

*Across the Lanes*  
*LMSC for North Carolina's Newsletter*

**In this Fall 1996 (December 1996) Issue**

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## Swimmer Profile: Jim and Judy Green

**By Mary Craddock Hoffman**

### **Jim Green Competitive Swimmer, NCAM**

Jim grew up in Lancaster, PA where he learned to swim at age 9. He competed for the YMCA and the Lancaster Aquatic Club. During his teenage years he trained at the Vesper Boat club (owned by Grace Kelly's brother Jack). When Jim was sixteen he placed first in the US for the 100m breast stroke, with a time of 1:09.8, a national record in 1960. He also placed first in the 200m breast stroke with a time of 2:28.

Green attended the Univ. of Maryland at College Park on a swimming scholarship competing in the 200 IM, 400 IM, 200 fly, 100 br and the 200 br. The academic demands of a Chemistry and Physics course load did not hinder his success in the water. When the ACC championships were held at UNC Chapel Hill he placed 3rd in the 400 IM and 3rd in the 200 fly. Green qualified for the NCAA Championships in 1961, 1962, and 1963.

After college Jim attended graduate school at the Univ. of Tennessee at Knoxville, where he studied Civil Engineering. After graduation he worked as a Civil Engineer in Kingsport, TN . When Masters swimming came into existence around 1971, he joined the Oak Ridge Masters and coached at the Kingsport location. During that time he also coached the local USS team and the Dobyns Bennett High school team.

Green began competing in triathlons during the sport's infancy. During Jim's second Iron Man, the world became aware of this grueling event on February 22, 1982 when Julie Moss collapsed just yards from the finish line. Very little was known about how to safely train and maintain strength during this new endurance contest, consisting of a 2.4 mile swim, 100 mile bike and 26 mile run.

Jim's first Iron Man was in February of 1980, when they were still weighing the competitors during the competition. If they found anyone who lost more than 18% of their body weight they were pulled out of the race. Back then athletes were able to have support vehicles follow them during the biking and running portions. Jim was fortunate to have Judy driving his conveyance. During his run he hit the wall and was ready to call it quits. Judy was not about to let him give up. She simply locked up the car and ran with him the rest of the way. Green completed the event in 12 hours and 30 minutes losing 12 pounds in the process.

A year later during his second Iron Man, Jim's rear bike wheel collapsed. It took half an hour to re-true the rim and adjust the spoke tension. Despite this delay his finishing time was 11 hours and 30 minutes.

The following Oct., only eight months later, Green completed his last Iron Man. Walking pneumonia did not stop him from obtaining a personal best of 11 hours. During these last two Iron Man experiences support vehicles were banned, but Judy was able to obtain a press pass through her employer, Eastman/Kodak. This enabled her to drive a moped as a spectator, with interaction limited to speaking and taking pictures.

In 1991 the Greens moved to Raleigh where they swam with RAM. In 1994 Chapel Hill became their home and they joined NCAM to train at UNC's Koury Natatorium. Jim's masters experiences have included placing first in the 200m (sc) fly with a time of 2:16 at the 1995 Nationals in Fort Lauderdale. He also placed 1st in the 200m (lc) fly with a time of 2:31 at nationals in 1985 at Brown University. That same year he won the 200 fly (lc) at the World Games in Toronto. While consistently making the Top Ten list, he also has several North Carolina records in the 200 fly (45-49), 400 IM (45-49), the 800m (lc) free (50-54), and the 200m (sc) free (50-54).

Despite a long career in competitive swimming, Jim has never experienced an injury serious enough to prevent him from training for more than a day or two. He attributes this phenomenal fact to a weight training regimen (the same one used by the UNC college swimmers) and to Coach Barret Hahn's (NCAM) excellent coaching in stroke techniques.

## **Judy Green Fitness Swimmer, NCAM**

Judy Green cannot recall a time when she was not able to swim. Her mother was a swimming instructor and this provided Judy with daily access to a pool while she was growing up in Gainesville, FL. During grade school she competed for AAU and then swam for Gainesville High. While Judy was majoring in Textile Chemistry and minoring in Engineering at Auburn University she swam with the men's swim team. Since Title IX had not yet been implemented, this arrangement allowed Judy to have a place to swim and in turn she was able to work as an assistant under Coach Eddie Reese (now the head swim coach at Texas).

After graduation Judy met Jim Green at the Univ. of Tennessee at Knoxville where they were both studying Civil Engineering. When she completed her graduate studies she worked for Eastman/Kodak in their research lab in Kingsport, TN. It was then that she joined the Oak RidgeMasters.

