The Wet Gazette

November 2019
Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

USMS National Convention Wrap-Up

Several members of the Virginia LMSC attended the Annual U.S. Aquatic Sports (USAS) National Convention that took place in Sept. in St. Louis, Missouri. Virginia sent three delegates: Kirk Clear, Kyle Ahlgren, and Rich Williams. We also had several of our LMSC members who attended as part of their position at the USMS national level. Those included Patty Miller (current USMS President), Jim Miller (a USMS Past President), and Charlie Cockrell (Chair of the USMS Rules Committee). Below are some general experiences from the three Virginia LMSC Delegates that attended.

Kyle Ahlgren, Virginia LMSC Sanctions Chair

The 2019 USMS Annual Convention was an immersive experience, and I very much appreciated the opportunity to participate alongside long-time Convention veterans Kirk Clear and Charlie Cockrell and fellow newbie Rich Williams. The Convention is an ideal vehicle for delegates to collaborate with one another and network, and to improve the skills and knowledge necessary for effective service to our clubs, LMSCs, Zones, and USMS as a whole. I want to share just a few takeaways from the general sessions and breakout sessions.

We had a number of fruitful discussions with our counterparts in the Potomac Valley LMSC with a view toward coordinating the event calendars in PV and VA, particularly in the Spring and Summer of 2020 in advance of USMS Summer Nationals in Richmond (Aug. 12-16). Having Summer Nationals in our backyard next year represents an extraordinary opportunity for our LMSC to shine, and I encourage all clubs and swimmers to develop an action plan now to maximize it. Keep an eye out in the Spring as LCM meets in the area are sanctioned and scheduled.

Those of you who have attended USMS National Championship events are aware of the colossal effort involved in running those meets. The Championship Committee governs all aspects of these meets, from initial bid intake to post-event assessment. I would highlight that the organizers of 2020 USMS Spring Nationals (San Antonio, April 23-26) and 2020 USMS Summer Nationals (Richmond, August 12-16) provided exciting previews of their preparations for those meets, which are well underway. If you haven't attended Nationals or if it has been a while, I highly recommend giving it a shot in 2020; these events are gigantic celebrations of swimming and adult fitness.

The History and Archives Committee (on which Kirk Clear serves) does tremendous, sometimes painstaking work that may not always be visible to the membership. They are systematically recapturing results and rankings from the earliest days of USMS through extraordinary due diligence and ingenuity. I know many of you will agree that this stuff is really important, and we are so lucky in our LMSC to have the top-notch results and records efforts of Chris Stevenson – there are few LMSCs that are as well organized and complete as we are in this area.

Rich Williams, Virginia LMSC Coaches Chair

It was a pleasure to serve as a delegate for the Virginia LMSC at this year's USMS Convention. The event afforded me the opportunity to connect with several board members from other LMSCs to exchange ideas and share best practices. I think that every Virginia representative returned with a renewed vigor for Masters swimming, and with new ideas to serve the members of our swimming community.

At the Colonies Zones breakout, I was happy to hear that the 2019 SCM Zone Championship meet was awarded to WPI in Worcester, Mass. (Dec. 13-15). I encourage anyone from the Virginia LMSC who can make the trip to do so. This is a great facility and a well-run meet designed for fast swimming. I was also delighted to learn that the 2020 Colonies Zones SCY Championship was once again awarded to George Mason

(cont'd on page 3)

In This Issue

Convention Wrap-Up	p. 1
Upcoming Swim Meets, Events, Clinics	p. 2
VMST Fall Meet Recap	p. 2
Fall Fitness Challenge	p. 3
Regional Team Follow-Up	p. 4
VMST Fall Meet Pictures	p. 5
Job Opportunity:	
LMSC Membership Coordinator	p. 6
January Sprint Invite Meet Information	p. 7
Thanksgiving Workout	p. 8

General Information

LMSC for Virginia Website: **www.vaswim.org**
USMS Website: **www.usms.org**
Nearby LMSCs
North Carolina: **www.ncmasters.org**
Maryland: **www.teamunify.com**
Potomac Valley: **www.PVMasters.org**
Nearby Zones
Colonies Zone: **www.ColoniesZone.org**
Dixie Zone: **www.DixieZone.org**
Online Meet Registrations: **www.clubassistant.com**

LMSC Officers

Chair: Kirk Clear
Vice-Chair: Denise Letendre
Secretary: Alice Phillips
Treasurer: Becca Latimer
Registrar: Shirley Loftus-Charley
Coaches: Rich Williams
Fitness: Vacant
Long Distance: Kate Stephensen
Newsletter: Heather and Chris Stevenson
Officials: Charlie Cockrell
Records & Top Ten: Chris Stevenson
Review: Heather Stevenson
Safety: Jim Miller
Sanctions: Kyle Ahlgren
Webmaster: Chris Stevenson

