



ACROSS THE LANES

The Newsletter of North Carolina Masters Swimming

Published quarterly by the Local Masters Swimming Committee for North Carolina
Autumn/October 2008

WEBSITE: www.ncmasters.org

From the Editor's Lane...

Welcome to the quarterly newsletter of the Local Masters Swimming Committee for North Carolina! At the start of our LMSC Chairman Jerry Clark's contribution to this issue, found on the page immediately following this one, you'll see a truly remarkable statistic. There are more of us registered with US Masters Swimming in the State of North Carolina today than there have ever been before. This exciting statistic suggests that as many as 10 percent of you who will be receiving this newsletter—or a web link to it – will be brand new 'Across the Lanes' readers. As your newsletter editor, let me say that that fact humbles and challenges me as much as it thrills me. It is my earnest desire, and the desire of all those who serve as officers or directors of the organization, that this newsletter be a valuable addition to your USMS membership.

Sure, we do not publish on glossy paper, or have a staff of professional writers, photographers, editors, or — perhaps thankfully for those of you who own your own businesses – 'don't take no for an answer' advertising sales people. Instead, we have got something better

going for us—we are folks who swim next to you, or coaches standing on the deck, at your pool, or your encouragers, or maybe even friendly competitors, from right down the road a piece. We're people you'll probably get to know well if you hang with the organization for a while.

Most of us joined US Masters Swimming for the same reasons you did. Maybe we've been swimming most of our lives and were looking for a way to continue competing. Or, maybe we just started swimming and wanted to share our new found treasure with others who treasure its value as much as we do. In the pages that follow I hope you'll find someone or something that you can relate to, and believe that you probably will. By the way, I invite you to email me at any time any with suggestions or any contributions you might like to share with us all through the newsletter. Harry DeLong from RAM did so this issue. I believe you will truly enjoy his outstanding contribution. Do also send us a picture with your contribution, so we'll recognize you the next time we meet.

Yours in service – Joe Gosha

In This Issue	Editors Lane	Page 1	From the USMS Exec. Office	Page 8–9
	Chairman's Lane	Page 2–3	Meet Anne Sims	Page 10
	From Asheville ...	Page 4–6	Secretary's Lane	Page 11
	Coach Harry DeLong	Page 7	Duke Aquatics PR Reprint	Page 13
<hr/> <p>MAKE SURE Registrar George Simon (see pg 5) has your current mail and email addresses for newsletter delivery. Also let him know which newsletter delivery method you prefer.</p>				

The Chairman's Lane – Jerry Clark

WOW! The membership of North Carolina Masters Swimming has grown to its highest number in history; we now have 950 people in the 2008 membership list. In past years, we always topped out at just below 800 members. Why the big increase? No way to know, but wonder if we could get to 1,000 in 2009? With the availability to renew or enter brand new registrations online (go to www.usms.org), the system has been dramatically improved and its now much easier to become a member of USMS.

With regard to our online registration system being up and running, a great big THANK YOU is due our registrar George Simon. As chairman of the USMS Registration Committee, he has labored an entire year working with all the other LMSC registrars, the USMS online registration task force and the staff at Club Assistant to make this happen. USMS will never revert back to the days of paper only registrations, and the significant con-

tribution by George can never be fully appreciated by future registrants who join in years to come.

The 2008 United States Aquatic Sports convention was held in Atlanta September 24–28 this year and some significant things were approved, some of which in random order are:

A 2009 budget showing roughly \$475,000 more for expenses than income was approved.

The deficit would be gotten from the approximately \$1.4 million cash we have in banks. The increased spending will be used to invest in the Vision and Action Plan submitted by the Executive Director of USMS. This plan was reviewed and approved by the board of directors and the Finance Committee of USMS and it was overwhelmingly approved by the House of Delegates as well.



2008 LMSC for NC US Aquatic Sports Convention voting delegation poses for a group portrait—I to r, Kate Hawley, Jerry Clark, Greta Van Meeteren, Danielle Newton, and George Simon.

