

The Wet Gazette



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

Virginia LMSC Volunteer Service Award

Every year, our LMSC gives an award to the LMSC member who epitomizes volunteer spirit and contributions to Masters Swimming here in our LMSC. This year, the award goes to **Craig Bauer**, coach of the Northern Neck Strippers swim team. The team nominated Craig and because their nomination letter says it all, we have included it here for your reading pleasure. **Congratulations Craig!**

Craig Bauer Wins LMSC Volunteer Service Award

** Article adapted from the nomination letter by the Northern Neck Strippers Swim Team.*

Many teams have good coaches who create workouts and provide on-deck coaching. Like those coaches, our coach does this extremely well but what makes Coach Craig so very special is his obvious passion for coaching, teaching and promoting swimming as a life-long sport. Isn't this what Masters Swimming is all about? His excitement for his sport and the Masters program in general is contagious which explains the growth of our team since he has been on deck.

We live in a rural county of 10,000 people and the number of residents in our area has not changed in the last 35 years, yet the number of swimmers on our team continues to grow. Whether it is through word of mouth of our team members who are inspired by our coach, Coach Craig's articles on Facebook as well as our local paper regarding his swimmers or someone asking him about a Masters t-shirt that he might be wearing, the word is getting around regarding the outstanding Masters program that Craig has initiated.

Coach Craig not only promotes the core values of Masters swimming, but he also volunteers in the community, specifically helping to teach in the public school 2nd grade learn-to-swim program

twice weekly, coaching at stroke clinics, twice weekly, as well as volunteer coaching, three days a week, with two local high school teams. (Coach lives approximately 20 miles away from the pool which means he travels on average, 160 miles per week to volunteer his time and expertise.

On Saturday, February 10, 2019 Coach Craig extended his vision by organizing a "Dual in the Pool" swimming meet with swimmers from the newly created

(cont'd on page 3)



Craig Bauer (left) and Kirk Clear (right)



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.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: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
Apr. 25-28, 2019	USMS Spring Nationals (SCY)	Mesa, AZ	Mar. 25, 2019 (online)
May 4, 2019	USMS Coach Certification	Springfield, VA	May 3, 2019 (online)
May 4-5, 2019	USMS Clinic Course for Coaches	Springfield, VA	May 3, 2019 (online)
May 5, 2019	USMS ALTS Instructor Certification	Herndon, VA	May 4, 2019 (online)
May 5, 2019	USMS Stroke Development Clinic	Springfield, VA	May 4, 2019 (online)
May 5, 2019	Summer SCM Kick-Off Meet	Frostburg, MD	May 2, 2019 (online)
May 15-Sept. 15, 2019	5K/10K ePostal Nationals (LCM)	Any LCM pool	tbd
May 26, 2019	Jim McDonnell Lake Swims	Reston, VA	May 19, 2019 (online)
June 1, 2019	John Shrum Memorial Cable Swim	Charlottesville, VA	May 27, 2019 (online)
July 20, 2019	Fontana Lake Races	Almond, NC	July 14, 2019 (online)
Aug. 3, 2019	Lake Moomaw Open Water Swim	Hot Springs, VA	Aug. 1, 2019 (online); July 27, 2019 (paper)
Aug. 7-11, 2019	USMS Summer Nationals (LCM)	Mission Viejo, CA	tbd
Sept. 15-Nov. 15, 2019	3000/6000 ePostal Nationals (SCM/SCY)	Any SC Pool	tbd

Volunteer Service Award (con't from page 1)

Lancaster High School team and members of the Northern Neck Stripers Swim Team with three swimmers from the YMCA stroke school. The meet not only allowed all to gain experience but Coach Craig continuously highlighted his mantra, "Swim for Life". Last summer Coach expressed that his greatest joy in coaching was seeing the progress of his slowest swimmer. He said this about a 7-year old who was unable to swim butterfly at the beginning of the summer and within weeks was able to complete a 50 fly. It should be noted that he expressed this with a twinkle in his eye and great joy in his heart.

Craig is truly the "poster child" if VA LMSC had such a poster! He lives, breathes, and yes, he swims Masters swimming!