Upcoming Swim Meets, Events and Clinics

Date	Meet	Location	Registration Deadline
Dec. 7, 2019	Solstice SCM Meet	Boyds, MD	Dec. 3, 2019 (online)
Dec. 8, 2019	Maryland Series Meet #3 (SCY)	Chestertown, MD	Dec. 25, 2019 (online)
Jan. 12, 2020	Virginia Beach Sprint Invite (SCY)	Virginia Beach, VA	Jan. 7, 2020 (online)
Feb. 1, 2020	David Gregg Memorial Meet (SCY)	Henrico (Richmond), VA	Jan. 25, 2020 (online)
Mar. 15, 2020	Maryland Series Meet #6 (SCY)	Annapolis, MD	tbd
Mar. 21-22, 2020	Dixie Zone and NC SCY Championships	Cary, NC	Mar. 15, 2020 (online)
Mar. 28, 2020	ALTS Instructor Certification	Charlottesville, VA	tbd
Apr. 3-5, 2020	Colonies Zone SCY Championships	Fairfax, VA	Mar. 27, 2020 (online)

2019 VMST Fall Meet Recap

Saturday, Nov 2, was the 39th Annual Fall VMST Meet in Va Beach. There was a great showing of participants, with 102 swimmers participating, representing 22 clubs. That's 18 more swimmers and 11 more clubs than last year!

While there were plenty of smiles and socializing, there was also some very fast swimming: 26 new LMSC records were set. Denise Letendre and Ken Neubauer led the way with three new records each.

Wow! As a team, VMST was also impressive with 10 new relay marks; six of those swims involved relays with one of the Letendre sisters, either Denise or Claire Letendre. Great job, ladies!

Big thanks go out to our officials and all support staff who spent the day assisting us and helping the meet run smoothly. And a special shout-out to Nancy Speer for her work on the after-meet social at the Commonwealth Brewing Company; this was our largest social to date.

You can find all of the results and records and some photos (thanks Bud Swiger and Terri Chadwick for taking pictures!) at www.vaswim.org.

We look forward to seeing you all again next year!

Wrap-Up *(cont'd from p. 1)*

University (April 3-5). As Virginians, we are very lucky to have continued access to this facility for our zone championship.

In general, I was struck by the commitment to diversity and inclusion by USMS. The organization clearly wants to provide a very big tent that is open to swimmers of all abilities and walks of life. I was surprised to hear the numbers regarding meet participation level. A very large segment of our membership is only taking advantage of a portion of our services by limiting their involvement to training with their workout groups. I hope that we can find ways to encourage our training partners to join us at one of our meets. To me, these events are the best part of the Masters swimming experience. They are filled with excitement, camaraderie, and sportsmanship. Thank you very much for the privilege to attend this convention. I hope to bring added value to your Masters Swimming experience.

Kirk Clear, Virginia LMSC Chair

This year's Convention was a continuation of transforming how U.S. Masters Swimming meets the needs of its membership. Last year a Task Force was established to investigate and make recommendations regarding how to optimize USMS's volunteers as resources. They looked at what functions should be done at the local (LMSC) level, the national level, and the National Office. The Task Force presented its findings and recommendations for various functions to transfer to the National Office, while also recommending LMSCs consider deleting, adding, or modifying some local Board positions. As the national organization changes to address the needs across the country, we at the LMSC need to adapt to our members' needs at the local level.

Another big discussion point was that of a USMS Unified Fee structure. Each of the 52 LMSCs across the country have differing fees for its members. The unified fee may allow USMS to offer some differing types of memberships, potentially establish some partnerships with other organizations, and realize some other benefits. The unified fee will be voted on in the upcoming year.

As we head into 2020, we are excited about celebrating the 50th anniversary of U.S. Masters Swimming. It will also be a big year for Virginia as the Masters Swimming world descends on Richmond for the 2020 USMS Long-Course Summer Nationals next August—we are extremely excited host this event within our LMSC, and to be during the 50th Anniversary of USMS will make it extra special.

..*

2019 Fall Fitness Challenge 1-Mile Swim

The Fall Fitness Challenge, a 1-mile swim, takes place between November 15-30. It is the third event in the 2019 SmartyPants Vitamins USMS Fitness Series.

Whether you are just getting into swimming, starting back into it after a long time away from the pool, pushing to see how fast you can go, or just wanting to donate to the USMS Swimming Saves Lives Foundation, the Fall Fitness Challenge is the perfect event for you to finish the year strong. The Fall Fitness Challenge can be done any way you want - straight through, as a member of a relay, or even with fins.

