

Manatee Masters Swimming

March Update

Message from the President

The State of the Pool

The real prez has to speak about the state of the Union, I only have to be concerned about our little concrete pond, so I will try and keep it simple.

We are entering the final year of our current arrangement with Mills for the use of their pool facility. While it has not been a high profile item to date, comments from our recent survey suggest there might be some misunderstanding as to where matters stand and what the future holds. I will try and shed some light on both points. First a brief history.

We have had the opportunity to use the Mills' pool since it opened in the spring of 1998. We negotiated a five year rental agreement with an additional five year option that gave us a substantial amount of pool time. Without trying to recapture the water already under the bridge, suffice it to say that there were some issues in the initial years of the relationship that culminated in a dispute in which the lawyers got involved. As a result of the brief litigation that resulted, we have been operating for several years under the terms of a mediated agreement that incorporates many of the terms of our original agreement, including duration. The current agreement will expire in April, 2008

Through the efforts of our most recent club presidents, in particular Kirsten Halbrook and Susanne Rublein, we have made an effort to be more attuned to the needs and plans of the College regarding the pool facility. Also, we worked hard at being better members of the Mills community. In the course of those efforts, we have spoken to Mills about our possible continued use of the pool. The response to these inquiries is important to understand. Mills has a premier pool facility and has been looking to use that asset to promote not

only College-based programs, but also maximize its mission statement to the community. Our current schedule is viewed as an impediment to fully realizing that goal. Contrary to what some may think, the issue with Mills is not about money, but about pool time

We have discussed these issues with Mills and have indicated our willingness to reduce our "footprint" on the use of the pool. At recent Board meetings, we have discussed various ideas which include possibly moving evening or weekend workouts elsewhere and/or otherwise trimming our current schedule of workout times. There is no certainty where this discussion is headed and no final decisions have been made by anyone. At the moment, Mills is undertaking its own "in-house" review of the pool usage. Bottom line, the Manatees must be prepared to deal with both some short term uncertainty and the real possibility that the Mills pool may not be available to us in the future.

Alternative pool space is a challenge. While alternatives do exist, they might significantly change the recent trend of club expansion. We may need to consider multiple pool locations for workouts at different times. We will also need to consider the attendant costs of multiple and/or new locations.

All that said, I speak from a constituency of one in saying we should make every effort to preserve the uniquely good thing that we have with our swim club. I know we can survive relocation, if that is what happens. At the same time, we will pursue our conversation with Mills in hopes that we might be able to continue some level of usage. We will do our best to keep everyone advised.

