

**To All the Members of the USMS.... LMSC MD;** We trust you enjoyed a holiday season that was everything you'd hoped it to be. And here we are.... can you believe?... in the year 2005. Three months to "Y" Nationals and "Colony Zones", four months to USMS Short Course Nationals, five months to the National Senior Games, and seven months to USMS Long Course Nationals. Is there ever enough training time?

There is a good variety of Meets with which to measure one's progress in and around the State. Just log onto USMS.ORG, and point and click onto the State of MD and scroll down for the complete schedule of Meets in and around our area. In addition to honing one's skills, these Meets afford an opportunity to swim with folks from diverse areas and experience, and provide a chance to have some fun! So.... see you at a Meet!!

-Ruth, Christine, Sandy

## The Chairman Sez...

I hope everyone enjoyed their holidays. It's hard to believe we are just starting 2005 and its time to start thinking of your goal meets for the spring. If anyone is new to Masters or competitive swimming, we have three "seasons" in swimming: short course yards, short course meters and long course.

We are now in the short course yards season which runs from approximately Dec – May. At the end of each season, there are Meets held at the regional and national level that any Master swimmer may attend. For short course yards season, we have a "Zone" Meet, YMCA Nationals and USMS Nationals which you can choose to attend. You may swim in all or any of the Meets.

For YMCA Nationals, you must be a member of a "Y" 90 days prior to the event. This year our "Zone Meet" is at George Mason University in Fairfax, Virginia, April 22-April 25. YMCA Nationals are in Indianapolis, Indiana April 21-April 25 and USMS National in Ft. Lauderdale, Florida May 19- May 22. You may find the entry forms for these Meets on our web site or through the USMS web site. If you don't have access or capabilities to print any of the information, please call me and I will make sure you receive a copy in print. There are deadlines for the Meets, so don't wait until April to decide if you want to compete in one of the events.

Our swim series Meets are going very well. We had a good turnout for the Howard County, Salisbury, and Towson Meets and excellent socials. We still have two Meets left. February 5, at SPY and March 19 at Annapolis Swim Center. Warm-ups for both Meets begin at 5 p.m. The Feb. swim series Meet is free for the Maryland Association members; the March Meet will have a small charge so please try to attend.

There are also several other Meets in our area.: Maryland Masters @UMBC Annual Winter Meet is February 26 and 27. Virginia Masters 4<sup>th</sup> Chinn Aquatics Swim Meet at the Chinn Aquatic and Fitness Center in Fairfax Va. March 6. The Albatross Meet April 9 at Montgomery Aquatic Center. This is a short course meters Meet. See our web site for entry forms for the above meets. There are fees for these Meets. This summer, we are going to try to run a long course Meet. I hope to have more information to you in the next Newsletter.

The new Master magazine is "USMS Swimmer". It will make its debut in March of 2005. The bimonthly publication is a benefit of your membership in the USMS organization.. "USMS Swimmer" replaces "SWIM" Magazine which you should have been receiving quarterly as a member of USMS.

Patty Devanny

# USMS Has a New Publication

To all of the members who may have had concerns about which publication (or any!!) they would be receiving through their membership in the USMS, I've included this email message from Bill Vockening of the National Organization.

Greetings,

Just in case you haven't received the following announcement (SEE BELOW), I wanted to send it to you and encourage you to include it in your local newsletters and web sites. Please forward to your local webmasters. We need to get the word out to our members.

Information about USMS SWIMMER Magazine is available at:

<http://www.usms.org/admin/usmsswimmer.php>

The importance of broadcasting this information now cannot be understated. There have been some miscommunications about the transition with our National Publication, and many members now believe they will not receive a magazine. Please join us in this effort to reassure and inform our members. USMS members will receive this valuable member benefit for no additional charge, and we think people will really enjoy the new magazine.

Many Thanks,  
Bill Volckening

Many of you received the latest issue of SWIM Magazine and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the periodical.

USMS's contract with Sports Publications, the publisher and owner of SWIM Magazine, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, 'USMS SWIMMER'. These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportunities to enhance this service. The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being

addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members..

Your new national publication will not have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.

