

Across the Lanes

LMSC for North Carolina's Newsletter



In this September, 1999 Issue

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From The Editor's Lane- by Jim Enyart

U. S. MASTERS SWIMMING 101

A couple months ago the publisher of a new sports magazine "Active Fitness & Health" for the Wilmington, NC area requested a description of U. S. Masters Swimming. While I know it when I see it, I could not readily characterize the sport that plays an important part of our lives. After some research, I offered the following general overview which may help you answer the question I was asked. Please see the following article for a personal perspective.

Masters Swimming

A Key To Health and Fitness

United States Masters Swimming (USMS) is an organization founded in 1970 and dedicated to the premise that the lives of the participants will be enhanced through aquatic physical conditioning. Masters swimming is an organized program of swimming for adults. Members participate in a variety of ways ranging from pool lap swimming and open water distance swimming to international competition. Anyone 19 or over can join Masters swimming. USMS has over 35,000 members, a few of whom are in their 90's. North Carolina numbers about 600 Masters.

Everyone has his or her reason for belonging -- health, fitness, camaraderie, fun, the thrill of competition, travel and coaching are but a few. About 30% of all Masters swimmers compete in swim meets on a regular basis. For those who are serious competitors, there are an incredible number of opportunities to test your skill and conditioning. But if competing is not your style, there is no need to feel pressured. Swimming is one of the best (and most popular) aerobic activities known, which makes it an excellent activity for those who wish to stay fit. Thousands of Masters swimmers are "fitness" swimmers -- those who swim for only the fitness benefits of the sport. To these swimmers, a workout is an end in itself, an opportunity to improve one's health in the company of friends. The fitness-oriented members are an important part of USMS, and Masters provide the resources and activities to help the fitness swimmer maintain a lifelong interest in swimming.

Swimming is an activity that can be enjoyed in a variety of conditions, ranging from swimming on your own along the shoreline of your favorite beach to swimming during lap swim time at your community pool to swimming with a club at a coached workout. One of the benefits of Masters swimming is to be able to practice with an organized group. Some programs are highly structured with set workouts and on-deck coaching, while others are very informal. The most important benefit of working out with others is the friendship and camaraderie that you will find that exists among swimmers.

Many fitness swimmers may be reluctant to join a coached club, thinking incorrectly that they are only for competitive swimmers. USMS clubs are filled with swimmers of all ages and all abilities. Having a coach on deck benefits the fitness swimmer as much as the elite competitor. A coach provides structure and variety to your workouts. It is difficult as an individual swimmer to avoid the tedium of doing the same thing week after week in the pool. Coaches provide the variety needed, and their experience tells them when it's time to spice up the workouts with something different. The other huge advantage of having a coach is using their knowledge and experience to help you with your stroke technique. Swimming is a much more pleasant and rewarding experience when you improve your stroke technique. You will find that some simple tips from a coach will not only improve the time it takes you to swim a lap, but will also make it easier and more relaxing.

From the most rudimentary of lap swimming routines to training for competitions or special events, Masters swimming is structured to support you. A wealth of Masters swimming information is also available from their website: www.usms.org.



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From The Registrar's Lane by George Simon

U. S. MASTERS SWIMMING 102

Masters Swimming, from the Perspective of a Fitness Swimmer

I've been a USMS swimmer since 1982, and four years previous doing lap swimming at the Y and a neighborhood summer pool. Although I've competed in several meets over the years, I am primarily a fitness swimmer.

USMS has a lot to offer to swimmers of all abilities, including those who are highly competitive, those who never compete, and those swimming solely for fitness. We all benefit from the mix of swimmers on the team. Because of the encouragement we give each other and the competitive nature of working out with others, we each try to improve at our practices.

The meet is the bond that holds USMS together. The swim meet brings swimmers from various locations together to compete, to prove to themselves that they can achieve the goals they have set, or to volunteer in running the meet. At meets that I attend either as a stroke judge or registrar, the swimmers, both novice and seasoned, have always had fun, regardless of how well they swim.

Not everyone feels comfortable in competition. In North Carolina, probably less than a third of the swimmers enter a USMS meet. Even if you never participate in a swim meet, you can still set and achieve goals during your normal workout. Even if you do not work out with a team, the unity of USMS swimmers and the health and technique articles in *SWIM Magazine* encourage each of us to become better swimmers. Belonging to USMS

and routinely swimming enriches our lives because we are doing something that directly benefits both our health and fitness.

Recently, I received a great gift of gratitude from my good friend, who I swim with during the summer mornings at our neighborhood swim club. He said that he owes his dedication to swimming to me, for introducing him to Masters Swimming 10 years ago. While he only practiced with Raleigh Area Masters for two years and never competed in the meets, he continues to swim vigorously almost daily, and registers each year with USMS.

Whether you're a competitive or fitness swimmer, keep swimming with USMS. See you in the water!



