

The Wet Gazette

August/
September 2022

Published by the LMSC of Virginia
Serving Masters Swimming in Virginia and West Virginia

Swimming Training

USMS Workout Library:

Are you a swimmer or a coach looking for workouts or workout inspiration? If so, look no further than the USMS Workout Library. To access the Library, login in on the USMS website (this resource is only available to USMS members), and search for workouts that interest you. The workouts are tagged by different categories (general, basic training, stroke training, high-intensity training, limited mobility training, etc.). You can print the workout or, if you have a smartwatch, you can send the workout to that device using the USMS Swim.com integration (you have to link your USMS and Swim.com accounts first).

To get you interested, here is an example workout (September 2022 #10):

Warm Up: 200 Choice, 200 Kick, 200 Pull, 200 Choice
Main Set: 8x75 Free, 4x50 Kick, 8x75 Choice, 4x50 Kick, 8x75 Choice
Cool Down: 200 Choice
Total: 3200 yds

USMS SUMMER LONG COURSE NATIONALS

Nationals in August in Richmond! What a great meet! Congratulations to everyone who competed.

234 members from the LMSC of Virginia entered the meet, representing 11 clubs. Club Tribe was the overall winner of the meet with a total of 2205 points. VMST came in second in the Regional Club division with 1496 points.



Club Tribe

Virginia-specific results are available at www.vaswim.org. Complete results from the meet are available [here](#).

Included in this newsletter are a few articles about the meet along with several pictures of swimmers from the meet. We couldn't include all of the pictures (there are a lot!), so please go on over to www.vaswim.org where George Sushkoff has created a page with meet pictures for your viewing pleasure.

VMST



Current and Upcoming Events

Go The Distance

Jan 1 - Dec 31, 2022; any pool

2022 3000 and 6000 Virtual Long Distance National Championships
Sept 15 - Nov 15, 2022; any SCY pool

31st Annual Maryland Swim for Life
Sept 24, 2022; Chestertown, MD

Nancy Brown Relay Carnival
Sept 24, 2022; Severna Park, MD

2022 USMS Fall Fitness Challenge, 1-Mile Swim
Oct 1-31, 2022; any pool

Swim the Suck
Oct 8-9, 2022; Chatanooga, TN

29th Carol Chichester Memorial Swim Series
#2: Nov 5, 2002; Easton, MD
#3: Dec 10, 2022; Severna Park, MD
#4: Jan 15, 2023; Annapolis, MD

General Information

LMSC for Virginia Website:
www.vaswim.org
USMS Website: www.usms.org
Nearby LMSCs
North Carolina: www.ncmasters.org
Maryland: <https://www.teamunify.com/Home.jsp?team=msmdlmsc>
Potomac Valley:
www.PVMasters.org
Nearby Zones
Colonies Zone: colonieszone.org
Southeast Zone:
www.SouthEastZone.org
Online Meet Registrations:
www.clubassistant.com

LMSC Officers

Chair: Caycee Buscaglia
Vice-Chair: Ken Gardner
Secretary: Alice Phillips
Treasurer: Becca Latimer
Membership Coordinator: Chris Stevenson
Coaches: Vacant
Fitness: Vacant
Long Distance: Dave Holland
Newsletter: Heather and Chris Stevenson
Officials: Charlie Cockrell
Records & Top Ten: Chris Stevenson
Review: Heather Stevenson
Safety: Jim Miller
Sanctions: George Sushkoff
Webmaster/Social Media: George Sushkoff

LAKE MOOMAW RACE REPORT 2022 by Dave Holland

Covington, Va - August 20, 2022

It was another fun year at Lake Moomaw. From a USMS perspective, this event is officially hosted by the Virginia Masters Swim Team, but what really makes it special is all the preparation and work done by the staff and volunteers from the Alleghany Highlands Chamber of Commerce and Tourism, located in Covington, Va. Ten years ago, they contacted me and said they wanted to put on an open water race in Lake Moomaw, and as the open water chair, I said "great, let's do it." I drove out there in September of 2012 and we scouted the lake in a boat to see where we could make it happen, and a little less than a year later, we managed to host our first event in August of 2013.

We've had our share of hiccups and challenges in the years since (securing permits, a water depth of 80 feet in places that makes anchoring buoys a challenge, the remote location, Covid, etc.) but it's such a rewarding day because the local community has embraced it with such wonderful hospitality and generosity. The Westrock water rescue team shows up in full force, as well as other local fire/rescue teams, and the Chamber also provides a photographer, special awards, all the food (and coffee!), t-shirts, and goodie bags. Running an open water race year after year involves many little pieces coming together symphonically, and that requires planning that begins in March, and an unselfish, sacrificial attitude from many people.

The two parts of the weekend that are most memorable for me are the pre-race ritual of setting up the course, usually a solitary endeavor, and the post-race tradition of taking a group photo on the beach, where despite different ages, backgrounds, and abilities, we come together and try to hold still for a few seconds as one happy family of swimmers.

This year I made my annual pilgrimage up to Lake Moomaw on the Friday afternoon before the race, with two large orange buoys in the back of my car, the laptop, printer, and a crate full of supplies. Every year I seem to lose or forget some important item, which necessitates a trip to Walmart, or thinking on the fly. (This year I forgot the air horn, so I used my voice for the official "Go!" and that worked just fine—probably safer for everyone's cochleas, too). Macie Rice from the Chamber joined me for the trip up to the lake, which is only 17 miles but feels more like 30. The turns seem to come up unexpectedly, so we stopped along the way and marked most of them with signs pointing the way. Arriving at the lake, it looked the same as always. No one on the beach, but a few boats could be seen on the water, casting a line or paddling into the weekend. I changed into my suit while Macie inflated the large pyramidal buoys, and then I began the process of swimming them out to their appropriate spots along the course.