The Chairman's Lane (continued)

Teams at our national championship meets will be divided into either Regional Clubs or Local Clubs. A Regional Club is one (like NCMS) which has multiple workout groups throughout the state that compete with each other at in-state meets, but as a single club at out-of-state meets. The 2009 SCY meet is in Clovis (Fresno) California May 7-10 and the LCM meet is at Indianapolis (fast pool!) August 6-10. For 2010, the SCY meet was awarded to Georgia Tech for May 20-23 and the LCM meet will be held at San Juan PR August 6-10.

Greta Van Meeteren secured the awarding of the 2010 5K and 10K Postal Events for her club in New Bern. Furthermore, Steve Watkins secured the award for the USMS Championship One Mile open water event to be held at Latta Plantation Park (near Lake Norman) in the Charlotte area. This site has hosted a number of triathlons and open water swims.

The opening page of usms.org leads to all the information about new rules and regulations the House of Delegates passed. Check it out - [especially the Vision and Action Plan](#).

NCMS was well represented by Kate Hawley, Danielle Newton, Greta Van Meeteren, Ashley Gangloff, George Simon, Hill Carrow, Rob Butcher and me. All of us can attest to the excitement of being part of a larger group of passionate and devoted people in the world of adult fitness through Masters Swimming. Beginning with the hiring of Rob Butcher as the

USMS Executive Director, the organization has now begun the swing toward being run by a professional staff, leaving strategic planning, etc. to the board of directors. The many volunteers will still be needed on committees, but they will also lean on staff for guidance and support. Indeed, a new era in the life of USMS has begun. Thank you Ashley and Rob.

I will be proposing some changes to our board of directors as to how we govern our LMSC. Although for years, our board has consisted of the officers and representatives from each of the workout groups (formerly called "Chapters") around the state, it's a very rare occasion when more than just a few team reps participate in our governance. The current board, which includes all the team reps, will be giving this some thought in the coming weeks. There will be several other items to discuss and vote on, all of which will be posted in our next newsletter.

It is unfortunate that the SCM meet we've been used to going to each fall in Hillsborough had to be cancelled due to the pool not being available. Hopefully that can be corrected for the 2009 SCM season. The 35th annual Sunbelt Meet in Charlotte will be January 24-29, 2009 and online registration will be used again (NOTE: the online registration company has all the workout groups in all states in its database, so we won't have the problem we had at the last meet with everyone from North Carolina being lumped into one club).

Best wishes for the upcoming fall and holiday seasons. Jerry

From Asheville With Love — Conclusion! Courtesy of Jim Hinton

For the past four editions of our *Across the Lanes* newsletter the Asheville Masters chapter has entertained us with their satirical take off of Tyr's "It's Personal" advertising campaign. While the folks at AMS will tell you that it has all been 'just for fun,' the fact of the matter is that the series has served the chapter well as a team building tool.

On the page immediately following this one you will find a recap of last month's Steve Barden Memorial Open Water Swim and Swim Meet sanctioned and sponsored by the chapter. In just three years this meet became a great event on our LMSC's annual calendar. Following that recap, you'll find an 'early' invitation that Asheville Masters is pleased to extend to all of us to remember and participate in the 2009 Steve Barden Memorial Open Water Swim and Swim Meet.



ASHEVILLE MASTERS SWIMMING

IT'S WAY PAST PERSONAL!

The 2008 Steve Barden Memorial Open Water Swim and Swim Meet in Asheville, NC was a great success. This is the only Masters meet that offers an open water mile and half mile along with a swim meet. This meet is a memorial meet to embrace the memory of Steve Barden one of the founders of Masters swimming in Asheville and a prominent member of the local community.

Swimmers in the open water swims were greeted by a beautiful day and cool morning with ducks and kayaks for company as the sun came up over Enka Lake in the Biltmore Lake Subdivision. The mists of morning fog made the swim look like an idealized Norman Rockwell painting of a simpler yesteryear. The Local Warren Wilson swim team competed in the swim and the overall winner was their coach Andrew Pulsifer. It is hoped that other local college teams will swim next year. There is already discussion of recruiting Mars Hill College's team to swim the entire meet. Everyone plans on returning next year and many of the half mile swimmers plan on competing in the longer distance.