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LMSC-NC OFFICERS ELECTION

In accord with the LMSC for NC Bylaws, the LMSC officers for the 2000-2001 term will be elected by the Board of Directors at their Fall meeting. The Board of Directors is composed of the LMSC officers and club / chapter representatives. The four officers to be elected are the President, Vice-President, Secretary, and Treasurer.

Thus far, Jerry Clark and Alice Jones have indicated their willingness to serve as President and Treasurer, respectively. If you would consider serving your LMSC as an officer, especially as Vice-President or Secretary, please so inform your chapter representative **and** Jim Enyart, Newsletter editor. Nominations may also be made from the "floor" at the LMSC meeting.

Please note that the next LMSC meeting will be held at the conclusion of the Hillsborough meet on Oct. 9th. A representative should be present from each team in NC, but anyone may attend the meeting. Because new officers will be elected at this meeting, it is especially important that all teams are represented.



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DIXIE ZONE WEB SITE

Dick Brewer has developed a Dixie Zone web site. It contains information on the Dixie Zone — Meets, Clubs, Top Ten, News, and Links. It is in the formation stage, but you can obtain meet dates, information and entry blanks. The site's address is:

<http://home.att.net/~dixiezone/>



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A SPECIAL THANK YOU

Because of his health, Chuck Irwin has relinquished his valued service as LMSC-NC treasurer. Chuck typifies many Masters who don't have a formal swimming background but have been around aquatics for several years. Some of these swimmers, as in Chuck's case, have been instrumental in advancing Masters in NC as active, contributing, and inspiring members.

Chuck began his aquatic involvement as a lifeguard at the City pools in Indianapolis, IN. During his high school years and while at the University of Miami, Chuck only swam in fraternity intramural meets with his Kappa Sigma brothers. Then a forty-year hiatus from swimming followed as parenting and a career assumed the necessary priority. The Irwins have two daughters who were quite successful in age group and high school swimming and water polo. Of course, Chuck and his wife, Barbara, followed them around Florida and the rest of the country during their swimming years.

It wasn't until the Irwins moved to Franklin, NC that Chuck resumed swimming. After a group of doctors formed and built the Franklin Health and Fitness Center in 1991, Chuck started swimming again for health and fitness reasons. Several swimmers led by Don McBride decided to apply for a Masters club designation. Chuck joined this group which became the Franklin Swim Masters. Because Chuck was the only one available for traveling a lot they appointed him as their team's representative. Through his participation at the LMSC-NC quarterly meetings for several years Chuck was elected Treasurer in 1996. He was always articulate, insightful, and a meticulous records keeper.

Chuck considers himself to be very fortunate to have joined NCMS as Masters Swimming has been a real thrill and enjoyment for him. Chuck notes that the camaraderie and friendships that he has enjoyed with Masters has greatly enriched his life. And he has returned the favor to others. Ceil Blackwell remembers that as the new president of our LMSC, her goal was to form a state team so we could all swim for one team when out of state, yet keep our instate chapters. Chuck was the first to give enthusiastic support and encouraged her to go forward immediately with the idea. Ceil notes she will always be grateful for his vote of confidence at the meeting when the state team idea was presented.

Chuck says his only claim to fame is that he earned Top Ten Dixie Zone honors in 1992 in the 50-meter backstroke in long course. Once again, in 1995, Chuck was one of the Top Ten in the Dixie Zone SCM in the 50-meter and the 100-meter backstroke.

We will miss Chuck's commitment and contribution, as well as his friendship, to NC Masters Swimming. As Chuck prepares to backstroke through larger pristine, chlorine-free pools, we are reminded that champions aren't found only in sports, but more especially in one's accomplishments in family, friendships, and community service.



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PERFORMANCE APTITUDES AND ATTITUDES

Win The Workout

By Wayne Goldsmith

Everyone wants to win on race day. Everyone stands behind the blocks wanting to win. Some hope. Some pray. Some cross their fingers. Some rub their lucky swim cap. Some, not many, enjoy the quiet confidence of

knowing that winning is possible because of the time and effort spent preparing for race day.

Everyone wants to WIN THE RACE.

How many want to WIN EVERY WORKOUT just as badly?

National Youth Coach Bill Sweetenharn often says to swimmers, "Winning tomorrow starts by winning today. To win tomorrow's race, first win today's training session. Will you be a better swimmer tomorrow because of what you did in training today?"

Here are a few tips on how to "win" workouts:

Arrive earlier than everyone else. Stretch for 15 minutes before anyone else arrives. If traveling or school commitments mean you can't get to the pool early, stretch in the bus, train or car on the way to training. Make sure you have a drink bottle containing clean water or sports drink at every session. Drink regularly throughout the workout.

