LMSC for VA Newsletter

MASTERS SWIMMERS: "THE UNCOMMONWEALTH of VIRGINIA"

Published Quarterly by the Local Masters Swim Committee for Virginia *February 15, 1996/Volume XIV/Number 1*

NEWS BRIEFS

✷ USMS Video Library
USMS has collected a library of instructional videos that are available for two-week rental. These videos feature authorities such as Don Gambril, Skip Kenney and Mark Schubert, along with a number of former Olympians. Call (516) 929-4812.

✷ Reminder!!
This is absolutely the last newsletter you will receive if you have not renewed your USMS membership.

✷ Short Course Nationals
is coming up. Plan on prospecting for gold in California? Look in *SWIM Magazine* for your entry form.

✷ You know it's summer
when you swim your first open water event. You won't want to miss the **Virginia Championship Series**: a 2-mile lake swim in Reston, a 1-mile beach swim in Virginia Beach, and a 2-mile cable swim in Charlottesville.

In this issue...

- another excellent article by **Terry Laughlin**
- Coach **Emmett Hines** explains why it's so hard to pass that &!*%@!! in your lane.
- tangled in the World Wide Web

Dogs Learn New Tricks

by Terry Laughlin

Swimming is not kid's stuff.

There are advantages to starting when you're 40. It's a stubborn and particularly condescending myth that learning to swim, like bearing a child, is subject to some kind of biological clock. There it was again in a recent issue of SWIM magazine, a star swimmer on the Masters circuit, suggesting that the age of 40 was some kind of watershed governing whether or not a new swimmer could develop a good stroke and learn to swim comfortably.

As myths go, it plays to an especially credulous audience – new triathletes and hopeful runners checking out alternative pool workouts that won't punish their legs after one too many training injuries. In they jump and down they go exhausted, wondering where all their fitness went. They don't understand what's happening.

I do, because in capricious moments, I'll go out for a run with friends who are serious about running. Despite my Clydesdale figure and modest mileage (over 200 in lbs and under 200 in running miles per year) I can hold on for several miles with accomplished athletes who are kind enough to ease their normal pace a bit. I certainly do well enough to finish a road race in the middle of the pack.

My running friends, who log as many miles in a month as I might in a year, can't move as easily into swimming mode though. They'd never think of joining my swim workouts, and entering a Masters or open water race would be more unthinkable yet. Then they hear, from an "authority" that to learn all the subtle motor skills of swimming really well you have to start as a kid and they say "Well, no wonder!" and walk out of the pool forever.

*continued as **NEW TRICKS** on page 7*

Something for Seniors: International Senior Games

The International Senior Games sound like a blast. They will be held for two weeks in Bermuda, April 13 - 27, 1996, and are for men and women over 50 years of age. ESPN will air a 3 hour special on the Games with plenty of interviews. Some famous "senior" athletes will be in attendance, including Bob Cousy, Jim Ryun, Peter Snell, and many more.

What sounds fun is the choice of events in the Games. Masters swimmers will of course be most interested in the Swimming events, and perhaps the Triathlon, or even the Track & Field events. Other staple sports are represented: Soccer, Tennis, Golf, Volleyball, etc. However, you might want to try your hand at Storytelling, Art, Poetry, Cricket, Squash, or Darts (or maybe you'd enjoy watching these events). Call (800) 867-5935 or (203) 352-0532 for more information. Relaxing in the Bermuda sun and telling tall tales can earn you a gold medal!

Upcoming Events for Virginia Swimmers

Mark Your Calendars...

- April 13-27, 1996
  INTERNATIONAL SENIOR GAMES
  Bermuda
- April 18-21, 1996
  YMCA MASTERS NATIONAL CHAMPIONSHIPS
  Orlando, FL
- April 20–21, 1996
  DIXIE ZONE SHORT COURSE CHAMPIONSHIP
  Raleigh, NC
  Ceil Blackwell (919) 787-8324
- May 3-5, 1996
  COLONIES ZONE SHORT COURSE CHAMPIONSHIPS
  Wilton, CT
  Aileen Zaffaroni (203) 834-9968
- May 9-12, 1996
  USMS NATIONAL CHAMPIONSHIPS
  De Anza, CA
- May 26, 1996
  RESTON MASTERS 2-MILE LAKE SWIM
  Reston, VA
  Lynne Hook & Helene Burden (703) 845-SWIM
- June 16, 1996
  JACK KING 1-MILE OCEAN SWIM
  Virginia Beach, VA
  Betsy Durrant (804) 422-6811
- June 22-28, 1996
  WORLD MASTERS SWIMMING CHAMPIONSHIPS
  Sheffield, England
- July 6, 1996
  CHARLOTTESVILLE 2-MILE CABLE SWIM
  Linda McCowan (804) 389-2537

