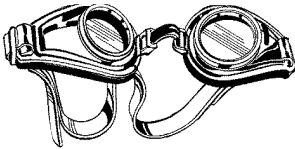


REGISTRATION DEADLINE

If you have not yet renewed your USMS membership for 2002, this will be the last newsletter you will receive. Many of the workout groups in Maryland require USMS registration for the insurance it provides.

If you swim at UMBC, Towson, or AOSC, you must be registered to practice!

The meets coming up on Jan 19, Feb 9, and Feb 23-24 also require you to be a current member of USMS.



2002 WINTER OLYMPICS

On Saturday, December 22, the Olympic torch passed through Baltimore on its way from Greece to Salt Lake City, UT for the 2002 Winter Games. Several Maryland swimmers were honored to be torchbearers for a segment of the relay. Jerry and Rachel Frentsos and Joe Stewart participated in this great event. Congratulations!

GET WELL WISHES

We wish a speedy recovery to Sarah Allnutt who was seriously injured in an auto accident on the way to swim at 5:30am on December 5. Sarah suffered 8-10 broken ribs and a punctured lung, along with extensive bruising. After a week in the hospital, she returned home to recuperate. Sarah hopes to be better in time to compete at the IX FINA Masters World Championships in New Zealand in March.

Cards can be sent to Sarah at:
 14025 Berryville Rd,
 Germantown, MD 20874.

NEW CLUB

The Maryland LMSC would like to welcome a new swim club, the **Merritt Marlins**. The Marlins have workouts at the Merritt Athletic Clubs in Towson and Eldersburg. Several of their swimmers have already attended the Swim Series meets, including Mark Hurley and Tim McGough.

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USMS CONVENTION NEWS

The re-scheduled 2001 USMS Convention was held in Louisville, KY on November 15-18. This was an election year at the Convention. New officers are: President – Dr. Jim Miller of Virginia; Vice President – Scott Rabalais of Georgia; Secretary – Sally Dillon of Oregon; Treasurer – Doug Church of Indiana. New zone representatives were elected for the eight zones. The new Colonies Zone rep is Barb Protzman of Maryland. The sites for the 2003 national meets were chosen: SCY at Arizona State University in Tempe (May 15-18) and LCM at Rutgers University in Piscataway, NJ (August 14-17).

Other significant items: Eighteen-year-olds can now register with USMS. However, you must be 19 to compete. That means for SCY, you must be 19 as of the last day of the meet. For SCM and LCM, you must be 19 by 12/31 of the year in which the meet is held. Also, FINA Masters has re-instated the exception that allows us to use the breaststroke kick on butterfly.

2002 Nationals: SCY will be at the University of Hawaii on May 14-17 (with an open water event on the 18th). The special airfare rates for Hawaii will not be available until January, and dorm rooms cannot be reserved until January. Due to the travel distance, for the Hawaii national meet only, you will be allowed to enter 4 events without meeting the qualifying times. LCM will be at Cleveland State in Ohio.

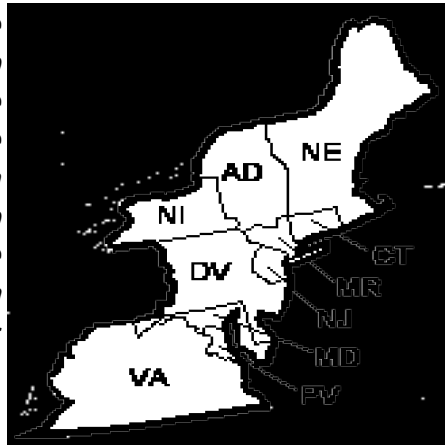
Due to good claims history, the USMS insurance costs are at a similar rate as last year. USMS members can help keep rates down by practicing "safe swimming": Do not dive into the pool even during practice; leave enough space between swimmers in a lane; limit use of hand paddles; keep hydrated during workout; and get a medical evaluation if you begin or modify an exercise program.

The Colonies Zone meeting had 42 members attending, plus a special guest, Geoff Camp, the president of Masters Canada. The first Dot Donnelly Zone Service award was presented to Nancy Miller of Virginia. On a sad note, USMS did lose two swimmers in the WTC disaster, both of whom swam at Asphalt Green in NY. Many other USMS members were impacted by the events of 9-11.

For complete minutes of the convention, check out www.usms.org.

colonies zone news

What is the Colonies Zone? USMS has divided the country into 53 LMSCs (Local Masters Swim Committees). The LMSCs are combined into eight zones. The Colonies Zone includes the area from Maine to Virginia, with the following ten LMSCs: Adirondack, Connecticut, Delaware Valley, Maryland, Metropolitan (NY), New England, New Jersey, Niagara, Potomac Valley (D.C.), and Virginia.



Colonies is the second largest zone in USMS and one of the most active.

The Terrapin Masters will sponsor the Colonies Zone SCY Championship Meet at the University of Maryland, College Park, MD on April 19-21, 2002. Entry forms are available on www.colonieszone.org, or contact the Meet Director: Dave Diehl 301-946-0649(h).



OPEN WATER SWIMMING & THE ENVIRONMENT

By Joe Stewart

For 10 years, I have organized, coordinated and participated in open water swim events throughout our state which have raised thousands of dollars for HIV/AIDS and environmental groups and am now bringing that work home to my own city and community. For the past year, I have been studying and exploring our Patapsco River and made a commitment to swim across its mouth while raising funds and awareness to help with cleaning up and restoring the Patapsco River with the hope that someday it will be a river we can swim and fish in and find peace and strength from walking along its green, tree-lined, trash-free banks.