Be the first swimmer to get in the pool and start training. Start the first lap with a race quality dive or race start. Ask the coach to grade your dive out of ten for technical excellence. Finish every repeat (including drills) with a legal, race quality touch. In free and fly this means no breathing inside the flags. In fly and breast this means an explosive, two-handed touch. In backstroke this means a powerful touch on a full stroke without looking at the wall. If swimming in a lane next to other swimmers doing the same stroke, make a conscious effort to race them from the flags to the wall on every repeat to practice your ability to win close race finishes.

Swim your warm up (and swim down) with the same attention to detail as you demand in the main set. Quality, explosive starts, aggressive turns, no breathing inside the flags, never breathing first or last stroke in fly and free, full underwater pull with every lap of breaststroke etc. Warm up and swim down means "GREAT SKILLS AND EXCELLENT TECHNIQUE DONE SLOWLY."

Challenge someone faster than you to a race every workout. It could be a kicking race. It could be a challenge based on skills and speed (i.e. who can swim the fastest lap with the fewest breaths. Time added to number of breaths = total score, and the lowest score wins). It could be a technique challenge (i.e. ask the coach to rate your drill efforts out of ten, then try to do it better and achieve a higher score). If you are a strong backstroker who is a weak butterflyer, challenge a strong butterflyer to a swimming (or kicking) race.

Work on your weaknesses.

When swimming an effort in training, ask yourself four questions:

Could I do this with fewer strokes?

Could I do this with fewer breaths?

Could I do this with better technique?

Could I do this with better starts turns and finishes

Challenge yourself to do it better every time.

If you want to be the best swimmer in your club, your state, Australia or the World, you must be the best swimmer in your LANE first. You must set yourself a higher standard than anyone else in your lane. You must set a higher standard and more challenging goals than even your coach thinks possible.

Aim to do it to faster, with better skills and excellent technique.

ESPECIALLY when you are tired. Race day success will require you to swim fast when you are tired, under pressure and hurting. Make training more demanding than race day. Deliberately make training tougher than the toughest race. Ask your coach if you can do a time trial at the end of training.

Believe that anything is possible. You can do PB's in training. You can swim 25 meters at maximum speed without taking a breath. You can kick 40 meters in your 50 meter PB swim time. You can do it. The words "I can't" usually mean "I am not prepared to try in case I fail."

There are no guarantees to success. You can, however, increase the likelihood of success by making training more demanding than you ever thought possible, attempting to do the impossible everyday and aiming to win every workout.

Reprinted from the American Swimming Coaches Association Newsletter. Volume #99, Issue #7. Coach Goldsmith worked with the Australian team for four years developing their National Testing Program and educating coaches and athletes on the issues in sports science. Working with swimmers and coaches at national team camps, he also developed and monitored the national Talent I.D. program



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North Carolina Short Course 1999 Yards Top Ten - by Ceil Blackwell

The following swimmers from LMSC-NC were ranked in the USMS TOP TEN for their respective age groups for the 1999 short course yards season. Special kudos to Joseph Rhyne who placed 1st in two events, setting a new national record in the 500 free with a time of 4:41.83.

The Top Ten Chairperson for NC, Ceil Blackwell, has attempted to locate names of all swimmers from our LMSC. If your name or an event is missing from the list below, please contact Ceil. at (919) 787-8324, e-mail ceilb@aol.com or write her at the address listed in this newsletter.

Congratulations to the following TOP TEN swimmers!

Women:

19-24	Melisa Norman	9 th 50 back
	D. Slootjes	7 th 50 back
25-29	Heather Hageman	2 nd 50 free; 3 rd 100 free; 5 th 50 fly; 8 th 50 back
30-34	Kristen Johnston	7 th 1000 free; 7 th 1650 free
	Panela Lindroos	9 th 200 breast
35-39	April Long	8 th 200 fly; 8 th 100 IM
45-49	Debbie Wilson	8 th 1650 free
50-54	Betsy Bunting	9 th 1650 free
	Jeannie Mitchell	4 th 100 back; 5 th 50 back; 5 th 200 back
60-64	Sally Newell	

2nd 50 breast; 3rd 100 breast; 3rd 200 breast; 4th 50 free

65-60 S. Robbins-Bonitz 5th 50 back; 6th 100 back; 10th 200 back

70-74 Pat Dockendorf 2nd 200 breast; 8th 100 breast

75-79 Margaret Hagerty 9th 1650 free

85-89 Marie Heikkinen 4th 50 breast; 5th 100 IM; 9th 50 free

Men:

