

Maryland LMSC

Chairman Sez-

June 2013

For those that have recently joined our LMSC "WELCOME" to our USMS family. I hope everyone has set some challenging goals for this year and are working hard to achieve them. This has been a challenging and exciting year for our LMSC. It was not that long ago that plans were being made for our "unique" Carol Chidester Memorial winter swim series and with that past, the upcoming summer series. I want to thank all of the volunteers that have made our swim series a model without equal.

As we enter my second term as the Maryland LMSC chairman, I would like to encourage you to donate your time and talents on behalf of your club, LMSC or USMS. Volunteerism is the life blood of our organization. After all, our LMSC has been run by volunteers since our inception. I became involved because I truly loved the sport and wanted to pass on that passion to others. If you love the sport and it has benefited you in some way, please share your story with others. There are plenty of roles for volunteers ranging from being a lane leader at practice, organizing post practice events, participating as a volunteer at meets, serving as a club representative to the LMSC board of directors, committee assignments, and many, many more ways to contribute to our LMSC and our sport.

I want to thank all that have contributed their time, services and effort in supporting our LMSC. Without their contributions this job would be impossible.

In the meantime I look forward to seeing many of you at our upcoming meets and open water events.

Get wet, stay active, have fun,
Rand

UPCOMING EVENTS

MD Summer Swim Series
June 2, 2013
Big Vanilla Athletic Club
Pasadena, MD
SCM

Merryman SCY Swim Meet
June 16, 2013
Upper Main Line YMCA
Berwyn, PA
SCY • deadline: 6/7/13

Colonies Zone LCM
Championship
June 22-23, 2013
Collegiate School Aquatic
Center Richmond, VA
LCM • deadline: 6/13/13

Subway Commonwealth
Games
July 6, 2013
CA Center
Christiansburg, VA
LCM • deadline: 6/28/13

Swim For Life
July 13, 2013
Chester River
Chestertown, MD
1, 2, 3, 4, 5 mi

MD Summer Swim Series
July 27, 2013
UMBC
Baltimore, MD
LCM

Fire Island Ocean Swims
Colonies Zone
Championship
July 20, 2013
Atlantic Ocean
Atlantique, NY
1mi, 5K, 10K •

Lake Moomaw 1-Mile
Open Water Swim
August 3, 2013
Lake Moomaw
Warm Springs, VA
1 mile •

Why it Took Me Only 28 Years to Get Back into the Pool – Susan Kim

I was a competitive swimmer for 13 years. And when I swam my last practice as a college senior in 1984, I thought “Hallelujah!” I had seen enough of that black line for several life times. Some of the team was sentimental, but I rejoicing in, “No more morning practice!”

Even though I stopped swimming, however, my swimmer appetite remained. So to continue to fit into my clothes, I started running. I did well in 5K races and eventually co-founded a local running group ([Federal Hill Runners](#)). Several of the runners were also tri-athletes. I thought they were nuts. And they all seemed to try to recruit you to their cult. One person in particular kept pushing me and would not take no for an answer. He finally asked, “Is it because you don’t know how to swim?” I admitted that I used to be a swimmer many years ago. He then sputtered, “What? Then why aren’t you doing a triathlon?” He was right. Why wasn’t I?

So I signed up the [Columbia Heroes](#) triathlon. I borrowed a wetsuit. I borrowed a bike. I looked on YouTube on how to do transitions. I swam a bit on my own in the 20 yard, 86 degree pool in my building. How was my first tri? I loved it! Despite veering somewhat off the course in the swim, I was thinking, “Oh my gosh, I am swimming in a lake in a triathlon!” I kept saying the same thing to myself on the bike and run. The beauty of a first triathlon is that it’s one big first after another. One of my favorite moments was when I passed some younger men (they were in an earlier wave) on the run and when they looked at my calf and saw my age. One said to the other, “Oh sh*t. Look who’s passing us.” They were incredibly supportive, however, and told me they had not seen any other women my age yet and cheered me on. Which is what I needed since the temperature was creeping up to 90 degrees.