(cont'd on page 3)

SWIM ACROSS AMERICA by Jay Peluso

Thanks to an incredible team of volunteers and swimmers, we sold out the event at 105 swimmers/floaters who participated in the 1-mile open water swim/float in the James River on August 27th.

Together we raised \$100,000 for cancer research at VCU Massey Cancer Center.

The funds will go directly to a cancer research doctor, chosen by the oncology board at Swim Across America which is made up of world renowned oncology professionals. Researchers from Massey will submit their proposals for funding this winter. The idea is that these trials are not yet ready for NIH funding but the theory is sound and all they need is some kick-start funding to test their theories. Some folks call this "moonshot funding". One of my favorite things about SAA is that the agreement with Massey dictates that the funds can only be used for this purpose, so no using the funds for new buildings or parking lots, just research. The other great part is that the funds all stay right here in Richmond and help our friends, our families, our co-workers, our neighbors. SAA funded doctors have made amazing breakthroughs including treatments with immunotherapy and new drugs like Keytruda, among many others. A recent colon cancer trial for the drug dostarlimab, funded by SAA, had a **100% success rate** at eliminating tumors.

They really are making a difference, or as we like to say "Making Waves to Fight Cancer".

One of the bouys gets anchored way out near the mouth of the cove, about 600 meters from the start, so I dragged it down the beach and got in the water. "Oooh, this feels cold." I don't know why, but for some reason it seems harder to get going in a lake than in the ocean or in a pool. Maybe it's because the bottom falls away in such a gradual fashion, so I found myself resisting. I inched forward some, and the water rose to my knees, then hips, then belly button. "Oh no, it's too cold, uggggghhhh!" Goose bumps appeared on my arms. I stopped. "Wouldn't this be easier in a boat? Ugh, you have to do this, Dave, get your ass in the water," I shouted to myself. I decided that there was no way out, eventually I was going to have to make a full plunge, but first I lifted my hands up and put them on my head, still resisting, elbows akimbo, as the cold water crept up a little higher on my body. "Ugh, I see what you're doing, you're playing a 'wading game', but you're just getting colder and colder." Finally, I ripped off the band-aid and went for it! Once I got going, the water felt great, and I lashed the buoy to my waist and towed it out there swimming freestyle. Talk about a drag suit! Yea, they float, but suffice it to say I got a very good workout with that big pyramid pulling on me as I imagined myself swimming down the Nile. Swimming back to shore without the drag, I went full speed, and threw in some open water butterfly for good measure, which can feel remarkably emancipating with no walls to worry about! Next, we set up the buoy close to the shore, cleared the beach of sharp rocks and sticks, and headed back to Covington.

Macie and I had already seen some deer and other critters on the way up, but leaving the lake we spotted a black bear on the side of the road, and on closer inspection saw two little bear cubs close behind. They ran down the hill and appeared to be heading for the lake, possibly for their own little post-dinner swim.

Then it was back to the Chamber office to print meet programs and load up the Chamber car with supplies. I realized that we still needed one more buoy for the turn-around kayak, and when I asked Teresa about it, another person piped up and said "I can get you a very large buoy if you want." It was Matt, the owner of Alleghany Outdoors. They organize tubing trips on the Jackson river. I said "yes please!" and he said he would leave it on the front porch of the Evergreen Inn, where I was staying that night. Dinner and some social time with Teresa and Rusty Hammond followed, and sure enough, when I arrived at the Evergreen Inn at 8pm, the large orange buoy was waiting for me. Some how, some way, it always comes together at Moomaw, even when my rusty noggin neglects a detail.

Saturday morning, I was out the door by 6:30am, and when I got to the dam I realized I was driving in a cloud. When I stepped out on the beach, a couple swimmers were already there, and it was a cool, long-sleeve kind of morning. I watched some early birds walk down to the lake and put their feet in, enjoying the same goose bump experience that I had the prior day. Becca Latimer and Melanie Brede decided to brave the cold waters and stepped in, then turned around, talked some, stepped back in, went a few feet, stopped, and they appeared to be experts at the "wading game", gradually inching forward. The next hour was a blur of coordinating, talking, answering questions, and answering more questions. And then we gathered on the beach, got everyone lined up and counted, and off they went, into the wet mystic, the fog still clinging to the tops of the trees.

We had one competitor who needed to stop early, as she had forgotten to take her asthma medication, and fortunately Ron Collins was right there to escort her in with his rescue board. She was okay, mostly just mad at herself for forgetting to take the medicine. Then another competitor showed up ten minutes late, and she pleaded her case as she disrobed at the water's edge, and it didn't look like she was going to be deterred from swimming, so I said "sure, but you got some catching up to do!" We started her exactly ten minutes after the first wave, and then we all caught our breaths for a minute. Watches working? Check. Everyone swimming? Check. Medals ready? "Hey, where are the medals, and who is handing them out?" Alas, we found a nice gentleman, perhaps the husband or father of a swimmer, and he and another person were happy to be put to work.

We looked back across the water and we could see the lead swimmer chopping away, making her way toward us. Or is it a him? A debate ensued, as we strained our eyes. Men and women with swim caps on look remarkably similar, so we waited until the mystery person got closer, and I said "I know that stroke, that's definitely a guy, and it's George, by golly! Look at him, he's having a really good summer, first he does a triathlon, then the Lake Tahoe relay, and now all that training is paying off at Moomaw."