19-24 Doug Shanks 4th 50 free; 10th 100 free; 10th 50 fly

25-29 Jeff Murray 4th 100 free

David Stutts 3rd 400 IM; 5th 500 free; 6th 200 free; 6th 1650 free

30-34 Bob Jennings 3rd 200 breast; 5th 100 breast; 6th 50 breast; 10th 200 IM

35-39 Doug Asbury 9th 1650 free

40-44 Thomas Davis 5th 200 back; 6th 100 back

Jonathan Klein 8th 50 back; 8th 200 back; 9th 100 back

Fritz Lehman 2nd 100 back; 2nd 50 back

Joseph Rhyne **1st 500 free (4:41.83**)** ; **1st 1000 free (9:56.27)**; 2nd 200 free; 2nd 200 back;

2nd 100 fly; 2nd 200 fly

45-49 Don Gilchrist 2nd 200 IM; 2nd 400 IM; 5th 200 breast; 5th 200 fly; 6th 50 breast; 7th 200 free; 8th 100 free

9th 100 fly

Bruce Mallette 3rd 200 IM; 4th 100 IM; 7th 200 breast; 7th 100 fly; 9th 100 back; 9th 50 breast;

9th 100 breast

55-59 Bill Brown 5th 200 IM; 9th 200 breast; 9th 100 fly

60-64 Jerry Clark 2nd 100 free; 3rd 50 free; 3rd 200 free; 3rd 500 free; 3rd 1000 free

Milton Gee 7th 50 breast; 9th 100 breast

Rolffs Pinkerton 3rd 100 back; 4th 50 back; 6th 200 back; 9th 50 free

65-69 Clarke Mitchell 2nd 200 back; 3rd 50 back; 3rd 100 back; 3rd 100 fly; 5th 100 IM; 6th 50 fly; 7th 200 IM

7th 400 IM

	John Kortheuer	2 nd 100 breast; 5 th 50 fly; 5 th 50 breast; 6 th 100 IM; 9 th 50 free
	Dick Webber	9 th 50 fly
80-84	Roy Morse	4 th 1000 free; 8 th 100 free; 10 th 50 free; 10 th 200 free
85-89	Boyd Campbell	4 th 100 back; 7 th 200 free; 10 th 50 free; 10 th 200 free
90-94	Harold Hoffman	3 rd 50 free; 3 rd 100 free

**= Masters National Record

RELAYS

Women

25+	400 Free	7 th place (Sian Hunter, Pamela Lindroos, Patricia Hogan, Angelique Geiss)
	400 Free	8 th place (Michelle Duval, Silica Larkin, Margie Springer, Sue Haugh)
45+	400 Free	4 th place (Sandra Cathey, Ingrid Friersers, Jeannie Mitchell, Mary Sansbury)
55+	200 Medley	8 th place (Ceil Blackwell, Dawn Stroupe, Alice Jones, Sally Newell)
65+	200 Medley	6 th place (Margaret Hagerty, Daisy Trivette, Betty Billings, Lynne Goble)

Men

25+	400 Free	8 th place (John Denison, Phillip Alexander, Brian Huey, Jeff Smith)
45+	400 Free	6 th place (David Castle, William Brophy, James Davis, Bob List)

Mixed

55+	200 Medley	10 th place (S. Robbins-Bonitz, Milton Gee, Jerry Clark, Sally Newell)
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*Note: Copies of USMS Top Ten & Records are available from the USMS National Office (508) 886-6631, 2 Peter Avenue, Rutland, MA 01543. The cost is \$6 for one issue. A year's subscription is \$12 (3 issues-sc yards, sc meters & lc meters). Back issues are also available.



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UPCOMING 1999 / 2000 MASTERS SWIMMING EVENTS

Sep 1 - Oct 31	USMS 3000 / 6000 Yard Postal National Championships	Any 25 Yard Pool	Margie Hutinger (727) 521-1172 http://home.att.net/~dixiezone/dp_meets.htm
Sep 11-12	Smoky Mt. LCM Meet	Hendersonville, NC	Sandra Kremer (828) 891-5053

Oct	2	NC Senior Games	Raleigh, NC	
	9	Short Course Meters Meet	Hillsborough, NC	Krista Phillips (919) 732-3818
	21-29	National Senior Games	Orlando FL	
	23, 24	NC-VA Challenge	Roanoke Rapids, NC	Cindy King (252) 533-2850
Nov	13, 14	Electric City Masters (SCM)	Anderson, SC	Steve Wycoff (864) 260-5170
Dec	3-5	Dixie Zone SCM Championships	Coral Springs, FL	Jonathan Coyle (954) 340-5508
Apr	1,2	RAM NC Masters Championships	Raleigh, NC	Tim Sexaurer (919) 266-6315
Apr 2000	21-23	The Colonies/Dixie Zones SCY Championships	Ft. Lauderdale, FL	Stu Marvin (954) 468-1580
May	11-14	USMS National SCY Championships	Phoenix, AZ	
Jul / Aug	27 / 7	FINA Masters World Championships	Munich, Germany	
Aug	17 / 20	USMS National LCM Championships	Baltimore, MD	



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<http://www.NCmasters.org/atlsep99.html>