

# MARYLAND

## Swim Times

June 2014

### The Maryland LMSC of United States Masters Swimming

#### *Chairman Sez*

As we look forward to the upcoming summer season many of us think about the goals we hope to achieve. Some of you may be entering a new age group and have their sights set on breaking a personal record or two. More of us might define success as finishing the year perhaps weighing a few pounds less.

The Maryland LMSC and USMS offer a wide variety of programs to help you set and achieve your goals. One of the most popular elements of the USMS website is the ability to maintain your own fitness log (FLOG) and the associated *Go the Distance* program. In your FLOG you can track any type of fitness activity, including the ability to keep notes on your workouts. *Go the Distance* is a great add on to your FLOG that gives you the ability to track your progress against a goal and earn rewards as you meet milestones. A common goal for new swimmers

is to swim a mile. Perhaps this may be one of yours.

The USAS (United States Aquatic Sports) Convention that includes USMS will be held this September 17-20, 2014 in Jacksonville, Florida. While the convention does include work, including attending committee, zone, and delegate meetings and voting for elections and new rules, there are plenty of opportunities for fun. Every night includes a social event culminating in a banquet to honor the top athletes, coaches and volunteers for each group within USAS. It is also a great opportunity to see how the rules get made, voice your opinions and learn new information on all aspects of USMS. It is an excellent opportunity to meet people from all over, even maybe a famous Olympian.

If you are interested in being a delegate to represent the Maryland LMSC, please E-Mail [MDChair@USMS.org](mailto:MDChair@USMS.org).

The nomination committee

is looking for candidates for the upcoming Board of Directors. All of the elected offices are up for election and open to all members of the Maryland LMSC. If you want to contribute to an organization that for over Forty Years has provided a venue for adults in our sport to compete, workout and socialize, let me know.

Volunteers are the lifeblood of our organization. Without volunteers that are willing and able to give their time and expertise to carry on the business of our LMSC we could not exist. I want to thank everyone that has volunteered to keep us going, and going strong. As I have said many times before, it's the volunteers that make it possible for me to do my job.

Get wet, see you at "the pool",

Rand Vaillancourt, Chairman



# Swim Series Challenge Winners

These outstanding swimmers completed all 5 meets and at least 12 events! Congrats!!!

Michael Fanelli (ACM), Shane Knipschild (AAA), Maureen White (CRAB), R. John Shields (AAA), & Rand Vaillancourt (AAA)

Not Pictured: Joan Fink (MERR)



## Other Swim Series Challenge Awards include:

**5 Meets:** David Mayeske (AAA) and Dian Paterline (HUH)

**12 Events:** Kevin Joubert (MERR), Jennifer Masquelier (ACM), Susan Taylor (MARY)

## Team Awards:

First—AAA                      Second— MERR

Third—MARY                    Fourth— ACM

**Way to go!!!!**



## Looking for a fun event in Ocean City, Maryland?

Corey Davis invites you to check out the Ocean Games in July. There's an option to swim or paddleboard a variety of distances.

For more info email Corey at:

[corey@swimocmd.com](mailto:corey@swimocmd.com)



*Above: Rand and Shane for 1st place AAA.*

*Right: Jennifer Masquelier for fourth place ACM.*



# Pan American Masters Championship, June 2013

by Carolynn (Lynn) Foley

This was the first time the USA hosted the biennial event that attracted 1,700 swimmers from South America, Central America, the Caribbean, Mexico, Canada and the US. It was LCM held in Sarasota. I'd never participated in an international meet and knew from reading the registration notes that things were going to be different. We were required to download and send the registrar a photo for our credentials which would be waiting for us. This presented a technical challenge to some older swimmers, and older swimmers there were! I was surprised to see that 32 women aged 70-74 would be competing with me. Another difference was the warning that more than one person may swim in a lane at a time. I was unnerved thinking about it, but thankfully it wasn't necessary. All events, including relays, were marshaled. This meant that heats were staged, in order, and swimmers were led from a staging area to the blocks for their heats by a meet volunteer. I liked that. As the heat before left the block, we were escorted to the deck where we handed our credentials to the timer who returned them after the race. Credentials were worn at all times on deck. Paper cups and plastic bottles were not welcome at the meet. Each swimmer was given a souvenir water bottle and there were coolers to refill bottles. My husband, un-credentialed as he was, was not allowed on deck to fill our water bottle or to count during the 800 meter freestyle. There were two volunteers at each entrance to the deck to assure only swimmers entered. All the above added to an orderly and well run meet. The volunteer marshals were pleasant enough.