Sure enough, George Sushkoff of Richmond, VA, representing River City Masters and VMST, rounded the last buoy with no one in striking distance, and claimed the overall title, sprinting out of the water and crossing the finish line in 22:02.49. The runner-up, Ellen Kiessling-Wales, was a couple minutes behind, finishing in 24:23.46. Ellen hails from northern Virginia and attends college in Connecticut as a member of the Sacred Heart University varsity team.

All in all, we had 64 competitors (38 female, 26 male) who showed up to enjoy another fine day in the mountains. The sun was obscured by fog for the start of the day, but at some point, after a few cups of coffee, the sun decided to wake up, the fog burned off, and we invited 64 of our newest friends to gather by the water's edge for one last photo.

As VMST race director, I'd like to thank all of the volunteers and swimmers for another successful day at Lake Moomaw. I want to thank all the folks from the Alleghany-Highlands Chamber of Commerce in Covington for making this event so unique and personable each year (Angie, Macie, Pam, Jessie, Megan, Teresa, and Rusty). You all know how to throw quite the party. So how about pancakes next year? Who's with me?? I also want to thank Lee Roe and all his volunteers from the West Rock water rescue team, as well as Ron Collins, who drove up early from Richmond and helped with the water rescue effort with his 14-foot lifeguarding board. Finally, a big shout-out to George Sushkoff, who more than earned his first-place medal by helping with the results tabulations after getting a couple minutes to dry off. And then he posted results online, too! Thanks George, you wear many swim caps, and it is appreciated.

And lastly, special thanks to Chuck Almarez for taking photos during the race, and for getting us together each year for our annual family reunion photo. For more information and photos from the swim, visit lakemoomawswim.com, vaswim.org, or check out Chuck's photos from his website, fireandlightgallery.com

Why Europeans Took So Long to Learn the Crawl

Sometimes we come across interesting articles about swimming. This time, the article comes from slate.com.

Well into the 1800s, most Europeans were still swimming with their heads out of the water. This is odd because for ages other cultures, such as Assyrians, Greeks, and Romans, swam the crawl stroke. Slate describes the history of what we know as freestyle in the following very interesting article:

<https://slate.com/human-interest/2022/07/history-of-the-crawl-stroke-karen-eva-carr-shifting-currents.html>

The article is excerpted from *Shifting Currents: A World History of Swimming* by Karen Eva Carr.

Annual LMSC Meeting

Our annual LMSC of Virginia meeting will be held as a Zoom call on Sunday, November 13, 2022, at 4PM. A representative from each club in the LMSC is encouraged to attend. This year we will have elections for officers (Chair, Vice-Chair, Secretary, and Treasurer) and we have some committee vacancies to fill (D&I, Coaches, Fitness, Officiating, and Sanctions). Anyone interested in nominating themselves or another person, please reach out to one of the nominating committee members: [Dave Holland](#), [Chris Stevenson](#), or [George Sushkoff](#). Other topics covered at the meeting include committee reports, meets for the coming year, the LMSC budget, and ideas for LMSC events (like the pre-Nationals meet clinics that were held this year or LMSC social event funding). Meeting reports from each LMSC committee chair are posted at www.vaswim.org either before or immediately after the meeting. If you would like to attend the meeting, please contact Caycee Buscaglia, current LMSC Chair.

LAKE MOOMAW PICTURES



Photo by Chuck Alvarez. Please see this link for more of Chuck's photos of the event: <https://fireandlightgallery.com/gallery/2022-lake-moomaw-swim-awards-group-photos/>

Overall winners at Moomaw:
Ellen Kiessling-Wales and George Sushkoff



Photo by Chuck Alvarez

MORE ABOUT NATIONALS

NATIONALS: NEW RECORDS

by Chris Stevenson

There were a total of 129 new LMSC records set at Long Course Nationals this summer: 97 individual and 32 relay records. Below is the list of all new individual LMSC records. Shirley Loftus-Charley had the most, with nine new records. Shirley also set two new USMS records, in the 1500 free and 400 IM; the 1500 was also a new FINA masters world record.

Andrew Brower (25-29): 50 Breast, 100 Breast, 200 Breast
Anna Kenna (18-24): 50 Back
Anna Sheng (18-24): 100 Back, 200 Back
Beth Schreiner (80-84): 200 Free, 50 Back
Bradley Phillips (30-34): 200 IM, 400 IM
Carl Ingebretsen (85-89): 50 Back
Craig Bauer (70-74): 50 Free, 100 Free, 50 Breast, 100 Breast
Denise Letendre (30-34): 400 IM
Douglas Slater (65-69): 50 Free, 50 Back, 100 Back, 200 Back, 50 Fly
Edward Gaulrapp (80-84): 50 Breast, 100 Breast, 200 Breast
Evan Elsaesser (35-39): 50 Free, 50 Back, 50 Fly
Fall Willeboordse (55-59): 50 Free, 100 Free, 100 Back, 50 Breast, 100 Breast
Gabrielle Mizerak (30-34): 50 Free, 100 Free, 50 Back, 100 Back, 50 Fly
Hank Holswade (75-79): 50 Free, 100 Free, 50 Back
Ida Hlavacek (80-84): 50 Fly, 200 Fly, 400 IM
James Crabb (25-29): 200 Fly, 400 IM
Joann Leilich (80-84): 400 Free, 100 Back, 50 Breast, 100 Breast, 200 Breast
Jorge Cortina (60-64): 1500 Free
Kenneth Neubauer (60-64): 200 Breast

