

Welcome to summer edition of the newsletter! I'm sure folks are looking forward to swimming outside as well as participating in open water swims – be it socializing at practices, competing, staying in shape, or just enjoying friends and family around the water.

CHAIR'S VIEW

The LMSC is working in conjunction with UMBC Maryland Masters and Frostburg State to sponsor two 2016 summer series meets. The first swim series meet is a Long Course Meter meet on July 24 at UMBC, and the second swim series meet is a Short Course Meter meet on August 28 at Frostburg State. Thank you UMBC Maryland Masters and Frostburg Masters for hosting these meets! Additionally, Jen Masquelier from Anyone Can Swim Masters (ACSM) is looking into adding a summer series meet in Aberdeen. Please stay tuned for more information, which you will receive via email. Even though summer has just started, we are busy planning the 2016-2017 Carol Chidester Memorial Swim Series. In the fall, we will be sending delegates to the 2016 National Convention in Atlanta, GA. I am looking forward to what our delegates and committee members have to report back to the LMSC.



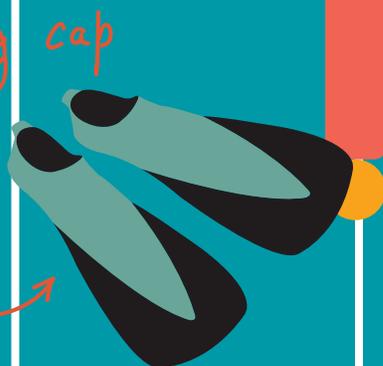
Ray Toy

You may know the voice. Ray Toy who occasionally sings the national anthem a cappella during at Carol Chidester Swim Series meets started competing when he was nine. Swimming through high school and then at the University of Virginia, Ray

In the meantime, we have ONE volunteer opportunity. We are looking for help in updating and maintaining the Maryland LMSC record books. Records are maintained in Excel spreadsheets and once the updates are completed (which may take roughly three hours to update each seasons' records during the year), the results are sent to the webmaster for publication on the website. If you are interested, please contact me at MDChair@usms "Dot" org.

Speaking of service, I would like to thank the current Officers and Board members for all the hard work they have done for the Maryland LMSC. This is a great organization, with many talented and dedicated people who make it work. Looking forward to another great year! See you in the pool.

Best,
Michael Lee



Outside the Lanes

took a break for almost a decade before joining USMS.

"In the year 2000, I was still UNATTACHED and decided to compete at the USMS Spring Nationals in Indianapolis."

When a group had started at the Howard County YMCA, the coach asked Toy to join them since he was using the spare lane during their practice.

"I told him that I wanted to see how far I could go with my own preparation," says Toy, a Sign Language Interpreter.

When fall came around he returned but the coach was gone. but Mike Jacobson had taken over the program and soon thereafter asked Raymond to come on board to help coach.

"I liked the idea of being in on something new at close to ground level," says Toy.

After a 2013 diagnosis revealed Toy had tendonitis, the lifelong sprinter took some time off. He started competing again in the summer of 2015.

Toy's swim schedule changes week to week and depends on his coaching schedule.

"I am usually scheduled to coach once a week, so on those days, I try to get some time in for myself before changing to be on deck. After that, I get in when I can."

Toy has served in various capacities for the LMSC, as interim secretary in 2000 and then as a team representative.

"USMS provides the framework for competition," says Toy. "Although I swim for health and fitness reasons, competition provides the concrete motivation for me to continue training."

SUMMER 2016



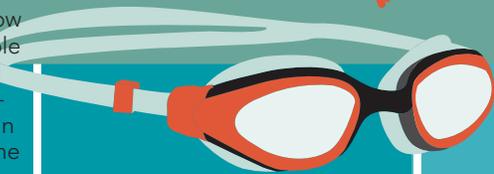
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Maryland Swim Times

Easy on the Eyes

by Traci McNeil
(MarylandMasters@SPCC)

goggles



Maryland Swimmers Place 4th at Y Nats

Maryland swimmers representing the Y of the Chesapeake placed fourth overall at the Y Nationals Masters Meet in Sarasota, FL. Thirty-four team members ranging in age from 23 to 88 years old competed in up to 12 individual events and 5 relays to contribute points for their 4th place out of fifty-four teams and 484 swimmers.

