



Across The Lanes

USMS CONVENTION ISSUE



North Carolina Hospitality By George Simon

The USMS National Convention was held at the Joseph S Koury Convention Center in Greensboro this year. There are approximately 235 USMS members in attendance, along with another thousand representatives from other USA Aquatic Sports (USA Swimming, Diving, Water Polo, and Synchronized swimming). As the host site, our LMSC manned the hospitality suite just for our Masters swimming attendees. The hospitality suite provides a much needed time for USMS members across the country to interact, get to know each other, and to continue business from many different committee meetings.

As part of the convention, many of our members attend a morning swim practice, there were two, at 5:30am and again at 6:30am. Rhea Wilkins, from Clemmons, was an exceptionally gracious hostess by providing a convention first -- having a light breakfast for our swimmers at the pool. Usually our swimmers have to hurry back to the convention site and queue up for a single muffin and coffee provided by the vendors, but this year, Rhea was complemented by all in attendance for providing the breakfast. Not only did Rhea handle the early morning breakfast, but she was consistently working in the hospitality suite every day until late evening.

We had many volunteers from Greensboro assist with the suite, and the big even was Friday evening, where we served central NC barbeque from Stameys. This was another first and a big undertaking to serve the USMS attendees from the three room hospitality suite. Thanks to Don Gilchrist from Greensboro for making the arrangements, Hill Carrow from Morrisville for being the in charge guy for Friday, Joe Gosha from Kannapolis, and Greg Sousa from Durham for their long hours during the Friday event. There were many others as well, not only on Friday, but Wednesday, Thursday, and Saturday starting in the morning and working until late evening (maybe even early am).

I am sure I probably will miss a name or two for which I apologize, but these were the volunteers that I have listed: Linda McCowen from St Louis, MO, Charles Wilkins, Leena Deinlein, Mark Medendorp , Andrew Richelson,

Christina Rogers, Maryellen Kammer, Julia Carlson, Sally Newell, Jerry Clark, Barbara Braswell, Sandy McNairy, Rick Bober, Jeannie Sykes, Frances McEachran, Danielle Newton, Don Evans, Meri Amweg, and Judy Pellarin. Our North Carolina hospitality received a lot of compliments for the best hospitality at any of our National Conventions. Our LMSC owes each and every volunteer a big **THANKS!!**

2006 USMS Registration

Just a short reminder, your current USMS registration expires on December 31, 2005. Renewal invoices will be sent via email and to those without email addresses via a paper invoice during the first week of November. Please renew your USMS membership prior to the end of December.



NC Masters' Lanes

Report on World Masters 2005 By Lindley Fleury

Some of you may remember me from 2004 Nationals in Indy. The meet was a painful debut after seven years of "recreational" workouts with my husband Bob. I had been kept quite busy at that point juggling six kids (the virtual Brady bunch) and running two businesses. On Oct 12, 2003, for some unknown reason, I bravely picked up a *Swim* magazine and skimmed through the pictures. Gazing back at me with perceived mocking expressions was a picture of three former competitors, reveling in their top finishes at Nationals that year.

It was on that night that I realized that I had to do something. I remember telling Bob that night that I was going to train for Nationals in April. I don't think he believed me until I began swimming 5:30 am workouts the next morning with my son's Senior group at the Sandhills Sandsharks. I was like a woman possessed. I hadn't swum a

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meet since Pullen Park in 1996. I also felt obligated to go to Indianapolis, because I had gone to school at Indiana and swam with Doc Councilman. I wanted to be there for his tribute scheduled during the meet.

I wouldn't recommend my competition strategy to anyone. Nationals proved quite painful, but I ended up with three silvers in the backstroke events. I swam and felt spastic. I almost felt like I didn't deserve to be there. I enjoyed sitting with the North Carolina crowd. Their enthusiasm was contagious!!

The insanity continued as I entered myself for Long Course World games in Riccione, Italy a couple months later. In my altered state of throwing myself back into the World arena I mistakenly thought that NOT DOING any LC before this meet would be OK. Wrong again. It's not like I had any access to a long course pool within 25 miles. I was only able to swim two backstroke events and the Open Water 3K at 2004 Worlds, due to my daughter's high school graduation. Futile searches for the walls came at about 30 meters. Glided into two touches for two 4th place finishes and a 6th in the Open Water. I was frustrated, but the vacation afterwards with Bob and three of the kids made it all better.

I was beginning to see a pattern emerge: SWIM MEETS AS A WAY TO TAKE A VACATION !! Because our work keeps us very busy (Bob is a physician), we go many years not even taking off a full week during a year. The next vacation planned was for the 2005 Worlds in Edmonton from July 22-31. I gave myself a nice break after Italy and cranked back up to train for this one. This time I DID swim Long Course, commuting to Sanford with my son three days a week at 5:15 AM before work, plus four short course afternoons.

This time the training did pay off. The pool (Kinsman Aquatic Center) is a former site for the Commonwealth Games. Edmonton is beautiful, and the meet generally ran within 10 minutes of its timeline. There were approximately 1800 swimmers entered. I swam "smarter" this time doing times I did ten years ago. The competition was tough for 45-49 year old women. However, I ended up with two silver and three bronze medals. My personal favorite was the 100 fly. I couldn't even make it earlier in the summer! Besides being thoroughly impressed by international swimmers 90+ doing LC events (like IM's), another highlight was watching Gary Hall, SR (not Jr.) do a very fast 50 free. Post-swimming was a wonderful trip to Banff and Lake Louise area.

The biggest surprise was looking online yesterday and discovering that I had posted the fastest time this year in the 100 back for USMS. None of this return to swimming really had to do with winning and medals, but having the guts to return to the pool and the sport that has been an integral part of my life. I hope that anyone who has missed the pool and friendships as much as I did, squeezes back into that Speedo, buys a new pair of goggles and goes for it! Hope to see you all at more meets!!

The Great Chesapeake Bay Bridge Swim — A New Challenge At Every "Turn" By John Jewell

The morning started with an unwelcome surge of adrenaline. I was about to step onto the shuttle bus destined from Kent Island to Sandy Point State Park when I realized that I had forgotten something very important in the minivan, which was at that moment signaling to take a right-hand turn out of the "park-and-ride" lot...

This was to be my seventh crossing of the Chesapeake Bay as part of the Great Chesapeake Bay Bridge Swim. For those uninitiated, this is a 4.4 mile open water swim race across the Chesapeake Bay at the Bay Bridge on US Highway 50 near Annapolis, MD. The swim course runs from Sandy Point State Park, between the bridges, to a small sandy beach at the Bay Bridge Marina on Kent Island. The race has been held every June since 1986, with over 4000 successful finishers over the years. The swim is extremely well managed, and safety is primary consideration for this swim; only qualified entrants are allowed in the water, a fleet of kayaks and powerboats monitor the 660 swimmers, and the US Coast Guard manages a 4 hour closure of the international shipping lanes.

...so, what did I forget? ...my photo I.D. for race check-in. After running down my wife's van, and with driver's license in hand, I boarded the bus with 60 other slightly anxious swimmers. The pre-race ride across the Bay Bridge provides a great opportunity to survey the race course, and gets everyone talking about past experiences and race strategy.

The day was a beautiful one for a swim. Air temperatures were in the mid-80's and announced water temperature was 73°F (but it was warmer). I spent the pre-race hours at Sandy Point State Park meeting and chatting with other swimmers, as I distributed flyers for the Wilmington YMCA Sponsored Pier-to-Pier swim in September. Among those who had traveled from as far away as California were several swimmers from North Carolina includ-

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ing a Wrightsville beach lifeguard. My most interesting conversation was with Chris, a 73 year old gentleman from Pennsylvania (and veteran of swims like Alcatraz and Manhattan Island), who was making his tenth crossing.

After the first (of two) starting waves hit the water, I had fifteen minutes for my final mental preparations. I had doubled my workout regime this year and hoped to finish faster than my 1hr 59min crossing in 2004. In spite of the nice weather and warm water, it looked like swim conditions would be tough. The 12 knot southeast wind was pushing 2 to 3 foot waves directly into the starting swimmers. The final 10 second count down found me breathing deeply... (There's the horn, go, now it's all knees and elbow, under the north span, across the main shipping channel, counting down with the pilings, out from under the south span...) BEEP!!!

For me, the four key parts of the race are: the start, swimming the shortest distance through the first mile, negotiating the main shipping channel, and finishing hard. At the start, I usually go hard because the 200 yard wide starting line funnels down to a 20 yard wide gap between pilings to get under the north bridge. This year the head-on 2ft waves made it very difficult to go hard, and I found myself bumping with several bodies to get under the bridge.

