

Maryland Swim Times

Fall 2015; Kristina Henry, Editor

Chair's View

This year marks the 45th anniversary of USMS, and to honor this major milestone we have put together a special anniversary issue of Maryland Swim Times.

Started in 1970, Masters Swimming remains an integral part in the lives of over 60,000 members, including 850 in Maryland. Our growth reflects the variety of swimmers and swimming opportunities that abound.

To celebrate this diversity and growth as well as the different teams across the state that represent our LMSC, we have included an article written by Barb Protzman in 2001 that best tells the story of our early roots. We hope you enjoy this trip down memory lane.

In 1974, our very own Nancy Brown took the first steps to bring Masters swimming to our state. As a leader, organizer, swimmer, friend,

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Finding fun in the open water

By **TRACI McNEIL**
(*Maryland Masters@SPCC*)

The world is loud. At every turn, we have the clamoring of this and of that vying for our attention and demanding our response.

To have a replenishing place to retreat is a gift.

Ahhh, the water! Whether it's

the smell of chlorine firing at our nasal passages as we enter the pool or the twinkling of the surf beckoning our entry, we intuitively know a transforming experience awaits us.

I mean, how many of us have ever said, "I really wish I hadn't

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Froggie Sez

News from Anne Arundel Amphibians

The summer season has once again been a busy and exciting time for the Anne Arundel Amphibians.

Several of our more seasoned tadpoles went to the Twin Cities of Minnesota to participate in the National Senior Games.

There was time for site seeing, reconnecting with old friends (made at previ-

ous games) and, of course, great competition in the pool.

The summer swim series was a great success and great fun; each of the three meets was well attended.

At two of the meets there was an opportunity to experience league competition at outdoor pools. Also, I would like to welcome



and thank Frostburg State, who hosted our third meet.

It was a great inau-

gural meet held in the beautiful setting of Western Maryland.

Now is the time for me to puff up my chest with pride for two of my Amphibians.

I want to congratulate Dr. Doris Lam on her promotion to Lt. Commander. Her dedication and hard work is

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Chairman

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and coach, Nancy has been a fixture on the pool deck and an inspiration to many swimmers for over four decades.

This year, our vivacious, hard-working and talented founding mother will be retiring as Head Coach of Maryland Masters at the Severna Park Community Center. I think you will all agree with me that Nancy Brown is a true gift to our swim community.

While some of us will continue to see her on the pool deck, I would like to take this opportunity to show gratitude for her tireless service throughout the years. Thank

you Nancy! And to her family, thank you for sharing this remarkable woman. Since the fall of 1994, our LMSC has run the Carol Chidester Memorial Swim Series swim meets. As you know, these meets are free to all Maryland LMSC swimmers, this year six separate meets will be held over the 2015-16 season.

In tribute to Carol Chidester, for whom the swim series is named, we will be offering specially designed, limited edition latex caps with the net proceeds benefitting the American Cancer Society. Anne Schulte designed these distinctive caps and I am sure you will agree they turned out

great. Thank you Anne!

I am pleased to welcome a new team to the LMSC: Aqua Eagle Swim Club, coached by Rahim Booth at Coppin State University.

Also, I would like to take this opportunity to welcome Traci McNeil as the Head Coach for Maryland Masters at Severna Park Community Center.

To celebrate the fitness, friendship and fellowship that is Masters Swimming, Traci McNeil, Kevin Joubert, Jen Masquelier and Carolyn Voorhees, have written articles that highlight their love of swimming in all of its various forms.

—By Michael Lee, Chairman

Kudos, Nancy!

Congratulations Nancy Brown of Maryland Masters, recipient of the 2015 USMS Dorothy Donnelly Service Award!