Although Judy exhibits speed and an abundance of endurance during workouts, swimming has always been second to her passion for running. Judy works out five days a week running or swimming and on some days doing both. Three days a week she swims 3000 yards and on the fourth day she rewards herself by swimming 2000 yards and then running. Running has provided Judy with a euphoric high that she does not experience during swimming. But workouts in the water do contribute to her cardiovascular fitness. It is surprising to know that Judy does not train for competition. The drive she demonstrates at every workout would leave one to believe she is very competitive. Jim may be more gung ho about racing, but Judy is equally successful with her approach. Judy Green's workout style proves that it is not necessary to compete or pile up the yardage to reap the benefits of swimming. Short quality workouts can also be effective for improvement in speed and endurance.



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# **State Records Requirements**

**by Dennis Watson, Past President/Records**

A complete set of state records for all three courses (SCY, SCM and LCM) are sent periodically to your team representative. George Simon is also currently putting these records on the Web (<http://www.NCmasters.org>). If you want an individual copy of just the records for your age group, please send me a self-addressed stamped

envelope with your request to: 2851 Burlwood Drive, Winston Salem, NC 27103. To get a complete set of records for a particular course, please include \$4 for printing and handling and for a complete set of all three courses the fee is \$10.

A couple of important points about records. If you swim in an out-of-state meet and think you may have set a record, you must send a copy of the results with your time to me. I cannot change a state record without verification. (As much as I hate "snail" mail, I cannot accept record changes through E-mail.)

If you are an unattached swimmer, please notify the meet director that you are from North Carolina and ask that he/she indicate such on the official results. Meet directors, please indicate home states for unattached swimmers. I receive copies of both in-state and out-of-state results and it is extremely frustrating when I see "UNA" after a swimmer's result without a designation of home state or team affiliation.

If you swim the long distance events, your split times may count for records, so if you can get a copy of the tape for your lane, include it with a copy of the meet results.



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# Speed Workout

(Short Course Yards)  
by Coach Barrett Hahn, NCAM

Barrett is a graduate of Southern Illinois University, where he was a four year letterman and All-American each of those years. While at SIU he helped the Salukis win four National Independent Conference Championships and four top-ten NCAA finishes. He specialized in sprint to middle distance freestyles, holding the team record in the 200 free and the 400fr/800fr relays. After one year of swimming as a member, Barrett began coaching NCAM in 1993. Currently he is a full time member of the coaching staff at Koury Natatorium of UNC, where he also coaches several age groups of the North Carolina Aquatic Club. Barrett is USMS and USS certified and a member of the American Swim Coaches Association.

SET	DESCRIPTION	A	B	C	
Warm-up:	600(alt. 100S/50D & 100K/50S) Free/Stroke by 300	600	600	600	
Set 1:	8 x 125 odds: 75D/50S evens: 50K/75S	on 1:45...2:00...2:15...2:30...10ri K = no board S = build D = 1. wall-to-wall 3. fist 5. DPS - count 1 less stroke/25 yards 7. Zipper	1000	1000	1000
Set 2:	300 PBp 3/5/7 6 x 50! 2 x 100 K 4 x 50! 100 S ez 2 x 50! 100 ez	on 4:30...5:00...5:30...6:00...30ri on 1:20...1:25...1:30...1:35...05ri on 1:45...2:00...2:15...2:30...15ri on 1:10...1:15...1:20...1:25...05ri on 2:00...20ri on 1:00...1:05...1:10...1:15...05ri	300 300 200 200 100 100 100	300 300 200 200 100 100 100	300 300 200 200 100 100 100

C stop here

Set 3: 2 1

x 100 P	on 1:20...1:30...1:40...1:50...10ri	200	100
x (2 x 75S w/fins)	on 1:10...1:20...1:30...1:40...10ri	300	150
x (2 x 50K)	on :55...1:00...1:05...1:10...05ri	200	100

Warm-down: choice

A	B	C
3600+	3250+	2900+

Legend

PBp	=	breathing pattern for pulling
!	=	fast (100% effort)
wall-to-wall	=	(see drill tip on Learning How To Swim Fast)
DPS	=	Distance Per Stroke
S	=	Swim (free)
K	=	Kick
D	=	Drill
EZ	=	easy



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# Learning How To Swim Fast

**By Coach Barrett Hahn, NCAM**

To improve speed one must practice swimming fast with 100% effort and sufficient rest between intervals. An anaerobic set is desirable to achieve the ideal results. Vaughan Thomas's Science and Sport defines anaerobic:

'The level of muscle activity is too great for the blood supply it is receiving. Such activity is called anaerobic (without oxygen), and is accompanied by sensations of pain to the muscle.'