...**Dan Altemus**

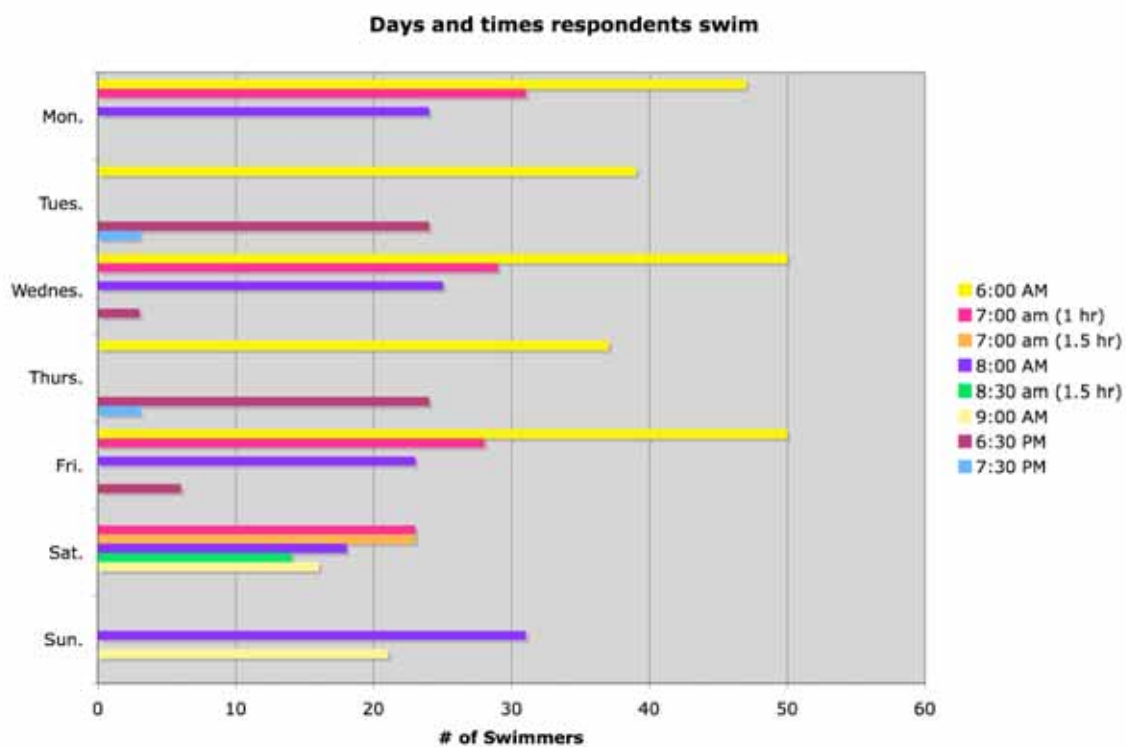
Survey Summary

Thanks to the efforts of Rebecca Perry, we recently surveyed the membership on a variety of topics and were able to get a better profile of the team, at least in terms of when we swim. We had approximately 145 responses, which is roughly 65-70% of the team, including "drop-ins", so it should be pretty representative.

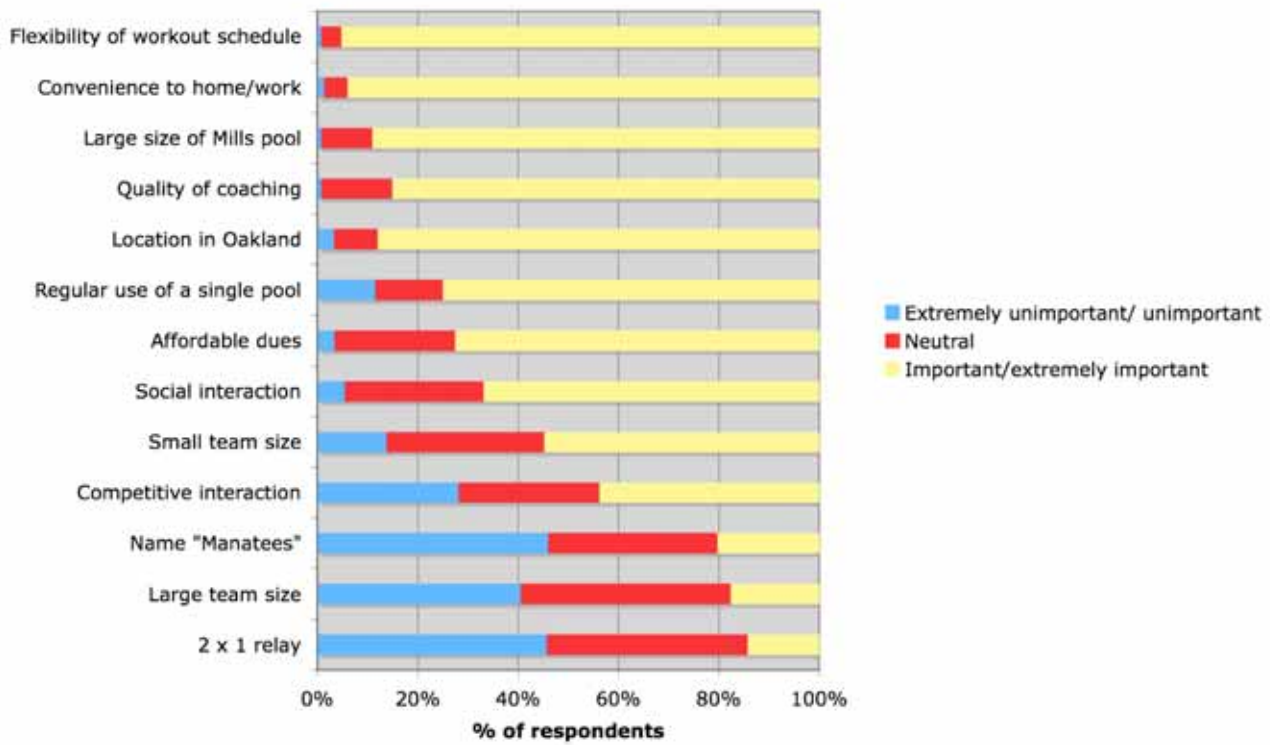
The first graph simply shows when people indicate that they swim and is self-explanatory. The other graphs show the total responses to the various questions we posed, both positive and negative.