In the first mile, the course (bridges) bends through about a 30 degree left turn. To swim the shortest distance, I normally stay left (north), following the bridges until I see the tower from the suspension bridge across the main shipping channel. Then, I head straight for the south bridge tower. This year there was a slight flood current pushing north, and the waves bouncing off the north bridge pilings turned

the water into a mixing bowl. So I headed away from the north bridge looking for "clean" water, in spite of the longer swim. It did not help. The water got no calmer, and I struggled to get into a rhythm.

The main shipping channel is about 500 yards across. Because it is the deepest point it has the greatest (cross flow) current. So, I always am sure to "save up" for a greater effort at this midpoint of the swim. This year the race planners did a great job of setting the start time, and there was no current in the main shipping channel. There was however more pounding by the 2 foot waves.

When you reach the far shore and swim out from under the south bridge, the last quarter-mile along the jetty offers the chance to swim straight to the finish without lifting your head to sight your heading. Here I try to swim my hardest so as to "leave it in the water". This year's race had one last trick to play. The cloudless sunshine had warmed the shallow, low tide water, to well over 80°F. I soon found my final kick pushing my body temperature to the overheat point. (No waves, but now it was too hot to swim fast.)

Some may think that 4.4 miles and 1 hour, 51minutes in the water is very long. But, standing on the far shore looking back at my accomplishment always leaves me with the feeling that the swim went by too fast, and that I can't wait to come back next year. If you are interested in participating in the best open water swim in the U.S., check out the websites, www.bayswim.com/ and bayswim.home.att.net. Or, feel free to send me a note at [sjjewell@bellsouth.net](mailto:sjewell@bellsouth.net). See you at the Bay Bridge on June 11, 2006.

John Jewell is a 41 year-old US Masters Swimmer who swims unattached and works-out regularly at the Wilmington Family YMCA.



Picture courtesy of LIN-Mark Computer Sports, Inc. / <http://www.lin-mark.com>



United States Masters Swimming hosts a convention and meetings of the House of Delegates in the fall of each year. During the convention, the yearly budgets are approved, elections of officers may take place, organizational rules and bylaws may be amended, and the general direction of the organization is set for the coming year. The USMS Convention is held as part of the annual US Aquatic Sports convention, together with USA Swimming, USA Diving, USA Synchronized Swimming, and USA Water Polo.

George Simon (Vice Chair of the Registration Committee), Jerry Clark (Vice Chair of the Championship Committee), Hill Carrow (USMS liaison to the US Olympic Committee), Rhea Wilkins, and many other very appreciated volunteers attended from North Carolina.

The below selections from the USMS Convention Minutes represent just a few of the very important actions and decisions the committees and delegates carried out to advance Masters Swimming. You are encouraged to access the US Masters website, www.usms.org/admin/conv05, for an insight into the significant work the leadership and delegates undertake on our behalf as they establish the general direction of USMS for the years.

Highlights:

Elections were held for all members of the **USMS Board of Directors**. This was the first election of officers since the board makeup underwent sweeping changes as a result of last year's convention.

After a two year's worth of hard work by the **Governance Task Force** and several fruitful public sessions at convention, the House of Delegates approved changes to the committee structure of USMS.

The first-ever **USMS Communications Award** was presented to June Krauser. The award was renamed the June Krauser Communications Award in honor of June's many contributions and innovations in the field of communications with our membership over the years.

Election Results:

President: **Rob Copeland**

Vice President of Member Services: **Mark Gill**

Vice President of National Operations: **Leo Letendre**

Vice President of Local Operations: **Julie Heather**

Vice President of Community Service: **Michael Heather**

Secretary: **Meg Smath**

Treasurer: **Tom Boak**

At Large Director from the Dixie Zone: Jerry Clark

Awards Presented:

Ransom J. Arthur Award: **Betsy Durrant** - Virginia LMSC
Speedo USMS Coach of the Year: **Mark Moore**, Mission Viejo Masters, Southern Pacific LMSC

Tyr Newsletter of the Year: Pacific Northwest Aquatics - "The Wet Set" - **Paul Freeman, Editor**

National Championship Award: **Tracy Grilli** - New England LMSC

2007 Pool Championships Awarded To:

Short Course Yards: Weyerhaeuser King County Aquatic Center, Federal Way, WA. The tentative meet dates are May 17-20, 2007

Long Course Meters: The Woodlands Aquatic Center, The Woodlands, TX. The tentative meet dates are August 10-13, 2007

2007 Long Distance Championships Awarded To:

One Hour Postal: Florida Mavericks

3000/6000 Y Postal: Sawtooth Masters

5K/10K Postal: South Texas

2 Mile Cable: Adirondack Masters

1 Mile Open Water: OHIO

1-3 Mile Open Water: Inland Northwest (1.76 mi.)

3-6 Mile Open Water: Lee County, FL (5k)

6+ Mile Open Water: Metropolitan Masters (10K)

Committee Name: Board of Directors

USMS President Jim Miller welcomed everyone and remarked that he has appreciated working with everyone on the BOD over the past 4 years. He presented each BOD member and the USMS Liaisons with a nice gift bag as a token of his thanks. Jim stated that he values the commitment to the standards, ideals, and mission statement that the BOD has brought to the organization. Jim reviewed by use of a slide show the many accomplishments of the EC, BOD and USMS in the past four years.

Scott Rabalais thanked Jim for his leadership and his fellow Executive Committee members for their dedication. He noted that he saw the smiles in the audience, and that he is

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encouraged that everyone appears to be happy to be here.

Doug Church noted that one of his goals coming onto the EC was to see that professional management came to masters swimming. He remembered one of the first Finance Committee meetings he attended where he volunteered to take minutes. He appreciated then the purism of volunteerism. But he also thinks about how great it will be to have someone who wakes up every day with the soul purpose of seeing that Masters Swimming is his/her goal.

Nancy Ridout noted that she's been a part of the leadership for USMS for 20 years. It's been an honor and something she will always cherish. She has witnessed the evolution of Masters as it has progressed from having little autonomy to where we are today. She thanked all who are present for their leadership, council, and all they do for masters swimming.

Sally Dillon said "ditto" to all the wonderful things said by the others. She thanked the committee chairs for their cooperation over the years in getting their minutes done efficiently and reviewed the procedures for this year.

Lynn Hazlewood spoke about the many hats she has worn in her years of work with the EC and about how enjoyable her work has been with the national magazine and web.

Patty Miller spoke about the change to the EC and BOD and how this is the last time we will be this way. She suggested, as we go forward, that we support the new BOD and EC as they work with the new changes.

Tracy Grilli said "she isn't going anywhere, and we have her phone number!".

International Events: Jim noted that the major international event on the horizon is our own FINA World Championships that will take place at Stanford University, Palo Alto, CA in 2006. He also noted the 1st ASUA championship was held this past summer in Santo Domingo.

USMS National Sponsor Program: Jim noted that the EC has been working on a national sponsor program that attaches the sponsors and advertising. This will be passed on to the next EC with our recommendation.

Audit report: Controller Margaret Bayless reported on the good financial news for USMS. Membership revenue have risen from \$610,000 in 2001 to \$858,000 in 2004 – a 41%

increase. Total revenue, which includes event surcharges, sponsorship revenue, product sales in addition to membership, club and LMSC dues grew at a 36% rate. Total expenses increased from \$790,000 (2001) to \$929,000 in 2004 – an 18% increase. The lower increase in expenses compared to the higher increase in revenue has resulted in the reserves growing to \$1,108,000 at the end of 2004. Cash and equivalents have remained relatively constant at December 31 of each of the last 4 years, in the \$800,000 range. Margaret also reported specifically on the 2004 financial results.

It appears that the reserve balance will increase this year by an amount conservatively estimated around \$100,000. Margaret concluded that the financial results indicate that USMS has the membership and other revenue base to fully support its current expense infrastructure.

NOTE: "MSA" means "Motion made, Seconded, and Approved."

Committee Name: DIXIE ZONE

Committee Chair: ROB COPELAND

Committee members present: Lisa Watson, Scott Rabalais, Viki Tracy, Ashley Whitney, Karol Welling, George Simon, Victor Buehler, Sue Moucha, Margie Hutinger, Joan Campbell, Danielle Newton, Cav Cavanaugh, Carl House, Anne LaBorwit, Mary Hendrick, Ed Saltzman, Jerry Clark, Debbie Cavanaugh, June Krauser, Randy Nutt, Stu Marvin, Sean Fitzgerald, Rhea Wilkins, Rob Copeland

ZONE SPECIFIC TASKS

FINANCES-

Rob reports that we have \$1300 available to the Dixie Zone from USMS, which includes \$800 for newsletters. There is also \$1531.77 in our Dixie Zone reserve account.

NEWSLETTERS- No newsletters have been sent out. It is hoped that this will change next year.

TOP TEN-

There are currently no Dixie Zone Top Ten times being compiled, due to the lack of a volunteer to compile them.

RECORDS-

A motion was made to reset the criteria for Dixie Zone records to duplicate requirements for Top Ten, in which only 2 watches are required in the absence of electronic timing. **MS-MOTION FAILED.** Opponents of this motion stressed the importance of having the same standards for

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Dixie Zone records as those for National and World records.