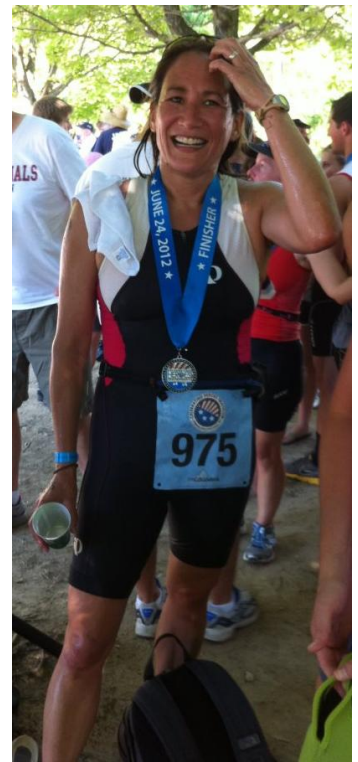
When I crossed the finish line and was handed a cool towel, I thought there was no sweeter feeling in the world. Oh no. I was hooked. I had become one of the cult members.

Later that season, I ended up qualifying for the age group world championships in London in September 2013. And that meant—I needed to swim for real.

My friend and college swim teammate , Deborah Zimic, told me it was time. Time to get back into a real pool and do real workouts with a masters team. She was a member of Maryland Masters and had been swimming since the early 1990s at the UMBC pool.

I was dreading the thought of regular swim practices again but I went. And I am glad I did. It was a true time warp! Even the pool record board still had someone who I regularly saw at regional championships (Michele Griglione – still holds IM records from 1987!). Only it was much better than my former workouts because One: we now were allowed to have water/sports drinks. Two: we could leave whenever we wanted. Three: Because we could go out for drinks afterwards. I am so glad that triathlons and Deborah got me back into swimming again. It only took 28 years.

Susan Kim is a [digital creative director](#) , triathlete, and now a Masters Swimming evangelist.



Y Not Kick Butt at YMCA Nationals – Nancy Brown

On April 11-14 a group of 43 swimmers representing Chesapeake YMCA traveled to Ft. Lauderdale for the 2013 YMCA Masters Swimming Championships.

It was a somewhat nostalgic 4 days knowing that it would be our last competition in the current Hall of Fame pool since it is being torn down and rebuilt.

We had an exciting meet placing 2nd just barely ahead of the home team, Broward Co. YMCA. Sarasota with close to 100 swimmers placed 1st.

One of the highlights of the meet was having our 85+ mixed relays compete once again after 2 years - Chuck Eremchuk,87, Geoff Revett,89, Sarah Allnutt,89, Doris Russell, 92! They placed 1st in both mixed relays.

Another highlight was having our 1st ever 75+ women's relay - Jill Coleman, Nancy Brown, Sarah, and Doris. They placed 1st in the 400 free relay and 200 medley relay and 2nd in the 200 free

relay.

Carolyn Voorhees in the 50-54 age group set a YMCA National record in the 50 fly 28.37.

A few of our swimmers get the animal award for competing in 12 individual events and 5 relays: Steve, Muchow, Suzie Templeton, Lynn Wymelenburg, Colleen Winans, and Nancy Brown.

Finally, 6 of our women performed a really special dance to the YMCA song which I believe you can find on Youtube (search .

We had several family participants- Joan Libby and her 18 yr old grandson AJ, Denise Priddy and her sister Angie



Cook, Sally and Jack Iliff, Mary and Kevin Gibson, Nancy Brown and her daughter Jill, and her grandson, Dan who is 21. It was fun for Joan, Nancy and Jill to swim on 18+ relays with AJ and Dan and still contribute points for the team.