Kevin Mastracci (25-29): 50 Back
Kristen Harris (45-49): 50 Breast, 200 Breast
Laura Walker (85-89): 50 Free, 50 Back, 200 Back
Lee Bettis (80-84): 50 Free, 100 Free, 50 Back, 100 Back
Lucas Bureau (25-29): 50 Free, 100 Free, 200 Free, 50 Fly, 100 Fly, 200 IM
Margaret Conze (50-54): 50 Free, 100 Free, 50 Fly
Marie Restrepo (60-64): 50 Free
Matthew Healey (18-24): 50 Free, 50 Fly
Patricia Miller (60-64): 50 Breast, 100 Breast
Ricky Perez (25-29): 100 Back, 200 Back
Ron Collins (60-64): 50 Fly
Shirley Loftus-Charley (70-74): 100 Free, 200 Free, 400 Free, 800 Free, 1500 Free, 50 Fly, 200 Fly, 200 IM, 400 IM
Sidney Glass (30-34): 50 Free, 50 Back
Steve Medei (45-49): 200 Breast
Susan Williams (55-59): 50 Back, 50 Fly
Val Van Horn Pate (60-64): 50 Back, 100 Back, 200 Back, 50 Fly, 100 Fly, 200 IM
William Wardle (70-74): 200 Free, 400 Free, 800 Free, 50 Back, 100 Back, 200 Back

There were 32 new LMSC relay records: Club Tribe set 20, while VMST set 8 and E-team set 4. (List is below but I am not sure that we should include it).

Club Tribe relay records (20): 72-99 Women 200 Free Relay, 72-99 Women 200 Medley Relay, 160-199 Women 200 Medley Relay, 200-239 Women 200 Free Relay, 200-239 Women 200 Medley Relay, 72-99 Mixed 200 Free Relay, 100-119 Mixed 200 Free Relay, 100-119 Mixed 200 Medley Relay, 120-159 Mixed 200 Free Relay, 120-159 Mixed 200 Medley Relay, 200-239 Mixed 200 Free Relay, 200-239 Mixed 200 Medley Relay, 240-279 Mixed 200 Free Relay, 72-99 Men 200 Free Relay, 100-119 Men 200 Free Relay, 100-119 Men 200 Medley Relay, 120-159 Men 200 Free Relay, 120-159 Men 200 Medley Relay, 200-239 Men 200 Free Relay, 200-239 Men 200 Medley Relay.

VMST relay records (8): 240-279 Women 200 Free Relay, 240-279 Women 200 Medley Relay, 320-359 Women 200 Medley Relay, 240-279 Mixed 200 Medley Relay, 320-359 Mixed 200 Free Relay, 320-359 Mixed 200 Medley Relay, 240-279 Men 200 Medley Relay, 320-359 Men 200 Free Relay

ETM relay records (4): 280-319 Women 200 Free Relay, 280-319 Mixed 200 Free Relay, 280-319 Mixed 200 Medley Relay, 280-319 Men 200 Medley Relay

Club Tribe also set new USMS records in 5 of these relays: Men's 100-119 200 Medley Relay, Mixed 72-99 200 Free Relay, Mixed 100-119 200 Free and Medley Relays, and Women's 200-239 200 Medley Relay. That last relay with Susan Williams, Kristen Harris, Margaret Conze, and Fall Willeboordse was also a FINA World Record.

Congratulations to all the new record holders!



AND EVEN MORE ABOUT NATIONALS . . .

CLUB TRIBE WINS 2022 USMS SUMMER NATIONALS by Kyle Ahlgren

Club Tribe Masters Swimming realized a long-standing, long shot goal last week by winning the team National Championship at the 2022 USMS Summer Nationals in Richmond. Sixty Club Tribe swimmers (age 19 to 76) pulled together in five mammoth sessions to prevail over 130 other clubs, including perennial powerhouses Swim Fort Lauderdale and Sarasota Sharks as well as several teams in the area that made big pushes for this meet. Here are the final team standings for the Top 20 clubs (with points in parentheses):

1. **Club Tribe (2,205)**; 2. Swim Fort Lauderdale (2, 046.5); 3. Sarasota Sharks (1,830); 4. Reston Masters (982); 5. E Team (561); 6. St. Pete Masters (432); 7. Palmetto Masters (417); 8. DCAC (372); 9. Colonials 1776 (351); 10. San Diego Swim Masters (350); 11. Lone Star Masters (343); 12. Nickel City Splash (281); 13. Palm Beach Masters (280); 14. O*H*I*O Masters (273); 15. Little Rock Masters (230); 16. Indy Aquatic Masters (218); 17. Terrapin Masters (201); 18. Fredericksburg AFF (187.5); 19. Phoenix Swim Club (184); 20. TIDE Swimming (172)

The scope and scale of this victory – as well as its personal meaning – cannot be fully captured in a recap. I will instead simply convey: (1) the top-line stats; (2) some important themes of this team triumph; and (3) the jaw-dropping list of records and championships – both individual and relay. I would also commend you to the posts and comments on Facebook that express valuable personal perspectives on the meet and our team, as well as this Google Photos drive, which manifests so much joy, friendship, support and success.