ZONE MEETS-

The 2005 SCY Zone Championship was held in Ft Lauderdale. Meet director Stu Marvin reported a nice turnout for that meet. The 2005 LC Championship was held in Charlotte, NC. Meet Director Jerry Clark reported a turnout of 103 swimmers. The 2005 SCM Zone Championship is scheduled for Dec 2-4 in New Orleans. It was reported that due to the devastation from Hurricane Katrina, the meet hosts are currently trying to find another venue for the meet.

TOP TEN PATCHES-

Ed Saltzman has been in charge of selling Dixie Zone Top Ten patches. He reported that since Dixie Zone Top Ten standings were discontinued last year, the sale of the Top Ten patches has understandably decreased. Thirteen patches were sold in the last year. There are still about twenty-five patches available for sale.

ZONE POLICIES-

Rob reported that our current Dixie Zone policies are very outdated and need to be rewritten. The committee agreed to discuss this further during the next year.

ZONE DIRECTOR NOMINATION

Lisa Watson nominated Jerry Clark as Dixie Zone director. The motion was seconded by George Simon. This nomination was approved by acclamation.

MSA to nominate Jerry Clark as director from the Dixie Zone.

ZONE REPRESENTATIVE ELECTION- MSA to elect Debbie Cavanaugh as Dixie Zone Chair and Stu Marvin as Vice Chair.

ZONE ACTIVITIES FOR 2005-2006

Championship Meet Bids

MSA to award Dixie Zone Championships to the following venues for 2006: Clearwater, Florida for SCY and Charlotte, NC for LC. Dates will be Feb 11 & 12 for SCY and July 15 & 16 for LC.

MSA to have a consolidated Dixie Zone SCM Championship for 2006, comprised of a compilation of all Dixie Zone SCM meets between September 1 and December 31. Ed Saltzman volunteered to compile these results. It was decided to set a January 15, 2007 deadline for submission of results to Ed.

COACHES MENTOR CLINIC-

Committee members were reminded that the Coaches Committee will allocate \$500 to requesting clubs to bring in a qualified coach to conduct a swim clinic. The clinic will have a section for coaches and another section for swimmers. Video analysis will be provided.

FUTURE DIRECTION OF ZONES-

This will be a topic for future discussion, as USMS questions whether or not zones serve a useful purpose. Consensus was that our Dixie Zone is definitely serving a useful purpose.

MSA to express to the Editorial Board the desire of the Dixie Zone to continue to include Championship entry forms, postal entry forms, All American and All Stars, etc... in the USMS SWIMMER magazine. This committee feels very strongly that these are all essential components of the magazine and should continue to be provided as a service to the membership.

NEW BUSINESS

Ed Saltzman proposed that the Dixie Zone use available funds to purchase a Hy-Tek license for the zone, so that all Dixie Zone clubs will have the means of putting results in the same format.

MSA to purchase a Hy-Tek license for the Dixie Zone in order to be able to provide Hy-Tek software to any clubs who currently do not have such access.

**Committee Name: Championship
Committee Chair: Barry Fاسبender
Vice Chair: Jerry Clark**

SURCHARGE FOR NATIONALS

The Championship Committee has been conducting ongoing email discussions on the surcharge for National meets. This discussion was continued during this meeting. With the current challenge of finding bidders for Nationals and rising costs, the committee feels that an increase in the surcharge is warranted. Jane Moore, potential meet host for 2007 SC Nationals in Federal Way, reported on the staggering increase in pool rental fees from previous years (an increase from \$9,000 to \$32,000 since their last Nationals).

Mark Moore, meet director of the 2005 LC Nationals in Mission Viejo, talked about the need for encouraging early entries to help the meet hosts. The committee has discussed a graduated surcharge to help the meet sponsor pay meet expenses, whereas the swimmer will pay the standard surcharge for entries received 30 days prior to the entry deadline, and then an extra surcharge would be charged for entries received from 0-29 days before the individual entry deadline.

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EMERGENCY RULE PROPOSAL REGARDING NATIONALS SURCHARGE

Barry Fasbender reported that since the Championship Committee's discussions on Thursday regarding the possibility of getting an emergency rule proposal on the Nationals surcharge through the Rules Committee. The Rules Committee itself discussed this topic and deemed it to be worthy of emergency status.

Factors to be considered include the concern for the turnout at Coral Springs in 2006 with Y Nationals only a week later in the same area and the FINA World Games possibly keeping swimmers away. Rising fuel prices are driving costs up for everyone and possibly keeping swimmers away. The Federal Way 2007 SC bid, with pool rental fees almost four times the amount from their last Nationals, may in fact lose money without an increase in the surcharge.

MSA to submit an emergency rules proposal which would increase the surcharge per swimmer collected by USMS at National meets to \$40.

This will replace Article 104.5.4D on page 45 in the rule book regarding Entry Fees for National Championship meets. The new statement will read "A \$40 surcharge may be charged to be used by the meet sponsor to help pay meet expenses. If a meet host uses a 5 day format, the host may charge \$48."

Rationale states that the existing \$30 fee has not been raised for a number of years. We need to raise the surcharge to encourage more bids for National Championships. Next year, the Championship Committee will consider raising the surcharge for entries received between 0 – 29 days before the entry deadline, to encourage swimmers to enter the meet early, which would ease the burden for the meet host.

NATIONAL QUALIFYING TIMES FOR LC NATIONALS

There was discussion regarding the stricter LC time standards that were set last year for Mission Viejo. These standards were fifth place from National Top Ten standings +11 %. Carolyn Boak suggested we increase the percentage to 13% to ease the standards a little bit, which seemed to have more impact on the older age groups. Jeff Roddin suggested eliminating NQTs for 75 and up. Steve Newman was concerned that NQTs were not enforced and suggested setting a penalty for swimmers who did not make the NQT.

MSA to set up a subcommittee to look further at NQTs for LC Nationals.

Jeff Roddin, Carolyn Boak, Kristy King, Mel Goldstein,

Lisa Watson, Laura Winslow, and Tom Spence volunteered to serve on this subcommittee. Walt Reid also volunteered to work with this committee. Stu Marvin, host of the 2005 SC Nationals in Ft Lauderdale, and Mark Moore, host of the 2005 LC Nationals in Mission Viejo, volunteered to do a follow up report from their respective meets indicating the percentage of swimmers who missed their NQTs.

SUPER SEEDING

Barry reported on the concept of Super Seeding, asking for feedback from the Championship Committee as to whether or not this might be a means of making National meets more efficient. Super Seeding would take out the fastest heat of swimmers from each age group, and seed everyone else by time. All the fastest heats would then be swum last in each event. Mark Gill stated that this might work for SC, but would not work for LC, since there are not as many swimmers in each age group competing.

Jeff Roddin said that this would require verifying the times for the fastest swimmers, which would place a lot more work on the part of USMS and the meet host. Carolyn Boak suggested that an alternative might be to swim a heat of the fastest swimmers of an age group every few heats instead of having all fast heats swum at the end of the event.

Members of the audience commented that this would prevent swimmers within each age group from seeing each other, which is a nice aspect of Nationals. Errol Graham suggested that it might helpful instead to have a heat for the slowest swimmers in each event, which could be a substantial time saver.

BID PACKAGE

There was discussion about the current bid package. Several bidders have reported that the package is too detailed and gives the potential bidder a very negative feeling.

MSA to form a task force to look at the current bid package and suggest revisions to this committee.

Committee Name: Coaches

Committee Chair: Bob Bruce

Note: The Coaches Committee does its work in small groups during the year, and meets at Convention to review past work, preview current & future projects, recruit members to project teams, network, run practices for delegates, and generally raise enthusiasm.

The meeting was called to order at: 11:30am

1. Review of Ongoing Projects (Discussion: substantive additions to the Annual Report noted)

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- Clinics
- Olympic Training Center Camp
- National Coaches Conference: The conference, held in conjunction with the American Swimming Coaches Association Convention & Clinic, was a program success (panel discussion, six strong presentations, and the first Masters School certification course since 1999) and an organizational success (with strong cooperation with and support from ASCA).
- International: Michael Moore (2006 Worlds Meet Director) reported and answered questions.
- On-Line Workout Posting: We are searching for a volunteer to lead this project.
- On-Deck Coaching: Eric Shanks has volunteered to lead this program in 2006.
- Coach-of-the-Year: Skip Thompson reported on the three 2005 candidates for this award.
- Video Library
- Book Library
- Snooper Rental
- 2. Discussion of allied committee issues
- 3. Review of Major Projects (Discussion and Brainstorming)
- Coaches Manual: We committed to finish this project within the next six months.
- Clinics and camps
- Coach involvement in USMS Swimmer
- Triathlon
- LMSC Coaches Reps

Committee Name: Communications

Committee Chair: Hugh Moore

MSA that we include all committees for solicitation of input in March before USMS Swimmer annual planning in July.