Thanks to everyone who participated

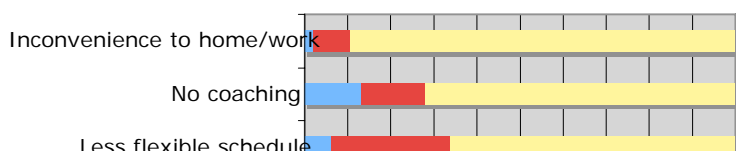
...Dan Altemus



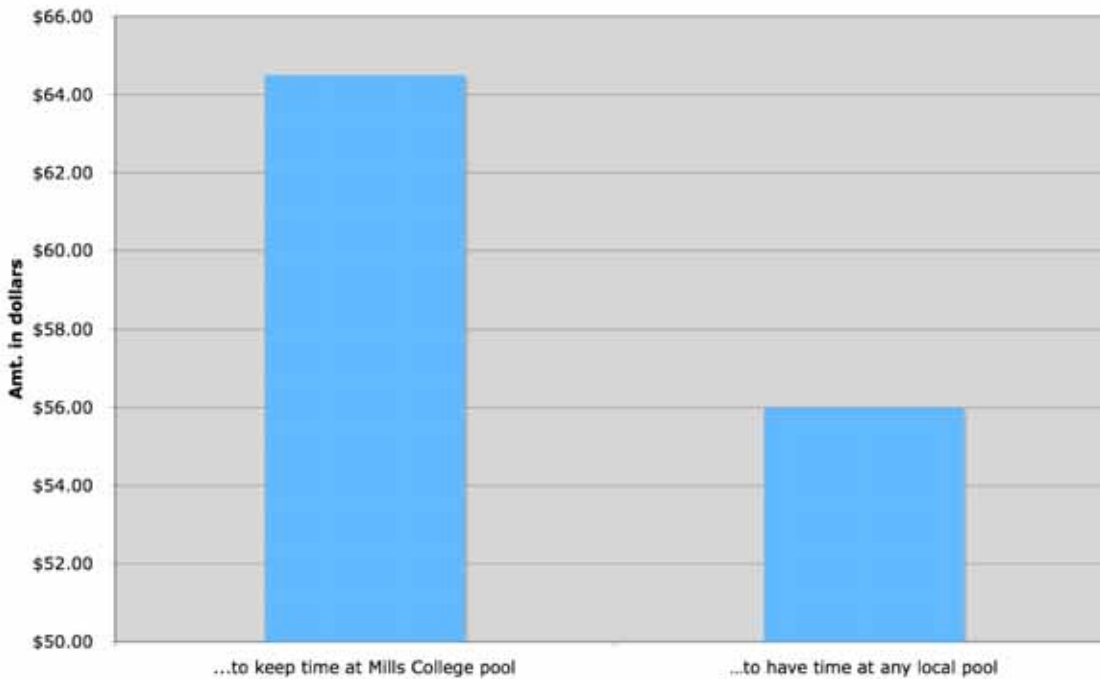
**Reasons given for swimming with the Manatees
(N=146-150)**



Reasons given for discontinuing Manatees affiliation



Average maximum monthly dues respondents would pay...



Coaches Corner

Howdy MAMsters!

Don't forget to save Saturday March 31 for fun and socializing at the Mills Pool. It's Manatee Social time so come a help break in your new social committee. While you're noshing be sure to let us know if you plan on attending the Pacific Masters Short Course Yards Championship Meet in Pleasanton the weekend of April 20, 21 and 22. We will have a sign up sheet available; please don't try to make us feel better by signing and then not coming to the meet. We use the sign up sheet to construct relays, so correct info is very important. And we love you even if you don't make it to Pleasanton.

We hope to stimulate that competitive impulse with our Annual Manatee Relay Day (also March 31) practice. We'll do three, one-hour sessions of a short practice to prepare for the Relays, and we'll finish each hour with a round of four or five Relays. This practice is an opportunity to race and enjoy some swimming fun while getting introduced to many Manatees you don't normally swim

with. (Nice syntax, Stack) OK, try this . . .
Manatees from other lanes. (Much better!)
Come have fun race, eat, sign, this Saturday 7, 8 or 9, and plan to stick around!

