

# **SWIM TIMES**

*Maryland*

Feb 2006

United States Masters Swimming - Maryland LMSC

Volume 8 Issue 1

What's happened to all of those New Year's Resolutions? For those who make and commit to goals on January 1<sup>st</sup>, Congratulations! (you are in the minority if the pollsters are correct) And for the majority who "keep on, keeping on", we've dedicated this issue. Although we wanted to include articles on nutrition, we chose not to. "One man's meat is another man's poison" certainly applies to athletes, and swimmers are no exception.

As an experiment, try asking your team mates what they eat before and after a Meet, and prepare to be surprised at the variety of foods, some of which have become "ritualistic". Articles on warming up, strength training, and stretching have been included in case you may require a "fresh look" at your training regimen.

This is also the year when our LMSC Board experiences a change in personnel. Please give serious consideration to volunteering or nominating someone for a Board position. It is a lot of fun, and the pay back is satisfaction knowing that you are helping your State organization thrive and provide a venue for swimmers to do their thing.

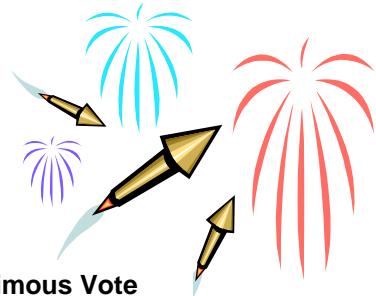
Let's prepare for a productive late winter and early spring as we gear up for some of those up coming, major swimming events dear to our hearts, and by supporting our State organization in whatever way we can.

**PLEASE NOTE:**

- **Meeting on February 11 for those attending Y Nationals (see page 3)**
- **Date for Mini Series Finale has changed (see page 7)**



## **2005 LMSC SWIMMER OF THE YEAR!**



**The Grande Dame of Maryland Masters, Doris Russell, Gathers Unanimous Vote**

Congratulations are in order for Doris, MD LMSC "SWIMMER OF THE YEAR", who claims that "swimming is the Fountain of Youth". At the age of 85, Doris has earned the ability to tell the rest of us "where it's at". She has captured "All American" more times than we can count, still holds the National record for the 50 Free in her age group, and brought home gold medals in her events in the USMS Masters Swimming Short Course Championships and the National Senior Games in Pittsburgh last June 2005.

Doris was highlighted in a recent issue of "Swimmer" magazine for her accomplishments in the Butterfly events, which she first started swimming at age 70! ! She has achieved National "Top Ten" in 51 events since 1995, 12 of which she was number one!

Doris and her husband, Jim,



(now deceased) raised a family of five children who all were introduced to the water early on. As Doris advises, "I got them in the water early".

What an example you are for all of us, Doris, as you continue to swim your best and encourage each of us as we age to do the same!!

CONGRATULATIONS, Swimmer of the Year!



## The Chairman Sez...

Happy New Year!! I hope everyone enjoyed their holidays. First things first. Renewals of your USMS registration for 2006 are due. If you have not already done so, please send in your 2006 USMS registration form (included in this issue). You need to be registered to swim in any USMS sanctioned meets.

We have a full schedule of meets available to swim in over the next few months. There are two swim series meets; February 11TH and the April Meet (see schedule herein). The Maryland Masters Annual Winter Meet will be swum at UMBC, March 4-5. The Albatross Meet which is a short course meters meet is hosted by The Montgomery Ancient Mariners. Then the USMS Colonies Zone Meet , USMS Nationals and The YMCA Master Nationals round out the schedule.

Also this year, with "Worlds" being held in California in August, you must swim for a team registered with USMS. This means that your USMS card cannot have "unattached" in the club name. If you are interested in going and did register as unattached in 2006, please e-mail Karen ([ktloves2swim@msn.com](mailto:ktloves2swim@msn.com)) for a transfer form or check our web site for the transfer form. The cost is \$3.00.

In the next few weeks we will be looking for volunteers interested in holding offices on our 2007-2008 Board. If you are interested in becoming more involved in the working of our LMSC, please contact Rand Vaillancourt. His e-mail address is: [coachrandv@aol.com](mailto:coachrandv@aol.com).