Every single Club Tribe swimmer made important contributions to our victory; the narrow final margin proves that we needed absolutely everybody. This national championship belongs not only to those who were on deck in Richmond, but to every single one of you who has ever been a part of Club Tribe in any way. Since 2014, this team and this championship have been built slowly – brick by brick – by all of you. . .

For the rest of this article, please see page 8). Also, for many, many great Club Tribe photos, see: https://photos.google.com/share/AF1QipMdykf-4HnwgA0Qd_Tey1_UEqy4x_hJV66-_9EsYsN9eTFVa6JnXLqtx9ENCG59og?key=dkJfSjRhMlpCZTZBSnBOSWh0dmVrb2tiRU9fVI9n

VMST WINS 2ND PLACE NATIONALLY FOR REGIONAL TEAMS by Jim Miller

United States Masters Swimming held their summer long course (50 meter pool) National Championships at Swim RVA in Richmond August 3-7. It was the first National Swimming Championship ever held in Virginia!

Virginia Masters Swim Team (VMST) which is a state-wide team with numerous work-out groups falling under the VMST designation for regional and national events. The 5 work-out groups under VMST are River City Masters (at ACAC in Richmond), Quest Master Swim Team (at the QUEST complex just outside of Richmond), NOVA of Virginia (at 2 NOVA Complexes in Richmond), Swim RVA Hammerheads (at Swim RVA complex), and Stripers (at the Kilmarnock YMCA). These combined training groups represent a total membership of 275 athletes under VMST. There were several old VMST members from years past that had moved away from Virginia, who switched their USMS membership back to VMST to be rejoined with old teammates.

VMST finished in second place at the 2022 USMS Long Course National Championships in the Regional Team Division. **ALL** swimmers made that possible! VMST athletes **rewrote** the Virginia record book setting 100 + new Masters LMSC records for individual events and relays on the way to this amazing finish. Multiple relays and individuals place in the top 10 with several National Champions in both individual and relay categories. Relay categories are determined by the sum of the ages of the athletes on the relay with the youngest VMST relay entered 100+ and the oldest relays that VMST entered was in the 320+ age group. VMST entered 39 different relays in the course of the 2022 National Championship, and **everyone showed up every time and not a single relay scratched!! THAT IS TRULY AMAZING!!** That is a true team effort, representing a lot of team points. Barbara Boslego was the primary force behind the relays working for weeks configuring and reconfiguring relays. Awesome job, Barbara!

There were even some of the VMST athletes who were swimming in their very first pool competition! How brave/motivated is that!!

Long Course Nationals was amazing fun! Most of the VMST work-out groups took 2-4 days off at the most before returning to training. There are many events coming up including Open Water events, Fall meets, and MORE FUN!

After seeing all the smiles, camaraderie and fun, encourage those around you to join Masters Swimming and share in the FUN!



Nationals in the River City

by Caycee Buscaglia

Long Course Nationals in the River City did not disappoint. After a hiatus of 17 years from Long Course Nationals I had been looking forward to competing in my hometown since before the pandemic. The SwimRVA facility did an outstanding job hosting the event.

Despite being away from national competitions for almost two decades some aspects of the event remained the same. I still only like to enter backstroke races and relays where I swim backstroke. For giggles, I entered the 400 free because I found it was my favorite swim from June's Big Kahuna Meet. I would like to note the last time I swam that event might have been 1981. No expectations was the theme of the meet and I had nothing to lose. My inspiration continues to come from the many 'older' athletes racing and I wonder how long I can stay in this sport and compete. When you see a 99 year old swim the 1500 in less than 50 minutes that's inspiration. Swim meets are always a reunion of sorts and I was connected to a few of my ECU and age group swimmers from the 70's and 80's. Not to mention my fellow local swimmers who I haven't seen since pandemic shut downs.

Some differences to note, I said a prayer of thanks every time I raced since I was given the opportunity. The pandemic and cancer have made me more grateful for living life. Reconnecting and meeting my fellow VMST team mates and just being to hang out on the pool deck was something I had taken for granted in the past. Another difference was the technology at an event like this. After my first race Coach Diane called me over to watch it on her IPAD. That was a first for me. The LIVE stream had outstanding coverage and allowed friends and family to watch. I could also view races from the comfort of my home. New to me was the backstroke ledge that caused my major anxiety as I wanted to conquer the start. By the end of the meet I had perfected the start. Getting into my suit was a daily struggle and made me seriously reflect on whether I could do this over the next four days. I would like to note the tech suit was over 8 years old (thanks TYR). I made locker room friends each session. This feat was accomplished in record time as I almost missed my Medley Relay. Nothing is worse than when you enter a locker room and you are the only one there. Heat 1 just finished and we were in heat 4. I thought I was going to have to run out on deck with my suit half up. I grabbed my bag and ran down to lane 7 greeting the butterflyer, who I did not know. I jumped up and down waving frantically to Barbara Hichak (free leg) letting her know I was here. I jumped into the water for the start ... I made it! I learned later that our breaststroker was sitting in the bleachers and walked to the block when I jumped in for the start. He must have been truly doubtful that our relay was going to happen. We placed 6th and my split was fast with all that adrenaline pumping.

Reflecting on the meet, I missed several friends who really should have competed, but the diversity on deck was noted. Never before had I heard so many different languages on deck. I have a new found confidence that wasn't there before. Confidence that I can race and the pure joy of being around people with the same passion as mine. I'm looking forward to future events happening in our state soon.

AND NOW FOR SOME PICTURES FROM NATIONALS . . .