The Anatomy of a Practice

Each practice session has a number of important segments, preparation, the warm-up, announcements, concept set, main set, and cool down. Let's take a look, one by one, what d'ya say?

Preparation – Coach: prepares the practice. Each practice is prepared to teach a concept on the stroke of the week, and to work that stroke into the fabric of the Main Set. Each practice is formed to use a training concept appropriate for the time of the season. Practices are constructed to provide a physical workout, an opportunity to learn and train skills, and to foster an attitude of fitness.

Preparation – Swimmer: The swimmer needs to get ready for the next practice, assemble stuff, and get to the pool. Remind self that practice starts on the defined time, not time +20 minutes!

The Warm-Up – Coach: Arrive, help with set up and get ready for the practice.

The Warm-Up – Swimmer: Arrive on time, help with set up (6:00 am'ers), and be in the water by 1 minute after the start of practice (see, I am flexible). Swim 400 to 600 yards of warm-up.

Announcements – Coach: Make 'em! Try to keep them short and to the point.

Announcements – Swimmer: Listen to 'em. No, really listen, don't talk, listen, so we can get the darn things over with and SWIM, ya? Don't be afraid to remind your lane buddies who are NOT listening to LISTEN, Help the coaches with this, it is a concern at all the large practices. Remember most folks are here to swim, so let 'em.

Concept set – Coach: Explain the stroke idea of the day clearly, concisely and simply enough to be understood quickly, so them swimmers can get to swimming!

Concept set – Swimmer: Listen! What again? Yup, again, but you've got an opportunity to learn something. Why not take it? If you're puzzled, feel free to ask a quick question, chances are you're not the only one in the dark.

Main Set – Coach: Create a main set that challenges the swimmers, set goals in the set to enhance the challenge, and to provide the expected amount of exercise. The type of exercise the swimmer gets will depend on the type of practice

in store, for example aerobic, anerobic, endurance, and sprint. Often there will be more than one main set, with an aerobic set followed by a short sprint set, or an endurance set followed by a pace exercise.

Main Set – Swimmer: Listen (I know) to the set instructions, make a good faith effort to understand, including questions, and or comments, no crying! Talk over the set and intervals with your lane mates prior to the set, yes you have to talk to the new gal/guy, trust me it'll make the workout better. Execute, work the set as described by the coach. If the main set is in segments or followed by another short set, listen and discuss again and GO!

Cool Down – Coach: Let the swimmers know that you're happy with the way they worked out today, suggest an easy cool down set and send them on their way

Cool Down – Swimmers: Breathe deeply, feel good and stretch into an easy cool down swim. Be pleased with your effort, resolve to maintain your focus, feel the endorphins flowing. Be happy, that's an order!

Now, once more from the top!!!

See Ya

...Coach Brian

Swim Meet News

USF Valentine's Day Meet, February 10

Eight Manatees, four men and four women, made the drive across the Bay to attend the annual meet held at USF. New MAM records were established at the USF meet:

Susie Caso set 3 records total in the 50 fly, 50 breast and 200 breast.

Susie Girard set 1 in the 50 fly.

Gordon Jacoby set 1 in the 50 fly,

Barbara Phillips set 2 for 50 breast and 200 breast.

Rocky Schnaath set 2 for 50 breast and 200 breast.

Rocky's 50 breast, at 45.46, broke Susan Porter's long standing (4/18/98) record of 46.89.

Also attending and swimming well early in the season were Mac McClelland, Cary McGregor, Stephen Weitz and Will Hale. Thanks to Will for the records update and for not following Skip Kenny's (Stanford Head Swimming Coach) lead in modifying records "at will".

Results can be found at <http://www.pacificmasters.org/comp/07/07usfsplit.html>

2006 USMS Top Ten SCM for MAM

The Short Course Meters Top Ten list for 2006 was finalized and released earlier in March.

Three women Manatee's, Granate Sosnoff, Susanne (Rose) Rublein and Ruth Shaps, and three men, Cary McGregor, Fred Farley and Jim Clemmons, made the 2006 SCM Top Ten list in individual events. Jim placed first nationally in two events, the 400 IM and the 1500 Free. An "ex" and still occasional Manatee to note, Grant Inman, also made the list. Grant garnered a second place in the 400 IM to compliment a fourth place ranking in the 200 Fly.