If you need help preparing for this swim, USMS has six-week training plans for all types of swimmers.

When: Nov. 15-30

Where: At a club in your area, with friends to swim with, or swimming on your own. This challenge can be completed in any pool anywhere in the world.

Who: Anyone who wants to complete the challenge.

Entry Fees: USMS members get a $5 discount on their entry fees.

Member price:
September 1-October 31: $10
November 1-November 30: $12

Non-member price:
September 1-October 31: $15
November 1-November 30: $17

Click on the links here to see the lists of USMS members, and non-members, who have signed up for the challenge.

And, finally, go to USMS.org to find the SmartyPants Vitamins USMS Fitness Series sign-up link.



Wait,...What? Revisiting Clubs and the "Regional Team"

by Patty Miller

In the September issue of the Wet Gazette, Denise Letendre provided an excellent explanation of the regional team concept (Virginia Will Have a Regional Team!, Sept., 2019). But now that 2020 USMS registration has begun and in light of a few changes since September, here are answers to additional questions you may have about a concept that's new to our USMS chapter.

Explain that "regional" concept again

Some USMS state chapters have a longstanding structure in which local Masters clubs that have their own identity band together as a larger club or "regional team" for USMS Zone and National meets.

Virginia has never had a "regional team". But we've had Virginia Masters Swim Team (VMST) for decades. In some ways, VMST was like a regional club because it drew swimmers from all over the state. But those swimmers didn't belong to a local club – just to VMST. The problem with that is VMST doesn't have a pool, doesn't have a coach, and doesn't have a home site in the state. So if you were to try to find the VMST club on the USMS website, you'd find a smattering of local pools listed.

As many swimmers throughout the state swam for VMST, it became challenging to form local clubs with a real local identity. Perhaps as a result, one third of USMS members in the Virginia chapter register as "unattached" rather than being able to identify themselves with the people with whom they swim on a regular basis.

So, with the creation of a regional team that Denise explained in September, we're able to build local swimming groups with an identity and have a larger umbrella club under which to compete at Zones and Nationals.

What happened to "VRRM"?

When Denise first announced the regional team concept, VMST, which for many years had served in that quasi-role, wasn't ready to become a regional team. However, in the ensuing weeks and as workout groups inquired why their members had to choose between VMST and VRRM, VMST decided – in consultation with Denise – to become a regional team. Two of the four local clubs that had already affiliated with VRRM switched over to VMST as their regional team.

So what do my workout friends and I do if we want to become part of that?

If the group that you swim with regularly would like to build local affinity and be an actual entity with a name, you can register on the USMS website as "workout group" under the VMST club. You'll need to give your local group a name, list a contact person who can answer questions from prospective members, write an enticing description of your group, and pay a $65.00 USMS annual registration fee for the workout group. You may even want to create a great logo. Then, your workout group, including information about your pool, coach, workout times, description – and maybe your cool new logo – will be listed on the USMS Club Finder so that anyone can find you. So far, groups like River City Masters (Richmond), Stripers (Kilmarnock), Quest Masters (Richmond), Warrenton Fauquier Aquatic Club, and NOVA of Virginia (Richmond) have formed workout groups under the new VMST regional team.

What if my swim practice friends don't want to become a "workout group" but we want to swim with the VMST regional club at the 2020 USMS National Championship?

You can do that. When you renew your USMS registration for 2020, select VMST as your club. Then when you're asked to designate a workout group, just pick VMST again. So you know, for anyone selecting the VMST club, including those doing so under a workout group, there will be a $6.00 fee that will pay for relay entry fees and swag for Nationals, such as swim caps and t-shirts.

What if I don't join VMST now but change my mind before Nationals and want to join the regional team?

You can do that. Just be aware that swimmers who compete in a meet for their current club have to wait 60 days before they can compete in a meet for a new

(cont'd on page 5)

Regional Team *(cont'd from p. 4)*

club. During that 60 days, they can compete as unattached.

Wrap it up - why are we doing this?

There are two main goals of offering the regional team/workout group concept in our USMS state chapter:

- Encourage the formation of registered workout groups to build local belonging and have a way for people to find you.
- Allow for a larger umbrella under which both workout groups and individuals from throughout Virginia and West Virginia can join together for fun and relays at Zones and National championships.

USMS individual registration for 2020 is now open. There's still time to register your workout group, since the bulk of individual registrations will come in as we approach the end of the year. Whatever you decide to do, I hope you continue to enjoy the fun, camaraderie, and challenge of Masters swimming.