The facility was beautiful. There were adequate covered bleachers providing protection from sun and



rain for swimmers and their guests. We found ourselves sitting among a large group of enthusiastic Venezuelans. On our second day we realized we were sitting under the Venezuelan banner. It was fun, but we couldn't understand a word anyone said. The weather was less than beautiful. The first day of racing was overcast. Thursday, the second day, I had scheduled no events which was fortunate for me. That day Tropical Storm Andria hit and there was a two hour rain delay. Swimmers who were at the meet were awed by the tropical downpour. My husband and I used the day to tour the Ringling Museum complex. There were few other tourists. We were locked inside a circus building for thirty minutes when a funnel cloud was spotted. It was a lot better than being at the meet. We loved Ringling! Friday and Saturday were mostly overcast with a bit of sunshine on Saturday. As we departed the parking lot for home, the lightening detection system blared. We were lucky again.

The meet included synchronized swimming as well as open water swimming and lasted just under two weeks. We spent five days, but there were others with ties to Maryland who may have a more detailed account of the meet:

Jill Coleman 80- 84, 400 IM 1<sup>st</sup>, 200 back 1<sup>st</sup>, 100 back 1<sup>st</sup>, 50 fly 1<sup>st</sup>, 100 fly 1<sup>st</sup>

Lynn Foley 70-74, 800 free 1<sup>st</sup>, 200 back 2<sup>nd</sup>, 100 free 2<sup>nd</sup>, 100 back 3<sup>rd</sup>, 200 free 1<sup>st</sup>

Fran Weston 70-74, 50 fly 3<sup>rd</sup>, 100 fly 4<sup>th</sup>, 200 fly 5<sup>th</sup>,

Pame Wingerter 65-69, 200 breast 2<sup>nd</sup>, 50 back 4<sup>th</sup>, 50 breast 2<sup>nd</sup>, 100 breast 3<sup>rd</sup>, 400 free 2<sup>nd</sup>

**I saw the Pan Am Masters Championship as a once in a lifetime opportunity and I'm glad I took it.**

# Bring In the Village People!

## It's Time for the YMCA!



Who says spring break is only for college students? In April, fifty intrepid swimmers from Annapolis, Severna Park, Easton and other areas of Maryland, represented the Y of the Chesapeake (YOTC) at Y Nationals in Sarasota, FL. Outfitted in crab hats and t-shirts Team YOTC meant business, most of the team entered at least eight individual events and five relays each. The Sarasota Sharks swimming in their home tank had close to 200 swimmers. Much like armor-clad Roman gladiators fighting in the arena, Team YOTC clothed in spandex and nylon battled it out in the chlorinated water cube and came in a close second place. Our women placed second and our 21 men missed second place by only 7 points.

Highlights were the 85+ “dream team” relay comprised of Doris Russell (93) swimming butterfly, Sarah Alnutt(90), Chuck Eremchuk (84) and Geoff Revett (90); four Y Nationals records set by Sarah Alnutt in the 90-94 age group (50 and 100 back, 50 and 100 breast); four “animal” swimmers – Jill Coleman, Nancy Brown, Joe Jackins and Colleen Winans – swam the maximum 17 events (12 individual and 5 relays) with Jill placing first in all of her individual events. Against a field of nearly 600 athletes, top finishers included Jill Springer and Sue Marinzal with four first place finishes each; Sarah Alnutt with five; Geoff Revett with three and Yu-Jin Lee, Doris Russell, Dan Springer and Nancy Brown each scoring one gold.