The Masters Swim meet was held on the idyllic campus of The Asheville School. It is a private boarding school that evokes memories of elite private prep schools in the northeast. A 25 yard pool with glass windows and doors overlooks the school's lacrosse and soccer fields where many families and children played while parents and grandparents competed. The competition was fun with many swimmers trying new events or distances.

Attendance was affected by the concerns about the economy and the gas outages, but it looks like next year's meet will continue to grow like it has the past two years. Be sure to make a note to compete next year and enjoy all of the nature, attractions, architecture, fine dining, arts, and fun available in the Asheville area. For the past two years, the popular Brewfest Festival has coincided with the meet.

For results and further information please visit our web site www.ashevillmasters.com Kenet Adamson

LMSC - NC Officers and Staff

<p>Chairman Jerry Clark, CSM</p> <p>3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 NCchairman@usms.org</p>	<p>Vice-Chairman Ruth Battle, AMS</p> <p>10 Parkside Ave Ashville, NC 28804 828.251.0596 vicechairman@ncmasters.org</p>	<p>Past Chair/Newsletter Joe Gosha, YRAT</p> <p>140 Lake Concord Rd NE Concord, NC 28025 (704) 294-2021 jophesgo@juno.com</p>	<p>Secretary Greta Van Meeteren, TRYM</p> <p>843 Winchester Way Merritt, NC 27556 (252) 745-9836 gvanmeeteren@gmail.com</p>	<p>Treasurer Elizabeth Nowak, Duke Aquatics</p> <p>2734 Sevier St. Durham, NC 27705 (919) 280-7695 treasurer@ncmasters.org</p>
--	--	--	--	---

Registrar / Webmaster

George Simon, RAM
10229 Boxelder Drive
Raleigh, NC 27613
(919) 264-3490
NCRegistrar@usms.org

Top Ten Chairperson & Records

Henry Stewart, RAM
8928 Langwood Dr. # 102
Raleigh, NC 27613-5287
(919) 417-0512
hstewart@strategicbenefitsolutions

Please note that our registrar's phone number has changed. The number on your registration card is no longer in service. If you need to reach him, the new, correct number is 919-264-3490. Also, if you need a new registration card, and you have Adobe Acrobat Reader Version 7 or higher installed on your computer, go to: https://www.clubassistant.com/club/usms_member_card_request.cfm.



**Don't miss
out next
year!**



**Asheville
Masters
Swimming**



**Open water
and pool
swimming
combined**

**Mark your
calendars
Sept. 12+13
2009**

**More
Pictures**

**Meet
Information**



www.ashevillemasters.com

Listen to the Rhythm of the Falling Rain

In 1960's there was a song, "Listen to the Rhythm of the Falling Rain". The song was a favorite and recorded by a number of the greats including the Cascades, Johnny Tillotson, Jan & Dean, Johnny Rivers, Bobby Darin, and a bunch of others.

The title and the first words describe a need to listen to what's happening around us – something we know, but to which we usually do not listen. We have a similar situation with water when we swim. The water and its movement can tell us a lot if we only listen or learn to understand what it is saying. Water's way of doing this is to flow past our bodies and touch skin, our largest sensory organ. This contact tells us where the water is on the body and how it's flowing around the body. Think of the feeling as a conversation. We just need to listen.

So how does this work? Let's assume that when we swim freestyle our hips are at or near the surface. We feel the flow of the water on our hips and at the back as we rotate from side to side. Let's also assume we notice the feeling that the water surface is essentially the same on both sides and is across our backside on our swimsuit. Well, the water has just told us that we are swimming with a balanced body rotation and a high hip position. Good. Balanced swimmers usually are bilateral breathers. This breathing pattern to both sides usually forces the body rotation to even out. For those of us that are one-sided breathers, we frequently swim with an unbalanced rotation. If this is your style and you want to stay a one-sided breather you need to find some way to tell how you are rotating and if you are balanced. We can use the water to tell us if and when this is happening. Try this, the next time you are in the water, try forcing your rotation a little more to your non-breathing side and see if you can feel any difference. You may have to switch briefly to breathing on the other side to get this feeling.