MSA that the Communications Committee request that the Executive Committee or Board of Directors survey the membership with regard to the national publication

Calendar of Events. At last year's convention we adopted a policy that any non-USMS event submitted for inclusion on the calendar of events on the USMS website must be approved by either the LMSC chair or zone representative for the area in which the event will be held. No procedure for implementing this policy was designed, and Carolyn Boak volunteered to implement one.

During the past year, whenever an application for a non-sanctioned or nonrecognized event was received, it was

emailed to Carolyn, who in turn emailed the appropriate LMSC chair and zone rep requesting permission to list event. She found she had to educate many zone reps and LMSC chairs about the new policy.

Carolyn noted that many of the LMSC chairs and zone representatives were very glad to hear about the new policy. She recommended that the Communications Committee set up a procedure to ask each LMSC chair or zone representative to be the gatekeeper for submissions for the calendar of events in their respective areas.

Editorial Board/National Publication Editor Report. Hugh went over the background of the board. When we began *USMS Swimmer* last year, a transition team was appointed to work through the first issue of the magazine. It soon became evident that an ongoing effort was needed to coordinate all publications (rule book, web, manuals, etc.) resulting in the formation of the Editorial Board.

The board accomplished its work largely through monthly conference calls lasting 1½ to 2 hours. The board has made many decisions this year, not all popular. The size of the board has been kept relatively small so that decisions could be made quickly. It is composed of knowledgeable representatives from different committees: Doug Garcia (Marketing), Hugh Moore (Communications), Meg Smath (Publications), Lynn Hazlewood (Executive Committee), Barbara Thomas (Finance), Jim Matysek (webmaster), and Bill Volckening (USMS editor), along with Virginia Sowers (Douglas Murphy) as a nonvoting member. Many in the audience expressed views regarding the composition of the Editorial Board.

Bill explained that he, Lynn Hazlewood and Jim Matysek met with Douglas Murphy personnel for annual planning to set the editorial calendar in July. Many in the audience felt that more and different people should be involved in that process.

Doug Garcia said he felt there was a misperception about what the Editorial Board does. The board is not reviewing every article and tries to avoid micromanaging. Tom Boak stated that his zone (South Central) has formally expressed dissatisfaction with current editorial policy. They're not happy with who's deciding content, and feel there is not enough emphasis on competition.

Lynn reminded everyone that the magazine is still in the development process, and also that one of the more contentious issues (publication of the All-American roster) has been resolved. She also reminded everyone that magazine

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publication is on a tight timeline, making it difficult to receive widespread input from many people.

Hugh said it was difficult to determine what our members really want in the magazine. The 2001 survey indicates the majority of our members have little interest in competition. We probably need a new survey. Connie Barrett said the Marketing Committee also wants to do similar surveys, so maybe a new survey could be a joint project.

Tom Boak asked what the process is for deciding which articles to print in an issue. Bill responded that the Editorial Board considers different aspects of how the publication is supposed to work for USMS. They bear in mind that the magazine is considered a member benefit. The Editorial Board has solicited input from the Sports Medicine and Coaches Committees and added contributing editors as a result.

The Editorial Board also gathered ideas from the transition team. Bill noted that many felt the 2001 survey was flawed, but it was used because it was all we had. We also looked at past issues of *SWIM*. The Editorial Board has tried for balance for the features and departments. The five departments are association news, member news, training and technique, nutrition and food and the healthy swimmer. Features can be divided between personality, technique and miscellaneous topics. Bill looked through his archive of old swimming magazines, and Douglas Murphy staff routinely research other magazines.

Al Prescott noted that he hasn't heard any negative comments from the swimmers he's talked to about the magazine, and in fact they have gone out of their way to compliment it. Tom said he didn't think we should substantially change the composition of the Editorial Board, but we should solicit input on the balance of content much earlier.

Tom Boyd informed the committee that he is a survey professional, and would be willing to help with a survey. Ray noted that the intent of the survey would be to make sure our publications are meeting the requirements of the general membership, and that the survey would be in addition to the steps we've already taken today to improve the magazine. Doug reminded everyone that we need to remember our core objectives.

MSA that we recommend he Records and Tabulation Committee work with the Top Times database develop-

ers to come up with a plan to work toward a single meet results database.

Webmaster: Jim Matysek introduced Marian Briones, web developer, to the committee, and noted she has been a big help throughout the past year. During the early part of last year they concentrated on redesign of the website, and added several behind-the-scenes tools for maintenance. Right now the online entry system for the world championships is their highest priority. That is planned to go live January 1 with beta testing beginning next month.

Meet results database. Hugh read a report submitted by Mel Dyck, chair of this subcommittee, which included the following: "At the first of the year, 2005, our subcommittee was established with the mandate to try to recover and preserve results from all meets sanctioned and recognized by USMS. The goal is to improve the Current Top Times searchable database into an accurate record of all swims performed by registered USMS swimmers, regardless of where they stand with respect to the best swims.

It is felt by committee members that the Top Ten is an extremely valuable program for the recognition of top performances, but that USMS actually serves the entire community of swimmers, not just the elite. We all know 50th place swimmers who train just as hard as those who achieve a number one place. Their times should be available just as readily as those record-setting performances.

But Current Top Times has another valuable service. It provides a timely searchable database so that a hard-training swimmer can see how his/her competition is doing around the time of critical meets. We can routinely provide results to the database as quickly as the results are submitted. At its inception, the subcommittee was in the middle of the short course yards season, known for having many meets in nearly every LMSC. This season, we have merged 103 meets into the database, roughly 2.7 times the previous high of 38 meets.

Special thanks are due to a number of very aggressive subcommittee members who tracked down and delivered most of these meet results files. They are Cav Cavanaugh, Barbara Dunbar, Laszlo Eger, Mark Gill, Julie Heather, **Fritz Lehman**, Jim Matysek, Mary Pohlmann, Jeff Roddin, Barry Roth, Ed Saltzman and Ed Tsuzuki. Our current long course season is also going well, thanks to the dedication of the same group of members. However, it is my opinion that the archiving of swim times will not be truly complete

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until there is a directive from the USMS management that meet directors and/or Top Ten chairs provide the full set of swim results.”

Committee Name: Finance

Committee Chair: Tom Boak

Treasurer’s Report – Doug Church: We have money in the bank, all the bills are paid, and the reserves have continued to increase. Doug asked Smith Barney to review FOG investment policy that he just received. He recommended that report be passed on to next Finance Committee Chair to review with possible recommendations at next year’s convention.

Margaret reported that for the first eight months of 2005 net income is \$359,000. Total reserves at August 31, 2005 are \$1,467,000. This includes about 95% of income and about 60% of expenses.

For USMS SWIMMER, we should end 2005 about \$70,000 favorable to the 2005 budget that we set last year. The magazine still does not make money, but the loss is less.

Old Business: Tom reported on the meeting earlier in the day about financing for FINA worlds with Barbara Thomas, Anne Cribbs, Jeff Moxie, Margaret Bayless, Michael Moore and Doug Church about cash flow demand and funding requirements prior to their starting to receive event funds.

MSA to endorse increasing the loan to FINA World Masters LSC to \$300,000 immediately and that the meet organizer be authorized to draw in addition to the current authorization approximately \$25,000 in calendar year 2005, and up to the balance of the \$300,000 in calendar 2006 as needed, and for USMS to seek meet interruption insurance coverage of our loan of that amount. The actual decision will be made by the Executive Committee, and Doug will be responsible for amending the loan agreement.

MSF to approve expenditure of USMS funds not to exceed \$10,000 to acquire event interruption cancellation insurance subject to a premium quote to be received to cover the \$300,000 USMS loan to of FINA World Masters meet.

Doug (in conjunction with insurance committee) will obtain a quote in the event another body (e.g. HOD) should decide we want to purchase this insurance.

2006 Budget: During the discussion by the Gods of Finance the following motions were made:

MSF to include 10,000 Paid Liability Expense in the budget. In the event there is a paid liability claim, which there has not been for six years, the item would be paid out of the insurance reserve.

MSA to increase insurance reserve from \$120,000 to \$200,000. This will increase was based on a recommendation by the insurance committee; it will be a balance sheet transfer only and not affect income and expense.

Other Business: **MSA to cover the controller under the D&O policy.**

MSF (failed) to approve a dues increase of \$2 effective for the 2007 dues year (Nov 1, 2006 – Dec 31, 2007).

MSA that in anticipation of the expiration of the national publication contract, the position be changed to a salaried position, and advertised and opened up to a search subject to PMG.

MSA that the IT/web related contractor expenses be paid for on a pre-approved project-by-project basis.

MSA to increase USMS contribution to ISHOF from \$.10 to \$.25 per swimmer.