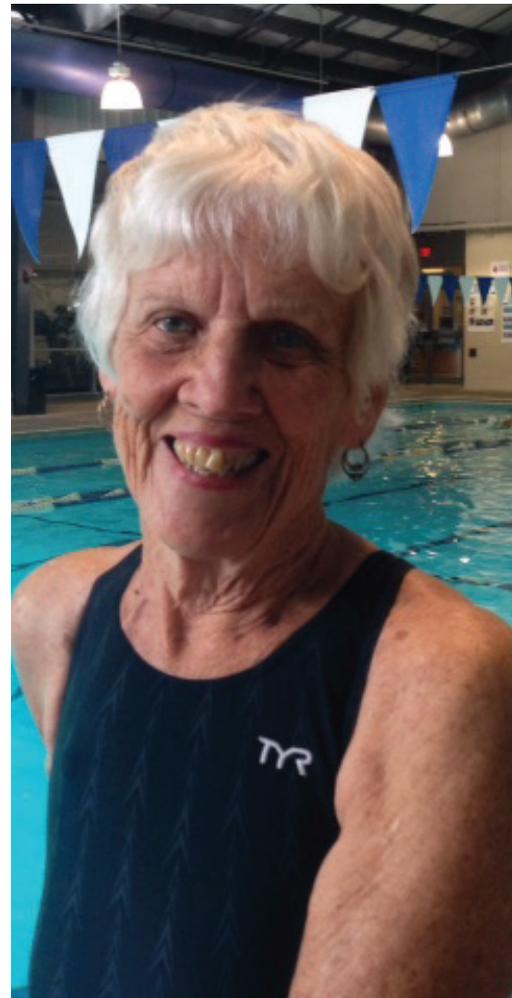
Many Masters swimmers are ambassadors for the sport and Nancy Brown is its Maryland empress.

To call her a Maryland LMSC institution is an understatement. She is so much more: Beloved coach, good friend, committed board member, fierce competitor, and constant cheerleader. For two decades she has ensured robust participation within each and every one of the USMS-sanctioned Maryland Carol Chidester Swim Series meets, including the annual Maryland swim series championship.

Every spring, Nancy leads a contingent representing YMCA of the Chesapeake (a combination of teams including Eagle Masters, Maryland Masters, Navy Masters, and Talbot Masters to name a few) at Y Nationals.

Her desire to swim well and to win is infectious and, more than anything, she truly loves the sport. Like the Bay Bridge that links Maryland's Western Shore to its Eastern Shore, Nancy Brown has connected the two sides of her home state through water, chlorine and friendship.

Thank you Nancy!



Froggie

From Page 2

reflected not only in her daily work for the U.S. Navy but, also, in her swimming. Congratulations Doris and thank you for your service.

Each year USMS as part of the United States Aquatic Sports meet for their convention. Our coach Rand Vaillancourt attends representing our LMSC. I am VERY happy to congratulate Rand on receiving the Kerry O'Brien Coaching Award.

As part of the presentation it was noted that because of his

passion and persistence over the years, The Anne Arundel Amphibians have grown in numbers with a successful program.

Rand has stewarded the growth, direction and philosophy of our club in such a way that it has led to the expansion of our staff, further meeting the needs of our diverse group.

The cornerstone on which the program that Rand has directed is the idea that *all* are valued and all reasons for participating are valid. He has made it known that whatever our drive, whatever our moti-

vation, if it is important to us it is important to him.

Coach Rand: We Amphibians are truly proud that you are our coach and the positive effect you have in our swimming lives and in our daily lives.

We look to the future and another Carol Chidester Memorial Swim Series..

Happy Swimming,

Froggie

Goal Setting and Expectations

By **CAROLYN VOORHEES**
(*Navy Masters*)

(*Editor's note: Carolyn Clymer Voorhees, PhD, MS is a coach and masters swimmer with MD LMSC. She has training in sports medicine and exercise physiology as well as behavioral medicine and public health.*)

Welcome back to the pool as many of you have been frolicking in open water most of the summer and/or have perhaps not been as frequent visitors to local pools with vacations and closures (ugh).

Fall is a time we renew our routines or develop new ones and toughen our resolve to set a plan for a new season.

To improve you need to do something differently than you did last year!

Whatever your goals you need to have a plan and find a way to enjoy the *process*.

We all know the end game is not near as satisfying as the process especially with the social aspects and fitness that come with participating in masters swimming.

If we focus so much on the outcome we loose track of how enjoyable just being in the moment is ...