Judy Bonning's "The ABCs of Energy Systems", Swim Magazine defines Anaerobic training:

'Anaerobic-Training the anaerobic system can be quite difficult and is often neglected by many swimmers. In its purest sense, the anaerobic energy system is used for swimming at very fast speeds. The duration of this system (the breakdown of glycogen) is roughly 45 to 50 seconds, or the time of a very fast 100 freestyle. The anaerobic system delivers quickly, and a large amount of energy per unit of time is expended. However the swimmer quickly begins to experience the end product of lactic acid-pain-and the effort will end when the level of lactic acid is intolerable. This energy system recuperates slowly after very fast anaerobic efforts and can be more quickly recharged with easy-to-moderate swimming, which helps to remove lactic acid.'

Most masters swim their workouts within their comfort zone, ignoring the interval rest times. This is acceptable if the desired results are aerobic. However, this will have little or no effect on speed. In order to swim fast you need to practice it just like you would any other drill. Break out of your comfort zone during these sets.

## Drill Tip

wall-to-wall:

The key to swimming fast is arm speed with stroke length. For each stroke visualize reaching for the wall in front of you (with the hand that is entering the water) and reaching the wall in back of you with the hand that

is finishing. A one second count ensures full reach, rotation with proper timing, and a streamline position. The more efficient your stroke is, the faster you will swim.

## Warm-up

The warm-up includes strokes (even when the following sets are straight freestyle). This allows all the muscles to warm up

## Set 1

Set 1 is still part of the warm-up. It allows the swimmer to work on drills while still fresh and helps to gradually build in difficulty to get the heart rate up for the main set (in this workout set 2 is the hard set).

## Set 2

The interval gets shorter as the set progresses but the number of repetitions also decreases. The idea is to maintain your speed throughout the set. If 100% effort is put forth during the fast portions (50!) an anerobic effect is achieved

## Set 3

This is an active warm-down with about an 80% effort.

## Warm-down

The swimmer chooses the distance and stroke, since heart rate recovery is different for everyone. (Tip: If the swimmer feels comfortable after 200 yards then that person should swim 400 yards.)

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## ATTENTION COACHES

For those who are interested, please send in your favorite workout with drill tips to Mary Craddock Hoffman, Editor, Across The Lanes, 12 Dorset Place, Durham, NC 27713. mcradhoff@aol.com. Don't forget to include a short biography.



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# NC Records, 1996 Long Course Nationals

by Ceil Blackwell

A number of North Carolina Masters state record were broken this past summer at the 1996 USMS Long Course Nationals held in Ann Arbor, Michigan in August. Congratulations to the following swimmers who set new records for their respective age groups.

Name	Age	Event/Time
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Women

Beverly Amick	42	200 fr/2:43.33, 400 fr/5:47.34, 800 fr/12:10.03
Sandra Cathey	47	800 fr/13:18.93
Sandra Kremer	60	100 br/1:56.67, 200 br/4:13.36
Sally Newell	58	50 br/44.28
Buz Catlin	82	50 br/1:26.14, 200 IM/6:44.82

Men

Grant Johnston	23	100 bk/1:05.90, 100 fl/1:02.40
Joseph Rhyne	37	800 fr/9:17.71, 200 fl/2:24.28
Rick Bober	45	50 fr/26.83, 50 bk/30.30, 100 bk/1:07.16
Jerry Clark	58	50 fr/28.23, 100 fr/1:04.2, 200 fr/2:28.71
John Kortheuer	65	50 br/38.88, 100 br/1:26.43, 200 br/3:17.13, 50 fl/33.74

Age Event/Time Team

160+ men 200 fr/1:47.90	NCMS(Jerry Clark 58, Joseph Rhyne37, Grant Johnston 23, Richard Bober 45)
160+ men 200 med/2:03.19	NCMS(Richard Bober 45, Grant Johnston 23, Hill Carrow 41, Jerry Clark 58)
200+ mixed 200 med/2:20.92	NCMS(Rickard Bober 45, Sally Newell 58, Beverly Amick 42, Jerry Clark 58)
240+ men 200 fr/2:01.12	NCMS(Rolffs Pinkerton 57, John Kortheuer 65, Dick Webber 67, Jerry Clark 58)
240+ men 200 med/2:21.29	NCMS(Rolffs Pinkerton 57, John Kortheuer 65, Dick Webber 67, Jerry Clark 58)
240+ mixed 200 fr/2:23.57	NCMS(Sandra Kremer 60, Sally Newell 58, Dick Webber 67, Jerry Clark 58)
240+ mixed 200 med/2:41.60	NCMS(Rolffs Pinkerton 57, Sally Newell 58, John Kortheuer 65, Sandra Kremer 60)



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# NC Places 2nd at '96 Long Course Nationals

## by Ceil Blackwell

North Carolina placed 2nd in the small team category at the 1996 USMS Long Course Nationals. The men's team placed 4th in the medium team category and the women's team placed 4th in the small team category. The meet was held August 22-25, 1996 in Ann Arbor, Michigan. North Carolina's national team consisted of Beverly Amick, Sandra Cathey, Sally Newell, Sandra Kremer, Buz Catlin, Grant Johnson, Joe Rhyne, Hill Carrow, Rick Bober, Jerry Clark, Milton Gee, Rolffs Pinkerton, Milton Gee, John Kortheuer, and Dick Webber. Congratulations and thanks to these swimmers who represented our state!

