THE WET GAZETTE

The LMSC for Virginia- Serving Masters Swimmers in Virginia and West Virginia

The Many Reasons Why I Love Masters Swimmers

By Betsy Durrant

The annual Fall Meet was held December 8 and was a big success. The meet is usually held the first weekend in November, but due to scheduled pool repairs, we had to postpone the meet until December. I was worried that attendance would be down, but much to my surprise, we had about 15 more entries than last year!

Because of all the help from team members, being meet director was not a problem. Some of the many reasons why I love Masters Swimmers:

★All of the swimmers who supported the meet, especially those new to Masters Swimming and those who traveled from out-of-town.

★All of the local swimmers who helped with the meet, especially...

☆Karen Mickunas, who worked as stroke and turn judge and helped me fill the other positions with USA-Swimming officials.

☆Jim Brinkman, who came in for a few hours mid-day to officiate so that the other officials could take a break.

☆Forrest Sullivan, who didn't compete, but worked as the Safety Marshal during warm-up.

☆Jeanne Meredith, who hosted the social after the meet. Jeanne and Susan Marens took care of all the decisions and details. I didn't have to do anything!

☆Laura Walker and Susan Marens, who were "priceless" during the meet. They did check-in, deck entries, LMSC registrations, and gave out awards. Most importantly, they answered questions and helped out anyone who needed it. Because of Laura and Susan, I was able to swim 3 events!

See Reasons on page 3.

Stevenson Steals Show: 3 World Records

By Dave Holland

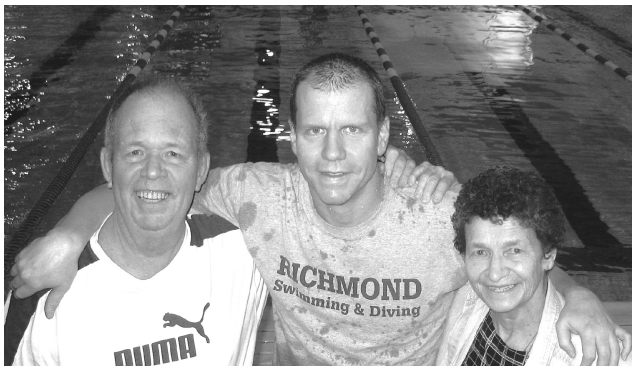
(This is a press release that Dave Holland sent to the Richmond newspaper after Chris' great performances at the meet December 8.)

Virginia Masters swimmer sweeps 50, 100, 200 back (SCM) marks for men 40-44

Seven months ago at a meet in Seattle, Chris Stevenson was lunging for the wall at the end of a 200 backstroke race and broke his hand. Today in Virginia Beach, competing in the same event, he got his hand to the wall safely but broke something else- his first world record.

Stevenson, 43, an Associate Professor of Chemistry at the University of Richmond, touched in 2:06.11, crushing the former world masters short course meters record of 2:08.26. Later in the meet, he added new global standards in the men's 40-44 age group in both the 100 back (57.47) and 50 back (26.80). All three marks, which are also new United States Masters Swimming records, had been previously established by Eric Ericson on December 8, 2002, five years ago to the day. Ericson and Stevenson were teammates on the swimming team at the University of North Carolina in the 1980's

Chris with his parents (Stuart and Marie).



See Stevenson on page 3.



Upcoming Meets

If you do not have internet access, call or write to me (editor address below), and I will send you an entry.

✓January 26-27: Charlotte, NC

✓January 27: Alexandria (PV website)

✓February 9-10: Richmond VMST

Entry is in this newsletter.

✓March 1: Greensboro, NC

✓March 1-2: UMBC (Baltimore, MD)

✓March 15: Albatross Open (SCM)

See PV website.

✓April 11-13: SCY Zones at GMU

Entry will be in the March newsletter.