Everyone on the team contributed points towards our 2nd place finish. Considering we only had 3 people under the age of 40 getting 2nd place was a major accomplishment.

First place finishers were: Susi Tmepleton, Angie Cook, Carolyn Voorhees, Sue Marinzal, Sally Iliff, Jane Hall, Nancy Brown, Jill Coleman, Sarah Allnutt, Doris Russell, AJ Libby, Steve Muchow, Jack Iliff, and Geoff Revett.

NOTE: On May 15, 2013- ISHOF officials haven't been pleased with the revised plans for the new museum and there are discussions to move the [Hall of Fame to Santa Clara, California!](#) This location is also the site of the Spring 2014 USMS Masters Nationals.



Water Babies: They're Coming!

Here are just a few tips for Expecting Mothers from people who KNOW

1. Don't look at the Clocks! You can't expect to go the same times with an extra person with you, even if you are used to people drafting!
2. Don't Dive!
3. Wear a Lycra suit because it will stretch with you compared to the endurance suits that are designed to stay tighter.
4. And when the lycra looks ready to burst rock that two piece!!! Everyone already knows you're pregnant!
5. Swim now because it'll be harder to find the time later, this applies to all new parents really.
6. GET IN THE WATER!!!!!!
7. Check out this article on USMS.org <http://www.usms.org/articles/articledisplay.php?aid=207>



And They're Off – Swimming near the Speedway

It was hard not to be inspired by the faces of champions smiling down on the 1630+ swimmers that traveled to Indianapolis for spring nationals. This year Maryland masters was represented by a much smaller group but that only made it easier for us to make new friends. Being squished between Illinois, New York, Alaska, and DC made the long days not seem too bad. It was great to see a 96 year old finish a 200 breast in under 8 minutes and Jason Lezak kick butt in a free relay as if the French were in the next lane over. Pictured: 200 Free Relay Justin Hiskey, Katy Turner, Erin Mathews, Chris Shaw.



Top Finishes Included:

- Katy Turner 3rd in 400 IM 5.06.07
- Michael Lee 3rd in 200 Breast 2.17.48
- Erin Mathews 3rd in 1650 Free 20.59.96
- Justin Hiskey 6th in 50 back 26.24
- Chris Shaw 13th in 50 Breast 34.81

These meets are a great way to connect with people that you met along the way through swimming and maintaining those friendships in competition waters.

Although I won't be able to attend Summer National out in California I look forward to next summer when the Long Course Championships are just down 95 at College Park!!! I hope to see many Maryland Swimmers there!

Think your team has what it takes to host a Swim Series Meet!!! The LMSC Board will be looking for dates and locations towards the end of July!





5 Awesome Things that you will have forever because you swam

1. You're part of an amazing community. We are separated by a few degrees of separation. It's a big, open fraternity, but even better as we all have the shared background of two-a-days and countless weekends in poorly ventilated pools. This community extends far beyond the pool, as you will see in the years to come.
2. Exercise and Fitness will never intimidate you. This is something you probably already know. You've gone through your share of Hell Weeks, and New Years Day 10×1000's to not bat an eye at any physical challenge. Swimmers have ridiculous cardiovascular fitness, and as such when athletes from other sports complained about their workouts the gripes typically fall on deaf ears.
3. That discipline and mental toughness you honed as a swimmer will serve you well. You will enjoy not having to get up at 4:30am for morning practice long after you leave the arena of competitive swimming. This I can promise you. But the discipline that got you up that early will always be within you, ready to be seized upon when you find something else you are passionate about.
4. 'What if' Syndrome will pop up when the Olympics roll around. I get this to the point I can barely enjoy watching swimming events that used to be my forte. Thoughts like "If my shoulder hadn't crapped out..." bubble to the surface. Avoid this passing sense of regret by leaving everything at the pool so that you aren't watching the Olympics ten years later wondering if you could get into good enough shape to swim in Rio in 2016. Regardless of the expectations you have for your swimming career, whether it's going to the Olympics, getting a scholarship to your local college team, or just making this summer's traveling squad, embrace the opportunities for travel, competition and camaraderie that swimming provides.
5. The pool will always be home. You will always be a swimmer. People *play* basketball, *play* football or hockey, but you are a swimmer. It's a sport that most people don't understand or appreciate until the Olympics roll around, and that's fine. Let them have their sports, for swimming will always be profoundly ours.