..*

2019 Club Tribe Masters Classic Meet Results

The 4th Annual Club Tribe Masters Classic was held on March 23rd in Williamsburg. It was a fun meet as always and, with 129 swimmers, this year was the biggest event yet! The music, the college swim team volunteers, and the 100-yd relays all contributed to a festive atmosphere.

The results have been uploaded to www.vaswim.org and to the USMS results database. There were seven new LMSC records set at the meet: Ann Lyttle and Greg Harris each set two, while Gabrielle Mizerak, Katie Grier, and Lauren Hasselquist had one apiece.

As has become the custom at this meet, the Virginia LMSC Volunteer Service Award was presented. LMSC Chair Kirk Clear presented the award to this years recipient, Craig Bauer (see page 1 for the nomination letter from the Northern Neck Stripers).

And thanks to all the volunteers who helped make this meet happen, in particular to meet director Kyle Ahlgren!

..*

LMSC Leadership Summit Recap

by Kirk Clear
Virginia LMSC Chair

The Virginia Local Masters Swim Committee (LMSC) recently sent two representatives to the bi-annual U.S. Masters Swimming LMSC Leadership Summit. As your LMSC chair, I attended with Kate Stephenson, our LMSC Long Distance and Open Water chair. It was a fantastic opportunity for us to interact with representatives from all of the LMSCs from around the country to share ideas on how others implement new initiatives and explore options for handling similar challenges.

This year's Summit focused on many subjects, including volunteerism, leadership, membership, and proposed LMSC structure changes. The USMS Volunteers Task Force presented its findings since it was established last year by the USMS Board of Directors. The Task Force was charged with investigating and making recommendations regarding how to optimize USMS's volunteers as resources now and in the future. During the past year, they focused on three areas: volunteer roles; volunteer engagement; and understanding volunteers.

The most significant area of the study that could affect Virginia is the research and analysis on what functions should be performed at the LMSC level, the national level, and the National Office. One recommendation included transferring all Registrar functions to the National Office and proposing LMSCs create a new role of Membership Coordinator, which

(cont'd on page 7)



John Shrum Memorial Cable Swim

Charlottesville, Virginia, Saturday, June 1st 2019

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

Sanctioned by: LMSC of Virginia Inc. for USMS Inc.

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: REGISTER ONLINE at www.cableswim.org

Your credit card will be charged to "ClubAssistant.com Event Billing"

Event: There will be two races: a 2-mile cable swim at 8:30 am and a 1-mile cable swim beginning at 10:30 am. The 2-mile swim will consist of 4 laps in a clockwise direction around a ¼-mile straightaway cable, with start and finish in the water. The 1-mile race will consist of 2 laps around the ¼-mile cable in a counter-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.**

- Anticipated water temp: 78° to 82°
- NO WETSUITS ALLOWED

Check-in Closes at:

2-Mile: 8:15 AM 1-Mile: 10:15 AM

Eligibility: Open to all swimmers 18 years & older as of July 8, 2019. **Paper entries must include a copy of your 2019 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 2017 USMS rules will govern both races.

Entries: All snail mail entries must be postmarked by May 20th 2019. Online entries will close at 11:59pm Eastern Time on May 27th 2019. Late or race-day entries will NOT be accepted. You may enter both events. Online entry is strongly encouraged. Entry fee is \$39/ \$49.

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, etc. in 5-year increments, for both men/women. **Your age as of 12/31/19 will be used.**

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.

Accommodations:

Courtyard Marriott (8.5 miles from lake) 638 Hillsdale Dr. Ch'ville, VA 22901 (434) 973-7100	Double Tree Hotel (6 miles from lake) 990 Hilton Heights Rd. Ch'ville VA 22901 (434) 973-2121
----------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------

Or check www.cableswim.org for other options

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 Contact:

Kate Stephensen (530) 574-4498
Email: kands606@gmail.com



2019 John Shrum Memorial Cable Swim ENTRY FORM
Avoid this form, avoid errors by registering online at www.cableswim.org

**PLEASE INSERT SEED TIME
FOR EVENT(S) YOU ARE ENTERING**

2- MILE 8:30 am	Clockwise	1650 yd time: ____ : ____
1- MILE 10:30 am	Counter-Clockwise	1650 yd time: ____ : ____