Lisa Rapuano, Jill Springer, Carolyn Vorhees and Tobi Limke celebrate after winning the 200-meter freestyke relay at the Y Nationals.

Getting there Enjoy the ride.

1. Find a local group that has practice times that are convenient for your schedule, matches your financial considerations and is located in a reasonable place in relation to your work/home that you can realistically make at least three times a week.

We all know that the time and yardage passes more quickly when you are doing it together.

2. Set short term (daily, weekly, monthly) and long-term (mid season, end of season) goals.

Short term examples could

See FIT BIT, 5

Managing Expectations of Performance

By **CAROLYN VOORHEES**
(*Navy Masters*)

(*Editor's note: Carolyn Clymer Voorhees, PhD, MS is a coach and masters swimmer with MD LMSC. She has training in sports medicine and exercise physiology as well as behavioral medicine and public health.*)

Whether you were a "stud/studette" back in the day or not, we all have expectations of how our bodies should respond to training and competition.

Those of us who swam competitively in our youth or young adulthood have learned that we may have to erase the slate when we renew our training with Masters swimming.

Although this not always the case as the scientific/review articles referenced below (as well as real life examples) and describe that if we

train ourselves properly and at a relatively high intensity we can expect great results well into our 30s through 60s.

Declines in performance occur less with shorter events.

Some modifications to our training need to be considered as well as we age including longer rest between sets and workouts, and strength training to counteract the effect of aging and reduced muscle mass.

Many of the declines in physical performance due to aging can be mitigated with maintaining regular training. Factors you have to consider are chronic health issues, medications you may be taking, injuries, etc..

Modify your expectation based on these factors and just participate and keep moving!

So with all this said...let's get going, be safe, have fun and work hard to reach our goals this year!

Fit Bit

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be competitive:

- Make at least three group practices per week, strength and flexibility training 2 times per week. Cross training one to two times per week and try to improve your times on specific sets in practice.
- Enter at least three swim series meets or open water events and challenge yourself with different events or focus on improving your time each meet.
- Choose fitness goals (short

and long term) that are not competitively oriented (e.g., improving cardiovascular fitness, strengthening, flexibility, weight maintenance. Weight loss does not occur without changing eating habits as well.)

- Choose social goals (e.g., meet new people who share your activity

Long term (competitive/fitness):

- Swim all the potential events in the season
- Use your first meets of season as a baseline and improve

each meet and participate in a championship meet at end of season.

- Choose the fitness goals mentioned in c above.
- Triathletes can improve technique/endurance and reduce swim time and enter longer events.

(IMPORTANT NOTE: If you have had any changes in your health status in the past year or just starting get clearance from your doctor to participate in a vigorous exercise program before starting.)

From the Lanes

Carla Mazyck, Maryland Masters@SPCC

(Editor's note: Throughout the season, we will be highlighting various Masters swimmers. If you would like to be featured or have a suggestion, please let us know at MDEditor@usms.org.)

Carla Mazyck first joined Masters in 1986 in her hometown of Greensboro, NC. There, she swam with Triad Masters Swimming for nearly two years before going to graduate school.

"While in graduate school at Virginia Tech I would swim on my own since there was no Masters team there," says Mazyck. "I enjoyed swimming but missed swimming with a team and going to swim meets."

After completing graduate school, Mazyck moved to Maryland and joined Maryland Masters swimming in 1993 where she swam at the Arundel Olympic Swim Center (ASOC).

In the late 1990s, she joined the Severna Park Community Center (SPCC) (formerly SPY Masters) to swim with Nancy Brown.

"I began swimming competitively when I was 12 years old in my hometown of Greensboro, NC," says Mazyck. "I swam for the local YMCA age



group team and my first coach was Gary Trimble." In a small world twist Gary along with Carla represents the Y of the Chesapeake team at Y Nationals every year.

Carla swam throughout high school but chose not to swim in college because she did not think she was fast enough.

"I have always enjoyed swimming and being on a swim team. I like being with a group of people with the same goals of keeping fit and staying active. And yes, I do like the competition."