✓April 18-24: Fina Worlds, Perth, Australia

✓April 19-20: Raleigh, NC

✓May 1-4: USMS SC Nationals, U of TX, Austin

✓May 16-17: VA Senior Games, Virginia Beach

✓August 14-17: USMS LC Nationals

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Graphics from www.swimgraphics.com

VMST ELECTIONS

Brief team meeting immediately following the end of the meet in Richmond on Feb 10. We need nom- inations for Secretary and Treasurer!

WEBSITES

Masters Swimming in VA: vaswim.org

USMS: usms.org

Nearby LMSCs

North Carolina: NCMasters.org

Maryland: Maryland@usms.org

Potomac Valley: PVMasters.org

Colonies Zone: www.ColoniesZone.org

LMSC OFFICERS

Chair: Terry Sue Gault
tsgumst@gmail.com, 804-379-9099

Vice Chair: Chris Stevenson
cstevens@richmond.edu, 804-440-3373

Secretary: Dave Holland
HenryDaFif@aol.com, 804-282-6224

Treasurer: Mike Duignan
mikeduignan@cox.net, 757-721-2225

Registrar: Mary Beth Hanifer
mbhanifer@verizon.net, 804-744-7117

Sanctions: Judy Martin
jmartin240@cox.net, 757-721-0890

Records and Top Ten: Chris Stevenson
cstevens@richmond.edu, 804-440-3373

Zone Meet

All Teams...Make plans to swim in the Zone Meet at George Mason April 11- 13.

Reasons continued from page 1.

☆The mornng workout group at Great Neck, who brought food to the social. Most of the workout group was at the meet, either swimming or supporting their lane buddies.

★Chris Stevenson and his family. Chris provided excitement with 3 World Records. His parents came up from Raleigh and participated in the meet as well as proudly cheered Chris on.

★ Calvin Barnes, who hasn't been able to do much training, but came to the meet to be with his friends.

★ Marianna Berkley, 85, who continues to amaze and awe us all. She broke the USMS record in the 200 breaststroke (her second record since aging up).

More on the meet...

The meet ran well because of the greater swimming community.

★ USA-S officials who are true friends of Masters Swimming: Cathy Rudolph, Tom Colasurdo, and Blaine Pearsall.

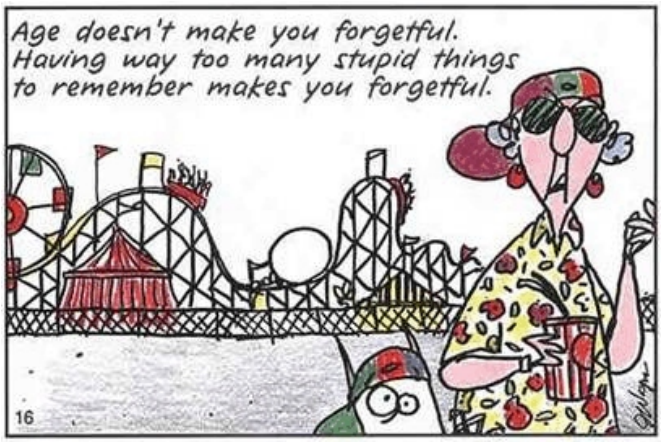
★ Janis Sweeney, Aquatic Supervisor with the Rec Centers, who ran the computer for the meet and also is meet director for the Senior Games meet in May.

Maxine

Joan Averette sent me a few of these "Maxine" cartoons. I found more on the internet at:

http://screamofcrop.tripod.com/max1.html

They appear to be available for use.



Stevenson continued from page 1.

The record-breaking performances took place at the 27th annual Virginia Masters Fall Meet, held at the Bayside Recreation Center's 25-meter pool in Virginia Beach. Maximizing his turns with phenomenal speed underwater and riding high between walls, Stevenson slapped his way into the record books with his unorthodox style, which includes an undulating dolphin kick instead of the conventional backstroke kick. In the 200, he split 29.56, 31.71, 32.28, and 32.56 on his way to a 2:06.11. About an hour later in the 100 back, he was out in a blistering 27.82 and brought it home in 29.65 to nip Ericson's former mark of 57.66 by 19 one-hundredths of a second. Stevenson finished the day with the one-lap sprint, charging to the wall in 26.80 to erase Ericson's previous standard of 27.28.