Camps and Clinics

TOTAL IMMERSION ADULT SWIM CAMPS
Workshop Schedule:
March 9-10: Muncie, IN
Mar 16-17: Atlanta, GA
Mar 23-24: Los Angeles, CA
Mar 30-31: New Orleans, LA
Mar 30-31: San Diego, CA
Apr 13-14: Boston, MA
Apr 20-21: Albuquerque, NM
Apr 20-21: Orlando, FL
May 4-5: Washington, DC
May 11-12: Seattle, WA
May 18-19: Oakland, CA
May 18-19: Austin, TX

Contact **Terry Laughlin** at 1-800-609-SWIM

LMSC Officers

Chairman: Forrest Sullivan, 1752 N. Woodhouse Rd., Virginia Beach, VA 23454 (804) 481-1988
Registrar: Craig Campesi, 14134 Walton Dr., Manassas, VA 22111 (703) 791-5567
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Fitness Committee: Rhea Wilkins, 1607 Darrell Dr., Midlothian, VA 23113 (804) 794-3659

Newsletter Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573

Why does that guy/gal always speed up when I try to pass him/her?

Coach Emmett Hines

Ever experience this? You are closing in on a swimmer and about to overtake him/her. Then you start to swim alongside the other person in an attempt to pass and, lo and behold, the inconsiderate boob chooses that very moment to begin getting more value from his/her workout dues by swimming faster. You either have to put forth a superhuman effort to finish what you started or you end up swimming side by side all the way to the wall where the whole scenario gets ugly - you're upset because he/she wouldn't let you pass and he/she is pissed cuz you cut him/her off.

(Jeez people, can we lose this hermaphroditic he/she, him/her garbage and just agree on "it"?)

When you are about to overtake a swimmer you are, in fact, drafting off that person for a little while (drafting is where you enter, and are carried along by, the stream of water that the swimmer in front of you has already started moving - you benefit from the work that swimmer has already done, you swim faster with less effort). Then you are ready to swim past it (I'm referring to the other swimmer, remember our agreement? - this is the kind of stuff you have to put up with when you insist on being politically correct.). At this point you swim out of the draft of water the other swimmer was gracious enough to get moving for you and into his/her (sorry, its kind of a habit these days) wake and turbulence. You now are fighting more resistance than ever before. Unless the wake is big enough to body surf on, you will find yourself having to work quite a bit harder just to keep from slowing down.

Of course, from your vantage point, it may very well appear as though the other swimmer chose just that moment to speed up.

This phenomenon is easy to see from the deck but is often misinterpreted, even by experienced swimmers, in the water.

So, the next time you have trouble passing someone in mid lane be aware that it may not be all their fault. Just realize what extra effort will be required and go for it. Of course if you tap them on the toes before (or as) you pull out to pass, they might have the common decency to hug the lane rope and give you room to swim in. And, if you get lucky, they will realize that it's best to stay to the right as both of you approach the wall so that you won't be cutting across their turn.

*continued as **PASSING** on page 7*

"http://swim" - Swimming on the Web

I guess any well runs dry. Most months your editors have any number of excellent articles contributed by Virginia swimmers willing to share their wisdom and humor. Alas, the holiday season must have been busy, because as we sat down to put together this month's missive, we realized that we had ***no*** contributions from our members. Fortunately, swimming articles on the World Wide Web have exploded in the last few months, and your roving editors have collected a few little tidbits for your enjoyment. Read on...

➢ **Do Fast Pools Exist?**
www.hk.super.net/~kf/wmssnip.htm.

Unlike the tooth fairy, they do exist. Your body displaces water when you swim, thus creating horizontal and vertical waves that move away from you. Horizontal waves travel along the top of the water, and without lane lines and gutter systems, the wash will impede your progress. Vertical waves travel to the bottom of the pool and reflect back. The shallower the water, the more likely the wash created by the vertical wave will affect your progress. The deeper the water, the longer it will take, and the wave will tend to dissipate. Since the optimum depth is 6 to 8 feet, you will experience a difference if the pool is only 3-4 feet deep, as you will find yourself in the wash of the leading swimmers.