An ever-present fixture within the LMSC who remains a self-assured, gracious and sociable presence among her teammates, Mazyck adds that

swim meets are fun, especially the social aspect including post-meet meals.

"I really enjoy the friendships I've made through Masters. At SPCC, we have a great group of people and a tremendous amount of team spirit," says Mazyck. "That team spirit and togetherness are what I like the most and I am grateful to participate in a sport that I can and will do for the rest of my life.

When asked for tips for beginning swimmers, Carla is enthusiastic.

"Have fun! Don't worry about swimming fast, just swim and don't be afraid to ask questions. We were all beginners once."

Water

From Page 1

gone for that swim?”

Things just seem to look and feel different once our suits are soaked and crumpled in the bottom of our bags.

Let us always remember that swimming is so much more than the numbers on the clock or the yardage completed. Swimming is fun!

Swimming in the open water terrifies me and I love it.

Along the way, it even became preferred to the tedious black line on the pool bottom.

I grew up spending summers in Canada at an open water swimming camp and I can still envision my 10 year-old self huddled in my parka staring down the cold and dark lake as the sun rose.

What I could not articulate then was that I was mustering the conscious decision to dive into the unknown, literally.

Fast-forward 30 years and I continue to marvel at how navigating the open water so perfectly mirrors what we do throughout our lives.

There are the butterflies of new experiences, the comforts of finding a groove and the problem solving of redirecting when venturing off-course.

Open water swimming continues to teach me how to move beyond self-imposed limitations and how to enjoy the moment.

It strips my thinking of the inconsequential and allows me to experience the grace of

movement, rhythm and quietude.

The sport of triathlon has increased the interest in and access to open water swimming.

Triathlon has introduced traditional non-swimmers to the joys of the water.

Or, has it? I have seen many triathletes commit to “going the distance” or “finishing before the cut-off.”

The more experienced triathletes charge ahead to improve stroke efficiency and shave time off their swim.

Dare I ask that enjoying the water be amongst the goal lineup?

As a swim coach, I try to promote swimming as bigger than a performance sport alone.

The water itself is a profound teacher, after all.

We learn about the futility of resistance, the ease of going with the flow, the calm that balance brings, and about the tremendous caverns of strength we each possess.

Although training for races can be the push we need to get moving and stay committed, I urge we keep it fun along the way.

Let's decide to really feel the water, find our breath, and be playful, even!

There is something really gratifying, after all, about a ballet leg in the middle of a river or a corkscrew stroke to nowhere in particular.

If I wait until jellyfish don't creep me out or if I become

paralyzed by the sight of a river snake, I miss out.

I miss out on experiencing the joy that boundless swimming brings.

I miss out on the opportunity to grow beyond my fears and instead, I am governed by them.

We do not need a fancy race or a big game plan to get into the open water.

Grab a friend and find a pier to jump off of. If the open water is cooling off beyond your liking, I double dog dare you to cannonball into the deep end at your next pool practice. Even if it is a timed 500 day!

(Editor's note: Traci McNeil is stepping into the big fins of Nancy Brown and assuming the Head Coach position at Maryland Masters in Severna Park this Fall. She is a certified Masters Swimming Coach, ASCA Level II Coach, Total Immersion Coach, and Water Safety Instructor as well as a USA Swimming Coach with the Naval Academy Aquatic Club. She is the owner of Crossing Currents Aquatics (which offers learn-to-swim, stroke refinement, and open water programs) and a Race Director with the annual Swim Ocean City Event offering 1, 3, and 9-mile races. An active marathon distance swimmer and mother of two, Traci dreams of reaching the Triple Crown status in marathon swimming, but needs blueprints for a bank robbery first.)



Michael Fanelli, Jennifer Masquelier, Rand Vaillancourt and Erin Matthews take an impromptu dry hot tub break.

2015 USMS Convention Report

**Submitted by
RAND VAILLANCOURT**

Wednesday: 9/30

7:30 AM: Picked up USAS & USMS credentials necessary to attend meetings and vote on legislation.