Stevenson, representing the Virginia Masters Swim Team, practices with NOVA of Virginia Aquatics in Richmond under Coach Mark Kutz.

News from Old Friends

Lou Revelle

Just a note to let you know that Delores and I have finally completed our move from Norfolk to Altavista Va. I have located all of my old medals and ribbons from my Masters swimming days of the mid to late 1970's Also I have a photo taken at Duke of the VMST...all proudly wearing our team shirts, and standing behind a large VMST banner...This was taken around '75 or maybe a little later. It is in black and white but is rather large (like 8x12) so its easy to identify individuals...Included would be myself, Karin Stronach, Jim Thompson, Babs Carter, Will Ossa, and several others whos names escape me. Did you know that in 1975 (or so) in a meet in Fayetville (YMCA) my wife Delores , was recruited to swim a leg of the medley relay because we lacked a member to fill that position? Problem was that my wife did not know how to swim!!!!!!!!!! I will never know how she made it 25 yds to the other end of the pool...but she did, and we won points for that event.....Needless to say, the judges could not quite figure out which version of the freestyle portion that she was trying to do.....I have not swam for many years, and at 62 I do not feel that I am capable of swimming in anything larger than a

See Friends on page 4.

Friends continued from page 3.

hot tub.....But my son, who is a fitness nut...keeps trying to egg me on into going to the Altavista area YMCA short course pool and get going again. Well that's one that I am still debating – I am in excellent health if not a slight bit overweight...so maybe.

I do have many recollections of the "beginnings" of the VMST when Karin , Myself and Jim Thompson would travel around Tidewater to use ANY available pool to practice in. These included Hampton Rec. Center, Norfolk YMCA, Va. Beach YMCA (Trashmore) Langley Rec. outdoor Pool, Coast Guard Pool at Yorktown and many others.....We were thrown out of the Norfolk "Y" (20yd. pool) once because we would not give all of the "older" health club members a chance to swim their laps!!!!!!!!!! Can You imagine that???? Take care.

Margaret and Andy Gale

We are both swimming and coaching (from the water). Andy has a group of swimmers at ASU (Alabama State University) in the EARLY morning. He gets up at 4:30. I don't. I have the men and women of leisure at Bell Road Y who like to swim at 9:00 or so in the morning.

We have not been able to compete because of time/schedules/my bad shoulder, etc. I have been able to make it to some fantastic swim camps at Auburn. Nothing like feedback from Olympians and Olympic coaches one-on-one! I got to work with Kirsty Coventry on backstroke starts for about two hours and Rowdy Gaines on freestyle. Dave Marsh has informed me that I am not, in fact, a butterflyer, but rather a backstroker. This small tidbit would have been very nice to know 20 years ago.....

All kidding aside, it is a fantastic experience for anyone who can make it down here. It also helps with coaching quite a bit. The camp usually runs in the fall; check it out on the Auburn Masters website.

Kids (twins) are three, which is both the best of times and the worst of times. They are phasing out of napping and their sleep deprivation just kills me. Both are swimming really well for their age. I think that Lauren will like it (she likes individual-type things). I bet Patrick will end up in team sports involving a ball and some sort of hitting instrument - be it a bat, tennis racquet, etc.

Andy works extremely long hours and has been promoted to Lt. Col. We are now living on base in this fantastic historical home. My standard of military living will be going down henceforth.....

Other than that, all is good.

Margaret and Andy at a meet in 2004 before they moved.



Carl Russ

Carl was in Virginia Beach in December to visit his daughter. She arranged a quick surprise get-together for Carl and the old swim group. It was a real pleasure to see Carl speechless! He made it to the morning workout the next day and did well, even though he hasn't done much swimming. Carl is living in the mountains of NC now, but giving serious thought to returning to Virginia Beach.



Carl and Jim Brinkman

Alister Murray

This is a note forwarded to me from Dee DeLong sent by Alister's wife Colleen...

Alister wanted me to let you know that he swam and ran in the same events as last year at the Huntsman Games in St. George, Utah, despite having health problems.