➢ **Why Technique Matters more than Fitness**
by Terry Laughlin, fas.sfu.ca/1/cs/people/GradStudent/zaiane/personal/totalswim/swim1.html [Excerpted]

A swimmer with each stroke has to push against a liquid that seems to do nothing but swirl away when you try to push against it. And to compound your difficulty, in propelling yourself forward, you have to thrust your body through a medium that is a thousand times denser than air. For a runner, this would be like trying to run across a field of Jell-O into the teeth of a gale-force wind.

Water is so effective at robing us of efficiency that scientists estimate that even world-class swimmers are probably only about 9% mechanically efficient; 91 of every 100 calories is being robbed by water drag and the difficulty of pushing a hand against liquid. The novice swimmer may be only 1 or 2% efficiency, as many as 99 of every 100 calories being stolen by the water.

The following web sites have dozens of links to interesting swimming sites, as well as some articles and other items of interest. If you're wired, check 'em out!
Colorado Swim Index: lornet.com/swimming/sports.htm
Swimming Yellow Pages: www.tcd.net/~jj/swimlinx.html
SwimNews Online Magazine: www.swimnews.com
WebSwim Page: alf2.tcd.ie/~smft2ger/swim/header.html

Virginia Masters: Team News

Notes from the President

by Beth Waters

Registrations for 1996 are now past due! This is the last newsletter you will receive if you haven't registered for 1996. The registration form was included in the November newsletter.

If you are preparing an entry form for a meet, it would be helpful if you could make it a two page form. The Stevensons try to keep the newsletter at a maximum of 10 pages to avoid incurring additional cost due to the weight. Please contact the Stevensons for a sample entry form. Thanks for your help!

Happy Birthday

February VMST Birthdays



Calvin Barnes	Hampton	2/2/24	72	Hank Mierzwa	Fairfield	2/25/50	46
Carol Beville	Vinton	2/1/54	42	Ed Moylan	Manassas	2/28/42	54
Molly Broderson	North	2/12/52	44	Lisa Murray	Richmond	2/13/69	27
Rick Chandler	Roanoke	2/15/61	35*	Elaine Scott	Blacksburg	2/21/57	39
Bep Creemers	Lynchburg	2/25/24	72	Susan Sieger	Richmond	2/14/67	29
Tricia Freer	Woodbridge	2/9/54	42	Mike Stott	Richmond	2/4/38	58
David Gouger	Midlothian	2/5/05	91	Rick Stringer	Virginia Beach	2/2/50	46
Marilyn Grender	Blacksburg	2/18/31	65*	Karin Stronach	Hampton	2/4/40	56
Charlie Laughlin, Jr	Richmond	2/1/60	36	Linette Thornton	Smithfield	2/26/71	25*
John Lowe	Wilmington, DE	2/8/61	35*	Jacqueline Wallace	Midlothian	2/21/63	33
Mic McConnell	Richmond	2/2/62	34	Richard Wewerka	Woodbridge	2/17/48	48
Edwin McCowan	Midlothian	2/3/48	48	Neill Williams	Washington, DC	2/20/68	28
David Mercer	Green Cove Spring, FL	2/14/56	40*	Randolph Wise	Virginia Beach	2/25/42	54

**indicates that the swimmer is "aging up"*

ENTRY FORM — RESTON 2-MILE LAKE SWIM — MAY 26, 1996

Entry Deadline May 22, 1996— Limited to First 275 Swimmers with Completed Entries — No Meet-Day Entries

Place Copy of USMS Card Here		
USMS Number	Team	
Name & Address (Name as it appears on USMS Card):		
Birth Date	Age	Sex

1. **If you are a registered USMS swimmer, you *must* enclose a copy of your USMS card. If any parts of the copy are unreadable, please fill out the box to the left or your entry will be rejected.**
2. **If you are not a registered USMS swimmer you must register with USMS before you send in your entry form. To register, follow the instructions in the box on the front of this form. Please note that entry forms without a copy of the card will be rejected.**

USMS RELEASE: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, RESTON ASSOCIATION, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Signature _____ **Date** _____ **Phone No.** _____

RESTON ASSOCIATION RELEASE: "I hereby release the Reston Association generally from all claims for bodily injury, death or property damage arising from my use of Reston Association facilities. I assume full responsibility for all liability in connection with such claims, and agree to indemnify Reston Association and hold Reston Association harmless against any such claims."