9 AM – 2 PM: USMS Board of Directors (BOD): OK this is not the most fun place to be, but it does prepare you for what type of “changes” that USMS has in store to present to the delegates. It also allows you to ask questions. This is where we found out, in advance, what and how the BOD was going to present in the way of fee increases and how they

were planning to justify them to the House of Delegates (HOD). Also, any new promotions for Masters Swimming were presented. In short, the BOD was setting up how to make the bitter pill of adding a sanction fee to all sanctioned events more palatable. The BOD would be proposing a \$70.00 sanction fee for all pool events to offset the increased insurance costs of open water events. More on this later.

The BOD also advised that they were authorizing a three percent pay increase and seven percent bonus for the

Jennifer Masquelier's take on the event...

They made me wear a tag on my credentials that said “Help me, I’m new.”

House of delegates hot button topic was the open water sanction fees. Several days of debate for both sides.

Participated in the new delegate lunch, rubbed elbows with the big wigs. Had awesome roommates! Took the “Why We Do Swim” class.

New Masters video is inspir-

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See TAKE, 11

Nutrition: Three Bean Salad with an Asian Twist

By **TRACY MACCHEROLA**
TCY MANTA RAYS

The following is a great go to recipe that only gets better with maturation in the fridge. Using fresh ingredients produces the best results but frozen will do in a pinch.

“I love and appreciate great food and enjoy cooking,” says Tracy. “I often think that people overlook the value and enjoyment of the space between the training. That is where the magic happens.”

Mix and match some of the vegetables to suit your preferences. The dressing makes everything taste great.

Salad

- 4 ears fresh corn, cooked and cut from the cob
- 8 oz green beans, blanched, and cut into 1/2” pieces
- 1 1/2 cup edamame beans (soybeans)
- 1 cup thinly sliced celery
- 1/2 cup dried cranberries
- 1 cup chopped red bell pepper
- 1/2 cup chopped red or vidalia onion
- 3 cups cooked pink, pinto, black, or cannellini beans drained

Dressing

- 3 T sherry vinegar
- 2 T fresh lime juice
- 1 1/2 T soy sauce
- 1 1/2 T honey
- 1 1/2 T finely chopped ginger
- 1 - 3 tsp Asian chili paste with garlic (sriracha),
- 1/3 cup vegetable oil

Whisk the dressing ingredients to combine. Toss gently with salad ingredients in large bowl.

Season with salt and pepper and additional sriracha to taste.

Cover and refrigerate if not serving immediately.



You can double and triple this recipe (add less oil and more veggies than called for in the ingredients).

Sometimes serve with rice and eat it all times of the day.

(Editor's note: Tracy Maccherola is a USA Triathlon Coach and USA Cycling Coach as well as a yoga, spin and Pilates instructor.)

Report

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USMS paid staff. This would be included in the budget presented to the HOD.

5:30-6:30 PM: Back to another BOD meeting - more of the same - but with a new twist. The presentations described above were "altered" a bit for better perception. It is what it is.

7-9 PM: Went to the welcome reception put on by Risk Management. For those who don't know, they are the insurance people for USMS. This is where we got to find out, by socializing with other delegates, just what was expected to take place this year. So we thought.

Thursday: 10/1

8-9:45 AM: HOD #1 – Basically, this is where the new, and not so new, delegates are introduced to the president of USMS, staff and officers; and welcomed to the convention. A brief course in parliamentary procedure and then off to meetings followed.

10-11:15 AM: I attended a meeting of the officials committee. This is where I found out that USMS is going to certify their own officials. It appears that this will be sooner rather than later. In the not too distant future all sanctioned meets will be required to use USMS officials. For anyone that is already an official with a recognized certification

from USA, YMCA or any of the other currently accepted organizations, will be required to take an online test to get USMS certified.

12:30-1:30 PM: HOD #2 – This is when we were given the final slate of officers to be presented to the house for election. Most, not all, were uncontested. We also got to meet the candidates.

2-3:15 PM: At the request of our Registrar, Shane Knipschild, I attended the registration committee meeting. I expressed his concerns about the requirement of mailing USMS cards to those who request cards. If you did not know, this cumulatively is a big expense for our LMSC.