Are the feelings on both hips the same? Do you feel the surface more strongly on one side? If there is a difference, try working the rotation until they are the same. Ask the coach to look at you to check what you are doing. See if you can get balanced and see if the coach agrees. When you get that balanced feeling you are able to use both sides of your body more effectively, both strokes will be stronger. You have just had a great two way conversation with water.

Now, what happens if we don't feel the water at our hips. Well, that absence of feeling is the part of the conversation that says we are not where we should be in the water. Try raising the hips until you get the right feeling, the right conversation. You might have to raise the hips quite a lot, or at least it may feel that way. A special note on raising hips. Do this by pressing your chest into the water and not by arching your back. Pressing your chest into the water a little gives a big lift to your back.. You will definitely feel the difference. It has a big advantage over arching your back to get the lift. It means you will avoid a stiff and sore back at the end of practice.

You can use this technique of water conversation for a lot of technique issues with swimming and for all strokes. Try having conversations about hand entry, head position, timing your breath, controlling the water and other techniques in the water. Get the conversation going and use your water time to improve your swimming and stay mentally alert during those long sessions of Freestyle. The more alert you are to what you are doing, the more you can adjust and improve your performance.



Remember, keep smiling and stay wet.

Harry DeLong, pictured here, is the new evening coach for the Raleigh Area Masters. This great article he wrote was previously published in the RAM newsletter.

Why Join a Masters Program, and Why Join USMS?

With the intent to remind current members of the benefits that LMSCs and USMS have to offer and to create interest in potential members, www.usms.org Features will be presenting an eight part series that will answer the questions, "Why Join a Masters Program and Why Join USMS?" Each week one of the many USMS benefits will be featured on the www.usms.org homepage with the support of member testimonials, human interest stories, and USMS personality and spirit. I have pasted the introduction to the series, which is currently posted on www.usms.org, below. Please help us promote this series to your members; you are welcome to use text from below on your website and in your newsletters and emails to encourage your members to visit www.usms.org and read each week's new Feature. I invite you to contact me if you have any questions, comments, or concerns.

ASHLEY GANGLOFF USMS SWIMMING OFFICE OF THE EXECUTIVE DIRECTOR

The other day I was on deck preparing for a swim.. It was around 7:00 p.m.; I'd just left the office and wanted to get in an easy "stress relieving" swim before heading home. The pool was practically empty except for one man. I was stretching as I watched him swim. I'd not seen him at the pool before but he had a somewhat natural looking stroke. "Perhaps he swam in high school," I thought to myself. When he stopped at the wall, I said, "Hey, you're making it look easy."

"Thanks," he replied. "I'm Ben. I'm trying to get back in shape, and hoping to do a triathlon one day."

"Awesome," I responded. "How's it going so far?"

"I've got my good and bad days," he shot back. "It's not easy when you've never really swam before and not sure what you are doing."

"Well, give yourself credit for showing up," I offered. "Do you swim with a Masters team?"

"No," he said. "I've heard of Masters but don't think I'd be good enough to swim with them."

"You'd do great, and you'd have fun," I told him. We kept the conversation going about 10 minutes or so with Ben asking me questions about local Masters teams and USMS.

"There are several adult Masters programs in the area that you'd really enjoy swimming with and would fit your work schedule," I said. I offered him my email address and told him that I would send him more information on Masters.

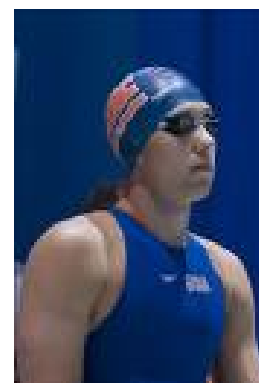
"Thanks," he replied, and went back to swimming.