George Sushkoff, Erica Burgess, Jayme Swain, Wink Lamb, Austin Williamson, Lori Strobl, Mark Debartolo



Lori Strobl, Denise Letendre, Erica Burgess, Jayme Swain



Tess Andres

See more pictures on pages 10 and 11 of this newsletter and also at www.vaswim.org!

TOP LINE STATS

As detailed below, Club Tribe relays:

- Established 2 new FINA Masters World Records;
- Established 6 new USMS National Records;
- Won 17 national championships (5 Women, 6 Men, 6 Mixed) from the 72-99 age group to the 240-279 age group; and
- Established 20 new Virginia LMSC Records (5 Women, 7 Men, 8 Mixed).
Club Tribe individual swimmers:
- Took home 38 national championships (17 Women, 21 Men); and
- Established 42 new Virginia LMSC Records (21 Women, 21 Men).

CLUB TRIBE INDIVIDUAL HIGH POINT LEADERS (TOP 10)

1	Lucas Bureau 64
2	Gabby Mizerak 60
3	Julie Anderson 58
4	Fall Willeboordse 57
5	Dave Bell 55
6	Anna Sheng 54
7	Andrew Brower 53
8	John Rockwell 49
9t.	Lewis Rockwell 48
9t.	Shannon Greene 48

[Click here for comprehensive meet results.](#)

THEMES OF AN EPIC TEAM VICTORY

GENERATIONAL DIVERSITY

One of the things I love most about Club Tribe is its generational diversity. There are powerful forces at work in our economy, society, and culture that tend to pull us apart by age. On this team, all of that gets wiped out in the most refreshing way (both on and off deck). We all have much to learn from one another in both directions, and this team lets us do that. Our spread of ages is also – mathematically – the reason we won this meet; simply put, no other team was able to be elite across such a wide range.

GENDER BALANCE

We are and always will be a single team. We paid very little attention to the separate Men's and Women's scoreboards; they're interesting, but they don't reflect what we are about. It came as no surprise that in order to be a top team at this meet, our Women needed our Men and our Men needed our Women; neither group topped their own rankings. And the Mixed relays were bananas.

LEADERSHIP

Rich Williams is the best coach in Masters Swimming and this victory is a reflection of his tireless devotion to his swimmers' training and his prowess as an on-deck coach in a high-pressure championship meet environment. It is also a reflection of the many other people on Club Tribe who have emerged as leaders of this team. Our younger cohort has terrific leaders, our older cohort has terrific leaders, and we've had teammates emerge from Blacksburg to Richmond to Winchester to Fairfax and beyond to help lead this team. None of this was possible without them.

PERSEVERENCE

A lot of people had to overcome a lot of things just to show up for this meet (we also had teammates for whom attendance was literally impossible, and this championship belongs to them too). We have teammates who struggled with cancer, COVID and other illnesses suffered by themselves and/or their loved ones. We have teammates who fought through injuries that should have kept them out of the meet. We have many teammates who spend a significant portion of their lives caring for loved ones who are aged or who have special challenges and needs – getting away for a mere day or two can be tough for them. We have young people whose college and post-graduate lives are riddled with complexities and headwinds that those of us who breezed through the 90s and 00s can scarcely imagine. All of us had to figure out how to train and try to stay healthy when the world shut down. And yet we persevered. Together.

BRAVERY

It takes a lot of guts to do this. It takes a lot of guts to take a single rep from the blocks if you know that it is physically impossible to swim as fast as you once did. It takes a lot of guts to be a young person and link up with a bunch of intense and eccentric Boomers and Gen Xers. We have teammates who were never competitive swimmers or who last swam a meet when they were small children. We have swimmers who fear and detest the Long Course pool. We had a teammate show up for her very first Masters meet only to be told that for her first swim she would be key to breaking a very fast relay National Record (and it turned out she was). We have teammates who prepped in a matter of weeks or days, knowing that they wouldn't really have time to get ready. All of this takes true strength and bravery.

SELFLESSNESS AND SELF-SACRIFICE

Nothing great is ever accomplished without self-sacrifice – it's a secret law of Nature. This victory was born of so much genuine selflessness it hardly makes sense to try to name it. Our Head Coach took himself off a national championship relay to maximize team points. One of the fastest Breaststrokers at the meet swam on our "C" Medley Relay as the lynchpin of a strategy that paid off across our entire slate. We left a number of big records on the table for the sake of the team, including a couple in the 72-99 age group that would have been so much fun to watch. Many of our teammates swam off events (including some of the most grueling options on the menu) solely to score team points; there were Club Tribers who thought they were swimmers contesting the 400 IM, 200s of stroke, and Distance Free races. Many swimmers on our team probably would have been faster if they didn't have as many swims over the course of the meet. Every single one of you donated a piece of yourselves for this win.

TEAM SPIRIT

From the moment of its inception, Club Tribe has been a team that cheers for each other, supports one another, and believes that swim meets are more fun when we invest in a team atmosphere. This is the first time in my life that I haven't been the person on the team who cheers the most

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and the loudest; I am now a distant second to Mick and perhaps a step or two behind many others. For those of you who are newer to Club Tribe, please understand that this isn't just a creature of winning – we were like this when we were a small, unknown team and we have been like this ever since. I wouldn't want it any other way, and although I have great respect for our competition, I know that I simply couldn't be on any other team. You can throw away all the records and stats and just show me a video of the Club Tribe cheering section for the 400 IM and 200 Fly and I'm good.