Women 35-39 SCM (2006)

Place	Event	Name	Age	Club	LMSC	Time
9	50 Free	Susanne Rublein	36	MAM	Pacific	30.00
9	50 Back	Susanne Rublein	36	MAM	Pacific	35.08
6	50 Breast	Susanne Rublein	36	MAM	Pacific	38.41
10	100 Breast	Susanne Rublein	36	MAM	Pacific	1:25.95
8	100 IM	Susanne Rublein	36	MAM	Pacific	1:16.60

Women 40-44 SCM (2006)

Place	Event	Name	Age	Club	LMSC	Time
10	400 Free	Granate Sosnoff	44	MAM	Pacific	5:07.35
7	800 Free	Granate Sosnoff	44	MAM	Pacific	10:44.50

Women 55-59 SCM (2006)

Place	Event	Name	Age	Club	LMSC	Time
7	50 Free	Ruth Shaps	59	MAM	Pacific	33.43
8	50 Back	Ruth Shaps	59	MAM	Pacific	41.35
6	100 IM	Ruth Shaps	59	MAM	Pacific	1:27.68

Men 50-54 SCM (2006)

Place	Event	Name	Age	Club	LMSC	Time
9	200 Back	Fred Farley	53	MAM	Pacific	2:38.76

Men 55-59 SCM (2006)

Place	Event	Name	Age	Club	LMSC	Time
9	200 Fly	Cary McGregor	56	MAM	Pacific	3:06.83
9	50 Free	Jim Clemmons	56	MAM	Pacific	28.32
3	100 Free	Jim Clemmons	56	MAM	Pacific	1:01.90
2	200 Free	Jim Clemmons	56	MAM	Pacific	2:17.64
2	400 Free	Jim Clemmons	56	MAM	Pacific	4:42.32

2	800 Free	Jim Clemmons	56	MAM	Pacific	9:46.68
1	1500 Free	Jim Clemmons	56	MAM	Pacific	18:42.36
4	50 Breast	Jim Clemmons	56	MAM	Pacific	35.81
3	100 Breast	Jim Clemmons	56	MAM	Pacific	1:17.93
2	200 Breast	Jim Clemmons	56	MAM	Pacific	2:50.89
9	50 Fly	Jim Clemmons	56	MAM	Pacific	31.25
5	100 Fly	Jim Clemmons	56	MAM	Pacific	1:11.32
2	100 IM	Jim Clemmons	56	MAM	Pacific	1:09.45
2	200 IM	Jim Clemmons	56	MAM	Pacific	2:31.79
1	400 IM	Jim Clemmons	56	MAM	Pacific	5:31.93
4	M55-59 200 Fly	Grant Inman	55	ACTT	Florida	2:52.64
2	M55-59 400 IM	Grant Inman	55	ACTT	Florida	5:41.72

Two relays were also included in the list:

The Mixed 240-279 medley relay of Gordon Jacoby (63), Susie Caso (60), Cary McGregor (56) and Peg McPartland (64) placed fifth with a time of 2:54.40.

The Mixed 240-279 free relay of Alan Levinson (55), Susie Caso (60), Peg McPartland (64) and Gordon Jacoby (63) also placed fifth with a time of 5:58.40.

Results can be found at <http://www.usms.org/comp/tt/>

Spring Meets

Rinconada and SCAM results haven't been posted yet so look for formal results in the next issue of the Manatee Newsletter.

We did have about ten swimmers at both events with the weather at Rinconada a stark contrast to last year's event. Last year it snowed on the East Bay hills the night before the meet. This year it was mid-70 degrees. The difference made for some great swims. Jane Nylund went about 11 seconds faster for the 1650 Fly compared to last year. Can't wait until next year to see how she does.

Ili Selinger managed a rare win in the Novice 50 Free event. We needed to remind him afterwards that novice applies to the very first time you swim an event, not the first time each year. He would have won his age group even in the non-novice event.

SCAM was a little on the overcast and cool side but the sun did make an appearance in the afternoon.

...Jim Clemmons

I heard it in the Locker Room...

The question on the mind of everyone at some point is "How to I get that chlorine smell out of my skin"? No one likes to smell like chemicals, and I cannot imagine it is healthy for your skin or body.

I have spent the last year trying different products and here is my view.