I asked a few questions, one of which was, "Since USMS requires mailing of the membership cards, why doesn't USMS mail them, like most if not all, other national organizations." The answer was that they would for a fee charged to the LMSC. ED: Just goes to show that they do recognize it as a significant expense. The committee also rejected any of the other proposals put forth regarding the mailing of the membership cards. They did say, however, that they would look into the matter. Also, USMS is going to put in an audit system to make certain that requested membership cards are mailed to those who request membership cards.

3:30-4:45 PM

Rules Committee #1(of 4) – Since I am a sitting member of this committee, I got to vote on the rules and legislation that would be presented to the entire HOD. The hot button for this year is a FINA interpretation for the Freestyle leg of the Individual Medley and the medley relay. Basically, the swimmer must not get on their back for any portion of the Freestyle leg.

4:45-5:30 PM (That's correct, no break): HOD #3 – A solemn time for the remembrance of USMS members that died since the last convention.

The "introduction" and presentation to the new sanction fee was presented to the delegates. This raised more questions than it answered, but it got people thinking.

The next item was committee reports. This gave us a heads up as to what was going to be presented for a vote later in the convention.

5:45-7 PM: Zone Committee – We discussed the upcoming zone meets and held elections. (*The complete minutes of the meeting may be found at <http://www.usms.org/admin/minutes/col-2015-10-1-1.pdf>.)*

7:30-11 PM: LMSC Social – This was held at Barney Allis Plaza, across the street from the Marriott Hotel. We got to meet and talk with other

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Goal Setting for Masters Swimmers

By **JENNIFER MASQUELIER**
(*Arena Club Masters*)

It's the start of the new swim year. We are mentally gearing up for practices and meets, so it's the perfect time to think about setting personal goals and team goals for the season.

Let's start with team goals. For my team, our goal is to make all the meets with at least four swimmers so we can participate in the team standings.

Sounds like a fairly simple goal but considering our team size is about 20 swimmers, meet participation is hard.

All we really want is enough swimmers to have a relay or two.

As adults, we have so many reasons why *not* to participate.

Some of that reluctance is intimidation.

Take

From Page 8

ing. Masters swimming is so cool! Sat through another house of delegates, got info on all the national meets and locations.

Swim meet in Vegas? Heck yeah. Finally agreed on fees for open water. Big sigh of relief. Practically starved us

Any type of competition can be scary, especially if we were not swimmers as young people.

Many of us remember ourselves when we were young, fresh and *fast*!

It's hard to reconcile that memory with the out of shape Masters swimmer we may now see when we look in the mirror.

Putting ourselves first in our lives is not easy.

This is where our personal goals become important and learning how to set an achievable goal is the first step.

Maybe it starts with making two practices a week.

Doable? Yes, if we schedule it into our daily routine.

Once we make those two days a week, maybe we decide our goal will be to make it to one mile.

And from there we move on to making that same mile a

little faster.

The point of our goals is to make them accessible.

Would I like to swim a sub-minute 100? Absolutely!

Will I get to that? Probably not if that is my only goal.

I still have to make that commitment to show up, to put in the time and work on all those little things that make us better swimmers.

Setting up challenges within your workout group can make progressions to your goal seem like less work and reaching those goals with your friends at your side is part of what masters swimming is all about.

Today, I'm challenging you to move toward the improvement you want to see by setting two attainable personal and team goals by the end of this month.

Remember, your best is yet to come!

all hashing that one out. Had BBQ more times in a week than in a summer season.

Hit the hospitality suite, everyone was fixated on the size of the tub. Tons of fun, met all kinds of interesting people. Participated in two swim practices, loved the one with Scott Bay.

Learned something new as a

coach. Practices looked just like the kids practices, 8 people in a lane. Voted in a new Zones Chair. Think Natalie will be great.

Ended the last night with the USAS banquet. Saw some really incredible people receive awards for all different water sports. Looking forward to what is to come.

Report

From Page 10

delegates, committee chairs and officers. Oh yeah, we had some real good barbecue.