THE HELPERS

As Rich and I have mentioned a few times, for many reasons we both knew several months ago that we couldn't do everything that we would normally do for a big meet – we needed help. A lot of it. I'm not quite sure how to calculate the points that are attributable directly to Michele, Mick, Vince, and Sydney for their efforts to keep us fed, housed, organized, decked out in Club Tribe gear – the list goes on. Along with the rest of the Planning Committee and all of you recruiters, boosters, and promoters out there, those four people handled hundreds of invisible but important things that collectively were a key to our victory. There are myriad examples, but I'm partial to the moment on Friday night when we brought John and Lewis Rockwell into the Club Tribe Situation Room as an extra set of minds on the Mixed 200 Medley Relay puzzle, and also to the moment on Saturday night when we received a text from Dave Bell with detailed, accurate projections for the meet's endgame. If I learned nothing else in Richmond about Club Tribe, it's that we have so many teammates who are clamoring to help. We haven't even begun to tap the full resources of this team.

KATIE

Some of us knew and loved Katie Grauman Grier for a quarter century. Others heard a lot about her last weekend but did not have the unique pleasure of knowing her. All of us came together to honor her with this championship, and I am profoundly grateful for that. Katie's work on this Earth lives on in many places – most importantly in her beloved children, Sophia and Ian. But surely it also lives on in this team and in this national championship; it gives me great consolation and repose to know that Club Tribe and Katie are bound together forever in the fast lane.

CLUB TRIBE RECORDS AND CHAMPIONSHIPS

FINA MASTERS WORLD RECORDS (2)

- Women's 200 Medley Relay (200-239) - 2:08.87: S. Williams, K. Harris, M. Conze, F. Willeboordse
- Women's 200 Free Relay (200-239) – 1:54.72: F. Willeboordse, C. Hurtubise, S. Williams, M. Conze

USMS NATIONAL RECORDS (6)

- Women's 200 Medley Relay (200-239) - 2:08.87: S. Williams, K. Harris, M. Conze, F. Willeboordse
- Women's 200 Free Relay (200-239) – 1:54.72: F. Willeboordse, C. Hurtubise, S. Williams, M. Conze
- Men's 100-119 200 Medley Relay (100-119) – 1:44.55: S. Kettlewell-Sites, A. Brower, L. Bureau, M. Healey
- Mixed 200 Medley Relay (100-119) – 1:53.91: A. Kenna, L. Bureau, G. Mizerak, M. Healey
- Mixed 200 Free Relay (100-119) – 1:41.71: L. Bureau, M. Healey, A. Kenna, G. Mizerak
- Mixed 200 Free Relay (72-99) – 1:44.64: S. Kettlewell-Sites, S. Glass, A. Sheng, J. Anderson

RELAY NATIONAL CHAMPIONS – MEN (6)

- 200 Medley Relay (200-239) – 2:03.43: D. Bell, R. Williams, C. Harbourt, R. Belmar
- 200 Free Relay (200-239) – 1:47.64: R. Williams, D. Bell, M. Tingstrom, J. Ruckdeschel
- 200 Free Relay (120-159) – 1:40.65: A. Brower, E. Elsaesser, A. Glass, A. Henderson
- 200 Medley Relay (100-119) – 1:44.55: S. Kettlewell-Sites, A. Brower, L. Bureau, M. Healey
- 200 Free Relay (100-119) – 1:34.83: M. Healey, S. Kettlewell-Sites, S. Glass, L. Bureau
- 200 Free Relay (72-99) – 1:45.90: J. Tolar, G. Ramsdell, R. Bracewell, L. Rockwell

RELAY NATIONAL CHAMPIONS – MIXED (6)

- 200 Free Relay (240-279) – 1:56.43: D. Slater, G. Harris, M. Restrepo, S. Williams
- 200 Medley Relay (200-239) – 2:04.44: D. Bell, R. Williams, M. Conze, F. Willeboordse
- 200 Free Relay (200-239) – 1:50.10: D. Bell, J. Ruckdeschel, F. Willeboordse, M. Conze
- 200 Medley Relay (100-119) – 1:53.91: A. Kenna, L. Bureau, G. Mizerak, M. Healey
- 200 Free Relay (100-119) – 1:41.71: L. Bureau, M. Healey, A. Kenna, G. Mizerak
- 200 Free Relay (72-99) – 1:44.64: S. Kettlewell-Sites, S. Glass, A. Sheng, J. Anderson

INDIVIDUAL NATIONAL CHAMPIONS – WOMEN (17)

- Gabby Mizerak (3): 30-34 50 FR, 50 Fly, 100 Fly
- Julie Anderson (3): 18-24 200 FR, 400 FR, 800 FR
- Susan Williams (2): 55-59 50 BK, 50 Fly
- Fall Willeboordse (2): 55-59 50 FR, 100 FR
- Anna Sheng (2): 100 BK, 200 BK
- Marie Restrepo (1): 60-64 50 FR
- Kristen Harris (1): 45-49 200 BR
- Courtney Hurtubise (1): 40-44 50 BR
- Shaina Kulczycki (1): 25-29 200 BK
- Anna Kenna (1): 18-24 50 BK

INDIVIDUAL NATIONAL CHAMPIONS – MEN (21)