..*

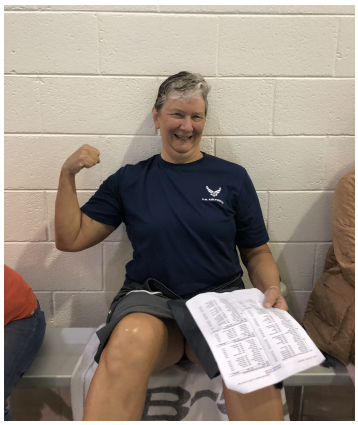








Pictures from the VMST Fall Meet



Job Opportunity: LMSC Membership Coordinator (aka Registrar)

by Shirley Loftus-Charley

After a wonderful eight years serving as Virginia LMSC's Registrar, I have decided it is time to step down. The LMSC Board has been great and I want to thank members, past and present, for being kind, helpful and supportive over the years. Thanks to all the club representatives for making my job easy and fun. My favorite part of the job was working with LMSC swimmers and meeting them at swim meets. I'm stepping down from the position but not from the starting block! I look forward to seeing you all at swim meets and open water events. Thanks again, everyone, and .... keep on swimming!

Member Coordinator Position Description

At this year's USMS National Convention, it was decided to change the title of Registrar to Membership Coordinator. This change was made so that the name accurately reflects the duties of the position. The Membership Coordinator is an important position to the LMSC and to US Masters Swimming. The membership coordinator is responsible for maintaining LMSC registrations, responding to inquiries from members, clubs, potential clubs, LMSC officers and national office in a timely manner. The membership coordinator is also responsible for processing paper entries for clubs and members and printing and mailing USMS cards to all swimmers who request them. This is an ongoing, year-round job with the busiest time from November to January.

Key Responsibilities

- Communicating via phone and/or email with swimmers, club representatives LMSC Board members and USMS National Office and providing prompt responses to requests
- Manage online registrations and processing any paper registrations
- Printing and mailing USMS cards to swimmers who request them
- Processing transfers and "One Event" registrations
- Ensuring paper registration forms, transfer forms and one-event entry forms are updated and posted on the LMSC website
- Sending list of monthly online and paper registrations to the Treasurer
- Making monthly bank deposits, when necessary, and providing a detailed deposit summary to the LMSC Treasurer
- Sending monthly membership reports to the Webmaster
- Attending LMSC meetings and providing reports to Board members on new members, renewals and statistics related to LMSC memberships

Recommended Skills, Experience and Attributes

- Required to have access to a computer with Internet access and a printer
- Strong Excel and computer skills preferred
- Responsiveness to email and phone requests and questions
- Comfortable with preparing reports and sending mass e-mails out for LMSC board members
- Ability to learn and work with USMS registration software

If you are interested in volunteering for this position, please email Kirk Clear at: vachair@usms.org.