Each year our association recognizes a swimmer in our membership for their contribution to Masters swimming for the year. We will begin taking nominations for the 2005-2006 season in June. We need your input on this. If you know of a Master swimmer who has improved Masters swimming by their participation, let us know. They may have set new swimming records, organized a new workout group or renewed old groups, attended various swim meets throughout the year, etc. These are just a few examples. If you know of anyone you feel deserves to be recognized for their contributions, please e-mail Nancy Brown at [nancygeoff@verizon.net](mailto:nancygeoff@verizon.net)

As I stated previously the nominations will be due sometime in June, but now is the time to start thinking about that swimmer whom you want to recognize.

And finally, don't forget! Now is the time to start getting ready if you plan to attend Zones, USMS Nationals or the Y Nationals meets in April and May. You should be checking into transportation, accommodations and the order of the events for each meet. We will post the meet announcements on the web page.

See you at the pool.

PATTY

## New Board Nominations

Rand Vaillancourt, Chairman of the Nominating Committee, is requesting nominations from the general membership for consideration to be on the nominating committee which will select the slate of MD Association officers to be voted into office for the term beginning January 1, 2007.

Two people will be selected to serve with Rand on the Nominating Committee at the General Membership Meeting to be held April 2, 2006 prior to the Mini Series Championships at the Arundel Olympic Swim Center Riva Road Pool in Annapolis. Please submit your nominations to Rand by March 15<sup>th</sup>. The Nominating Committee will publicize their proposed slate of officers prior to a general membership meeting to be held sometime in August or September where it will be voted upon. Nominations for a position on the Board may be taken from the floor as well at this meeting.

### Important web sites:

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

**Region - [www.colonieszone.org](http://www.colonieszone.org)**

**National - [www.usms.org](http://www.usms.org)**

### LMSC Officers

|  |  |   |  |   |
|--|--|---|--|---|
| <b>Chairperson:</b><br>Patty Devanny<br><a href="mailto:pdevanny@fountainheadtitle.com">pdevanny@fountainheadtitle.com</a><br>410-947-4669 | <b>ViceChairperson:</b><br>Rand Vaillancourt<br><a href="mailto:coachrandv@aol.com">coachrandv@aol.com</a> | <b>Secretary:</b><br>Kay Williamson<br><a href="mailto:alwill@erols.com">alwill@erols.com</a>             | <b>Treasurer:</b><br>Nancy Brown<br><a href="mailto:nancygeoff@mymailstation.com">nancygeoff@mymailstation.com</a> | <b>Registrar:</b><br>Karen Tucker<br><a href="mailto:ktloves2swim@msn.com">ktloves2swim@msn.com</a>         |
| <b>Sanctions:</b><br>Jill Springer<br><a href="mailto:Springerjc@comcast.net">Springerjc@comcast.net</a>                                   | <b>Top Ten:</b><br>Steve Hicks<br><a href="mailto:mdtopten@gmail.com">mdtopten@gmail.com</a>               | <b>Newsletter:</b><br>Ruth Reiner<br><a href="mailto:ruthjreiner@comcast.net">ruthjreiner@comcast.net</a> | <b>Swim Series:</b><br>Mike Jacobson<br><a href="mailto:mikej@comcast.net">mikej@comcast.net</a>                   | <b>Webmaster:</b><br>Caroline Day<br><a href="mailto:daycaroline@netscape.net">daycaroline@netscape.net</a> |

# Severna Park Racquet & Fitness

Melissa Albers shares her Holiday Work-out:

I had my swimmers pick their own sets from the Christmas tree at right (what's behind ornament number 1?) They had a great time with it.



Shown below are their photos with Holiday head dress. Those pictured are Stefanie Scholz, Kevin Grayson, Julie Harris, and Scott Gray from the Severna Park Raquet and Fitness Center.



## YMCA Nationals - AA County

By now everyone should be a member of AACo.Y if they want to compete in "Y's". For those of you who have sent in your dues, the Membership Cards will be available at the "Y" Nationals meeting prior to the **February 11<sup>th</sup>** Meet at The Woods Community Center Pool in Severna Park. The meeting starts at 3 p.m. at the "Holy Grounds" Meeting Hall adjacent to the Pool (SPY). Please remember to bring your entry form and your check book which you will need for entry fees, plane fare, the Team dinner, and any team items you wish to purchase. Please attach a copy of your USMS card to the back of the entry form.