To this day swimming still feels "mine," as impossible of a feeling that may come across as. The quietness of the pool, the stillness of an empty lane, the quiet stare of that black line, will always be mine. Yours. Ours.

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Maryland LMSC

2012 Records!

100	Individual	Medley	Women	30-34	2:13.81	Janel	Lobur	UNAT	2012
100	Individual	Medley	Women	35-39	1:04.01	Tobi	L Limke	NBAC	2012
200	Individual	Medley	Women	35-39	2:14.94	Tobi	L Limke	NBAC	2012
400	Individual	Medley	Women	35-39	4:45.33	Tobi	L Limke	NBAC	2012
500	Freestyle	Women	40-44	5:26.31	Deborah	Dawson	NBAC	2012	
1650	Freestyle	Women	40-44	18:40.42	Deborah	Dawson	NBAC	2011	
50	Backstroke	Women	40-44	31.32	Laura	D Currey	AAA	2012	
200	Freestyle	Women	45-49	2:02.25	Lisa	O Rapuano	NBAC	2012	
100	Individual	Medley	Women	45-49	1:04.87	Lisa	O Rapuano	NBAC	2012
50	Freestyle	Women	50-54	25.94	Carolyn	Voorhees	NBAC	2012	
100	Freestyle	Women	50-54	58.41	Carolyn	Voorhees	NBAC	2012	
50	Butterfly	Women	50-54	:28.06	Carolyn	Voorhees	NBAC	2012	
200	Freestyle	Women	55-59	2:26.26	Elizabeth	Hogan	AAA	2012	
500	Freestyle	Women	55-59	6:20.52	Elizabeth	Hogan	AAA	2012	
50	Backstroke	Women	55-59	33.92	Elizabeth	Hogan	AAA	2012	
100	Backstroke	Women	55-59	1:12.74	Elizabeth	Hogan	AAA	2012	
200	Backstroke	Women	55-59	2:35.01	Elizabeth	Hogan	AAA	2012	
50	Butterfly	Women	55-59	30.96	Elizabeth	Hogan	AAA	2012	
100	Butterfly	Women	55-59	1:10.44	Elizabeth	Hogan	AAA	2012	
100	Individual	Medley	Women	55-59	1:14.54	Mary	C Gibson	TCYS	2012
200	Individual	Medley	Women	55-59	2:38.33	Mary	C Gibson	TCYS	2012
100	Backstroke	Women	80-84	1:49.26	Jill	Coleman	MARY	2012	
200	Backstroke	Women	80-84	3:57.57	Jill	Coleman	MARY	2012	
100	Individual	Medley	Women	80-84	2:00.90	Jill	Coleman	MARY	2012
200	Individual	Medley	Women	80-84	4:22.51	Jill	Coleman	MARY	2012
200	Freestyle	Men	40-44	1:51.36	Brian	Benda	NBAC	2012	
1000	Freestyle	Men	40-44	11:26.99	Michael	Lee	MARY	2012	
200	Backstroke	Men	40-44	2:02.01	Brian	Benda	NBAC	2012	
100	Breaststroke	Men	40-44	1:03.56	Michael	Lee	MARY	2012	
200	Breaststroke	Men	40-44	2:19.70	Michael	Lee	MARY	2012	
100	Individual	Medley	Men	40-44	2:02.56	Brian	Benda	NBAC	2012
400	Individual	Medley	Men	40-44	4:32.77	Michael	Lee	MARY	2012
50	Freestyle	Men	45-49	23.65	Pat	M Ballard	AAA	2012	
100	Freestyle	Men	45-49	50.95	Pat	M Ballard	AAA	2012	
200	Backstroke	Men	45-49	2:11.60	Pat	M Ballard	AAA	2012	