Jack and Sally Iliff in the 70-74 age group together received a total of 9 gold medals; Sally in the 1000 and 500 free, 100 and 200 fly, Jack in the 400 and 200 IM, 200 and 100 fly, and 200 breaststroke. Joan Pfinsgraff in the 60-64 age group broke the Y National 200 Backstroke record in a time of 2:36.12 (the old record from 2011 was 2:43.22). Jill Coleman in the 85-89 age group also established the Y National record in the 200 butterfly with a 6:50.29, which she established for the first time, and broke the record for the 200 IM with a time of 4:59.64, she also placed first in the 400 IM, 50 fly, and 100 fly.

Other first place finishers included Nancy Brown in the 50 back, 200 free, 50 fly, 500 free, 200 back, 50 free, 100 IM, 200 IM, 100 back, 100 fly, 100 free, and 400 IM; John Collings in the 50 back, 200 free, 200 back, 500 free, 100 breast; Davidsonville resident Jill Springer in the 50 fly, 100 back, and 200 back; Sue Remaley-Marintel in the 100 fly and the youngest member Joey Gardner in the 100 and 200 breast, 100 IM, 100 back and 200 free. The women's 55+ 400 free relay placed first with Jill Springer, Gladney McKay, Sue Remaley Marintel, and Joan Pfinsgraff. The 18+ men's 400 free relay placed first with Joey Gardner, Patrick Sebring, Doug Irminger and Nick Burley.

Next year's meet will be held in Sarasota May 4 through 7. All swimmers are welcome to participate and represent YMCA of the Chesapeake. Information will be shared in early 2017 and anyone who is interested in attending, may contact Nancy Brown at nancygeoff@cablespeed.com or 410-255-0699.

We all know the sinking disappointment when our favorite goggles begin a slow leak. There is never a suitable replacement in the lost and found bin! We endure practices with them until the pain of inaction is greater than the annoying discomfort of the persistent leak. Swimmers are tough. We've even survived a heel to the eye simply for executing an Olympic pull-out behind a less motivated teammate. Somehow we push through. We don't even let puffy goggle marks hold us back from going forth into the world. Whatever the inconveniences goggles and the water bring us, it's always worth it. Let's take a look at the nuances of eye care specific to our sport. Dr. John Avallone is a well respected pediatric ophthalmologist and Maryland Master member for over 9 years. Entering into the sport through Masters Swimming, John has become an accomplished open water swimmer and lane motivator extraordinaire! He answers some burning eye care questions:

Can I wear contacts while swimming?

It is not a good idea to wear your contacts while swimming. Without goggles the contact will come off when the eyes are open in the water. Worn with even well fitting goggles the contacts will collect chlorine, bromine or salt and retain the chemical toxicity and generate eye irritation. Open water wear offers even greater potential for harm, as pathogens in the water can be sequestered under the contacts and produce aggressive infections.

Why do my eyes hurt in some pools but not others?

The irritation effect of the sanitizing chemicals in the pool are dependent on the type of chemical, the concentration and the presence of other water products in the water. Chemically chlorine breaks down to chloramine in

the process of sanitizing the water. Chloramine is irritating to the eyes. Accumulation of waste products like urine in the pool water also contributes to eye irritation.

Is there a way to prevent symptoms associated with pool chemicals?

The key to less eye irritation is a well balanced chemical sanitizer, combined with proper pH and a well ventilated environment. An outdoor pool allows the chloramines to dissipate. Bromine is a less common sanitizing agent and may offer less eye irritation, but still needs to be well balanced.

How should I care for eyes that are irritated after swimming?

A good quality over-the-counter artificial tear may be useful to swimmers who regularly have eye irritation after swimming. Put in before and after swimming should diminish the symptoms.

If I normally wear glasses/contacts, should I wear prescription goggles?