Jim Miller, MD  
President, USMS



PROTOTYPE of the new magazine cover

# Team Updates

## Columbia Clippers

From Sue Mangan:

Just a howdy and an update from Columbia Clippers Masters! We've grown the daytime "Moms" Masters group to 27 swimmers (including John, the lawyer and Kevin, the dentist). The group takes great pleasure in whining about fins, swimming lots of IM sets, and planning pot luck lunches. We don't race much but you'll see us at the Maryland Masters meet in February! Columbia daytime group swims M-F 10:30-11:45am at the Swim Center. There's also a night program with Coach Adam, MWF from 7:30-9pm at the Supreme Sports Club.

Happy Holidays to all of you!!

Sue

## Ft. Meade's Swim Team

The U of MD Aquatics Center was the venue, 12/31/04 for Col. Bruce McPherson's last swim in the good ole US of A before returning to Iraq for another tour of duty on January 3<sup>rd</sup>. Ft. Meade team mates and others who swam at the Terrapin Masters sponsored event wished Bruce well.

Bruce was honored at a luncheon following the swim at the "Squadron" restaurant in the presence of Ft. Meade team mates, and two SPY swim team members. Bruce shared some of his experiences, and those who were present knew that this is one man we are proud to have serving our Country, and all of us.

Keep up the good work, Bruce.... our thoughts and prayers are with you!

## SPY Maryland Masters

From Head Coach, Nancy Brown: AA County "Y" will be represented by approximately 54 swimmers this year, our oldest being 92 years young! We're going to do our best to defend our championship title, and have fun while we are doing it. To quote Gary Hall, "It's the athlete having fun who succeeds!"

It is always a great time renewing old friendships made over the years of competing at "Y"s and to see some of our team members swimming together as siblings, husbands and wives, and parents and children. Only in Masters Swimming can this happen.

As for the competition, it will be in one of the country's finest facilities, the Indianapolis Natatorium, so we are expecting some very fast swims. The Y Committee has added a 400 free relay this year – a potential record setting event for all of us. Our AA Co Y Team for years has established a fine reputation throughout the country, for Maryland has an excellent competitive team which exemplifies swimming fast and having fun. Not only that, but we exemplify the most important thing of all -- team spirit and good sportsmanship.

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Bruce McPherson and Ira Grahek at U of MD "Swim in the New Year"

The Maryland Swim Times is the newsletter of the United States Masters Swimming—Maryland LMSC.

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A few "fun" highlights will be the party at the "Rathskeller", one of Indy's finest beer gardens with the "Polka Boys Band". We will be enjoying a wine tasting event at a local winery, and eating and drinking at our own private Italian style restaurant for our Team Dinner, if most of us sign up.

If there are other "Y"s going from MD this year, please contact me so we can get together in Indy. You can email me or call 410 - 255 - 0699. Thanks, Nancy Brown

**VIP!!** We're going to press with this Newsletter sooner than we had expected. Please pay attention to the following-----

There will be a **Y Nationals** Meeting prior to the Mini Series Meet in Severna Park, 2/5/05 at 3:30 p.m. in the "Coffee House" adjacent to the Pool. Please bring your check book (what else is new?), a **copy** of your USMS card, and your completed entry form (forms will be available). Nancy will have the new "Y" membership cards. You will be able to complete your air fare/itinerary, sign up to be a driver (Costco, Sam's Club, or BJ's membership necessary) of a rental car or passenger, purchase caps, order swim suits, pick a room mate, and submit your wishes for the times in your events!!

**GO TEAM!!**

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: **We are inspired to produce** :  
: **a Newsletter that represents** :  
: **all the Teams in the MD** :  
: **LMSC. For the Spring issue,** :  
: **we are aiming for 100% par-** :  
: **ticipation. We want the** :  
: **news from your Teams!!** :  
: ..... :

## "Madame Butterfly" Nominated for Hall of Fame

The "Grand Dame" of our MD Swim Team, Doris Russell, who turns 85 in May, has been nominated to the Notre Dame Preparatory School Athletic Hall of Fame. Doris, who swam most of her life, "got in to swimming and diving with her husband twenty five years before he left this earthly existence". Then she joined the MD Masters in 1988 in order to "keep improving and compete."

Just two years later, at age 70, she asked someone at the Columbia Pool to show her the "Fly". She remembers doing it right the first time, and loving how it felt. Doris has been excelling in Butterfly ever since!