# NC Relay Team Sets World Record In South Carolina

## by Ceil Blackwell

The 200 Mixed Medley record for 240+ short course meters was 2:32.46. Jeannie Mitchell (back), Sally Newal (breast), John Kortheuer (fly), and Dick Webber (free) broke the record with a time of 2:26.09. Twenty three North Carolina swimmers attended the Electric City SC Meters Meet in Anderson, SC which was held November 9th and 10th. A special thanks goes to Steve Weatherman who is the Treasurer for RAM who organized all the relays for NCMS and thanks to RAM for picking up the relay fees. The NCMS team placed second overall with Paris Island picking up first.



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## From The Desk Of The President

by Ceil Blackwell

### *Fall Classic Meet Canceled*

Rick Fenton, meet director decided to cancel the November 2nd short course meters meet in Charlotte due to shortage of entries. Please try to support our North Carolina meets! It is very discouraging for a meet director to try to host a meet that is poorly attended. Ideas or suggestions for improving meet attendance are needed. Please pass along your ideas to Ceil Blackwell or any of our LMSC officers. The LMSC meeting scheduled at that meet was also canceled. The next LMSC meeting is scheduled for January 18 at the Sunbelt Championship Meet in Charlotte.

### *Linda Enders Resigns*

LMSC sends special thanks to Linda Enders for her help with our newsletter during the past year. Linda and Mary Hoffman have been serving as co-editors of *Across The Lanes*. Linda is resigning to pursue other interests. Mary Hoffman will continue working as newsletter editor.

### *Oops! More Top Ten Swimmers*

In the last newsletter the following events were mistakenly omitted from the list of North Carolina swimmers who made USMS 1996 Top Ten Short Course Yards ranking: James Hamrick (25-29) 10th in 200 back; Terrence Lee (45-49) 10th in 50 breast; Bill Brown (50-54) 6th in 200 IM; and Steve Barden (50-54) 10th in 200 breast. Ceil Blackwell apologizes for overlooking these events. Congratulations to these swimmers.

### *Address Corrections*

Please note that George Simon's return address is on the newsletter. As our state registrar, he needs to be made aware of address corrections. Note: since you are reading this on the internet, mail your address correction to [George Simon at NCregistrar@usms.org](mailto:George.Simon@NCregistrar@usms.org)



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## From The Desk Of The Registrar

by **George Simon**

### *Dorothy Donnelly Retires*

If you read the "Dear Dorothy" article in the Swim Magazine Nov/Dec issue, you would have learned that Dorothy "Dot" Donnelly, our USMS Executive Secretary is retiring. I was fortunate enough to first meet Dot at the 1992 Short Course Championships in Chapel Hill. Since then I have often had the pleasure of receiving her help during my years as the LMSC registrar. I have also enjoyed visiting with Dot at the '94, '95, and '96 USMS conventions.

She is a remarkable lady with a fantastic memory. The accolades paid to her in the article are all true. USMS will miss her as our Executive Secretary, and I hope you join me in wishing her well in her retirement.

### *Registration For 1997*

Thanks to the 220+ swimmers who have already joined or renewed registration for 1997. Please renew before the year ends. You loose if you do not continue to receive SWIM magazine, you loose if you do not keep up your swimming, and we all loose if we do not have the revenue to keep our organization going. The LMSC for NC needs to renew as many members as possible, and to recruit new members. For your information, the \$8 LMSC fee is spent approximately as follows: \$1.50 for renewal invoicing, mailing cards, and recruiting new members, \$4 to publish and mail the Across the Lanes newsletter, and \$2.50 to assist in paying for the NC delegation to attend the USMS annual convention. The convention disseminates information to our officers to continue to run our local organization within the guidelines of the national organization.

### *Internet Info*

If you are an internet surfer, surf NC's web site for the latest information. <http://www.NCmasters.org/> If you have suggestions, comments or information contact:

George S. Simon

NCwebmaster@usms.org

Webmaster for <http://www.NCmasters.org/>

United States Masters Swimming in North Carolina



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<http://www.NCmasters.org/altdec96.html>