(cont. on next page)

I've heard your stories and know that my encounter with Ben is common; you've run into your own Bens along the way and have had to describe USMS and the benefits that it offers. You've convinced friends, family, neighbors and community members that your local Masters program and USMS is for them...that it is for everyone. So, over the next couple of months we'll remind you why you joined and possibly share programs and benefits that you have not yet taken advantage of and we will provide you with support as you promote your Masters program and USMS in your local communities.

In an eight-part series titled "Why Join a Masters Program, and Why Join USMS?", USMS Features will highlight stories like Ben's and others who just want to "better themselves." We'll introduce you to terrific coaches, such as Susan Ingraham, who was deservedly recognized as USMS Coach of the Year, and what makes their programs so successful. We'll show you how programs such as Walnut Creek Masters, Indy SwimFit, and the Woodlands, all USMS Club of the Year recipients, and many others, started as just a dream and have weaved themselves into the culture of their local communities and the USMS community. We'll introduce you to USMS volunteer Mary Sweat, who created a USMS fitness program two years ago called "Go the Distance," and how it's turned into a wildly popular program with close to 1,000 participants each month. We'll take you behind the scenes of the member magazine *USMS Swimmer*, and the LMSC newsletters that so many members rely on for valued information. And yes, we'll even pull back the curtain on competition, how it works, why it motivates us and how to participate.

Each Feature will connect you with another USMS benefit or program. If you are already a USMS member, each Feature will encourage you to become even more involved, and if you have not yet joined a local Masters program or USMS, each Feature will have you asking yourself, "Why has it taken me this long to join?"



Swim Caps off to our North Carolina 2008 Olympic Gold Medalists
L to r—Ricky Berens, Cullen Jones, and Mark Gangloff

PORTRAIT OF A COMPETITOR – ANNE SIMS—AMS

The miles on the bike, hours on the trails, and mornings in the pool are all worth it to Ann Sims because, “I love it. I have fun doing it.” Along with the fun has been a lot of success for Ann. She placed fourth at the world championship this year in her first visit. And at 56, it looks like there will be a lot of success to follow.

Ann credits her athleticism to her parents who are still competing in their eighties and her mother who started a swim team for her and her sisters since there were no other sports available for girls while growing up . She started swimming at 12, but swimming was not her main focus. “I loved going to swim meets because Charlotte’s team had cute boys.” Then after high school, she went to the men’s swim coach at her college and had an unpleasant meeting. “He was rude to me when I asked about starting a women’s team.” That led to years of a more sedentary lifestyle.

This changed when she started nursing school and began running. Marrying her husband Wilson led her to try triathlons in 1984. She won her age groups and “I was hooked.” This led to two competitions in Hawaii’s famous Ironmen competitions. Her first time took 13 ½ hours and the second took 11 ½. When asked to explain the improvement, she states, “I trained better, typically around four hours per day.” Her strongest leg of the triathlon is the swim. “I’ve done so well in triathlons because of the swim and that’s because I swim with a group who pushes me.”

Training for the triathlons also led her back to swimming. She began swimming relays with her parents, husband, and siblings. Her natural ability and competitive fire led to her breaking several state records over the years. She still holds some breaststroke records but concentrates on freestyle now since it fits well with her triathlon competitions. Her best swim memory was, “I went to the Y nationals in Indianapolis, and I won six first places and one second in the 1990’s.” Competition is not her only fun though. “The fun thing about training for the swims is the group. We have a great group with the Asheville Masters Swim Team. My coaches and friends make it easy to practice hard, stay motivated, and improve. My friends are such talented swimmers that we won the state short course meet in Raleigh with 18 swimmers.”

Ann serves as an inspiration and a friend to her teammates. “I’m in swimming for the long haul and definitely plan on swimming when I’m 100.” One of her most pleasant memories from swim meets is watching older swimmers. “At Nationals, there will be group of 10 ninety-year-olds. It’s inspirational to see them competing and having fun.”