Doris captured the USMS record in 2001 for the 50 fly in the 80-84 age group with a time of 55.23!! That same year she did a repeat, and holds the YMCA Masters record. She toppled another "Y" record in 2003 with a 2:16.89 in the 100 fly. This was accomplished on the last day of a three day meet after Doris had competed in a total of five individual events and four relays— an "incredible accomplishment" per Coach, Nancy Brown.

As Nancy remembers, "she finished with a smile on her face, while all of the 'youngsters', exhausted from the grueling schedule of events, looked on in amazement and adoration".

Doris advised that she is expecting a "good Meet" in June at the "National Senior Games", especially since she is "aging up". Our cheers go with you, Doris, for the SR. Games, and for your induction into the "Athletic Hall of Fame".



# Coaches' Corner: Strength Training

by Jerry Frentsos for the February 1999 DC Aquatics Club Newsletter

Swimming is finessing your way through the water with strength. The key word in this statement is... strength. A couple of weeks ago, we did a set that involved completing some push-ups in between 25 sprints. Some individuals had difficulty completing three push-ups.

Swimming helps develop strength, but there is a limited amount of strength gain due to the fact that swimming is an aerobic activity. The main benefit gained from an aerobic activity is cardiovascular improvement. To take your swimming to another level, you must perform some type of resistance training. This may involve the use of free-weights, nautilus type equipment, or your own body weight.

Some may ask what type of resistance training is best. The simplest answer is "any type is better than none at all."

You want to concentrate most of your time to the abdominal muscles. These muscles will include external and internal oblique, transverse abdominis, and rectus abdominis. The muscles that counter balance the abdominal muscles are the erector spinae muscles that control the movement and stability of the spine and lower back. These muscles are the longissimus, spinalis, and iliocostalis muscles.

Believe it or not, these seven muscles are the most important muscles for swimming. Every stroke you take starts and finishes with the use of these muscles. These muscles are continuously performing an eccentric contraction (lengthening) and concentric contraction (shortening). The better these muscles are developed, the more effectively you can reach out in front, pull underneath your body, and finish your stroke.

"Why do I struggle so much with butterfly?" I hear this question A LOT! Have you ever noticed when swimming butterfly that the first part of the stroke technique to break down is the length or the distance you cover per stroke. This is also true for breaststroke and freestyle. When I tell you to keep the distance per stroke, I am helping you concentrate on developing your abdominal muscles. The pain in your stomach is coming from the over use of weak muscles.

What can you do? Very simple – sit-ups, crunches, back raises, V-ups, kick, and leg raises. When you perform these simple exercises, maintain control and do them slowly. Do not use body momentum to help you perform these exercises. If you can, only start off completing 3 - 5 at a time. Slowly increase the number as you get stronger. Starting with one is better than not starting at all.

The next set of muscles to concentrate on are your upper body and shoulder muscles. Swimming through the water is 70-80% upper body and 20-30% legs. When developing upper body strength for swimming purposes, you want to concentrate on swimming specific muscles, specific swimming movements, and range of motion. **THE LAST EXERCISE YOU WANT TO PERFORM IS THE BENCH PRESS.** This will decrease your swimming ability. When you are in the water, what stroke has the same range of motion as the bench press? NONE!

When you are pushing a large amount of weight (greater than 60% of your body weight) away from your body, you are destroying the rotator cuff muscles. When performing the bench press, too much of the weight is supported and stabilized by the rotator cuff muscles. These are the most important muscles for swimming.

Have you ever wondered why so many swimmers have shoulder problems? One, because of poor stroke technique, and two, because of improper resistance training.

On the other hand, one of the best exercises for swimming is a push-up. The push-up only uses about 40-50% of your body weight with more of the weight evenly distributed to the rotator cuff muscles, deltoid muscles, and pectoralis muscles. Have you noticed that when you get fatigued from doing push-ups, you feel the fatigue evenly distributed between your chest and arms?

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Other swimming friendly resistance exercises include any type of activity that requires you to pull weight towards your body to simulate the front part of your stroke or push weight down and away to simulate the finishing of your stroke.