We will also set up the hotel rooms at the meeting. If you don't have a roommate, we will find your one. Those of you who are flying Air Tran with the team will have to give Ruth Reiner your name as it appears on your driver's license. As you can see, this is an important meeting. If you can't be there, please contact me, Nancy Brown, prior to the meeting in order to get your necessary information.

When you complete the entry form, please keep in mind we are trying to win the championship so accumulating Team points is vital. Those points for eighth place are just as important as first place.

Relay Teams will be put together by me. Plan to be on all the relays possible, and if you don't swim a relay, the money for the relay will be refunded. 'Looking forward to a wonderful Meet!!! Everything looks positive - good plane rates, excellent accommodations, and a great swimming facility in the land of sun and fun.

Nancy Brown

## USMS License Plates



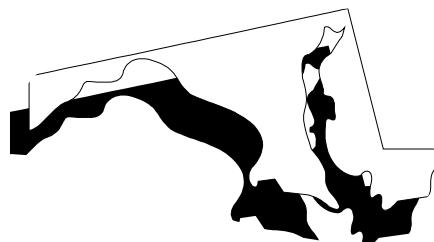
How many times have you been stuck in traffic behind someone who has a license plate signifying they belong to a group supporting anything from preservation of the Ant hills to the Zenith of motorcycle groups in our great state of MD?

Is it time for you to "strut your stuff" as a USMS Masters Swimmer? Why not procure a license plate that you will be proud and pleased to display? We only need 25 members in order to apply for this designation. Cost :\$25. Application: Easy, we'll walk you through the process.

We need just 25 members in order to acquire our USMS "vanity plates". Please indicate your interest by emailing Christine Jorgensen at [MarylandSwim-Times@usms.org](mailto:MarylandSwim-Times@usms.org). Wouldn't it be great if we could have a bunch of automobiles out there expressing what we stand for and supporting the Sport of Swimming?

## Maryland Needs New Logo

Are you feeling creative? The Board is inviting submissions for a logo for the Maryland organization. It should be depicted in no more than four colors. The winning logo will grace the covers of future MD LMSC Newsletters. The winner will receive a free registration to the LMSC/USMS for 2007. Let's go, all you fledgling artists! Send your entries to [MarylandSwim-Times@usms.org](mailto:MarylandSwim-Times@usms.org).



## Rule Infractions

At the Virginia Masters Fall Meet last November in Virginia Beach, I was the Meet Referee and noticed a few common infractions while on deck. So, I thought it was time for another newsletter article to highlight a few points on swimming rules.

The most common infraction observed was for under-water recovery in the butterfly. Remember that the arms cannot recover (move forward) under the surface of the water in butterfly. The arms must recover over the surface of the water and all movements of the arms and legs must be simultaneous. The most common place where this is observed is on the last stroke coming into the turn or finish. If you are too close to the wall, it is easy to begin a stroke and then reach out underwater to touch the wall. Unfortunately, this infraction is an easy one for the stroke and turn judge to observe. Remember that it is not illegal in butterfly to kick without taking a pull, so if you are too close to the wall to take another stroke, it is permissible to kick into the wall and make a legal touch.

Also remember that under USMS (and USA-Swimming) rules, the transitions between strokes in Individual Medley events are governed by the finish rules for the stroke you are finishing. Therefore, you must touch the wall on your back before transitioning to the breaststroke. Turning past vertical to execute a flip turn in the back-to-breast turn is illegal. Up until a couple of years ago, NCAA and High School federations defined the I.M. transitions as turns, so this type of turn was legal in high school and college meets if you were used to swimming under these rules. Most of the federations, however, now define it the same way. We are slowly moving towards better consistency in rules amongst the swimming governing bodies in the United States.