MORE FROM THE 2008 US AQUATIC SPORTS CONVENTION

(Editors note—I think our LMSC for NC is graced with the best Committee Secretary in all of USMS. You'll find out why I think so when you read the following submitted by that Secretary.

North Carolina Delegates Attend US Aquatic Sports Convention – *by Greta van Meeteren*

Five NC Masters delegates attended the US Aquatic Sports Convention in Atlanta from September 24 – September 28, 2008. They are: Jerry Clark, George Simon, Greta van Meeteren, Danielle Newton and Kate Hawley. Jerry is Director-at-Large for the Dixie Zone, George is Chairman of the Registrar's Committee, Greta is a member of the Fitness Committee, Danielle is a member of the Marketing Committee, and Kate was a new delegate this year. She will be figuring out which committee she wants to sign up for.

The fitness committee met on Thursday afternoon. This committee sponsors the Go the Distance program and the Check-off Challenge. These programs are both very successful and will be continued. The Go the Distance program will move toward on-line tracking options for USMS members. The idea is that this will be available starting January, 2009. Members will be able to keep track of yardage swum, and other information about their workouts. Mary Sweat will continue to keep making the charts available.

I have been involved in interviewing fitness swimmers that were randomly chosen, and then getting their stories ready to be published on the USMS web site. They can be found under Go the Distance "tidbits" of the month for each month – look them up, there are some amazing stories out there!! This program will certainly continue to grow.

Donna Schubkegel and I formed a sub-committee to work on reviving the virtual swim series in connection with the Go the Distance program. This program was abandoned, and we will try to bring it back with a new spin on it.

A new T-Shirt design was accepted for the check-off challenge for next year: check it out online, it is a fun one and a fun program to get swimmers to swim stuff they normally don't swim (I still have to finish this year's 200 butterfly and have been promised my teammates will be there to videotape this grand happening). I think these fitness programs are outstanding programs for club development – about 75% of our membership consists of fitness swimmers who do not compete, and aren't we all swimming for fitness? This makes for fun together with the entire group, no matter how far or fast you swim.

During the Open Water and Long Distance Championships Committee meeting I presented TRYM's bid for hosting a postal meet in 2010, either the 3,000 – 6,000 yards or the 5k–10K championships. On Saturday, TRYM was awarded the 5K–10K championships for 2010. We are very excited about this. We plan to use whatever proceeds our team will make from this for sponsoring our student-swimmers to attend swim meets, and also to help our coach go to a coaches' workshop should he wish to do so.

Charlotte was awarded the 1 mile open water championships for 2010 – good news for North Carolina indeed!! (See the Chairman's Lane for details on this event.)

BEEN THINKING OF SWIMMING IN A USMS NATIONALS MEET??

Here's a note that North Carolina Masters Swimmer Anne Page sent us after swimming for NCMS in her first USMS Nationals meet.

Hi Joe,

I know it has taken me a while to write this note, however, I just wanted to mention that I enjoyed meeting and swimming on relays with the North Carolina Masters. I had not trained in a long course pool, so my swims were quite pathetic. However, everyone treated me wonderfully and made me feel extremely welcome into this great swimming organization. Please thank everyone for me!!!!!!!!!!!!!!!!!!!!

Anne Page

CORRECTION AND COMPLETION

Last edition we included most of a press release from the new Duke Aquatics organization which was founded by the combination of Blue Devil Aquatics with and into Tar Heel Aquatics. Unfortunately, the part we inadvertently neglected to include was the part the leadership of the new organization was most excited about sharing with us NC Masters Swimmers. We are glad that Elizabeth Nowak brought the error to our attention, and are happy to reprint the entire press release on the page immediately following this one.

For useful information, including announcements and entry information for upcoming Masters Meets, and results of recent meets, make www.ncmasters.org a favorites on your internet web browser! Be on the lookout for information regarding the Holiday Hoot, the Sunbelt Masters, and the Frank Clark swimming meets.

Also make sure to regularly check out www.usms.org for everything you need to know about the growing world of Masters Swimming in the US.