Signature _____ **Date** _____

Ht#	Heat Description	1650 Yd Time
1	Clockwise (Right Side Breathers)	:
2	Counterclockwise (Left Side Breathers)	:
Specify the Heat You Want—Default is Heat #2		

T-Shirts:

Lg _____ XL _____

(1 Free T-shirt per Swimmer—Default XL)

Fees (Pay to *Reston Masters*)

Entry Fee @ $20	20.00
___ Extra T-Shirts @ $8	_____
TOTAL	_____

Send completed entry form to Lynn Hazlewood, 11714 Decade Ct., Reston, VA 22091, 703-845-SWIM

Note: If you use Fed Ex, Express Mail, etc. do not send it so it requires a signature on receipt.

YOUR ENTRY FORM HAS BEEN REJECTED: ☐ No copy of USMS Card attached; ☐ Can't read USMS Card; ☐ Did not sign USMS Waiver; ☐ Did not sign Reston Waiver; ☐ Entry Fee in error_____; ☐ Other_____

VIRGINIA CHAMPIONSHIP SERIES

Swim the Three Virginia Open Water Swims
Special Award for All Finishers to be Presented After the Charlottesville Race

Reston 2-Mile Lake Swim—May 26
VA Beach 1-Mile Ocean Swim—June 16
Charlottesville 2-Mile Cable Swim—July 6 **

For Information Contact:

Virginia Beach 1-Mile—Betsy Durrant, 211 66th St., Virginia Beach, VA 23451, 804-422-6811
Charlottesville 2-Mile Cable—Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113, 804-389-2537

*****2-Mile Cable Swim is a USMS National Championship Event***

Reston Masters Swim Team Presents

THE NINTH ANNUAL 2-MILE LAKE SWIM

LAKE AUDUBON / SUNDAY, MAY 26, 1996 / FIRST HEAT 8:00 AM / SECOND HEAT 9:30 AM

Sanctioned by PVMSC for USMS, Inc. Sanction #106-003

Meet Directors: Lynne Hook & Helene Burden. Please call 703-845-SWIM to hear recorded information and leave messages for the meet directors.

Eligibility: Open to USMS registered swimmers, 19 years of age and older as of May 26, 1996.

Event: Two-mile open-water event, four laps around a quarter-mile course (not a cable course). Land start and water finish. The event will be swum in two heats. The first heat is clockwise and will begin ***promptly*** at 8:00 a.m. Check in for the first heat by 7:30 a.m. The heat will be assembled at 7:45 a.m. The second heat is counterclockwise and will begin at 9:30 a.m. Check in for the second heat by 9:00 a.m. The heat will be assembled at 9:15 a.m.

Safety: All swimmers must wear the bathing cap provided at check-in. All swimmers will wear their race number on both arms. A 90-minute time limit will be set for completion of the swim. Swimmers still on the course after 90 minutes will be picked up and their progress marked. Swimmers who cannot complete the two miles in 90 minutes are advised not to enter. Expected water temperature is 68 degrees. Wet suits, or other heat-retaining or buoyancy-producing costumes permitted, but will disqualify participant from age group awards. Reston Association does not guarantee the water quality.

Deadline: Entries must be in the hands of the meet registrar by Monday, May 22, 1996. No incomplete entries, phone entries, late entries or meet-day entries will be accepted. Number of swimmers will be limited to the first 275 with completed entries.

Fees: $20 per individual. Team: $3 per team. NOTE: Refunds available if requested before entry deadline.

Rules: Current USMS Long-Distance Rules will apply. All swimmers must be registered with USMS. A copy of your USMS card ***must*** accompany your entry. Swimmers who are not registered should follow the instructions in the box at the lower left of this page. Entry forms sent in without a copy of the USMS card attached will be rejected.

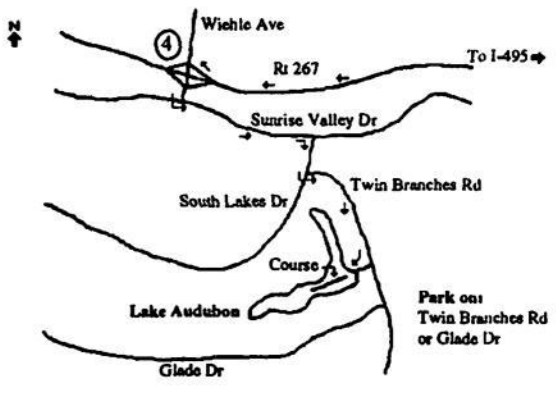
Seeding: Each heat will be seeded fastest to slowest based on the 1650 Yard seed time entered. "No time" entries will be seeded last. If you fail to specify a heat on your entry form, you will be seeded in Heat #2. There will be no seeding changes permitted on meet-day.