I observed several swimmers taking advantage of the change in the breaststroke kick rule to allow for one downward butterfly kick during the first stroke cycle off of the start and each turn. Remember that you must start a cycle of breaststroke with an arm pull. Starting with a kick off of the wall after the start or after a turn is illegal. This is because a cycle of breaststroke is defined as one stroke and one kick - in that order. The allowable downward butterfly kick may follow initiation of the arm pull and must be followed by a legal breaststroke kick. Taking a butterfly kick before the arm pull is an infraction. Also remember that the hands may not be brought beyond the hipline in breaststroke, except during the first stroke cycle off of the start and each turn, and that the body must be on the breast when you begin the first stroke.

Charlie Cockrell  
Virginia LMSC Officials Chair  
Vice Chair, USMS Rules Committee  
[cockrellsva@cox.net](mailto:cockrellsva@cox.net)

## Goals

Why have goals? Very simple. Goals keep you motivated. Sure, your coach and fellow teammates help to keep you motivated, but primarily, motivation comes from within and if you have goals, it helps that inner voice keep you motivated. Instead of that inner voice saying "stay in bed" on that cold, dark wintry morning or evening, or "go ahead, hang out on the couch and watch TV by that roaring fire", it will say "get up, get your swimming gear and get to the pool!"

When you don't feel like doing the entire workout, that inner voice will say "just do it!" Yes, our inner voice is talking to us all the time and if it isn't positive feedback, we might as well forget it.

Goals can be anything from major competitions to goal times in a certain event to just swimming to stay fit. I think all of us have that goal to stay fit. And another goal I feel we all should have is to swim perfectly. Think about your stroke count, think about your high elbow on the recovery, and catch. Think about your body roll, think about your perfect turns.... think, think, think technique!!

Every time you turn it should be perfect—in and out of the walls fast, streamlined, get out past the flags before surfacing. This alone can make a huge difference in your swimming. Swimming perfectly can make swimming for the lap swimmer a lot more enjoyable. For the competitive swimmer, it trains our bodies so that when we do compete, it all comes naturally... we don't have to freak out worrying about getting DQ'd or missing a turn.

Coach Nancy Brown



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

Ruth Reiner.....410-280-6433

[ruthjreiner@comcast.net](mailto:ruthjreiner@comcast.net)

Christine Jorgensen .....410-280-0424

[jorgensenc@yahoo.com](mailto:jorgensenc@yahoo.com)

F  
i  
t  
n  
e  
s  
s

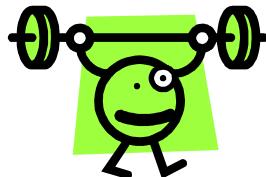
## From The January-February Issue Of "Swimmer" Magazine.....

A reader submitted a question regarding which exercises with weights would complement his swimming regimen. It was answered by Laura Smith of the Colorado Masters, who is a nationally certified fitness trainer.

"I am a firm believer of cross-training, and feel that participating in various activities will only make you an overall stronger athlete. .... Core exercises are the key to enhancing your swimming. Abdominal work, especially lower abs (helps with powerful turns) and oblique work (aids in rotation-the key to a strong free-style and backstroke); rear deltoid exercises; lower traps exercises; rotator cuff strengtheners; and legs."

Smith cautions, however, that the emphasis must be on doing weight exercises correctly - not just correct form and alignment, but also performing the exercises that will be specific to the swimmer's needs as an individual. She advises that "many swimmers have over - developed chest muscles, and relatively weak lower trapezius and rear deltoid muscles which cause an imbalance that could lead to impingement (shoulder) and a very long break from swimming."

"If you are a sprinter, you should be looking for explosive power as a benefit from your weight workouts. If a distance swimmer, you need to strive for muscle endurance. If you have pre-existing injuries, you need to strengthen around that area to avoid hurting yourself again." Smith is also a proponent of incorporating stretching exercises into one's regimen.



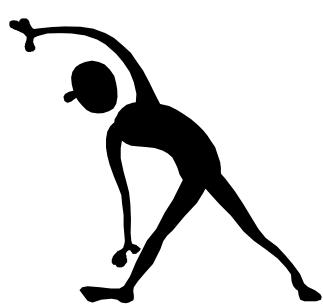
## The Importance Of Warming Up And Stretching-

How many times have you heard or read about the importance of warming up and stretching, and still find yourself confused about how or why? We have included print outs from the "American Council on Exercise" in this issue which may provide a guideline for warming up and stretching. Keep in mind that most articles on "fitness" are not geared to the swimmer, and this is no exception. So make the necessary mental adjustments.