100 Individual Medley Men	45-49	59.07	Pat M Ballard	AAA 2012
50 Freestyle Men	65-69	27.51	Roy W Troppman	CMYM 2012
100 Freestyle Men	65-69	1:01.63	Roy W Troppman	CMYM 2012
200 Freestyle Men	65-69	2:23.78	Roy W Troppman	CMYM 2012
50 Breaststroke Men	75-79	40.37	Bob Johnston	MARY 2012
100 Breaststroke Men	75-79	1:35.20	Bob Johnston	MARY 2012
50 Freestyle Men	80-84	36.99	Burt V Bronk	MARY 2012
200 Freestyle Men	80-84	3:22.78	Burt V Bronk	MARY 2012
1000 Freestyle Men	80-84	18:48.44	Burt V Bronk	MARY 2012
1650 Freestyle Men	80-84	40:41.46	Thomas E Powers	MARY 2012
200 Butterfly Men	80-84	5:47.34	Burt V Bronk	MARY 2012
100 Individual Medley Men	80-84	1:54.18	Burt V Bronk	MARY 2012
400 Individual Medley Men	80-84	9:10.07	Burt V Bronk	MARY 2012

Keep up the great work!

**Congratulations to this season's
"Swim Series Challenge" Winners!**

5 Meets:

Nick Burley, Patricia Cummings, Brian Hinz,
Joan Libby, Mike Mardesich, Carla Mazyk,
Maureen White.

12 events.

Danielle Campbell, Susan Taylor Colleen
Winans.

BOTH:

Michael Fanelli, Sean Lawlor (13), Jennifer
Masquelier, R. John Shields, and Rand
Vaillancourt (14).

Maryland LMSC Board Meeting February 28, 2013 Draft Minutes

- The meeting was called to order at 6:15pm by the Chairman.
- Attendance: Rand Villancourt, *Chairman*; Tim McGough, *Vice Chairman*; Erin Mathews, *Secretary*; David Wendkos, *Registrar*; Tim Methric, *CHRM*; Mike Mardesich, *AAA*; Shane Knipschild, *AAA*
- Minutes from the General Membership Meeting on 10/15/2012 – Motion to accept, seconded, no discussion, bote taken, motion passed. (MOTION MADE VOTED PASSED= MMVP)

1. REPORT FROM OFFICERS:

Chairman – We are up to date for USMS.

Vice Chairman – No Report

Treasurer – Michael Lee via Chairman: We are in the black. There are some outstanding expenses that haven't been submitted. Form 990N for the IRS has been completed.

Registrar – We have an application for a new club, Harford Area Masters Swimming (HAMS). That's 4 new clubs for this year. Two clubs (BAMF and OPMS) did not renew for 2013. There are currently 718 individual members, which is a slight increase from this time last year.

Secretary – General Membership Minutes have been submitted to USMS.

2. REPORT FROM COMMITTEES:

Swim Series – D. Wendkos: David noted that he will be stepping down at the conclusion of the winter swim series. Club Assistant is working on a program that will better keep track of the swims/swimmers that take part in the swim series challenge, instead of it being completed manually. Kevin Joubert has agreed to take over the position for the Summer swim series. A motion was made to have Kevin Joubert take over the Summer Swim Series (MMVP).

By Laws – T. McGough: No new changes recommended at this time.

Communications –

1. Newsletter - E. Mathews: Deadline for the Spring Newsletter will be April 30, 2013. Erin will be acquiring photos for the publication in the newsletter.

2. Website – M. Mardesich: The website is up-to-date on content. This is an active entity and requires constant updating, particularly for state records by age group. The Board discussed the differences between Team Unify and Club Assistant, including the fees and ease of use.