**U.S. MASTERS
SWIMMING**

**PLEASE STAPLE A LEGIBLE
COPY OF YOUR 2019 CARD HERE. TRIM YOUR
CARD AND COMPLETE THE FOLLOWING:**

Emergency Contact Name: _____

Emergency Contact Phone: _____

Significant medical conditions to be shared with Albemarle Rescue (i.e. seizures, diabetes, asthma, etc.): _____

		<input checked="" type="checkbox"/>	CHECKLIST
\$_____	\$ 39.00 1-Mile Cable Entry Fee	<input type="checkbox"/>	Completed entry form
\$_____	\$ 49.00 2-Mile Cable Entry Fee	<input type="checkbox"/>	Copy of USMS card
\$_____	T-Shirt: included free with entry; \$ 3.00 charge for XXL or XXXL	<input type="checkbox"/>	Check or money order payable to VMST
\$_____	Additional T-Shirt: \$15.00 each S-XL, \$18.00 for XXL or XXXL	<input type="checkbox"/>	Signed Waiver (next page)
\$_____	Total Enclosed (Check or money order payable to VMST)	<input type="checkbox"/>	T-Shirt Size Below

T-Shirt Size: (please circle) S M L XL XXL XXXL

Additional T-Shirts: indicate quantity and size: _____

Please use the checklist above to ensure that your entry is complete!!

**Mail this completed form with check or money order payable to VMST, postmarked by May 20th 2019 to:
Kate Stephensen, (306 Huntley Ave, Charlottesville VA 22903)**

Name: _____ Email address: _____

Phone Number: _____

Age as of **Dec. 31, 2019:** _____

**YOU MUST READ AND SIGN THE WAIVER (NEXT PAGE).
INCLUDE THIS PAGE AND THE NEXT WITH YOUR ENTRY.**



**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

Leadership Summit (cont'd from page 3)

would act as a local contact for inquiries from swimmers and club representatives among some other responsibilities.

The National Office would also get a little more involved in the sanctions process. The Task Force recommended combining the LMSC Top 10 Recorder and Sanctions roles into a new position called LMSC Pool Competition Coordinator. Open Water chairs would be contacts for sanction inquiries for open water events.

The Task Force is also recommending the creation of an Adult Learn to Swim (ALTS) Committee at the national level to provide advice and support to LMSC's and clubs hosting ALTS events. Our LMSC already has positions

for many of the other functions recommended by the Task Force (such as an Officials Chair and Webmaster), but one that I think would be really beneficial in our LMSC is a Volunteer Coordinator.

Nothing is firm yet; there's still a lot of work to be done. The Task Force will be presenting these recommendations to the USMS Board and any significant changes will have to be approved by the House of Delegates at the USMS Annual Convention. Other recommendations will merely be suggestions to the LMSCs, for the local Boards to evaluate what to implement and how.

The full report from the Volunteers Task Force is **on-line at the USMS website**, along with **other materials** from the Leadership Summit.

..*

VMST Women Set World Record

A quartet of VMST women set a new World Record in the 400 SCM Freestyle Relay in the 280-319 age group.

Members of the Virginia LMSC routinely take advantage of the early opportunity to race in a 25-m pool in the annual meet, which is hosted by the Ancient Mariners masters team in Bethesda, MD. This year was no different! Eleven swimmers from VMST and a couple from Club Tribe participated this year, setting a number of LMSC records:

- David Nicholas set four records in the 80-84 age group, in the 50/100 free and 50/100 breast
- John McCorkle set two records in the 65-69 records in the tough 200 fly and 400 IM events
- Denise Letendre (30-34) and Ann Lyttle (70-74) each set one record apiece, in the 200 fly and 100 free, respectively

The highlight swims were by the VMST relay quartet of Barbara Boslego, Shirley Loftus-Charley, Ann Lyttle, and Beth Schreiner. They set two new LMSC relay records, in the 200 and 400 free relays. Their time of 5:30.90 in the 400 relay was also a national and world record, beating the old record (also held by VMST) by about nine seconds! Wow, congratulations ladies! And great job to everyone who made the trip.



Some pics from Zones



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



VMST swimmers at Zones