Please tell Ed Gaulrapp that he thought of him again while swimming the 200 fly! We missed the contingent from Virginia and hope to see you maybe next year ?

Please say hi to everyone: Betsy, Al, Ed, Owen, Charlie and all.

Colleen and Alister Murray

USMS LC Top Ten

In the December VMST newsletter, I listed all of the VMST members (events and times) who made Top10 for LC. The VMST swimmers are: Jennifer Spencer, Patricia Miller, Marcia Barry, Kathy Unbdenstock, Ruth Bennett, Beth Schreiner, Ida Hlavacek, Betsy Durrant,Judy Martin, Lucille Griffin, Susan Marens, Barbara Zaremski, Laura Walker, Susan Henley, Chris Stevenson, Edward Gaulrapp, Richard Scott, Owen Maher, and Thomas Lyons.
Below are the achievements of Unattached swimmers and swimmers from SwimQuest. Congratualations to all!!

Women 18-24 LCM (2007)

Place	Event	Name	Age	Club	LMSC	Time
6	100 Free	Sherri S Pickens	21	UNAT	Virginia	1:07.02
4	200 Free	Sherri S Pickens	21	UNAT	Virginia	2:25.21
5	400 Free	Sherri S Pickens	21	UNAT	Virginia	5:04.14
6	200 IM	Sherri S Pickens	21	UNAT	Virginia	2:43.43

Women 50-54 LCM (2007)

Place	Event	Name	Age	Club	LMSC	Time
8	200 Free	Lisa Bennett	51	SQST	Virginia	2:35.85
5	400 Free	Lisa A Bennett	51	SQST	Virginia	5:21.68
4	50 Breast	Lisa A Bennett	51	SQST	Virginia	40.17
4	100 Breast	Lisa A Bennett	51	SQST	Virginia	1:29.10

Men 18-24 LCM (2007)

Place	Event	Name	Age	Club	LMSC	Time
9	100 Free	Chad Buist	21	UNAT	Virginia	58.28
3	200 Free	Chad Buist	21	UNAT	Virginia	2:10.86
4	400 Free	Chad Buist	21	UNAT	Virginia	4:40.09
2	800 Free	Chad Buist	21	UNAT	Virginia	9:50.90
10	100 Fly	Chad Buist	21	UNAT	Virginia	1:06.70

Top Ten Relays

Men 240-279 LCM (2007)

Place	Event	Club		Swimmers (age)	Time
9	200 Free Relay	VMST	Z	Owen C Maher (72) Chris S Frogley (64) Ralph Swiger (51) Bill L Nelson (54)	2:32.62
4	400 Free Relay	VMST	Z	Ralph Swiger (51) Chris S Frogley (64) Owen C Maher (72) Bill L Nelson (54)	6:05.40
4	400 Medley Relay	VMST	Z	Ralph Swiger (51) Chris S Frogley (64) Owen C Maher (72) Bill L Nelson (54)	7:23.67

See Relays on page 6.

Relays continued from page 5.

Men 240-279 LCM (2007)

Place	Event	Club		Swimmers (age)	Time
9	200 Free Relay	VMST	Z	Owen C Maher (72) Chris S Frogley (64) Ralph Swiger (51) Bill L Nelson (54)	2:32.62
4	400 Free Relay	VMST	Z	Ralph Swiger (51) Chris S Frogley (64) Owen C Maher (72) Bill L Nelson (54)	6:05.40
4	400 Medley Relay	VMST	Z	Ralph Swiger (51) Chris S Frogley (64) Owen C Maher (72) Bill L Nelson (54)	7:23.67

Men 280-319 LCM (2007)