MSA to approve the budget.

FOG: Discussion followed on how to pay upcoming expenses based on actions that will be taken in the HOD Saturday afternoon.

MSA that treasurer and controller be authorized to suspend provisions of FOG where necessary and appropriate in order that the bills of the corporation are paid in a timely fashion in order to comply with current year legislation and the 2006 budget.

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MSA that treasurer and controller be authorized to suspend provisions of FOG where necessary and appropriate in order that the bills of the corporation are paid in a timely fashion in order to comply with current year legislation and the 2006 budget.

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Committee Name: International

Committee Chair: Sandi Rousseau

2006 FINA World Masters Championship – Michael Moore Status Report – Michael thanked the International Committee for help the committee has provided in contacting other Federations and NGBs in other countries. The FINA World Masters Championship meet booklet is available for distribution and soon to be published. Applications for entry are now available – credit cards are being accepted. Online registration will be available after January 1st. Non-profit status is being obtained. Hotels arrangements have been made with 22 hotels and 2600 hotel rooms (2 hotels are completely booked already). The FINA Congress will be held August 3rd, 2006 (the day before the start of the competition). Speedo is the primary sponsor for the FINA World Masters Championship. Jim Miller mentioned that USAS is very supportive of the FINA Worlds at Stanford and realize this will potentially be the largest FINA competition ever.

Assistance Requested for the Future

Assistance in continuing to be ambassadors in other countries and US is needed.

After November 1st Speedo will have a line of products to sell (licensed merchandise).

Please notify the LOC if we hear comments relevant to the competition.

Please calm fears of huge meet and long days. The meet will be run very efficiently with two courses running. Relays are on a separate day. Encourage USMS swimmers to sign up early and get hotel rooms early. Enter now; seed times can be changed later. Deadline for entry is June 1st.

Legislative Proposal Regarding Committee Status

Legislation Committee voted down L 21, but it may be brought up for reconsideration in the Legislation Committee. Our position is that this is not the time to eliminate International Committee while we are in the midst of helping with FINA Worlds at Stanford. Michael Moore stated he would like us to continue to help and values our assistance. He particularly pointed out our help in Edmonton (World Masters Games) and Riccione (last FINA Masters Worlds) – helpful to have a committee already in place. Volunteers are needed beyond the LOC.

International Section on USMS Web Site

Sandi reported her communications with Jim Matysek regarding this project. We have not come up on the priority list. International contacts are on the USMS website and can be updated now with our new information. We would like to see the USMS/FINA rule differences posted in the future. Interna-

tional meets are currently posted on the USMS calendar, but we'd like to further disseminate this and other international meet information. The FINA Masters World brochure and/or other information regarding the competition need to be quite visible on the USMS home page.

MSA. Recommend the USMS webmaster make the FINA logo, XI FINA World Masters Championships logo, a paragraph about the event and a link to the FINA World website highly visible on the USMS web-page and send to all LMSC and Zone webmasters ASAP. It needs to be emphasized that no alterations to this material can be made or deleted on any of these websites.

ASUA Update – Jim Miller represented USMS at the ASUA Masters Technical meeting in Santo Domingo during the first ASUA Pan American Championships. At the ASUA Masters Technical Meeting many suggestions for improvements for future events were made. South American nations and USMS were poorly represented at the competition. Caribbean nations were well represented. It was a reasonably well-run meet given the country's limitations. There were 175 entries. Water polo was cancelled – not enough teams. The plans are to hold this competition every two years; synchronized swimming will be added and perhaps diving. USMS may consider bidding for 2009 or 2011 in order to foster growth in the South American/Caribbean nations.

Jim Miller shared an important communication regarding the LatyCar competition to be held in October 2005 in Sao Paulo, Brazil. The LatyCar championships are not being recognized by Brazil or FINA. This information needs to go to all swimmers in US who have considered going to this competition. A one year suspension may be incurred. Swimmers throughout the world run the risk of being ineligible for FINA Masters Worlds in Stanford. No appeal process will be available.

Michael Moore named the coordinators for the other swimming sports included in the Championships. The event is scheduled August 1-17th with competition starting August 4th. The red meet brochure contains the schedule of events and qualifying times. Two 50-meter pools will be used with men competing in one pool and women in another, switching pools every other day. An individual may enter a maximum of five swimming events and no more than two events per day. There is a separate relay day. You can swim a maximum of three relays.

Hotel information was addressed by Anne Cribbs. Room
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requests for more than 20 rooms should go through Shannon Sullivan. Book your hotel rooms soon. Parking arrangements and limited shuttle service are being arranged.

There will be a Sports Medicine Conference to address issues concerning the aging athlete. Twelve to fifteen speakers and panels are being planned.

Anne Cribbs announced that Speedo will be the primary sponsor. Other vendors are being invited, but they cannot sell swim apparel. Speedo will have a line of licensed merchandise products to sell.

Officials and volunteers are needed. Several sponsorship levels are available to individuals. Patron Sponsor membership for \$2500 includes parking pass, social events, entry fees, special events and merchandise, including a Speedo Fastskin swimsuit. Other sponsor levels are Friend for \$500 and Seal for \$100.

We were encouraged to spread the word about FINA Masters Worlds among our LMSCs and clubs. We need full participation by USMS swimmers. Entrants must be a member of a registered club. Unattached swimmers cannot enter. Qualifying times must be achieved at the meet in order to be listed in the meet results. You cannot enter NT and the time you enter must be the same or better than the qualifying time. No proof of qualifying time is necessary.

www.2006FINAMasters.org is the official website.

Sandi explained that Dale Neuberger, President of USAS, has given Jim Miller a directive to inform our membership that any USMS swimmer who swims at the All Americas LatyCar competition in Brazil in October 2005 may risk being suspended from FINA competitions for a minimum period of one year. Swimmers throughout the world run the risk of being ineligible for FINA Masters Worlds in Stanford.

The committee isn't happy with this turn of events, but feels we must safeguard our membership. We don't really have enough information regarding the reasons for this directive. The committee is greatly concerned for the athletes regarding the timing of this and the implications that it has for our swimmers and other members of the Masters swimming world community. We need real facts and recommend that the appropriate members of the USMS leadership request clarification of the situation.

MSA: USMS needs to immediately contact all USMS swimmers regarding possible consequences of participating in the 2005 All Americas LatyCar competition.

MSA: USMS should contact the organizers of LatyCar to obtain the names and contact information for all USMS swimmers entered in the competition in order to notify them of their risk of sanction if they do not withdraw from this competition.

**Committee Name: Ad Hoc Legal Counselors
Committee Chair: Patty Miller**

On-line Registration

The committee discussed the status of efforts to institute on-line registration within USMS, both with regard to registration for membership and event registration. The legal issue for such registration involves the "signing" of liability waivers. The committee discussed the balance of risk and level of assurance with regard to validity of such waivers signed electronically.

The committee noted that USMS has double waiver protection, in that members must sign a waiver with their registration every year and must also sign waivers for each competitive event in which they participate. It was suggested that, for extra emphasis, the registration waiver be expanded to explain that such waiver covers all events in which a member participates. Bruce Hopson will work on additional language – trying to keep it as simple as possible – that may be added when USMS switches to on-line membership registration.

Trademark

Leianne Crittenden reported on the status of efforts with regard to the USMS trademark registration renewal. In relation to that work, she suggested that the committee poll LMSCs through their Zone Representatives to determine the frequency with which the term "Masters Swimming" is used on the local or national level for non-USMS events and practices.

Such information will be informative for determining the scope of our trademark efforts but may also help reveal some marketing opportunities for USMS. Michael Moore, from the XI FINA World Masters Championships Local Organizing Committee, attended the committee meeting and thanked committee members for their assistance to date with legal issues related to the World Championships. He does not have any current needs for legal assistance, but will call on the committee if necessary.

**Committee Name: Registration
Committee Chair: Anna Lea Roof
Vice Chair: George Simon**

MSA to create a task force, "Online Registration Task Force," for an on-line USMS registration system. The

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task force will determine the requirements and create the specification for the software.

MSA to recommend to the house for a change to waive the USMS 60-day transfer rule (the waiting period) to allow transfers both from and back into a specific club that was located in the FEMA-declared disaster area impacted by Hurricane Katrina. This is expected to affect approximately 143 swimmers.

Request that the Top Ten, Registration, and History and Archives committee meetings not be held during the same time at the 2006 convention, since many of these committees share common interests.

Extensive discussion was held regarding the much needed implementation of an On-Line USMS Registration system. A preliminary general outline was distributed to all in attendance by Jim Matysek, with the stipulation that the outline was not to be distributed to anyone outside of the organization to avoid any unfair advantage of software vendors should the software creation be sent out for external bids.