Winner #1 - Aubrey Organics Normalizing Shampoo for Active Lifestyles. It's a shampoo, but I use it for my entire body. The more carefully I apply the shampoo, the more pleasant the smell. This shampoo has a nice almond-y smell, and feels very mild. Often -- but not always -- it gets rid of my chlorine smell completely.

Runner Up - California Baby Swimmers Defense Shampoo and Bodywash. Has a really great, strong lemon grass smell. Has a nice consistency if you like gels. Doesn't get rid of the smell quite as well as Aubrey, but it is nice.

Doesn't really rank: Most of the other shampoos you get at Transports. I have tried them all. Transports, located at 6022 College Ave, is a great store and gives 10% discounts to Manatees. But mostly they carry soaps and such that are full of toxic preservatives and frankly don't get out the chlorine smell. I have suggested to them that they carry the above products. And perhaps they will soon. For now you need to get these items on line. I know several shops that carry Aubrey and

California Baby products, but none that carry the swimmers line.

Dear reader, please let me know if you have a better solution for the problem at hand, as well as where I can buy the product. Just email me at haxo@hotmail.com and I will be sure to send it along. Now that we have addressed what goes on the outside of our body, let's talk about what goes inside our body -- FOOD.

First let me say, I am really proud to be a Manatee. I cannot say I am proud to be an alum of my college, nor am I much of a joiner of anything at all. But I am really proud to be a Manatee because I am part of a club of women and men who are really serious about their health.

But lately I have been thinking -- how serious are we about our total health? I hear lots about weight training, pilates and yoga which are terrific. I hear lots of tips for relaxation and taking it easy, and I am glad about that. **But, rarely do I hear much about nutrition.** Is that because it is a subject we take for granted? Or something we avoid completely because we are busy folks?

So, I am going to try and incorporate some easy recipes into this column, ones I have found make me feel great and keep me in peak performance.

Let's start off with breakfast.....**Smoothies...**

Minty Thrill

2 Bosc Pears
Some Mint (about 1/4 bunch)
Some Kale (about 3leaves)
1 - 2 cups Water

Bashir's Favorite

2 Apples
Some Kale (about 3 leaves)
1/2- 1 Lemon
1 - 2 Cups Water

Strawberry Field

1 cup strawberries
2 bananas
1/2 bunch Romaine Lettuce
1 - 2 Cups Water

For each smoothie, use ORGANIC fruit/vegetables and filtered water. To make, put the ingredients together in a powerful blender. Blend until the mixture is super green and smooth. Drink! These drinks can last up to 12 hours, so take them to work with you.

Benefits of smoothies like these: They are easy to digest, they taste yummy, they help me eat my greens which are soooo important, they give me a zip in my step, and they are an easy way to assimilate nutrients into my body. I recommend starting your day with a smoothie, rather than lifeless cereal, toast or eggs. Even your kids will

love them -- and they will certainly enjoy making them.

By the way: These smoothies are not of the jamba juice variety. You should make them at home, with love and intention. Definitely play around with ingredients -- spinach and lettuce work great

as replacements for kale. **The trick is 60% fruit and 40% greens = One Fantastic smoothie.**

...Heather Haxo Phillips

Welcome to a Future Manatee

Chantelise, an avid 8am swimmer has a new daughter. Soliane was born on March 2, weighing a full 8 pounds. Here is a photo of the new swimmer with her happy mom.



Coming soon....The Wandering Manatee

Join the Wandering Manatee as she discovers (or rediscovers) great food, wine, recipes and restaurants. See you next month with a review of Wood Tavern and a trip to the Grand Lake Farmers Market!

...Tannis Reinhertz

Upcoming Pool Schedule Changes

April – swim meet

Saturday, April 28

Additional information –TBA

May – Mills Commencement

Saturday, May 12

Modified schedule at Mills -TBA

Where to find the help you need

Manatee Aquatic Masters

PMP 516, 6114 La Salle Ave, Oakland, CA 94611
<http://www.manateeswimming.org>

Pool location: Trefethen Swim Center, Mills College,
5000 MacArthur Blvd., Oakland, CA

Coaches

Brian Stack, Head Coach – brianstack@sbcglobal.net

Andy Brown	Gyasi Coles
Claire Donaldson	Peter Finney
Andrew Ezer	Susanne Rublein
Matt Yungert	

Information Hotline (510) 273-9093

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...Annmarie Hallin, editor