The meet was a family affair this year. Patrick Sebring, 53, and his son Sean, 25, swam all the same events in a friendly family competition. The entire Springer family – Rick (his first ever competition), Jill, Dan and Sarah - competed as an 18+ relay team. In addition to the Springers, the team included four couples – Mary and Kevin Gibson, Jack and Sally Iliff, Bob and Bonnie Johnston, and Jim and Kathy O'Connor.



Sun, surf and suds were the perfect antidote for a team recovering from a long, cold and snowy winter. The Sunday performance of the YMCA song in full crab dress was an artistic triumph and Broadway-worthy.

**HAPPY 94th  
Birthday to  
Butterflier  
Doris!!!**

# Froggie Sez:



## News from Anne Arundel Amphibians

It is hard to believe that another Carol Chidester Memorial Swim Series has been completed. And I am proud to acknowledge my tadpoles that saw the Swim Series Challenge and meet it. A big congratulations to David Mayeske for swimming in 5 meets, Shane Knipchild and R. John Shields for swimming in 5 meets and 12 events and our coach, Rand Vaillancourt, for swimming in 5 meets and 15 events. Great Job!!!! I, also, want to congratulate the whole club, as once again, we placed first in club scoring.

I would like to, also, acknowledge that one of my tadpoles, Lynn Foley, swan in the Pan Am games and as usual did quite well.

Now is a good time to thank everyone who volunteered their time and expertise so that the two Carol Chidester Memorial meets we hosted ran smooth, insuring that everyone had a great time. There are just too many to thank individually but know that your help was invaluable. Not only did my Amphibians volunteer at our meets but helped as timers, counters and aids at every meet in the series. They even volunteered friends and family members to help.

Well, we look forward to a summer of sun, fun and swimming.

*Happy Swimming,*

Froggie



**ONLINE  
ENTRY NOW  
AVAILABLE  
August  
13-17, 2014**

Wednesday, August 13, 2014	
1. Mixed 1500 Freestyle	
Thursday, August 14, 2014	
3. Women 200 Butterfly	4. Men 200 Butterfly
5. Women 50 Breaststroke	6. Men 50 Breaststroke
7. Women 100 Freestyle	8. Men 100 Freestyle
9. Mixed 800 Freestyle	
Friday, August 15, 2014	
11. Women 400 Individual Medley	12. Men 400 Individual Medley
13. Women 50 Backstroke	14. Men 50 Backstroke
15. Women 200 Freestyle	16. Men 200 Freestyle
17. Women 100 Breaststroke	18. Men 100 Breaststroke
19. Women 200 Freestyle Relay	20. Men 200 Freestyle Relay
Saturday, August 16, 2014	
21. Women 100 Butterfly	22. Men 100 Butterfly
23. Women 50 Freestyle	24. Men 50 Freestyle
25. Women 200 Backstroke	26. Men 200 Backstroke
27. Mixed 200 Freestyle Relay	
29. Mixed 200 Medley Relay	
31. Women 400 Freestyle	32. Men 400 Freestyle
Sunday, August 17, 2014	
33. Women 200 Medley Relay	34. Men 200 Medley Relay
35. Women 100 Backstroke	36. Men 100 Backstroke
37. Women 200 Individual Medley	38. Men 200 Individual Medley
39. Women 50 Butterfly	40. Men 50 Butterfly
41. Women 200 Breaststroke	42. Men 200 Breaststroke

# Product Review: Safety Pod for Open Water

By Corey Davis

*I swam for the first time yesterday using the "Swimmer Safety Pod" that is sold by Meet Supplies. I have had one for a while but I must say I was a little skeptical and reluctant to using it. There was a small group of us doing an open water swim yesterday on the Nanticoke and I thought it would be a good time to try it out. I was always concerned of feeling the weight when you were pulling it behind you and it would be cumbersome to use. My concerns were gone immediately once I started swimming and quickly realized the benefits outnumbered the minuses.*



## **Benefits**

**Visibility:** The main benefit is the visibility that it provides the swimmer when in the water. Boats may not see a swimmer as easily as one using the pod. I know a lot of open water swimmers aren't in areas of heavy boat traffic but it also helps being visible to jet skis. Being visible to other traffic on the water is very important but it also makes you more noticeable to people on land. Your first thought may be...why worry about the person on land? They may be the person to make the phone call if you get in trouble or if they are fishing you don't want them casting in your path.