Team Event: 19+, 25+...75+ for men's, women's and mixed. Age group is based on the age of the youngest team member. A team consists of three swimmers from the same USMS Club. Teams will be deck-entered and must be registered by the beginning of the first heat. Team score is by cumulative time for the three swimmers.

Awards: Individual awards to the top three men and top three women. Individual awards to the top three places in each age group. Awards to the top three teams in each age group. Individual awards to the top three men and top three women wearing wet suits. An award ceremony will be held at the lake after the completion of the second heat.

T-Shirts: T-shirts in large and extra large sizes with meet logo will be given to each entrant. Additional T-shirts may be ordered for $8.00 each ($10.00 on race day if available). Payment for additional T-shirts must accompany your entry. Default size is extra large.

Directions: From I-495 (Capital Beltway), take Route 267 West (Dulles Airport Toll Road: there is a 75 cent toll). Go south (left) on Wiehle Ave., (Exit #4). Turn left on Sunrise Valley Drive. Go to first traffic light and turn right on South Lakes Drive. Go 1 block and turn left on Twin Branches Road (at traffic light next to shopping center). Stay on Twin Branches until you reach Lake Audubon. Park on Twin Branches Road or Glade Drive. Please do not park in swimming pool lot.



USMS REGISTRATIONS

Reston Masters 2-Mile Swim is sanctioned by United States Masters Swimming, Inc. All swimmers who swim in the meet must be registered USMS swimmers. If you are not currently registered, you must do so before you send in your entry form. Note that NO USMS REGISTRATIONS WILL BE SOLD AT THE MEET.

To receive a registration form, send a Self-Addressed-Stamped-Envelope to Joann Leilich, PVMSC Registrar, 7209 Hansford Ct., Springfield, VA 22151 or call 703-845-SWIM for additional information. Send your completed USMS registration form to the PVMSC Registrar.

NEW TRICKS continued from page 1

Bad move. Exercise physiologist Dr. Dan Rooks is a researcher in the effects of exercise and aging on motor control and learning. In his view, "There's no reason older muscles can't learn sports skill fine movements at a similar rate as younger muscles. The circuits that run them don't change appreciably over time." So there may be reasons for an older swimmer to develop a fine stroke slowly, but age is not one of them.

The primary reason that swimmers can run a lot better than runners can swim is that we all learn to run fairly well as kids – there's not that much to it – while swimming is a much more complex skill that many Masters athletes are only now getting serious about. If you didn't swim competitively in your youth, your swim skills will usually leave a lot to be desired now.

But the legions of highly successful Masters swimmers who didn't get serious about the sport until their 30s or later prove it's not impossible. The key is understanding that learning to do it well takes everyone time – whether they start at 10 or at 50.

For the first 16 years of my swim coaching career I worked mainly with young age group teams. When new swimmers joined at age 8 or 9, we explained to their parents that their first four to five years would be devoted primarily to learning the basic skills for all the strokes. In their early teens, we'd shift toward training and conditioning, but they would continue refining those basic skills into their late teens. In teaching them, I got to write on a "blank slate," teaching kids their strokes from scratch. The kids learned them correctly right from the start and with constant guidance as they went.

The hundreds of adults, I now work with at camps and clinics each year are different. They face the same four-to-five year basic learning span as kids. But they don't do it as cheerfully. When kids go to practice, they take it one day at a time, they just do what the coach tells them, and they're with their friends. To them, it's just playtime in a more structured environment. Adults view it as work. Many, particularly triathletes, feel pressured to swim better in a hurry. And, if they've been trying to swim on their own for several years, there are layers of bad habits on the slate to overcome.

But there's one great equalizer. Adults are rapt and absorbed pupils, far more dedicated students than are most kids. And attention and motivation are the most important ingredients in learning new skills. Frankly, I'd find it very difficult to go back to coaching kids again because I've become spoiled by the quality of mature students and how much they learn in just a few days. They've had to carve precious time out of busy schedules to spend a few days with me, and they're intent on getting the most out of it.

