers, and his crew of officials. Thanks also to Ocean Lakes High School Swim Coach, Laura Eldredge, for rounding up all her swimmer volunteers for timing and lap counting. These and many other volunteers contributed tremendously in making this meet a success. Last but not least, thanks to all the swimmers who participated in this year's meet; hopefully the extra hour of sleep on Saturday night helped with your recovery!

Complete results and a list of the **new records** are available at [www.vaswim.org](http://www.vaswim.org).

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*Continued from page 1*

Over the course of three very busy days, I attended a number of committee meetings (including Rules, Finance, Sports Medicine & Science, LMSC Development), various Workshops (Star System for Volunteers, Volunteer Task Force, and USMS Officials Certification), a very lovely New Delegates Luncheon, and most importantly the House of Delegates meetings. Through all these meetings and concurrent sessions, I learned so much about USMS from discussions of issues such as, how do we recruit more members to how change comes about in the organization. The Convention wrapped up with a delightful banquet that honored all governing bodies under the USAS umbrella and emceed by the one and only Rowdy Gaines.

Possibly the most valuable experience for me was the chance to get to know members of our Virginia LMSC better and meeting so many other swimmers from all over the country. I learned a lot from the experienced members and connected with the newbies. Overall, I feel incredibly fortunate to have been given the opportunity to attend this Convention – Thank you Virginia Masters Swimming! (And it didn't hurt that I had the chance to meet and chat with Anthony Ervin!)

### **From Kirk Clear, VA LMSC Chair**

This year's Convention was probably one of the most transforming in the long history of U.S. Masters Swimming. On the final day, the House of Delegates elected several new positions to the USMS Board of Directors. This happens every year; however, the transforming part of this year was that the majority of those elected were under 40-years-old, including the youngest ever Board member, a 22-year-old who is part of our affiliated College Club Swimming.

This election sent shockwaves across the room as it became apparent that we are in a new age for USMS. The old ways of doing business are going to be changing—we at the local level need to be a full partner and help move the organization forward.

The Annual Convention is very important for numerous reasons, but one of the main reasons is the chance to network with other members across the nation. As Chair of the Virginia LMSC, I found it very valuable to talk with other LMSCs and find out how they are structured to meet the needs of their local memberships. Another prevailing challenge we have faced across our

whole organization for the last several years is figuring out how we keep the non-competitive swimmers engaged as long-term USMS members, so I am always interested in learning how others across the country are addressing this challenge. I got a few ideas, and we in Virginia will be giving special focus on this issue during the upcoming year.

As we head into 2019, both USMS and the Virginia LMSC will be engaged in some heavy public relations campaigns as we look to 2020—the 50th anniversary of U.S. Masters Swimming. With anticipation, the Championship Committee announced that the host for the 2020 USMS Short-Course Yards Spring National Championships will take place in San Antonio—going full circle, returning to Texas, where the first USMS Nationals was held in 1970. Of course, as previously announced, a few months after that event, Virginia will be hosting the 2020 USMS Long-Course Summer Nationals in Richmond—we are extremely excited host this event within our LMSC, and to be during the 50th Anniversary of USMS will make it extra special.

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## **LMSC Officers and New Sanctions Chair**

The following officers were re-elected for another term at the LMSC annual meeting on November 4, 2018:

*Chair:* Kirk Clear  
*Secretary:* Alice Phillips

*Vice-Chair:* Denise Letendre  
*Treasurer:* Becca Latimer

Steve Hennessey had recently asked to step down as Sanctions Chair and Kirk Clear appointed Kyle Ahglren to serve as the new Sanctions Chair. Thank you Steve for your hard work over the past year.

Congratulations to the officers who were re-elected and to our new committee chair. A big THANK YOU for volunteering your time and effort to serve our LMSC of Virginia swimmers !



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VMST Fall Meet - After-Meet Social at the Commonwealth Brewing Company

