

The Wet Gazette



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

Masters Spotlight: Warner Brundage



When did you join USMS and where do you practice?

I joined Masters in April, 1976. We lived in Maryland then and I had begun trying to lose the 25 pounds I had put on since leaving college and law school by working out at the Severna Park YMCA bubbled pool. There I saw a notice about Masters and an upcoming meet in York, PA. I swam in that meet and others that year. I attended my first Masters Nationals in 1977.

By that time we had moved to Richmond, and my wife Debbie and I were busy raising our family. With 3 of our kids heavily involved in age group swimming and the 4th in travel soccer, my participation in Masters events suffered. Both Debbie and I also served in the leadership of our age group team and USA Virginia Swimming. While I swam on my own at Briarwood (now ACAC Midlothian), it wasn't until 1988 when I really got back into going to meets.

Since the early 90's I have swum with the Masters group coached by Dr. Jim Miller at ACAC Midlothian. Occasionally I will swim on my own at the SwimRVA Olympic pool, which will be the site of the 2020 USMS National long course championships. As I approach age 76, I try to train at least 4 times a week and make 2000 to 2600 meters in a workout.

What is your background as an athlete and competitive swimmer?

I was born in Bath, NY and attended elementary school in Ithaca. There were very little organized sports, but I did play team football in the 5th and 6th grade.

I learned to swim strokes through the Ithaca YMCA program of gradual steps from tadpole to minnow all the way to shark. I can attest that our pool classes were quite different from those offered today. Apparently out of a concern that swim suits were unsanitary, all of us young boys were required to take group swim lessons in the nude. You can be assured that we were all quick to get into the pool!

In the 7th grade we moved to Pompano Beach, FL where the coaches at the junior high school soon had me playing football, basketball and throwing the discus in track. I continued to play some of these sports into the tenth grade.

I came to competitive swimming in a round-about way. At a Boy Scout

jamboree swim competition in my eighth grade, I won the 25 yard side-stroke event. Yes, that was an event. The local Pompano swim coach, who had started an age group and high school team, saw the event and asked me to join his team. Apparently he saw the possibility of developing a breaststroker.

I loved swimming from the first practice and I soon left other sports behind as I found some success swimming breast, fly and the IMs in age group and high school swimming. In my junior and senior years, I swam for a small boy's school with about 125 students in the student body. We won the State Championship both years. Our coach was Jack Nelson, who was a recent Olympian and later became a USA Olympic coach.

In my senior year, Jack introduced me to Peter Daland, the famous coach from the University of Southern California, who was looking for some breaststrokers. Thanks to the support of many, I swam for USC and graduated from there. Although I did not achieve the success of some teammates, many of whom were or would become Olympians and world record holders, I had the greater fortune to meet Debbie in our freshman year at USC.

What motivates you to swim?

I simply love the sport. I also found that early morning swim workouts on my way to work really helped cope with the pressures of being a
(cont'd on page 3)



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.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

Date	Meet	Location	Registration Deadline
Jan. 1 - Feb. 28, 2019	1-Hour ePostal Nationals	Any pool	Mar. 8, 2019 (online)
Feb. 15-28, 2019	2019 USMS Winter Fitness Challenge	Any pool	Feb. 28, 2019 (online)
Feb. 24, 2019	Frank Clark Memorial Swim Meet (SCY)	Greensboro, NC	Feb. 19, 2019 (online)
Mar. 1-31, 2019	March IM Madness ePostal (SCY)	Any pool	Apr. 6, 2019 (online)
Mar. 3, 2019	Maryland Masters Winter Distance Meet (SCY)	Baltimore, MD	Mar. 25, 2019 (online)
Mar. 23, 2019	Club Tribe Masters Classic (SCY)	Williamsburg, VA	Mar. 19, 2019 (online)
Mar. 30, 2019	Albatross Open (SCM)	Bethesda, MD	Mar. 25, 2019 (online)
Apr. 5-7, 2019	Colonies Zone SCY Champs	Fairfax, VA	Mar. 29, 2019 (online)
Apr. 25-28, 2019	USMS Spring Nationals (SCY)	Mesa, AZ	Mar. 25, 2019 (online)
May 15-Sept. 15, 2019	5K/10K ePostal Nationals	Any LCM pool	tbd
June 1, 2019	John Shrum Memorial Cable Swim	Charlottesville, VA	tbd
July 20, 2019	Fontana Lake Races	Almond, NC	July 14, 2019 (online)
Aug. 7-11, 2019	USMS Summer Nationals (LCM)	Mission Viejo, CA	tbd

Spotlight (con't from page 1)

lawyer. Now that I have been retired for some years, I am more convinced that engagement in a sport which provides vigorous exercise and doesn't do great harm to the body has helped me to continue to enjoy life to the fullest.

Outside of the pool, what occupies your time?