Given that wearing your contacts while swimming is a bad idea, your best solution is a pair of prescription swim goggles. For the vast majority of near sighted swimmers over-the-counter prescription goggles are the best choice. They are easy to acquire, good quality, and offered in a wide variety of styles. The internet swim websites have graduated strength near sighted correction swim goggles offered by the popular manufacturers. You would need to ask your eye doctor the best power for the goggle and you can order it online. Farsighted swimmers have less choices and it's





Left to right:
Michael Lee, Rand Vaillancourt, Traci McNeil, Jennifer Masquelier and Mary Gibson

Club Scoring Team Awards

First place:
AAA
(Anne Arundel Amphibians)

Second place:
MARY (Maryland Masters)

Third place:
ACSM
(Anyone Can Swim Masters)

Fourth place:
TCYS (Talbot Masters)



Easy on the Eyes

by Traci McNeil
(Maryland Masters@SPCC)
continued

much more difficult to find good quality swim goggles with the appropriate power. The vast majority of farsighted swimmers can still get away with over-the-counter prescription goggles. Your eye doctor is your best start for these goggles to get advice on the correct power and possible sources for the goggles. A few swimmers will need to get a more precise goggle made from their doctor's prescription and these will be more costly. This is especially true for swimmers with high astigmatism.

Should I wear UV goggles when swimming outside?

UV protection would be a benefit to anyone swimming outside. UV protection is usually listed the description of the goggles. UV protection is dependent on the lens material and the lens coatings, not the color or tinting of the lens.

What are likely sources of eye injury from swimming?

Sources of injury include chemical sanitizer in the pool, trauma from goggles and trauma from other swimmers. We are all familiar with the hazy vision after too long in a chemically sanitized pool. This is caused by corneal swelling and is most often self limited. You can shorten the duration of the vision changes by using over-the-counter artificial tears after swimming. It is precluded by wearing well fitting swim goggles. If the pool pH is too acidic it can cause eye damage and some anti-fog chemicals may cause eye irritation if not rinsed appropriately. Goggles can cause eyelid trauma if worn too tightly. Elastic straps that hold the goggle in place can cause injury by snapping the goggle into the eye while the goggle is being adjusted. Thankfully these injuries are uncommon and preventable with minimal preparation.

2015-16 Awards

Carol Chidester Memorial Swim Series Challenge

5 Meets
Michael Fanelli
Ken Fligsten
Jane Hall
Kristina Henry
Diane Paterline
Rand Vaillancourt

12 Events
Diane Blubaugh
Michael Fanelli*
Ken Fligsten*
Mary Gibson
Kristina Henry*
Sean Lawlor
Emily Loffredo
Jennifer Masquelier
Diane Paterline*
Raymond Toy
Rand Vaillancourt*

* appear on both lists



Froggie Sez: News from Anne Arundel Amphibians

Recently, I had the chance to hear the words of a philosopher; I believe his name is L.L. Cool J. (Yes, my lily pad has Dish TV and a sauna but that is a different story.) He said "Team Work makes the Dream Work. What is our dream? I believe that our dream is to make our L.M.S.C. the best in the country. How do we achieve that dream? TEAMWORK!!! We may compete in the water, with ourselves, our club, and other clubs but out of the water we must work together, not compete with each other, to make our DREAM WORK. And how do we do this? Invite a friend or neighbor to a practice, volunteer to time or hold an office, give a thank you or pat on the back of those that have volunteered.

I have heard many times, from swimmers outside of our LMSC, "How do you do it? Have such a great swim series. Have meets that run so smooth? The answer is all our swimmers and volunteers; all our clubs, all our volunteer officers have an eye on the DREAM.