Place	Event	Club		Swimmers (age)	Time
5	200 Free Relay	VMST	Z	Niel L Sween (72) Thomas F Lyons (74) Edward H Gaulrapp (65) Richard O Cheadle (70)	3:19.74
4	200 Medley Relay	VMST	Z	Niel L Sween (72) Thomas F Lyons (74) Edward H Gaulrapp (65) Richard O Cheadle (70)	3:22.74
2	400 Free Relay	VMST	Z	Niel L Sween (72) Thomas F Lyons (74) Edward H Gaulrapp (65) Richard O Cheadle (70)	7:48.07
1	**400 Medley Relay**	**VMST**	**Z**	**Niel L Sween (72)** **Thomas F Lyons (74)** **Edward H Gaulrapp (65)** **Richard O Cheadle (70)**	**8:18.04**

Women 200-239 LCM (2007)

Place	Event	Club		Swimmers (age)	Time
9	200 Free Relay	VMST	N	Barbara Zaremski (70) Kitten Braaten (52) Ida Hlavacek (65) Patricia Miller (46)	2:25.66
6	200 Medley Relay	VMST	P	Victoria Kiley (47) Patricia Miller (46) Kitten Braaten (52) Barbara Zaremski (70)	2:36.40
5	400 Medley Relay	VMST	Z	Debbie K Jaeger (45) Rosanna McMillan (45) Susan E Marens (65) Judy Martin (65)	7:31.59

Women 240-279 LCM (2007)

Place	Event	Club		Swimmers (age)	Time
2	200 Free Relay	VMST	N	Barbara M Zaremski (70) Ida M Hlavacek (65) Kitten Braaten (52) Beth Schreiner (66)	2:28.31
2	200 Medley Relay	VMST	N	Betsy Durrant (66) Patricia M Miller (46) Ida M Hlavacek (65) Beth Schreiner (66)	2:51.60
3	400 Free Relay	VMST	Z	Lucille Griffin (69) Marcia L Barry (59) Susan E Marens (65) Judy Martin (65)	6:59.72

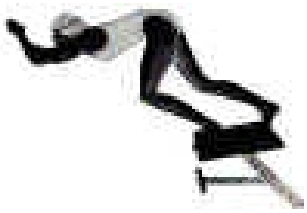
Women 280-319 LCM (2007)

Place	Event	Club		Swimmers (age)	Time
1	**200 Free Relay**	**VMST**	**Z**	**Beth Schreiner (66)** **Lucille Griffin (69)** **Laura S Walker (70)** **Susan A Henley (75)**	**3:03.17**

Mixed 240-279 LCM

Place	Event	Club		Swimmers (age)	Time
6	200 Free Relay	VMST	N	Tom M Woods (64) Barbara M Zaremski (70) Beth Schreiner (66) Jim W Miller (57)	2:22.79
5	400 Free Relay	VMST	Z	Marcia L Barry (59) Lucille Griffin (69) Chris S Frogley (64) Ralph Swiger (51)	6:01.35
2	400 Medley Relay	VMST	Z	Laura S Walker (70) Susan E Marens (65) Ralph Swiger (51) Edward H Gaulrapp (65)	7:37.78
4	800 Free Relay	VMST	Z	Laura S Walker (70) Ralph Swiger (51) Chris S Frogley (64) Marcia L Barry (59)	13:58.28

Most of the relays are from Zones. I have indicated the meet by:
Z for Zone
N for Nationals
P for Pan Ams



Mixed 280-319 LCM

Place	Event	Club		Swimmers (age)	Time
8	200 Free Relay	VMST	Z	Susan A Henley (75) Judy Martin (65) Thomas F Lyons (74) Richard O Cheadle (70)	3:39.78
4	400 Free Relay	VMST	Z	Susan A Henley (75) Judy Martin (65) Thomas F Lyons (74) Richard O Cheadle (70)	7:49.03
2	400 Medley Relay	VMST	Z	Niel L Sween (72) Judy Martin (65) Owen C Maher (72) Susan A Henley (75)	8:09.32
3	800 Free Relay	VMST	Z	Susan A Henley (75) Edward H Gaulrapp (65) Thomas F Lyons (74) Lucille Griffin (69)	17:25.60

In Search of the Dreaded Dropped Elbow

by Coach Emmett Hines

If you have read much printed material about swimming technique, you probably have been inundated with endless information about what the hands and arms do during the propulsive stroke portion of the arm cycle. Most books about freestyle technique spend chapters breaking the underwater motion into several parts, talking about angles and vectors and S-shaped motions and on and on. Then they spend a paragraph or two on body position and maybe nothing on what your hips are doing all the while. And, in general, it is hard or impossible to put what they tell you into practice.