- Lucas Bureau (5): 25-29 100 FR, 200 FR, 50 Fly, 100 Fly, 200 IM
- Andrew Brower (3): 25-29 50 BR, 100 BR, 200 BR
- Dave Bell (2): 45-49 100 FR, 100 Fly
- Evan Elsaesser (2): 35-39 50 Fly, 100 Fly
- Matt Healey (2): 18-24 50 FR, 50 Fly
- Vince Romano (1): 75-79 1,500 FR
- Doug Slater (1): 65-69 100 BK
- Jonathan Ruckdeschel (1): 50-54 50 FR
- Rich Williams (1): 45-49 50 BR
- Sidney Glass (1): 30-34 50 BK
- Sam Kettlewell-Sites (1): 25-29 50 BK
- Lewis Rockwell (1): 18-24 100 BK

VIRGINIA LMSC RELAY RECORDS – WOMEN (5)

- 200 Medley Relay (200-239) – 2:08.87: S. Williams, K. Harris, M. Conze, F. Willeboordse
- 200 Free Relay (200-239) – 1:54.72: F. Willeboordse, C. Hurtubise, S. Williams, M. Conze
- 200 Medley Relay (160-199) – 2:10.22: G. Mizerak, C. Hurtubise, K. Gass, M. Choe
- 200 Medley Relay (72-99) – 2:10.34: A. Sheng, C. Costa, J. Anderson, S. Kulczycki
- 200 Free Relay (72-99) – 1:57.96: J. Anderson, C. Costa, S. Greene, A. Sheng

VIRGINIA LMSC RELAY RECORDS – MEN (7)

- 200 Medley Relay (200-239) – 2:03.43: D. Bell, R. Williams, C. Harbourt, R. Belmar
- 200 Free Relay (200-239) – 1:47.64: R. Williams, D. Bell, M. Tingstrom, J. Ruckdeschel
- 200 Medley Relay (120-159) – 1:55.38: A. Henderson, B. Fratkin, E. Elsaesser, K. Major

(cont'd on page 10)

- 200 Free Relay (120-159) – 1:40.65: A. Brower, E. Elsaesser, A. Glass, A. Henderson
- 200 Medley Relay (100-119) – 1:44.55: S. Kettlewell-Sites, A. Brower, L. Bureau, M. Healey
- 200 Free Relay (100-119) – 1:34.83: M. Healey, S. Kettlewell-Sites, S. Glass, L. Bureau
- 200 Free Relay (72-99) – 1:45.90: J. Tolar, G. Ramsdell, R. Bracewell, L. Rockwell

VIRGINIA LMSC RELAY RECORDS – MIXED (8)

- 200 Free Relay (240-279) – 1:56.43: D. Slater, G. Harris, M. Restrepo, S. Williams
- 200 Medley Relay (200-239) – 2:04.44: D. Bell, R. Williams, M. Conze, F. Willeboordse
- 200 Free Relay (200-239) – 1:50.10: D. Bell, J. Ruckdeschel, F. Willeboordse, M. Conze
- 200 Medley Relay (120-159) – 1:55.94: A. Sheng, A. Brower, E. Elsaesser, C. Hurtubise
- 200 Free Relay (120-159) – 1:48.56: L. Rockwell, A. Brower, C. Hurtubise, K. Gass
- 200 Medley Relay (100-119) – 1:53.91: A. Kenna, L. Bureau, G. Mizerak, M. Healey
- 200 Free Relay (100-119) – 1:41.71: L. Bureau, M. Healey, A. Kenna, G. Mizerak
- 200 Free Relay (72-99) – 1:44.64: S. Kettlewell-Sites, S. Glass, A. Sheng, J. Anderson

VIRGINIA LMSC INDIVIDUAL RECORDS – WOMEN (21)

- Fall Willeboordse (5): 55-59 50 FR, 100 FR, 100 BK, 50 BR, 100 BR
- Gabby Mizerak (5): 30-34 50 FR, 100 FR, 50 BK(r), 100 BK, 50 Fly
- Margaret Conze (3): 50-54 50 FR, 100 FR, 50 Fly
- Susan Williams (2): 55-59 50 BK, 50 Fly
- Kristen Harris (2): 45-49 50 BR, 200 BR
- Anna Sheng (2): 100 BK, 200 BK
- Marie Restrepo (1): 60-64 50 FR
- Anna Kenna (1): 18-24 50 BK

VIRGINIA LMSC INDIVIDUAL RECORDS – MEN (21)

- Lucas Bureau (6): 25-29 50 FR(r)(tied), 100 FR, 200 FR, 50 Fly, 100 Fly, 200 IM
- Doug Slater (4): 65-69 50 FR, 50 BK, 100 BK, 200 BK
- Evan Elsaesser (3): 35-39 50 FR, 50 BK, 50 Fly
- Andrew Brower (3): 25-29 50 BR, 100 BR, 200 BR
- Sidney Glass (2): 30-34 50 FR, 50 BK
- Matt Healey (2): 18-24 50 FR, 50 Fly
- Sam Kettlewell-Sites (1): 25-29 50 BK(r)

The Virginia LMSC Records are located here.



MORE PICTURES FROM NATIONALS!



George Sushkoff, Dave Holland, Kitten Braaten, Mark Kutz



Ida Hlavacek, Joann Leilich, Laura Walker, Susan Marens



Susan Marens, Nancy Speerk, Laura Walker



Jason Rodriguez (TIDE) and Matt Murphy (SwimNERDS)



Nancy Speer and Susan Dickens



Amy Scott and Barbara Hichak



Barbara Boslego and Ida Hlavacek before a relay



Swimmers from FAFF



Carl Ingebretsen Sr. and Carl Ingebretsen Jr. from FAFF



National Champion Women's Free Relay (Barbara Hichak, Nancy Speer, Caycee Buscaglia, and Alice Phillips)