Our children and their families live around the country, and we try to see them often. With 10 grandchildren ranging in age from 25 down to 11, there are plenty of life celebrations and sporting and dance events to attend. We also enjoy travel trying to see as much of the world as possible. We have long been interested in art and ballet and attend many events related to those interests.

What are some of the things that people might be surprised to know about you?

On a personal note they might be surprised to know that I have had a pacemaker for more than 10 years and a hip replacement for over 6 years. Neither medical marvel has kept me from Masters swimming, although the hip replacement has made it difficult to regain a strong breaststroke kick.

What are the fun things you have enjoyed at Masters Meets

A highlight for me is that for two different Masters National Championships, my son Patrick formed an authorized team named "Brundage Swim Masters" and recruited his two sisters and me to join the team in order to swim mixed relays together. Patrick swam at the University of Texas and has long been a top Masters swimmer. His sisters had not competed since college when Lisa was the captain of her team at Virginia Tech and Susan swam at the University of Richmond. They both willingly got back into swim shape. Moreover, the second time we did this, Patrick's daughter Maia (who swims for the University of British Columbia) also joined us and we had a three generation relay. We also scored a lot more team points with Maia placing high or winning events in the youngest Masters age group.

..*

A Tribute to Johnnie Detrick

By Alice Phillips

The last time I saw Johnnie was one of the rare times she got out of the pool before I did. We were attending the 5:45 am practice and I was able to stay longer because the school where I teach was starting late, courtesy of the snow. I was in lane four and Johnnie



was over in lane one – but that tells you nothing about how fast she was.

To know 83-year old Johnnie Detrick was to be friends with one of the most modest, kind, twinkle in your eye world record holders that you could ever hope to know. I always think of Johnnie laughing when she spoke – it could be right before her race, or right after, but to be sure, she would not be breathing hard or even seem tired or spent. It could be chatting on the deck or in the locker room, where she took quick showers and changed into comfortable clothes, eager to get on with her day. Sometimes I might stop Johnnie for a moment and ask about her swimming. She was generally pleased at how fast she still was, but she was never boastful. Johnnie knew plenty about the competition out there and where she stood in the mix, but she didn't want too much fuss. She might go on to chuckle about her grandchildren or great grandchildren, the birds she loved to watch, paddleboarding, Myrtle Beach, or really, anything. Johnnie was one of the most positive, happy people I have ever known.

For a long time Johnnie made me smile at this beat up Tupperware container she would bring onto the deck, a caddy for her glasses so she could read the board. Her goggles would go up onto her forehead, and she would slip on the glasses while the coach was explaining the set; then she'd put them back in the tray when it was time to swim. I believe she even brought that container to meets. Obviously there

(cont'd on page 4)

Tribute (cont'd from page 3)

were other options for managing this inconvenience, but that plastic container full of pool water was good enough for practical, no-nonsense Johnnie.

One of my strongest memories of her occurred years ago at Short Course Nationals in Greensboro. I watched 76-year old Johnnie swim several races and she won almost every one of them. In the 75+ medley relay, Johnnie was the breastroker. Not only could she still go off the block, she could get out of the pool unassisted. I will never forget the image at the end of that relay: some 20 plus women in the water waiting until the end of the heat to paddle over to the ladder and climb out. Only one woman was on the deck because only one woman could still push herself out of the water - Johnnie Detrick, smiling and clapping for everyone's finish.

I feel privileged to have known such a swimmer and it comes as no surprise that I can only aspire and hope to be swimming if and when I make it to 83. Just this year Johnnie swam the 50-yard free in 36 seconds and the 100 in 1:24. Sure, I can swim those times too, but I am 30 years younger. The other day in practice I heard Coach Jim Miller encourage Johnnie to work a little harder on the next one, and so, she did. Johnnie could still race, could still go off the block, could still do flip turns (if she chose to!).

As so many of us were, I was completely shocked when Johnnie passed, struck with disbelief that someone with her kindness, spirit and stamina could be taken from this world without warning. In my mind's eye she has never aged, looking as youthful, lean and fit as the day I met her.

It is hard to accept that my last memory of Johnnie was one where she was walking away from me, but I guess it's only fitting. I was breathing hard, holding onto the wall for an all too brief few seconds before the next repeat. I looked up and there well above me was Johnnie Detrick, owner of 22 national and world records, striding across the deck. I remember noticing how strong she

looked from the back, so steady and upright, confidently carrying goggles and fins. I couldn't see her face in that moment, but I am certain she would have been smiling, wearing the same sensible haircut tousled with pool water, those strong and slender legs carrying her to the locker room.

The other day I swam for the first time since the holiday and I have to admit it was very hard. I felt sluggish from the get go, thinking that all those holiday treats had caught up with me. By the middle of the first set though, I found myself tearing up underneath my goggles, and then I just knew: Johnnie Detrick will be sorely missed over in lane one, and to be sure, over in lane four, too.