**Storage:** The storage that it offers is another benefit it has. It is doubled walled and the outer wall is filled with air leaving the inner wall, or storage area, to be accessed without it deflating. You can easily store your water/nutrition, car keys, wallet, spare change and cell phone if you wish. I may put the cell phone in a waterproof bag, as a safety precaution, even though water didn't get in the storage compartment.

**Sounding:** Each pod comes with a Fox 40 whistle for signaling. This can be a life saver if you happen to need it! Signaling people can work in two ways for your benefit. 1) It brings attention to you and lets other boaters know you're there. 2) It can also be used to signal for help. The decibel a whistle works on is much higher than a person can yell for help.



**Simplicity:** The design of the pod is very simple and basic to use. It inflates and deflates with little effort which makes it perfect for traveling with you. It is small, and compact, enough to take with you on vacation or a business trip and will easily store in a suitcase or duffle bag. Since there is no metal it should not cause alarm to the TSA going through airport security.

## **Drawback**

*The design to inflate the pod seemed a bit awkward, especially if you had to add air to while in the water. The design is a screw valve that you unscrew to open and blow air in. It is a simple device that isn't a valve but opens the passage to the air chamber. This allows air to escape while you are filling it and keeps you from fully inflating the pod. As it begins to get full the air escapes as fast as you fill it. Just like a balloon does when you're inflating it except you can't pinch it off to stop the escaping air while filling it. This makes it impossible to catch your breath while inflating the pod but if you*

# 2014-2015 Carol Chichester Swim Series

**Is your club interested in hosting one of the winter swim series meets??**

**Historically, the meets start in October and held monthly through March.**

**Please contact the chairman at :**

**[mdchair@usms.org](mailto:mdchair@usms.org)**

Office	Name / Contact
Chair	<a href="#">Rand Vaillancourt</a> 129 Jackpine Dr Pasadena, MD 21122 Ph: <a href="tel:410-360-3145">410-360-3145</a>
Vice Chair	<a href="#">Tim McGough</a>
Secretary	<a href="#">Michael Fanelli</a>
Treasurer	<a href="#">Michael Lee</a>
Registrar	<a href="#">David Wendkos</a> 2630 Raptor Dr Odenton, MD 21113-3846 Ph: <a href="tel:443-744-3700">443-744-3700</a>
Sanctions	<a href="#">Jill Springer</a>
Top Ten	<a href="#">Jill Springer</a>
Coaches	<a href="#">Kevin Joubert</a>
Officials	<a href="#">Rand Vaillancourt</a>
Communications	<a href="#">Mike Mardesich</a>
Editor	<a href="#">Erin Mathews</a>
Webmaster	<a href="#">Christopher Freiqang</a>
Fitness	<a href="#">Tim Methric</a>
Open Water	<a href="#">Tim Methric</a>
Postals (Long Distance)	<a href="#">Tim Methric</a>
Safety	<a href="#">Shane Knipschild</a>



**5 Meet Attendees!**

DRAFT

Minutes  
Maryland LMSC Board of Directors Meeting

Date: April 19, 2014  
Location: Arundel Olympic Swim Center  
2690 Riva Road  
Annapolis, MD 21401

Chairman called the meeting to order at 10:15 AM

Attendance : Rand Vaillancourt, Chairman - Christopher Freigang, Web Master, AAA –Shane Knipschild, Safety Officer, AAA – Jill Springer, Sanctions, Top Ten, MARY - Jeffrey Smith, AAA - Michael Fanelli, ACM

Minutes:

General Membership meeting, October 20, 2013 (Note: GM Minutes were not presented at the November 10, 2013 BOD meeting).

**A motion was made by Michael Fanelli, to accept amended General Membership minutes as presented by Chairman. The motion was seconded by Christopher Freigang. After discussion a vote was taken and the motion passed.**

Board of Directors meeting, November 10, 2013.