Does it matter? It does to Norton Davey, a 75-year old triathlete from Oceanside CA, and two-time age group Hawaiian Ironman champion, who improved his swim speed by 30 percent after three days of instruction. Just try telling him the only time to learn better strokes is when you're young. Shortening the learning curve is as easy as 1-2-3:

1. Get some coaching. Swim skills are complex. With instruction adults often make more progress in hours than could in years on their own.
2. Limit skill drills to 20-30 minutes. Most of the positive imprinting from any drill takes place in the first 20 minutes or so of practice. After that, even the most attentive pupil's mind wanders. Execution falls off, and bad habits creep back in.
3. Work on one aspect of skill at a time. For instance, you can concentrate effectively on extending your hand farther in front or on rolling your hips as you stroke, but not both at once. Better to do one thing really well for 20 minutes, then something else not requiring great concentration for 20 minutes, then a third 20 minutes concentrating on something else again.

Terry Laughlin is the director of ***Total Immersion***, which holds swim camps throughout the year.

PASSING continued from page 3

(That's it! They/them/their instead of he/she, him/her, his/hers. I've always wondered why we use a plural pronoun to refer to a third, rather nebulous, individual. Now, I know. You learn something new every day don'tcha?)

This article first appeared in *Schwimmvergnugen*, the monthly newsletter of H2Ouston Swims. Coach Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Master swimming in Houston since 1982, and was selected USMS Coach of the year in 1993. He can be reached for questions or comments at (713) 748-SWIM, or through the internet at 73021.2360@compuserve.com

If Undeliverable Return to:

Stevenson
15 Bostwick Lane
Richmond, VA 23226

Bulk Rate
U.S. Postage
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Permit No. 1630
Richmond, VA

CHRIS L STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106

BLACKSBURG: Contact Lucille Griffin (703) 552-5943
CHARLOTTESVILLE: Smith Pool - M-Th:7:30-9PM. Contact Craig C. Clift (804)293-6657
CHESAPEAKE: YMCA (804)547-9622
CHESTER: Chester Family YMCA - 3011 W. Hundred Road. Contact Jay Crawford (804)748-9622
HARRISONBURG: Contact Susan Lees Arnold (703)434-6224
LYNCHBURG: Lynchburg YMCA - Contact Jim McFarland (703)384-1556
NEWPORT NEWS: Riverside Health and Fitness Center - (804)877-8223; Sentara Hampton Fitness Center (804)827-0420
NORFOLK: Fleet Rec. Park - Hampton Blvd. Lap swimming; YMCA - Some coached workouts. Call for times. (804)622-9622
NORTHERN VIRGINIA: Chinn Aquatic Center - M-Th: 8:30-9:30PM, Sat & Sun: 7-8AM. Contact Harry DeLong (703)368-0309
PORTSMOUTH: YMCA (804)399-5511
RICHMOND: Riverside Wellness & Fitness Center/Briarwood - Robious Rd., Midlothian M-F: 6-7AM, M-Th: 7:15-8:30PM, Sat: 8-9AM, Sun: 4-5PM. Contact Jim Miller (804)320-3999; Tuckahoe Branch YMCA - Patterson Avenue. Contact Mark Woodard (804)740-9622
ROANOKE: Lancerlot Fitness Center - 1111 Vineyard Rd., Vinton T & Th: 7-8PM, Sat: 10-11AM. Contact Howard Butts (703)992-1736 (home) (703)981-0205 (work); Gator Aquatic Center - 1130 Overland Rd., Roanoke M & W: 7:30-9:30PM, T & Th: 6-7AM, Sat: 7-9AM, Sun: 6-8PM. Contact Kathy Shober (703)982-7665
STAFFORD: Fitness University - Aquia Towne Center, Route 1 MWTh: 8:30-9:30PM. Contact Lou-Ann Hadlock (703)659-6737
STAUNTON: Staunton Racquet Club - MWF: 5:30-6:30PM. Contact Diane Kent (703)885-6069
VIRGINIA BEACH: Virginia Beach YMCA - MWF: 6:30-7:30PM, Sat: 8-9AM. Lap swims at various times. (804)499-2311; Dam Neck Navy Base - Lap swims 11AM-1:30PM and 4-6PM. (804)433-7183; Virginia Beach Recreation Centers - Lap lanes available. Great Neck (804)496-6766; Kempsville (804)474-8492; Bayside (804)460-7540; Bow Creek (804)431-3765; Princess Anne (804)426-0022
WILLIAMSBURG: James City Co. Rec. Center - Longhill Road, Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM (no coach). (804)229-5676

Please let the editors know if your pool is not listed in this column.