3. Email Group – Mike Jacobson: No Report.

Officials – R. Villancourt: There have been some changes to the 2013 Rule Book and the LMSC's officials have been notified.

Clinics – N Brown: no report.

Fitness – T Methric: no report

Open Water – T Methric: There is an OW insurance surcharge set by USMS of \$1,800 per event. USMS covers \$800 and the remaining \$1000 will be deducted from the LMSC.

Postals – T Methric: no report

Coaches – K. Joubert: Requests have been made to have the "grants" for coaching certification extended to include Level 3.

Sanctions/Top Ten – Jill Springer: In regards to OW there are many changes, mainly discussed were the increased the insurance surcharge (typically \$5 per entrant would cover it), propeller guard requirements and liability release wording. For Top Ten it is the swimmers responsibility to submit any swims outside of the LMSC that they want to have considered.

Safety – C. Freigang: no report, however Chris is no longer able to complete the duties of Safety Officer. Shane Knipschild volunteered. MMVP

3. Unfinished Business:

Summer Swim Series: R. Villancourt-

SCM – June 2 @ Big Vanilla in Pasadena. Warm ups at 4:30, 5:15 start, officials to be provided by LMSC. Barbara Cook was volunteered to be the meet director.

LCM – July 27 @UMBC, Baltimore. Warm ups at 10am, 10:45 start, officials will be provided by the host (Maryland Masters).

Motion to approve the two pool meets' dates and locations. MMVP

Proposed 1 mile Open Water – May 12 @ Centennial Lake, Columbia. Entries closed May 5th \$10 discount for current USMS members. Early registration discount April 11th. The LMSC will provide \$1,000 seed money, which is concurrent with the value from the past two years.

LMSC Logo: Michael Lee – A contest was originally proposed to give a \$100 prize, but have a \$5 entry fee. It was generally agreed that Michael Lee renew the efforts to come up with a deadline for the contest.

4. New Business:

Newsletter Deadline – April 30th

OW Insurance – Effective immediately for all Open Water events the LMSC will add a \$5 surcharge to all entries. This may be done by either designating the insurance surcharge of merely increasing the fee. MMVP

Grants – These may be given depending on budget availability.

- A motion from the floor to adjust the One Event Fee (OVET). After discussion, the motion read, " The MDLMSC fee for OVET entrants shall not be \$12 more than the USMS portion of the OVET or may be equal to the USMS portion of the OVET, whichever is greater. The new OVET fee will go into effect for all sanctioned events that are held on September 1, 2013 or after." MMVP

Erin Mathews had previously suggested that the LMSC purchase a timing system. After discussion, it was decided that Erin head up an investigation into costs.

5. Adjournment:

A motion was made from the floor. MMVP Meeting adjourned at 7:50pm.



Something Missing!!!

If there is anything that you would like added to the Newsletter for October 2013 please email Erin Mathews: coach.erin.md@gmail.com

LMSC Board: Officers & Committee Chairs	
Chair:	Rand Vaillancourt
Vice Chair:	Tim McGough
Secretary:	Erin Mathews
Treasurer:	Michael Lee
Registrar:	David Wendkos
Swim Series:	Kevin Joubert
Sanctions/Top Ten:	Jill Springer
Clinics:	Nancy Brown
Open Water/Fitness:	Tim Methric
Newsletter:	Erin Mathews
Email Group/ Website:	Mike Mardesich
Safety:	Shane Knipschild



**U.S. MASTERS
SWIMMING**

USMS Web Sites:

Local LMSC - <http://maryland.usms.org>

Region - <http://www.colonieszone.org>

National - <http://www.usms.org>

MD Association Email list:

<http://groups.yahoo.com/group/mdusms/>

*****To subscribe to Email list: *****

mdusms-subscribe@yahoogroups.com