The fact of the matter is that how you take a stroke is not nearly as important as the positions you are in and what you do while you are not stroking. Read that last sentence again because it summarizes my whole take on technique.

However, some people just won't be happy if I don't address the topic of what the hand and arm does during the underwater part of the stroke. Here it is: Get the stroking forearm vertical as far out in gront of you as possible and keep it vertical for as long as possible as the arm moves down the length of the body. Thsi referred to as swimming with a "high elbow."

Stalking the critter

One of the most common problems swimmers have is The Dreaded Dropped Elbow. This insidious beast rears its ugly head during virtually every workout in every pool in every country in the world. The coaching fraternity, in an attempt to exorcise this demon, can be heard chanting the following litany in unison (sometimes with four-part harmony): "Frmum pskuhium hstrmvkus HIGH ELBOW mskbulum jqzfgmn." Every now and again, if the coach gets every word pronounced properly, at the correct cadence and while holding his tongue just so...the exorcism "takes" and the bane retreats.

Let's see if we can shed some sunlight upon this vampire that sucks the lifeblood from the strokes of many innocent swimmers.



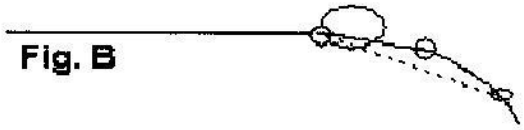
Fig. A

Let me describe the beast. Stand up and bend over at the waist. Extend your right hand out in front of your face as if reaching to full extension on a freestyle stroke (Fig. A).

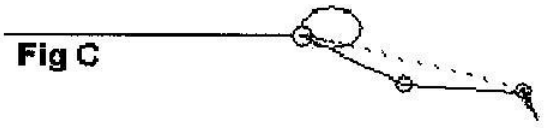
See Elbow on page 9.

Elbow continued from page 8.

Now bend the elbow slightly while lifting and rotating the upper arm at the shoulder. Imagine a straight line drawn through space from the shoulder to the wrist. For lack of a better term let's call this the "horizon" line (dotted line in Fig. B).



Note that the elbow is above the horizon (dotted) line. Gaze upon the arm and note the relationship of elbow to horizon and also note what muscles you are using to get into and stay in this position (i.e. what does it look like & feel like). Now, still keeping the hand in the same position, lower the elbow below the horizon. Doesn't this feel wimpy and pathetic compared to the previous position? Again, gaze upon the arm and note the relationship of elbow to horizon line.