The need for an agreed-upon specification due to the requirements of many different registrars (53) resulted in the creation of a task force to investigate the requirements and create a specification. It was stated that our membership really wanted an On-Line method for registering for USMS, as it provides a convenience to our swimmers. Concern was mentioned regarding the costs to our LMSCs of a 5% transaction fee, and the costs to our National Organization for the creation of the software and potential National Office impact for verification of registrations.

Issues were brought up about the time registrars spend, many not compensated, and also the timeliness of some registrars processing registrations, and that the On-Line process would help alleviate the tardiness problem. Many people mentioned that other organizations could handle On-Line registrations and handle multiple fees depending on locale, and provide local organizations feedback on membership, and that our organization should learn from them.

It was requested that Legal be consulted for the creation of the On-Line registration specification due to correct handling of the waiver statement and our level of risk.

It was requested to implement the On-Line Registration system during a slow period of the registration year (rather than the beginning of a registration year, or just before a National entry deadline).

It was requested that we consider an 18-month registration period in order to increase our membership. This would allow those wanting to register in the summer to be retained for longer periods, and to not have reduced fee memberships. Someone else suggested a 365-day registration period, beginning on the swimmer's initial registration date.

Committee Name: Rules

Enacted Changes to the USMS Rules of Competition

R-1 102.5.4D Entry Fees

102.5.4 D Entry fees

The Championship Committee shall determine the entry fees. A banquet or social event may be conducted for an additional fee. Participation in this event is optional.

The meet host shall not be required to refund overpayments of \$10 or less. Any payments greater than \$10 may be subject to a processing fee of up to \$10.

U-1 103.8.6 (add)

A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "Stand up" command.

A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

U-3 101.2 Breaststroke (Delete corresponding sections and replace)

101.2.2-Stroke -From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water.

The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward

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at the widest part of the second stroke.

101.2.3- Kick - After the start and after each turn, a single downward butterfly (dolphin) kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly (dolphin) kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly (dolphin) kick.

101.2.4- Turns and Finish - At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

U-4 101.1.2 Backstroke

B All courses—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Standing in or on the gutter or placing the toes over the lip of the gutter or bending the toes over the lip of the gutter before or after the start is prohibited. A backstroke starting block may not be used.

Committee Name: Safety Education

Committee Chair: Shannon Sullivan

Not much action was taken this year when the new chair took over, because of the expected merger of Safety Education with Sports Medicine.

As VP of Local Operations, Julie Heather will once again try to bring safety to the forefront. She attended the USAS Safety meeting which is revising the coaches' safety training requirements. She will get a copy of the manual and try to get our Masters information included. USA Swimming is talking about changing policy by having a safety committee co-coordinator.

A discussion ensued regarding the proposed legislation of Sports Medicine to be renamed *Sports Medicine, Health, and Safety Education*, which Jessica Seaton is proposing to the Legislation Committee. It was noted that the Safety Education Committee was originally part of the Insurance Committee before its own committee was formed. If the current proposed legislation passes, and there is significant activity regarding safety education, a subcommittee will be created.

Julie Heather stated the continued need to get safety messages out to the membership, and would like to see safety related articles in USMS Swimmer, and will confer with the editorial board as soon as possible. All LMSC newsletter editors have been sent safety tips.

What topics do we need to address? Since we will be hosting the XI Fina World Masters Championships next year, it would be important to the international swimmers to become familiar with our rules, especially diving in the shallow water. Encourage the coaches training team to provide education on health problems. Swimmers need to inform their coaches of any health problems. There were other suggestions such as filming a safety video, or requiring coaches to be CPR certified. Since each state has their specific requirements for coaches, lifeguards, and pool administration, the committee can only encourage not mandate, to avoid liability. Some LMSCs don't have a coach or the coach is in the water with the team.

Colleen Driscoll informed us that during one of the convention morning workouts, up to ten masters swimmers dove into the shallow end of the pool! A discussion of insurance claims followed. Safety Education members swimming the remaining workouts will remind people on the bus about the no-diving rule.

MSA to recommend to the editorial board of USMS Swimmer/Healthy Swimmer section, to include a safety tip for each issue.

MSA for Julie to send the safety tips to the LMSC newsletters again.

MSA for Julie to identify which LMSCs are without a safety chair contact and to encourage the appointment of one.

Committee Name: Sports Medicine

Committee Chair: Jessica Seaton

Research update and discussion. Joel Stager reviewed pilot studies. A) Estimation of energy expenditure while swimming using waterproof accelerometers. B) Quality of life study for swimmers. 400 people filled out the questionnaire. The average length of time that adults engaged in Masters Swimming was 17 years. In addition, assessments of BP, muscle mass, etc was made at Nationals at Indianapolis in 2004 and among the conclusions are that the age offset for swimmers has been about 15 years. Joel reports that there has been a lot of media attention regarding this study. C) Biological markers of aging in active adults, which also involves examining muscle mass in swimmers vs. the general population. Joel is working on funding for

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larger studies.

Discussion occurred regarding the need for Sports Medicine to be a part of the Editorial review process from the start and involved to the end. As soon as the publication editorial calendar is set and Sports medicine related information is part of the article the committee needs to be notified. Liability concerns were discussed.

MSA A designated member of the Sports Medicine committee will review all articles on the website to maintain accuracy.

MSA It was recommended that the committee name be changed from Sports Medicine and Safety to Sports Medicine, Health and Safety.

Committee Name: Zone

Committee Chair: Lynn Hazlewood

Coach/Mentor clinic grants: **Dixie Zone** and Breadbasket zone have not yet set up their coach/mentor clinics. They will have until the end of the year to run these clinics. Club Mentor grants: We have no applicants for these grants at this time. Legislation that impacts the zone committee: The committee

conducted a short review of Legislation changes that would affect the Zone Committee. There were no suggested changes to the proposals except to note that the definition of the zone committee does not specifically designate a chair contrary to other committee definitions. Rob Copeland, legislation chair, said he would take it under advisement.

The future of the zone process in USMS: The committee considered the current definition of the zone process and noted that currently there is nothing that the Zones are “required” to do. Zones are included in national corporate structure, but have no specific mandates other than elections resulting in great unevenness across the country and questionable value for USMS. The committee discussed and passed the following motions:

MSA - Recommend that the Planning Committee study the long term viability of the zone structure within USMS.

MSA - Recommend that the Zone Committee, working with VP of Local Operations, will look into the near term concerns facing Zones and their LMSCs, such as standard by laws, grievance procedures, LMSC compliance, Zone management structure, and LMSC and Zone boundaries.

2005 USMS National Long Course Championships Mission Viejo, CA August 11 - 15, 2005

The below seven NC Masters swimmers competed in the Championships. The combined team finished 29th out of 137 teams. Sally and Suzanne garnered 94 points to finish 31st out of 94 women’s teams. Sally swam to a first place in the 100 Back. The five gentlemen’s 101.5 points earned them 32nd place out of 114 men’s teams.

AGE GROUP	SWIMMER	PLACE / EVENT / TIME
WOMEN		
65-69	Newell, Sally	2nd / 100 Breast / 1:49.66; 6th / 50 Free / 38.92; 2nd / 50 Breast / 49.17; 3rd / 50 Back / 49.85; 1st / 100 Back / 1:44.17 ; 9th / 50 Fly / 54.94
70-74	Robbins-Bonitz, Suzanne E	4th / 100 Breast / 2:18.69; 2nd / 50 Free / 51.88; 2nd / 200 Back / 4:35.61; 4th / 50 Breast / 1:05.03; 2nd / 50 Back / 52.88; 2nd / 100 Back / 1:58.73
MEN		
35-39	Farrell, Andrew	3rd / 800 Free / 9:40.28; 3rd / 200 Back / 2:24.92; 3rd / 100 Free / 57.40; 5th / 400 Free / 4:32.04; 8th / 50 Back / 31.53; 4th / 200 Free / 2:06.72
40-44	Thomas, Terry	21st / 50 Free / 32.10; 23rd / 100 Free / 1:11.52; 14th / 50 Fly / 34.98
	Goldman, Brian	6th / 50 Free / 26.87; 8th / 100 Free / 59.59; 14th / 400 Free / 4:56.49; 8th / 200 Free / 2:15.02
	Mangrum, John	10th / 400 IM 6:09.31; 21st / 400 Free / 5:36.76; 12th / 50 Back / 35.34; 9th / 100 Back / 1:18.52
65-69	Clark, Jerry	4th / 800 Free / 11:41.27; 2nd / 50 Free / 29.77; 2nd / 100 Free / 1:09.57; 5th / 50 Breast / 42.45; 2nd / 400 Free / 5:31.89; 3rd / 200 Free / 2:35.61
EVENT	PLACE / TIME / TEAM	
Mixed 200 Medley Relay	6th / 2:44.08 / Robbins-Bonitz, Suzanne E; Newell, Sally; Farrell, Andrew J; Clark, Jerry	
Mixed 200 Free Relay	9th / 2:27.03 / Farrell, Andrew J; Robbins-Bonitz, Suzanne E; Newell, Sally; Clark, Jerry	

USMS 2005 TOP TEN FOR SHORT COURSE YARDS

Twelve women and twenty-nine men from the North Carolina LMSC made the Top Ten list for the 2005 SCY season. Congratulations to everyone for your efforts and for a very respectable fifth place in this year's SCY Nationals in Fort Lauderdale.