..*

Memorial for Johnnie Detrick

The ACAC Masters Group of VMST has decided they are going to place a bench at ACAC to honor Johnnie. Johnnie epitomized the core foundation of swimming. She loved every aspect of being near the water. She was not only a fabulous swimmer and National record holder; she was a kind and patient teacher. She never met anyone that she did not like. She was kind and generous in sharing her knowledge of swimming and a wonderful lane mate. We will sorely miss her humor and good nature. I hope that former and fellow swimmers will support donating to our memorial for Johnnie. If you would like to donate please feel free to mail a check to me. Any left over funds should there be some will be donated to a swim organization that promotes swimming. Thanks so much in advance for supporting our mission to remember Johnnie.

The bench will read "In Memory of Johnnie Detrick Nov 9, 1935-Dec 24, 2018."

Mail checks to the care of Terry Miffleton, 9831 Cherokee Road, Richmond, Va.23235

Virginia LMSC Social Funding Program



Ever wonder what
your teammates look
like without wet hair
or swim caps?

**Want \$100 for a
fun social get-
together?**

Do you ever get
extra hungry
after a hard
practice?

**The Virginia LMSC Board is encouraging teams
or groups to get together outside of practice!**



- You must get at least 8 people together for the social
- Pick a fun place after practice or plan a time that works for everyone
- You will be reimbursed for \$100 of your food and beverage* costs
 - We will ask for photos from your event 📷
 - You do not have to be a registered club to apply



APPLY NOW! Click here and complete the online form:
<https://goo.gl/forms/oNa0bgMWcV50bb8e2>
Email: vatreasurer@usms.org with questions



*please no alcoholic beverage reimbursements

We have funding for 10 groups, so apply today!



4th Annual Club Tribe Masters Classic
College of William & Mary Rec Center Pool
400 Brooks Street (at Compton Drive)
Williamsburg, VA 23186

March 23, 2019

Welcome to the 4th 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.

(757) 221-3310

Welcome to the 4th 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 – meets are listed on the left side of the Club Assistant home page by date. The deadline for on-line entries is **Tuesday, March 19, 2019**. In order to be seeded, paper entries must be received by **Tuesday, March 19, 2019**. 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 and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, March 22, 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 and www.bandbwilliamsburg.com/.

Saturday Evening Swimmers' Social: Swimmers, friends and family members are encouraged to gather informally immediately following the conclusion of the meet to celebrate St. Patrick's Day 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.

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 19!*
Enter online at: www.ClubAssistant.com
(search for the meet by date on the left of the Club Assistant home page)

Paper entries are due by **March 19th**.

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.

Please provide the following information:

Name:		Sex:	USMS Reg. No.:
Address:			
City:		State:	Zip Code:
E-Mail Address:			
Age as of 3/23/2019:		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

#	Event	Seed Time
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	
<i>15-Minute Break</i>		
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

ENTRY FEES

Total Events ____ x \$8.00:	
Surcharge:	\$12.00
TOTAL AMOUNT ENCLOSED:	

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

Questions? Contact Kyle Ahlgren – (202) 957-3936;
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***



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

2019 VMSt David Gregg Meet Summary

The VMST David Gregg III Memorial meet was held Feb. 2, 2019 in Richmond. There were 124 swimmers entered in the meet, about 25% more than last year! The results have been uploaded to the USMS database and posted at www.vaswim.org. We have a few photos, too; please let Chris or Heather know if you would like to share your photos with the LMSC.

Six new LMSC records were set at the meet: Greg Harris led the way with three records, while Warner Brundage set two marks and Craig Bauer had one. The following swimmers took home special awards:

The Sprinter award went to the swimmers with the lowest cumulative time in the four 50 events. Luke Nelson and Shirley Loftus-Charley showed their fast-twitch mastery of the short distances in claiming these awards.

The Distance award went to the swimmers with the lowest cumulative time in the 400 IM, 500 free, and 1650 free; no female swimmer braved these three events, while Carl Ingebretsen took home the honors for the men.

Kudos to all those swimmers who made it to the meet, we hope you enjoyed it. And thanks to all the officials and volunteers who made it possible.

* * *



Frank Miller finishes his 1650



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

Nominations for Service Award

..*

By Kirk Clear

We are soliciting nominations for the 2018 “Virginia LMSC Volunteer Service Award.” The award recognizes one individual 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.

If you would like to nominate someone, please send the name of the nominee, team affiliation, and a short paragraph on why the individual deserves consideration for this year’s award. Nominations are due by Monday, Feb. 18, and can be sent to the Virginia LMSC Chair at VAChair@usms.org. The LMSC Board of Directors will vote on the nominees, and the winner will be announced and presented with a plaque at the Club Tribe Masters Classic Swim Meet at the College of William & Mary in mid-March.

Save the Date

For those of you dreaming of summer, the John Shrum Memorial Cable Swim has now been scheduled. It will be held on **June 1, 2019** at Chris Greene Lake in Charlottesville, Virginia.