Upper body exercises include: pull-ups (palms facing away), chin-ups (palms facing you), dips, lat pull down, tricep extension, seated rows, standing lateral raise, bicep curls. When you perform these exercises, you should have a full range of motion. If you cheat and do not fully expend your muscles, you are conditioning the muscles to decrease the range of motion. This will decrease the length of your swim stroke.

Lower body exercises include squat, forward lunge, leg press calf raises, abductor/adductor machine, and calf raises. When performing leg exercises concentrate more on light weight and high repetitions.

To help keep the muscles conditioned for swimming, I recommend you lift before swimming so the muscles can be stretched out during swimming. At first this may be difficult to accomplish but if you maintain your distance per stroke, you will keep your range of motion. When you lift after practice, you are conditioning the body to decrease you range of motion and shorten your swim stroke.

Some type of resistance work is better than none. If you have to start off with only one push-up that is OK, at least it's a start.

This article was submitted by Coach Nancy Brown.

A note from your *new* registrar:

I want to thank everyone for all the patience and support they have given me and I just wanted to update everyone on the status of their renewals. If you have sent in your renewal, you are current and will be receiving a card soon. If you need to register for a meet, please list my name and e-mail on the form for the meet director to contact me if you do not have a new card. I am hoping to get all the bugs worked out within this next month. Thanks again to everyone for your patience. If you have any questions feel free to contact me.

Karen Tucker

**Need to Know More?** The following are the official websites of our Maryland LMSC, the Colonies Zone (region) and the National organizations.

<http://maryland.usms.org>

[www.usms.org](http://www.usms.org)

[www.colonieszone.org](http://www.colonieszone.org)

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# MASTERS SWIM CALENDAR, 2004-2005

Feb. 5	Swim Series Meet #5, Severna Park
Feb. 26-27	Maryland Masters Winter Meet, UMBC
Mar. 6	Virginia Masters 4th Chinn Aquatics Meet (SCY), Woodbridge, VA
Mar. 19	Swim Series Finale, Arundel Olympic Swim Center
Apr. 9	2005 Albatross Open (SCM), Montgomery Aquatic Center
Apr. 22-24	Colonies Zone SCY Championships, George Mason Univ.
Apr. 21-24	YMCA Nationals, Indianapolis, IN
May 19-22	USMS SCY Nationals, Ft Lauderdale, FL
May 29	Jim McDonnell 1 & 2 mile swims, Lake Audubon, Reston, VA - OW
June 4	Potomac River 7.5 mile swim, Point Lookout State Park, MD - OW
June 12	Chesapeake Bay 4.4 Mi Swim and 1 Mi Challenge - OW
June 18	2005 Maryland Swim for Life - Chestertown, MD - OW
Aug. 11-15	USMS LCM Nationals, Mission Viejo, CA

## Fitness Frolic

A copy of the entry form for the February Fitness Frolic 2005 can be found in this newsletter. The purpose of the February Fitness is to keep track of your February yardage, hopefully increasing it, and raising monies for the Johns Hopkins Oncology Center, Patient and Family fund. All (100%) proceeds from this local event benefit the Johns Hopkins Oncology Center, Patient and Family fund, administered by local swimmer Viki Anders who also puts on the Plunge for Patients held each summer in Wildwood, NJ, also benefiting Hopkins Oncology. To the best of my knowledge we have been doing this since 2001 and have raised close to \$10,000, again, 100% donated to the fund. Each year over 50 swimmers participate from most of the MD Masters locations (SPY, UMBC, AOSC, etc.) although the clear majority of participants and monies come from the ABC group at Riva. Get back to me if you have questions.

Bill Conroy

## "Save the Patapsco, Hon"

Anyone interested in swimming 4.4 miles across the mouth of the Patapsco River from Venice on the Bay to North Point State Park on Sunday, May 22, 2005 while also raising funds for Patapsco watershed organizations, can contact Joe Stewart: 410-767-1354 (W), 410-243-4418 (H), [jstewart@dat.state.md.us](mailto:jstewart@dat.state.md.us)

### KUDOS TO:

**MIKE JACOBSON AND RAY TOY** for their fine job on the Mini Series Meets!

**STEVE HICKS AND HIS CREW** for a great Meet and fabulous social on November 20<sup>th</sup> in Salisbury!