Special recognition goes to All-Americans Suzanne Robbins-Bonitz, Todd Desorbo, Razvan Petcu, Jon Blank, Fritz Lehman, and Dick Webber who placed first in the nation for their age group in one or more events.

For more information on USMS Top Ten, visit the USMS web site at www.usms.org/comp/10 . Each person on this list is eligible to purchase a Top Ten patch with stroke segment. One stroke or relay segment comes with each patch at a cost of \$5.00. Additional stroke or relay segments cost \$1.25 each. Make checks payable to Lake Erie LMSC, and send your information and the check to: [Tom Gorman](mailto:Tom.Gorman@hewlett.com), P.O. Box 43824, Richmond Heights, OH 44143.

If your name or an event is missing from this list, please contact Henry Stewart at (919) 417-0512, or email to hstewart@hewlett.com.

Age Group	Name	Place / Event / Time
W18-24	Monica Foley	3rd / 1650 Free / 19:37.29
W25-29	Shandra Johnson	4th / 50 Free / 24.55; 3rd / 100 Free / 53.30; 4th / 200 Free / 1:57.89 3rd / 500 Free / 5:15.87; 3rd / 200 Back / 2:11.24; 6th / 50 Fly / 26.97
W30-34	Erika Braun	3rd / 100 Free / 54.02; 5th / 50 Free / 24.96; 6th / 100 Back / 1:02.83; 6th / 100 Fly / 1:02.31
W35-39	Heidi Williams	9th / 1650 Free / 19:15.40;
	Pamela M Lindroos	8th / 100 Breast / 1:12.59
W40-44	Susan Walsh	4th / 50 Free / 24.98; 5th / 100 Free / 54.46; 2nd / 50 Back / 28.73; 5th / 100 Back / 1:03.41; 7th / 200 Back / 2:21.58; 5th / 50 Fly / 27.50; 5th / 100 IM / 1:03.16
W50-54	Debbie Wilson	6th / 1000 Free / 12:40.83; 4th / 1650 Free / 20:52.96; 7th / 400 IM / 5:48.49
W55-59	Jeannie R Mitchell	4th / 50 Back / 36.52; 7th / 100 Back / 1:20.37; 5th / 200 Back / 2:50.96
W65-69	Sally Newell	7th / 50 Free / 34.20; 4th / 50 Back / 41.80; 6th / 100 Back / 1:31.27; 4th / 200 Back / 3:14.79; 3rd / 50 Breast / 42.57; 2nd / 100 Breast / 1:32.70; 3rd / 100 IM / 1:27.40; 5th / 200 IM / 3:18.37
	Sandra Kremer	10th / 200 Breast / 3:59.19
W70-74	S Robbins-Bonitz	4th / 100 Back / 1:43.78; 1st / 50 Back / 44.73 ; 6th / 200 Back / 3:51.78
W80-84	Judy Kelly	9th / 100 Breast / 2:37.71; 7th / 200 Breast / 5:48.61
M25-29	Michael Ferris	9th / 200 Fly / 2:08.21
	Todd Desorbo	4th / 200 Free / 1:44.75; 3rd / 200 Back / 1:52.40; 1st / 200 Fly / 1:53.82
M30-34	Andrew Farrell	10th / 1650 Free / 18:32.82; 7th / 500 Free / 4:59.06; 4th / 1000 Free / 10:22.81; 6th / 200 Back / 2:02.74
	Chris W Morton	9th / 200 Back / 2:04.65; 6th / 500 Free / 4:55.71; 4th / 200 IM / 2:02.69; 6th / 400 IM / 4:26.43
	Frank Barrows	9th / 200 IM / 2:03.71; 8th / 400 IM / 4:30.15
	Greg Gooch	9th / 100 Back / 56.26; 7th / 200 Back / 2:04.16
	Jeff Weiss	8th / 50 Breast / 28.17
	Morton Anderson	9th / 200 Fly / 2:04.60
	Raz Petcu	3rd / 50 Free / 21.29; 6th / 100 Free / 47.35; 1st / 50 Fly / 22.84 ; 2nd / 100 Fly / 50.98
	Ty Richardson	7th / 200 Breast / 2:17.17
M40-44	Danilo Vicioso	9th / 1650 Free / 17:43.49; 5th / 100 Back / 56.62; 9th / 200 IM / 2:05.25; 8th / 400 IM / 4:31.67
	Henry D Stewart	2nd / 50 Free / 22.08; 6th / 100 Free / 49.18; 7th / 50 Back / 26.50
	Jon Blank	6th / 50 Breast / 28.82; 5th / 100 Breast / 1:01.45; 6th / 200 Breast / 2:18.56; 10th / 100 IM / 57.28
M45-49	Fritz E Lehman	1st / 100 Back / 54.06; 1st / 200 Back / 1:59.19 ; 2nd / 100 IM / 55.78; 6th / 50 Free / 22.90; 2nd / 50 Back / 25.29
	Jon W Blank	1st / 50 Breast / 27.75; 1st / 100 Breast / 59.70; 1st / 200 Breast / 2:14.37 ; 8th / 50 Fly / 24.81; 3rd / 100 IM / 55.84; 1st / 200 IM / 2:03.01
	Jonathan E Klein	9th / 100 Back / 58.50; 10th / 200 Back / 2:08.99
	Peter G Hollett	10th / 500 Free / 5th / :06.60; 7th / 1000 Free / 10:38.78
	Todd Dimsdale	4th / 50 Breast / 29.17; 4th / 100 Breast / 1:03.21; 6th / 200 Breast / 2:21.26; 10th / 200 IM / 2:09.19
M50-54	Donald B Gilchrist	4th / 200 Breast / 2:24.86; 4th / 200 IM / 2:10.81
	Fred Ferroggiaro	4th / 1650 Free / 18:00.78; 5th / 100 Back / 58.82; 2nd / 200 Back / 2:07.70
	Robert Schmitz	6th / 50 Breast / 30.24; 8th / 100 Breast / 1:07.56
M55-59	Terrence J Lee	4th / 1650 Free / 19:35.22; 6th / 50 Breast / 31.32; 10th / 100 IM / 1:03.37
M65-69	Jerry Clark	4th / 50 Free / 26.41; 3rd / 100 Free / 58.91; 3rd / 200 Free / 2:13.16; 2nd / 500 Free / 6:08.55; 3rd / 1000 Free / 13:06.73; 2nd / 1650 Free / 22:39.57
	Rolffs S Pinkerton	10th / 100 Back / 1:19.43; 9th / 200 Back / 3:01.63
M70-74	Clarke E Mitchell	7th / 50 Free / 29.04; 3rd / 100 Back / 1:15.14; 3rd / 50 Fly / 32.59; 3rd / 50 Back / 34.13; 4th / 200 Back / 2:49.71; 4th / 100 Fly / 1:20.62; 8th / 100 IM / 1:18.97; 9th / 200 IM / 3:00.69
	John Kortheuer	9th / 50 Free / 29.50; 2nd / 50 Breast / 35.03; 5th / 100 Breast / 1:20.47
M75-79	Dick Webber	2nd / 50 Free / 29.84; 3rd / 100 Free / 1:11.25; 7th / 200 Free / 2:52.69; 1st / 50 Fly / 36.27 ; 4th / 100 IM / 1:24.82
M85-89	Fred Holdrege	8th / 50 Back / 58.21; 7th / 100 Back / 1:13.59; 4th / 200 Back / 4:50.36

UPCOMING LOCAL 2005 / 2006 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
10/22/2005	Emerald Coast Masters Invitational - SCY	Panama City, FL	Lori Beaver, 850-873-3530 (fax), ecmswim@comcast.net ;
10/29/2005	Autumn Splash Invitational	Hillsborough, NC	Robin Robinson; robinsr@nc.rr.com
10/30/2005	Patriot Masters Sprint Classic -SCY	George Mason University, Fairfax, VA	Cheryl Ward, 703-359-5366, www.patriotmasters.org ;
12/10/2005-12/11/2005	St. Nicholas SCM Invitational.	Marietta GA	
1/28/2006-1/29/2006	Sunbelt SCY Invitational	Charlotte, NC	
2/11/2006-2/12/2006	Charleston SCY Invitational	Charleston, SC	
3/11/2006-3/12/2006	St. Patrick's Day SCY Invitational	Atlanta, GA	
4/29/2006-4/30/2006	NC State SCY Invitational	Raleigh, NC	
6/3/2006	LCM Invitational	Athens, GA	
6/Late/2006	LCM Invitational	Greenville, SC	