I am raising pledges with my solo swim next May 19th from Bodkin Point to North Point for the Sierra Club Task Force on the Patapsco which has joined forces with the Baltimore Sanitary Sewer Oversight Coalition to address these problems and build public support to save state park lands and overhaul our sewer system.

Our harbor, Herring Run, Jones Falls, Gwynn Falls and Patapsco Valley State Park have no vote or say in how we treat them, and the waters running through our city and surrounding counties can't protect themselves from development and sewage; but we can vote, speak and act on their behalf and for our own sake. Remember to ask when you pour yourself a glass of water or flush your toilet: where did it come from and where does it go?

If you are interested in learning more about BSSOC and/or SCTFP, contact Joe Stewart at 3212 Avon Avenue, Baltimore, MD 21228 (410) 243-4418.

LAPS FOR LIBERTY: A RESOUNDING SUCCESS

By Mark Hurley (Merritt Marlins)

November 6, 2001 was typical autumn night, as the weather was beginning to hint of the cold weather that was eventually going to arrive. It was indeed a great night to participate in a Maryland Masters swimming event. This evening was the final day for a local *Laps for Liberty* swim-a-thon, held at the Woods Community Center in Severna Park, Maryland. Laps for Liberty raised funds for the Families of Freedom Scholarship Fund, all of which will be used to provide post-secondary education to financially needy children and spouses of those killed or disabled by the September 11, 2001 terrorists attacks. Also included are the airplane crews and passengers, World Trade Center and Pentagon employees and visitors and relief workers, including firemen and policemen.

Ably organized by Nancy Brown and Viki Anders, *Laps for Liberty* was a resounding success. A goal of \$10,000.00 was set for the event and was matched dollar for dollar by the Lumina Foundation. The final amount collected was \$13,046.00, thus exceeding the goal by 30%. So ... do the math. With the matching grant, the Families of Freedom Scholarship Fund should receive \$26,092.00!

The Woods Community Center's pool was one busy place that evening. All of the swimmers participating kept up the pace for the entire evening, many completing Coach Nancy Brown's 6,000-yard workout for the event. Highlights of the evening included:

- Viki Anders, 51, swam a total of 134,800 yards or 5,392 laps for the entire event. Viki raised a total of \$7,376.00 with 48 sponsors!
- Clara Bomhardt, 78, was the oldest participant and swam one mile. Clara raised \$450.00 with 46 sponsors!
- Casey Day, 6, and his brother Matthew, 8, were the youngest participants. Casey completed 250 yards in 10 laps and Matthew 625 yards in 25 laps and raised \$24.00. Go Casey and Matthew!

A great big **THANK YOU** and **CONGRATULATIONS** go to **EVERYONE** who made this event a success. And ... special kudos to Nancy and Viki for their organizational skills. With everyone's help, a difference was made in helping the victims of 9/11 Disaster. From this writer's perspective as a newcomer to Maryland Masters, it was worth the 1½-hour round trip from Perry Hall to participate.

A productive and peaceful workout requires the cooperation of everyone in each lane, especially on days with a large number of people. Here are some reminders of how everyone can enjoy their workout:

WORKOUT ETIQUETTE

- Be aware of the whereabouts of everyone else in your lane. Keep your eyes open!
- Stay to the right of the line on the bottom of the pool. Don't swim down the middle!
- If you stop at the end of the pool, stay in the corner. Do not stand in the middle.
- Give everyone in your lane the opportunity to finish at the wall. Move out of the way when you finish.
- If you catch up to a slower swimmer in your lane, wait until you reach the wall to pass them. Gently tickle their toes to let them know you need to pass. If your toes are being tickled, stop in the corner when you reach the wall and let your teammate pass.
- If you aren't going to do a set as directed by your coach, please yield to the others in the lane that are. Also, if you arrive late for warm-up, join your lanemates at the point where they are.
- NEVER dive into the pool unless you are directed by your coach to practice your starts. This is actually a USMS Rule.
- When swimming butterfly, be careful not to punch your teammates in the face as you pass them. Did you know that someone had her nose broken in warm-ups at the 2000 LCM Nationals at UMBC in just this manner? Ouch!

MASTERS MEET CALENDAR

1/19/2002	Swim Series Meet #4 – Arundel Olympic Swim Center, Annapolis, MD
2/9/2002	Swim Series Meet #5 – Woods Community Center, Severna Park, MD
2/23-24/2002	Maryland Masters Winter Meet – UMBC, Catonsville, MD maryland.usms.org/PDF/Winter02.pdf
3/16/2002	Swim Series Championship – UMBC, Catonsville, MD
3/17/2002	Valley Forge Masters Winter Classic – Villanova University, PA www.bee.net/dcastell/valleyforgemasters.html
4/6/2002	Montgomery Ancient Mariners Albatross Meet - SCM
4/7/2002	Maryland Masters 1000/1650 Free Meet - UMBC
4/18–21/2002	2002 YMCA Masters National Championship – ISHOF, Ft. Lauderdale, FL
4/19–21/2002	2002 Colonies Zone SCY Championship – University of Maryland College Park David Diehl 301-946-0649(h)
5/14–17/2002	2002 USMS Short Course Nationals - Univ Of HI, Honolulu, HI SCY; Amy Patz, U of HI Swimming, 1337 Lower Campus Rd., Honolulu, HI 96822, 808-956-7510, patz@hawaii.edu
6/8/2002	Maryland LMSC Awards Banquet - Tentative
8/16–19/2002	2002 USMS Long Course Nationals - Cleveland State Univ, Cleveland, OH LCM; Pieter Cath, 35400 Bainbridge Rd, Solon, OH 44139, 440-248-8270, cath.p@worldnet.att.net

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