Friday: 10/2

9:30-10:30 AM: Rules Committee #2 (of 4) – We considered amendments that would be considered emergency status and those that were “emergencies” were to be presented to the HOD. Subcommittee reports, USA Swimming amendments and, again, prepare potential recommendations to the HOD. Review some of the proposed tasks for 2016.

10:45-11:45 AM: HOD #4 – We held elections. There were two contested elections. Patty Miller was elected the next president of USMS and Skip Thompson vice president of community services.

At this session USMS gave out awards and recognition to its members. I am proud to say that two members of the Maryland LMSC were recognized for their service.

Nancy Brown was awarded a Dorothy Donnelly (DOT) U.S. Masters Swimming Service Award for service outstanding in its scope, its impact on the program, and the number of members who have benefited from her efforts.

Rand Vaillancourt (that’s me) was awarded a Kerry O’Brien coaches award.

1-2 PM: LMSC Workshop #4 – “Why we do swim!” – Yes that is correct. Somewhat interest-



ing, well presented by Paige Bueller of the LMSC Development Committee. What it boils down to is that we all have our own reasons.

3:30-5:15 PM: HOD #5 – The financial presentation was made. This is where the sanction fee proposal was made, modified to \$50 and thanks to a certain Santa looking guy brought to the attention of the a HOD that this, as presented, would affect meets already sanctioned. To make it short, all meets that have a sanction issued as of 10/3/2015 do not have to pay the sanction fee. Oh yeah, there were more committee reports.

6:30-8 PM: Hospitality Suite - It is what it is.

Saturday: 10/3

8-9 AM: Rules Committee #3 (of 4) – More amendments to consider. More committee progress reports from sub committees. Prepare potential amendments for the HOD. Review proposed tasks for 2016. Looks like #2 but different items.

9:15-10:15 AM: HOD #6 – This is the session that we actually got to vote for the legislation presented. Way too many to mention, but you can find it all on the USMS web site.

1-1:30 PM: Rules Committee #4 (of 4) – We considered the USA Swimming amendments as approved by the USA Swimming HOD and prepared final recommendations for the USMS House.

1:30-5:30 PM: More committee reports. Presentation made for the next USMS Nationals. The Rules Committee report was finally made. The budget was approved. This was the quickest budget approval for USMS that I have been witness to.

Next there was a convention feedback session. This is where delegates are allowed to express what we thought about and what took place. Finally, closing remarks and adjournment.

7-10 PM: Aquatic Sports Awards Banquet.

Sunday: 10/4

Pack our bags, got a late check out, did a little sightseeing and headed home.

MDLMSC List of Officers & Volunteers

<u>Office</u>	<u>Name / Contact</u>
Chair	Michael Lee
Vice Chair	David Sugar
Secretary	Michael Fanelli
Treasurer	Rand Vaillancourt
Registrar	Shane Knipschild 301 Maple Ave Edgewater, MD 21037-4330 Ph: 301-221-6461
Sanctions	Jill Springer
Top Ten	Jill Springer
Coaches	Kevin Joubert
Officials	Rand Vaillancourt
Communications	Mike Mardesich
Editor	Kristina Henry
Webmaster	Christopher Freigang
Fitness	Carolyn Voorhees
Open Water	Justin Anderson
Postals (Long Distance)	Michael Fanelli
Safety	Shane Knipschild

LMSC Tribute to a Founding Member: Carol M Chidester

Since the fall of 1994, the Maryland LMSC has hosted the Carol Chidester Swim Series, currently comprising six meets at pools all over the state.

Swimmers not only compete but also have the opportunity to swim 12 to 15 events and are recognized for their efforts.

Its namesake is a woman who truly embodied the sport in a variety ways—as an athlete, coach and LMSC representative.

As a Masters swimmer, Carol Chidester held two world records in the 45-49 age group, numerous No.