**A motion was by Shane Knipschild to table the November 10, 2013 minutes since the Secretary was not present and minutes were not provided by the Secretary. The motion was seconded by Jeffrey Smith. After discussion a vote was taken and the motion to table was passed.**

Report of officers:

Chairman – Rand Vaillancourt: All reports and filings are up to date. April 30<sup>th</sup> is the deadline to file the approved General Membership minutes with USMS. That is one of the reasons for this BOD meeting. Last year our LMSC was 98% in compliance with USMS standards. Thanks to the diligence of the volunteers, meet directors and others the goal is to reach the 100% mark this year. Kevin Joubert is looking into the possibility of getting another facility, Loyola H.S., for the winter series.

Vice Chairman - Tim McGough: Given by Chairman – Tim has nothing new to add. He is unable to attend due to a family emergency.

Secretary – Erin Mathews: Not present. No report submitted.

Treasurer – Michael Lee: Given by Chairman – Michael has filed the 990-N tax return as required. The year-end financials have been submitted to USMS as required.  
For Fiscal Year 2013, the LMSC's expenses were \$3,450.32 more than revenues. It is to be noted that there was a total of \$2,000.00 charged to the LMSC by USMS for the open water insurance surcharge. Currently we are in the black and all known expenses are covered.

Registrar – David Wendkos: Given by Chairman – David unable to attend due to prior family obligations. All reports to USMS are current. The new registration system seems to be working well after a few bugs were worked out.

Committee Reports:

Sanctions – Jill Springer: We are in compliance for submission of meet results to USMS. Thank you, to the meet directors and all those involved in getting their reports in within the deadlines.

Top Ten – Jill Springer: Wants to acknowledged that Michael Lee has been updating the Maryland Top Ten and that his volunteering to do so kept the records, basically, current.

Coaches – Kevin Joubert: Given by Chairman - USMS has initiated its own coaching certification program. Basically, anyone that has already been certified by ASCA for masters will be considered certified by USMS.

Officials – Rand Vaillancourt: Our usual officials are up to date with the USMS/USAS/FINA differences.

Editor – Erin Mathews: No report submitted. From the Chairman – A reminder that the new deadline for

submission to the next newsletter will be May 20<sup>th</sup>.

Web Master – Christopher Freigang: There was a major security hole for the web site which has been rectified. I am working on placing the new LMSC logo in the proper location on the front page.

Safety – Shane Knipschild: Attended all swim series and open water events and did not find any issues that were not resolved.

#### Unfinished Business:

Timing System: Erin was looking into pricing for a LMSC timing system. Not present no report submitted. Shane, Rand and others have been gathering price and capability information. Michael Fanelli suggested that a fund be set up for the purchase of a system.

#### New Business:

Summer Swim Series: Chairman sent an E Mail to all club representatives requesting bids for the summer swim series. To date Nancy Brown, not the club representative, has requested June 1 for a SCM meet at Big Vanilla, Pasadena. This meet would require both Maryland Masters and Anne Arundel Amphibians volunteers. This is the only meet request received. After discussion it was decided that the date be secured. **A motion was made by Shane Knipschild and seconded by Christopher Freigang to approve funding for the June 1 meet not to exceed \$1,300.00 and for any summer swim series meet for fiscal year 2014, at the discretion of the Chairman. After a lengthy discussion a vote was taken and the motion to fund was passed.**

Convention: (added to the agenda) Location is Jacksonville, Florida September 17<sup>th</sup> - 21<sup>st</sup>. Our LMSC may send up to five people to convention, consisting of two that are on national committees and up to three delegates based upon our registered membership for 2013. The Chairman will submit a grant request to the Zone Committee Chairman to assist with some of the convention expenses.

Minutes/LMSC Secretary: (added to the agenda) After a lengthy discussion, all members of the BOD, present at this meeting, requested that the Chairman find out why the secretary has not submitted minutes for review by the BOD.

Adjournment: **A motion to adjourn was made by Mike Fanelli and seconded by Shane Knipschild. There was no discussion. A vote was taken. And the motion to adjourn approved.**

Adjourned at 11:25 AM

Submissions for the Fall Newsletter will be due on Sept 26th.

Thank you for reading! And good luck in all your events this summer!

Leave it all in the pool, lake, river, or ocean!

*Erin Mathews*

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