2005 / 2006 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
10/22/2005	2005 USMS 10K National Open Water Championships	Gulf of Mexico, Ft. Meyers, FL	Bill Nunez, 7510 Briarcliff Rd., Ft. Meyers, FL 33912, 239-427-1472
5/11/2006-5/14/2006	USMS Short Course Nationals - SCY	Coral Springs, FL	Michael Lohberg, 954-345-2121, mlohberg@aol.com
5/15/2006-9/15/2006	USMS 5k and 10k Postal Championships PST-LD;		Neil Salkind, 785-841-0947, njs@sunflower.com
6/17/2006	USMS 1-3 Mile Open Water Championship (2.5 km)	Hartwell Lake, Clemson, SC	Jacque Grossman, 864-646-8836 (d), jelg@innova.net ;
7/15/2006	USMS 2 Mile Cable Championships	Chris Greene Lake, Charlottesville, VA	Dave Holland, 804-282-6224, dholland@rmc.edu ;
7/29/2006	USMS 1 Mile Open Water Championships	Lake Erie, Cleveland, OH	Tom Spence, 440-247-7145, talltom13@msn.com
8/4/2006-8/10/2006	2006 XI FINA World Masters Championships - LCM and 3.0 KM open water swim	Palo Alto, CA and Crown Point, San Francisco Bay	Michael Moore, michael@2006FINAmasters.org ;
8/13/2006	USMS 6+ Mile Open Water Championships (10 km)	Horsetooth Reservoir, Fort Collins, CO	George Thornton, 970-482-1818, info@whswim.com
9/9/2006	USMS 3-6 Mile Open Water Championships (5 miles)	Lake Michigan, Chicago, ILL	Chris Sheean, 312-857-7087, chris@bigshoulders.org
9/15/2006-11/15/2006	USMS 3000/6000 Yard Postal Championships PST-LD		Max Veltman, 915-584-0227, max_veltman@yahoo.com

LMSC - NC Officers and Staff

Chairman Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 NCchairman@usms.org	Vice-Chairman Margie Springer, RAM 1205 Marlowe Road Raleigh, N.C. 27609 (919) 571-1414 mjsswims@aol.com	Past Chairman Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 jerryclark@bellsouth.net	Secretary Julie Rashid 1300-206 Durlain Drive Raleigh NC 27614 (919) 841-1495 Secretary@ncmasters.org	Treasurer Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
Registrar / Webmaster George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCregistrar@usms.org	Top Ten Chairperson Henry Stewart 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenfits.com	Newsletter Editor Jim Enyart, SAC 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCEditor@usms.org	Records Daniel Schad 3309 Redbud Lane Raleigh, NC 27607-6830 (919) 395-8822 dschad@seiselect.com	

NC Autumn Splash

Dedicated to Claudio Illan

October 29, 2005

Sponsored by: Tar Heel Aquatic Team (THAT)
Sanctioned by: LMSC for NC for USMS, Sanction # 135-06
Meet Director: Robin Robinson
Meet Referees: Pending

LOCATION: Triangle Sportsplex, Hwy 70 East (Bus), Hillsborough, NC
<http://www.trianglesportsplex.com> (919) 644-0339. Ten lane 25m x 25y pool with six lanes used for racing.

RULES: USMS rules govern the meet. You must attach a copy of your 2005 USMS registration card to the entry form. No one-event USMS registrations. You must sign a waiver. Your age as of 12/31/05 determines your age group in the meet. **Except for sprint lanes in warm-up and when competing, ANY ENTRIES IN WATER MUST BE FEET FIRST.**

DEADLINE: Entries must be **received** before 5:00 p.m. Saturday, October 22, 2005. No faxes accepted. Send e-mail to robinsr@nc.rr.com if you have any questions. Deck entries will be accepted but we strongly encourage everyone to sign up in advance.

FEES: Single fee of \$25.00 covers entry fee and facilities charge. Late entries are \$35.00. Make checks payable to Tar Heel Aquatic Team. Meet fees are non-refundable.

ENTRIES: Swimmers are limited to 5 individual events. Mail entry form and fee to Robin Robinson, 90 Cedar Hills Circle, Chapel Hill, NC 27514.

AWARDS: Ribbons for places 1 thru 6 will be awarded.

SCORING: Individual events will be scored 7-5-4-3-2-1, relays 14-10-8-6-4-2. Meet results will be posted on ncmasters.org and will be sent to team representatives and the NCMS records chairperson.

WARM-UP: The pool will be open for warm-up from 10:00 – 10:50 a.m. Sprint lanes will be designated with diving allowed from 10:35 – 10:50 (25m, one-way). Continuous warm-up/cool down lanes will be available throughout the meet.

SEEDING: All events will be preseeded with the exception of the relays, which will be deck seeded by time. Deck entries will be added as space allows. Men and women may be combined if needed. All events will be swim slow to fast. Relays will follow USMS age groupings 76-99, 100-119, 120-159, etc. Relay teams may be women, men or mixed.

DIRECTIONS TO POOL: From I-85 (Exit 165), I-40 (Exit 166), and Chapel Hill, take Hwy. 86N towards Hillsborough. Turn right onto Hwy. 70 East (Bus.). Go about ¼ mile and make a right onto Meadowlands Drive. Make a left into the Triangle Sportsplex.

OTHER: There are snack and drink machines and a snack bar. No food or drinks may be brought into the facility.

DEDICATION: Please see the insert from Coach Jeff Dugdale, and consider making a donation to the college education fund for Claudio's daughters, Agustina and Victoria. Thank you!

The Tar Heel Aquatic Team lost a beloved friend and teammate recently. The following is a reflection from Coach Jeff Dugdale:

Claudio Daniel Illan, born January 13, 1960, died on July 10, 2005, and survived by his wife, Mirta, and two daughters, Agustina and Victoria, of Durham. Claudio is also survived by his swimming family, the Tar Heel Aquatic Masters. Claudio defined the spirit and the sport of Masters swimming. He was admired for his high energy and determination to become so much more than a "lap swimmer."

Claudio's drive and enthusiasm was contagious to all on deck. He typically arrived about 5 to 10 min. early to become a student of the sport by watching others perfect their stroke and asking the questions that coaches love to answer. He shared his goals with me and we worked together in trying to perfect his freestyle and butterfly for the purpose of scoring points for the team, as he would say. TEAM: that was what Claudio was all about. The lasting image I will have of Claudio is his arrival each morning, in jammers, flip flops, towel hanging from his neck, goggles in hand; but most importantly, a positive outlook and ready smile. Swimming was the start of each day for Claudio.

Claudio chose not to inform his teammates of his illness, consistent with his desire to bring to the table only the positive; with that said we never got a chance to say good bye. Claudio: know that we are committed to growing the sport of masters swimming in the same spirit that you lived it, with determination, enthusiasm, and the love of detail.

Good Bye Teammate, save us a lane because we will see you in the big pool someday!!!

Regards,

Jeff Dugdale
Head Master's Coach
Tar Heel Aquatic Team

In concert with the Autumn Splash meet, the Tar Heel Aquatic Team will present Claudio's daughters, Agustina (12) and Victoria (9) with a contribution toward their Education Fund. Please consider making a donation in recognition of Claudio's enthusiasm and dedication to Masters swimming. He truly encompassed all that makes this sport and its participants so special!

NC Autumn Splash

Dedicated to Claudio Illan

October 29, 2005

Warm-up at 10:00 a.m., events begin at 10:50 a.m.

Name: _____ Street: _____

City/State: _____ Zip: _____ Phone: (____) _____.

Age as of 12/31/05: _____ Date of Birth: _____ Sex: _____

USMS Registration #: _____ Team Initials: _____

Women's Event #	Entry Time	Event	Men's Event #	Entry Time
1	_____	400 M Free	2	_____
3	_____	200 M IM	4	_____
5	_____	50 M Fly	6	_____
7	_____	800 M Free Relay (W, M, Mixed)	7	_____
10 minute break				
9	_____	100 M Breast	10	_____
11	_____	50 M Back	12	_____
13	_____	100 M Free	14	_____
10 minute break				
15	_____	100 M Fly	16	_____
17	_____	50 M Breast	18	_____
19	_____	100 M IM	20	_____
21	_____	200 M Free Relay (W, M, Mixed)	21	_____
10 minute break				
23	_____	100 M Back	24	_____
25	_____	50 M Free	26	_____
27	_____	200 M Open (strokes)	28	_____
10 minute break				
29	_____	200 M Free	30	_____
31	_____	400 M IM	32	_____
33	_____	200 M Medley Relay (W, M, Mixed)	33	_____

Please read and sign:

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 of 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 VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Name (print): _____ Signature: _____ Date: _____

Entry Fee: _____

Contribution to Agustina and Victoria Illan Education Fund: _____

Total (make check payable to Tar Heel Aquatic Team): _____