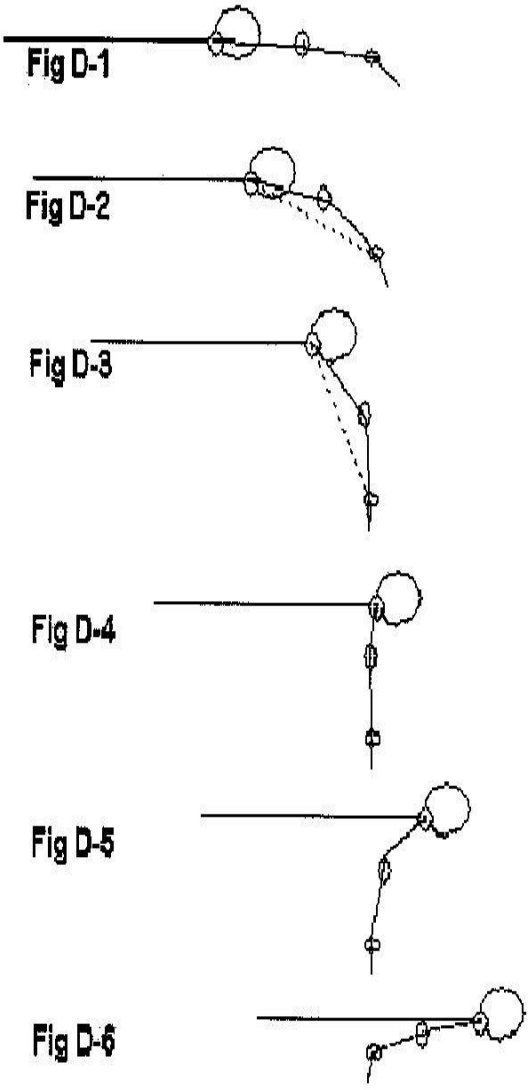


EEEEEEK! - That's the Dreaded Dropped Elbow! Quick! Kill it before it multiplies! Pick that elbow back up nice and high and see how the loathsome critter disappears into the nearest hole. Good work! That was a close call.

Killing the critter

OK. Now that we have seen the pesky varmint and have him cornered, let's think this through.

With your elbow held higher than the horizon, slowly move the arm through a simulated freestyle stroke. Concentrating on achieving the position shown below as you begin the stroke, keeping the elbow higher than the horizon (in the water this may feel somewhat like rolling your hand and arm over a barrel). As you move the arm through the stroke concentrate on keeping the elbow above the horizon as long as possible (Fig. D-1-3), then on keeping the forearm and hand as vertical as possible throughout the rest of the stroke (Fig. D-4-6).



Canines and Incantations

Once you have mastered this with a "high" elbow try it again with a "low" or "dropped" elbow – just keep it below the horizon and make the same stroking motion. Hmmm – do the words "wimpy" and "pathetic" sound familiar? Can you say "dog paddle"? Seriously, watch a dog swim. You will note that the greatest advantage we have over our furry friend is the fact that our shoulders allow our arms to move in more than one direction (but dogs get more benefit out of a full taper and shave – win a few, lose a few). With a "dropped" elbow, the stroke creates lots of turbulence and very little propulsion. Keeping the elbow "high" allows for accelerating hand speed without "slipping water", thus allowing continuous acceleration of the body as well.

See Dropped Elbow on back page.

VMST David Gregg III Memorial Meet

NOVA of Virginia - Aquatic Center
12207 Gayton Rd, Richmond, VA 23233
(804) 754-3401
February 9 and 10, 2008

Sponsored By: Virginia Masters Swim Team
Sanctioned By: LMSC for Va. for USMS, Inc. - Sanction # Applied for
Meet Director: Nancy Miller (nancymillr@aol.com)

Location: NOVA of Virginia - Aquatic Center. Address is 12207 Gayton Road, Richmond, VA 23233; Telephone number (804) 754-3401. This is a 10-lane, 25-yard indoor pool with a fully electronic timing system.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered and must include a copy of their LMSC card. Virginia registration will be available at the meet. A novice swimmer is defined as anyone who has not placed in the top three for that stroke in Masters competition.

Entries: $4.00 per individual event plus a $7.00 surcharge to help defray the costs of data entry, automatic timing, and printing. Relays will be deck-entered and deck-seeded at no cost. Deck entries will be accepted up until 30 minutes prior to meet starting time each day at a cost of $8.00 per deck entry. A swimmer may enter a maximum of 5 events per day, plus relays.

Entry deadline: Entries must be received no later than February 1, 2008 or they will be considered deck entries.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone. Sexes and age groups will be combined where necessary. "NT" will be seeded arbitrarily.

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. Lanes l and 2 will be maintained as continuous warm-up/warm-down lanes 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.

Awards: Awards will be given for first, second, and third place in each individual event. No awards for relays.

Results: Results will be posted on our website at www.vaswim.org and in our newsletter. If you would like to have an individual set of results mailed to you, please make arrangements with the meet director.

Social: Join us for our Masters potluck after the meet on Saturday, February 9th. $8.00 per person covers food and drink. Please enclose payment with your entry and indicate the number of people who will be attending on your entry form.