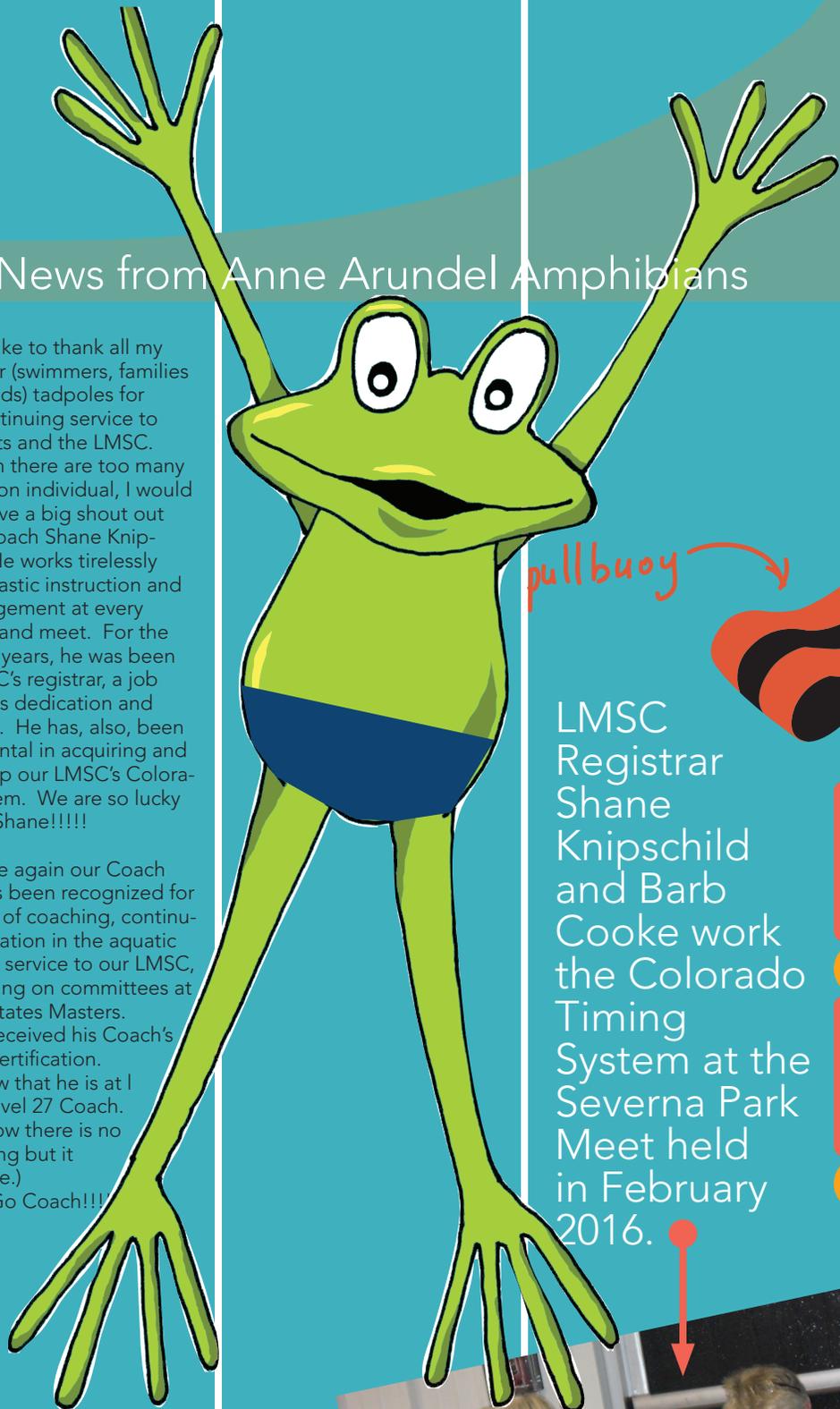
As an example of our great teamwork, we had an outstanding Carol Chidester Memorial Swim Series for 2015-2016. And I would like to take this opportunity to congratulate my tadpoles on their 1st place award in the team standings, as well as, for individual accomplishments, Sean Lawlor – 12 events and 5 meets, Emily Loffredo – 12 events and Rand Vaillancourt – 15 events and 5 meets. Great Job!!!

I would like to thank all my volunteer (swimmers, families and friends) tadpoles for their continuing service to our meets and the LMSC. Although there are too many to mention individual, I would like to give a big shout out to our Coach Shane Knipschild. He works tirelessly with fantastic instruction and encouragement at every practice and meet. For the past few years, he has been the LMSC's registrar, a job that takes dedication and patience. He has, also, been instrumental in acquiring and setting up our LMSC's Colorado System. We are so lucky to have Shane!!!!

And once again our Coach Rand has been recognized for his years of coaching, continuing education in the aquatic field and service to our LMSC, and serving on committees at United States Masters. He has received his Coach's Level 4 certification. (We know that he is at least a Level 27 Coach. Yes, I know there is no such thing but it should be.) Way to Go Coach!!!

Summer is almost here. As you lay back and enjoy the sun and the opportunity to swim at an outdoor pool or lily pond, think about positive ways to make our dream work.

Happy Swimming,
Froggie



pullbuoy



LMSC Registrar Shane Knipschild and Barb Cooke work the Colorado Timing System at the Severna Park Meet held in February 2016.