See **TRIBUTE**, 15

Maryland Masters Swim Team History

USMS was established in 1970 by Captain Ransom Arthur, M.D. The first national meet was held in 1970 in Amarillo, TX with 46 swimmers. Today there are over 60,000 swimmers registered with USMS, with ?? in the Maryland LMSC. In 1974, while on vacation in Florida, Nancy Brown read an article about Masters swimming and the rest is Maryland LMSC history. Together with Marge Burley, Tom and Sue Levickas, Steve Askew, Dick Mueller, Helen Malloy and Mary Heflin, Nancy began early morning workouts at the Western YMCA in Catonsville. The group met Nick Berenyi (now in South Carolina) who was swimming with a small group in Columbia. When Dave McIntyre became the team's coach they were encouraged to organize; bylaws were developed and officers elected with Dave Fields serving as the first president. The team attended its first YMCA National invitational in Montclair, NJ in 1977 with Patty Harris Stanley, Dave Fields, Dot Wise Munger, Tom Gorski, John Getz, Dick Mueller and Nancy Brown. There they met Carol Chidester who was swimming at the Severna Park YMCA. The team soon grew through word of mouth, with team members recruiting people who they saw swimming on their own. As the team at Western YMCA grew, ad-

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COMMITMENT

IT'S NOT ABOUT THE COMPETITION;
THE GOAL IS TO EXCEED MY OWN EXPECTATIONS.

Swimmer

History

From Page 13

ditional workouts were added in the evenings at Howard County YMCA in 1980.

When the team outgrew the six-lane Y pools, it moved to UMBC in September 1983. Maryland Masters now includes teams from UMBC, Severna Park Racquetball and Fitness Club, Arundel Olympic Swim Center, Towson University and Fort Meade as well as individuals who work out on their own.

Maryland Masters is one of

the largest Masters programs in the United States. In 1978 and the team held its first winter meet at UMBC.

Since then other large meets have included the Fourth Annual National YMCA Invitational Masters Aquatic Championship in 1979 with 234 swimmers; Colonies Zone Championship in 1989 with 365 swimmers; and, 2000 USMS Long Course Nationals with 1,380 swimmers (the largest LCM nationals meet in history). Several long course meters meets have been held

at the Naval Academy and team members have attended meets all over the US as well as in Canada, Barbados and New Zealand. Numerous members are recognized in Top Ten and several are National and World record holders.

Many Maryland Masters swimmers have participated in open water competitions such as the Great Chesapeake Bay Swim (an annual favorite) as well as numerous running events and triathlons, including Ironman.

Check-Off Challenge invites swimmers of all levels

The 2015 Check-Off Challenge is a postal event designed to motivate swimmers to complete 18 pool events and an open water swim during the 2015 calendar year.

It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. The events may be swum in practice or in meets, in yards

or in meters, any time during 2015.

The challenge is to complete all events or try new events. The event is open to all registered Masters swimmers. Enter by filling out the online entry form or send in a paper entry via U.S. mail using the paper entry form.

Entries this year have come from as far away as Australia and the U.S. Virgin Islands and almost every state in be-

tween.

Check out the video clip at https://www.youtube.com/embed/pD_utx85We4 then enter today. Your entry may just be the one to complete the 50 state sweep for the 2015 Check-Off Challenge.

The 2015 Check-Off Challenge is hosted by Tennessee Aquatics Masters Swimming and sanctioned by the Southeastern LMSC for USMS, Inc., sanction #155-S002.

Colorado scoring has come to Maryland

After years of discussion, research, planning and the frugal saving of money, the Maryland Local Masters Swim Committee has purchased a Colorado Timing System 5.

We are now in Stage 2 of this process, the acquiring of the accessories, ie: cables, buttons etc. that will make this a complete Timing System for use at our meets.

We will keep you posted of our progress and will announce when competitors can expect to be able to use the LMSC's Timing System at your meet.

Tribute

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1 rankings, a quadruple gold-medal win at the 1990 U.S. Masters Swimming Championships and made top 10 every year from 1977 through 1993.

The backstroke was her specialty.

To commemorate Carol Chidester after 20 years of holding our swim series meets in her honor, the LMSC will be offering swim caps to celebrate her immeasurable contribution to Maryland Masters

CAROL CHIDESTER swim series

Swimming.

The specially designed, limited edition latex caps will be for sale (\$6 each) at every meet during the 2015-16 season and net proceeds will

benefit the American Cancer Society.

Please consider showing your support while participating in the Carol Chidester Swim Series.