Nearby Lodging: Holiday Inn Express, 9933 Mayland Drive, Richmond, VA 23233. Phone: (804) 934-9300

The Holiday Inn is at Gaskins Rd exit of I64.
There are 10 double rooms being held for the night of 02/09/08 at a rate of $85.00 per night plus tax. Be sure to mention Virginia Masters Swim Team to get a room from this block. All unreserved rooms will be released after January 25, 2008.

RELEASE

The following release must be dated, signed, and in possession of the Meet Director before the swimmer may compete.

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, 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.

Fill in the following information:

Date _____ **Signature** _____

Name: _____ Sex: _____ USMS Reg No. _____

Address: _____

City: _____ State _____ Zipcode: _____

E-Mail Address: _____

Age as of 2/10/08 _____ Birth date (Mo/Day/Yr) _____

LMSC: _____ Club: _____ Phone (Day): _____ (Night) _____

Order and Select Events

SATURDAY February 9th
Warmups: 1 - 2 PM ; Meet Starts: 2 PM

Women	Time	Event	Men	Time
1	_____	* 200 Choice	2	_____
3	_____	1000 Free	4	_____
5	_____	1650 Free	6	_____
7	_____	400 IM	8	_____
9	_____	500 Free	10	_____

*** The 200 Choice event means you may swim any 200 event of your choosing (Except for the 200 FR). Please indicate your choice clearly on your entry form.**

My 200 Choice is _____

SUNDAY February 10th
Warmups: 8 - 9 AM ; Meet Starts: 9 AM

Women	Time	Event	Men	Time
11	_____	200 IM	12	_____
13	_____	200 Fly	14	_____
15	_____	200 Breast	16	_____
17	_____	200 Back	18	_____
19	_____	100 Free	20	_____
21	_____	Novice 50 Fly	22	_____
23	_____	50 Fly	24	_____
25	_____	100 BR	26	_____
27	_____	Novice 50 FR	28	_____
29	_____	50 FR	30	_____
31	_____	100 IM	32	_____
		BREAK		
33	_____	200 FR	34	_____
35	_____	100 BK	36	_____
37	_____	Novice 50 BR	38	_____
39	_____	50 BR	40	_____
41	_____	100 FL	42	_____
43	_____	Novice 50 BK	44	_____
45	_____	50 BK	46	_____
	RELAYS	**RELAYS RELAYS**	**RELAYS**	
47	_____	200 Medley Relay	48	_____
49	_____	200 FR Relay	50	_____
51	_____	200 Mixed Medley Relay	52	_____
53	_____	200 Mixed FR Relay	54	_____

Total Events ___ x $4.00 _____

Surcharge $7.00

Social $8.00/each person (Number attending social: _____)

Total Amount Enclosed $ _____

Make checks payable to: Virginia Masters Swim Team

Questions? Contact Nancy Miller - (804) 741-7077 or nancymillr@aol.com or James Wolfle (757) 393-1799 or wolfle@aol.com

Mail to: James Wolfle
401 Florida Avenue
Portsmouth, Virginia 23707

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED

Local Masters Swim Committee for Virginia
Mary Beth Hanifer, Registrar
14108 Shallowford Landing Road
Midlothian, VA 23112-4625

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Dropped Elbow continued from page 9.

Perhaps the Dreaded Dropped Elbow is not to be feared after all. Perhaps it should be called The Pathetic Wimpy Dropped Elbow and should be pitied and scorned instead. Hmmm – just to be on the safe side, repeat after me, in unison – "Begone Ye Demon – I cast ye OUT! – Return from whence you came! – There's no place like home...There's no place like ...".

In conclusion, it should be noted that neither the concept of avoiding the Dreaded Dropped Elbow, nor the propulsion potential of having the forearm and hand in the right orientation to the core body, is limited to freestyle. In fact, this concept is applied in nearly the same fashion to each of the other three competitive strokes...this, perhaps, is fodder for some future article.

Emmett Hines is Director and Head Coach of H_2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982, was a Senior coach for Total Immersion Swim Camps for ten years, holds an ASCA Level 5 Certification, was selected as USMS Coach of the Year and received the MACA Lifetime Achievement Award.