Looking for an way to give back to our sport. Ask your local high school coach if he needs a volunteer stroke and turn judge. You'll help her or him a

BLUE DEVIL AQUATICS AND TAR HEEL AQUATICS
BECOMES

DUKE AQUATICS

Duke Head Swimming and Diving Coach, Dan Colella, is making very significant changes in his new year-round club, Blue Devil Aquatics. Dan joined Duke Swimming and Diving three years ago from a successful tenure with the women's program at University of Tennessee. Blue Devil Aquatics (BDA) is the year-round club team he formed last year, comprised of 25 youth swimmers and divers.

"It normally takes years for a new year-round club team to make national headlines," says Jeff Dugdale, swimming consultant who is joining Dan's collegiate staff, "but Dan is thinking differently."

BDA will cease operations effective immediately and be folded into Tar Heel Aquatics, Inc. (better known around the state as THAT). Blue Devil becomes Tar Heel? Yes, and that is not all.... Once the two teams join, Tar Heel will change its name to Duke Aquatics. Sometimes truth is stranger than fiction.

THAT currently has a roster of 135 youth swimmers and 60 masters swimmers. Led by Head Coach Eric Steidinger, THAT is well-regarded for fast swimming and efficient and effective training. THAT is only 5 years old, yet already a SILVER MEDAL club, as defined by USA Swimming, the national governing body for swimming in America. THAT first achieved a ranking in the top 100 in America in 2004, less than two years after forming. In 2008, it jumped to top 30, and is well on its way to becoming a GOLD MEDAL club---an honor reserved for only the top 16 teams.

Dan's club will gain several new coaches in addition to Eric Steidinger, who will lead DUKE AQUATICS, as well as ability to hold swim camps, clinics and expand the program into a comprehensive year-round resource for all types of youth and masters swimmers. The former THAT will gain access to Taishoff Pavilion and the Brody Gym pools on the Duke campus. Coaches from Blue Devil will join the new team, including world class diving coach, Drew Johansen, national team coach and founder of the U.S. Elite Diving Academy.

DUKE AQUATICS will continue to train all levels of athletes, from the social swimmer who wants to improve strokes and lap swim to the elite Olympic-bound athlete. Practice sites, in addition to those on the Duke Campus, include SportsPlex in Hillsborough, Hollow Rock Racquet and Swim Club in Durham, North Carolina Central's Leroy Walker Aquatic Center, and the Faculty-Staff Recreation Center (FARM) in Chapel Hill.

"We strive to have a place for every swimmer and diver," says Coach Steidinger. "Dan's vision for DUKE AQUATICS meshes extremely well with the long-term vision of THAT---to become the best year-round club team in America. Now with his leadership, we can accelerate the process and have enough resources to offer a comprehensive swim and dive program. We look forward to finally having a "home."

For more information about DUKE AQUATICS, contact Jeff Dugdale, at jdugdale@nc.rr.com.

Additional comments from Jeff Dugdale/Dan Colella:

With the increase in staff and staff knowledge in the sport of swimming, all levels of Master swimmers will benefit. We are most excited what our staff will be able to provide for the Master swimmer. We can now truly separate ourselves by having a coach on deck for all practice locations meeting the needs of all levels and types of Master swimmers including open water swimmers, tri-athletes, competitive pool swimmers, fitness swimmers, new to the sport swimmers, and social swimmers. The coaches' main priority will be to meet the needs of our Master swimming customers. Our Master swimmers are very successful both at home and in the workplace. Their success comes from their attention to detail and motivating others. Duke Aquatics will transfer that same philosophy onto the pool deck and make sure that the Master swimmers benefit from what they do for others. We do not want our coaches to ever take for granted that our Master swimmers have choices. The Masters program will also benefit from our new sponsorship and the benefits that come from being a program with stability and the Duke name behind it. If you are interested in joining our program or trying one of our workouts or social events, please e-mail Jeff at jdugdale@nc.rr.com and write Masters Swimming in the subject line.