1st Annual Virginia Beach Sprint Invite: Sunday, January 12, 2020

Sanctioned by the Virginia LMSC for USMS Inc., Sanction number 120-S001
Sponsored by: Virginia Wesleyan University
Meet Director: Mike Ginder (mginder@vwu.edu)
Date: Sunday, January 12, 2020. Warm-ups begin at 12pm and the meet starts at 1pm.
Facility: Eight-lane, 25-yard pool, with non-turbulent lane markers. At least six lanes will be used for competition (may use seven lanes depending on total number of entrants); one or two lanes will be available for continuous warm-up and cool down. Access to male and female lockers rooms will be available. Bleachers will be available on-deck for seating. Concessions will not be available. Please bring your own snacks/beverages. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1
Parking: Ample parking is available in the Batten parking lot. Please let the Security Gate know you are here for the swim meet and they will direct you where to park.
Directions: From I-64, take exit 282, Rte 13/Northampton Blvd/Chesapeake Bay Bridge-Tunnel, and go north on Northampton Blvd. Turn right onto Wesleyan Drive. At the second light, turn right into Virginia Wesleyan University. After the Security Gate, turn left onto Smith Drive and take the third right (before the traffic circle) into the Batten parking lot. Enter the main doors to the Jane P Batten Student Center (by the painted Marlin on the sidewalk) and follow the hallway down to the rock wall. Turn right at the rock wall, walk past the racquetball courts and into the fitness center. The door to the pool will be on your right. Signage will be posted inside the Batten Center.
Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). Your age on 1/12/20 is your age for the competition. **All swimmers must be registered with USMS and must include a copy of their USMS card if entering with a paper entry form.**
Entries: A flat entry fee of $30.00 will cover entry in up to 6 individual events. Online meet registration is paid by credit card to "ClubAssistant.com Events". Paper entry forms are available at USMS Calendar of Events or from Mike Ginder at mginder@vwu.edu, and must be received by Monday, January 6. Deck entries will be accepted up until 30 minutes prior to meet at a cost of $10.00 per event, plus a $10.00 facility fee. Deck entries will only be made to fill up heats.
Relays: Relays will be deck-entered and deck-seeded at no cost. The deadline for the 200 Medley relays will be **30 minutes before the start of the meet**, the deadline for the 200 Free relays will be at the **start of Event 6**, and the deadline for the 100 Free relays will be at the **start of Event 23**. All relay deadlines are on the day of the meet.
Entry Deadline: Online entries are strongly encouraged. To be seeded, paper-entries must be received by **Monday, January 6, 2020**. Online entries close on **Tuesday, January 7, 2020, at 11:59 PM EDT**. No refunds and/or swimmer substitutions will be allowed.
Warm-up/Warm-down Procedure: 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. **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.
Rules and Seeding: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. "NT" will be seeded arbitrarily. Women and Men will swim separately in all individual events. For relays, Women, Men and Mixed relays will swim separately if entry levels warrant, but otherwise may be combined. Age groups will be combined in all events.
Psych Sheets, Meet Results and Heat Sheets: Meet Results will be posted at www.vaswim.org and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet participants by Friday, January 10, and will be posted at multiple locations on the pool deck.
Awards: Following the 100 Free Relay, we will take a short break to setup for 25s of each stroke (Women: Events 32, 34, 36, 38 and Men: Events 33, 35, 37, 39). A King Neptune and a Queen Salacia will be crowned for the fastest woman and fastest man based on aggregate 25 times. **You must be entered and swim in all four (4) 25s in order to be eligible for the award.** There is no charge to enter in the 25s. Results will be posted at www.vaswim.org and will be uploaded to the USMS results database.
Order of Events – There will be two breaks: one before Event 15 and one before Event 32

Events 1, 2, 3: Women, Men, Mixed 200 y medley relay
Events 4, 5: Women, Men 100 y free
Events 6, 7: Women, Men 100 y breast
Events 8, 9: Women, Men 50 y fly
Events 10, 11: Women, Men 200 y IM
Events 12, 13, 14: Women, Men, Mixed 200 y free relay
BREAK
Events 15, 16: Women, Men 100 y back
Events 17, 18: Women, Men 50 y free
Events 19, 20: Women, Men 100 y IM
Events 21, 22: Women, Men 50 y breast
Events 23, 24: Women, Men 100 y fly
Events 25, 26: Women, Men 50 y back
Events 27, 28: Women, Men 200 y free
Events 29, 30, 31: Women, Men, Mixed 100 y free relay
BREAK
Events 32, 33: Women, Men 25 y fly
Events 34, 35: Women, Men 25 y back
Events 36, 37: Women, Men 25 y breast
Events 38, 29: Women, Men 25 y free4

Local Masters Swim Committee Newsletter
Chris and Heather Stevenson, Editors
7702 Hampshire Road
Henrico, VA 23229

Prstd Std
U.S. Postage
PAID
Richmond, VA
Permit #3022

The "Thanksgiving" Workout

Warm-Up: 800 swim, kick, pull, swim (by 200s)

Main Set (pick intervals that will challenge you with only about 10 sec rest):

1. I'm thankful for . . . 5 x 200 free descending
2. I'm thankful for . . . 100 EZ!
3. I'm thankful for . . . 12 x 50, IM order
4. Again, I'm thankful for . . . 100 EZ!
5. I'm thankful for . . . 8 x 50 kick
6. And again, I'm thankful for . . . 100 EZ!
7. I'm thankful for . . . 8 x 25 sprint
8. And finally, I'm thankful for . . . 200 EZ warm down.

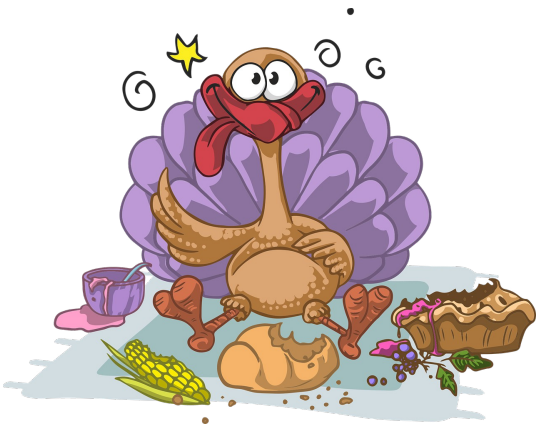


Image by GraphicMama-team from Pixabay