What is important to remember is that as you age, your warm up in the pool may take longer. Take it easy; warming up with controlled, gentle movements. Listen to your body, and do the first few sets in preparation for the more rigorous part of the practice. An effective warm-up is nothing more than "easing into" whatever physical activity you will be engaging in.

The subject of stretching seems to have even more ambiguity surrounding it, especially as it relates to the "when" of it. The CARDINAL rule, however, is NEVER STRETCH WHEN YOUR MUSCLES/TENDONS/JOINTS are "cold". This could lead to injury at worst, and inefficient use at best. Our advice is to check with your Swim Team Coach, a Certified Trainer, or an Orthopedist who specializes in sports as to when stretching, as it relates to your swimming regimen, should most ideally be accomplished.

What is very clear is the fact that stretching increases, promotes, and maintains flexibility..... and one of the markers for "aging well" is how "flexible" one is, physically and mentally.



## 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 (shorting). The better these muscles are developed, the more effectively you can reach out in front, pull underneath you 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 is 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 pectoral muscles. Have you noticed that when you get fatigued from doing push-ups, you feel the fatigue evenly distributed between your chest and arms?

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, triceps 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 your 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.

# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## FLEXIBLE BENEFITS

We take part in aerobic activity to improve our cardiovascular endurance and burn fat. We weight train to maintain lean muscle tissue and build strength. Those are the two most important elements of a fitness program, right?

Actually, there are three important elements. Often neglected is flexibility training. That neglect is regrettable, because flexibility training:

- ▲ allows greater freedom of movement and improved posture
- ▲ increases physical and mental relaxation
- ▲ releases muscle tension and soreness
- ▲ reduces risk of injury

Some people are naturally more flexible. Flexibility is primarily due to one's genetics, gender, age and level of physical activity. As we grow older, we tend to lose flexibility, usually as a result of inactivity rather than the aging process itself. The less active we are, the less flexible we are likely to be. As with cardiovascular endurance and muscle strength, flexibility will improve with regular training.

### STRETCH FOR SUCCESS

Before stretching, take a few minutes to warm up as stretching cold muscles can cause injury. Begin with a simple, low-intensity warm-up, such as easy walking while swinging the arms in a wide circle. Spend at least 5 to 10 minutes warming up prior to stretching.

When performing any stretch:

- ▲ Start each stretch slowly, exhaling as you gently stretch the muscle.
- ▲ Try to hold each stretch for at least 10 to 30 seconds.

Avoid these stretching mistakes:

- ▲ Don't bounce a stretch. Holding a stretch is more effective and there is less risk of injury.



- ▲ Don't stretch a muscle that is not warmed up.
- ▲ Don't strain or push a muscle too far. If a stretch hurts, ease up.
- ▲ Don't hold your breath.

### FITTING STRETCHING INTO A COMPRESSED SCHEDULE

Time constraints keep many people from stretching. Some complain they just don't have time to stretch; others hurry out of their fitness classes before the cool-down exercises are completed. Ideally, at least 30 minutes, three times per week, should be spent on flexibility training. But even a mere five minutes of stretching at the end of an exercise session is better

than nothing. And all aerobic activity should be followed by at least a few minutes of stretching.

Here are some tips for fitting stretching into an overstuffed schedule:

**1** If you don't have time to sufficiently warm up before stretching, try doing a few stretches immediately after a shower or while soaking in a hot tub. The hot water elevates muscle temperature enough to make them more pliable and receptive to stretching.

**2** Try a few simple stretches before getting out of bed in the morning. Wake yourself up with a few full-body stretches by pointing the toes and reaching the arms above your head. This can clear your mind and help jump-start your morning.

**3** Take a stretching class such as yoga or tai chi. Scheduling a class will help you to stick with a regular stretching program.

### Compliments of:

Put your name and logo in this area,  
then make handout copies.



Reprinted with permission from the American Council on Exercise.

# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## WARM UP TO WORK OUT

Suppose you were told that you only had to add an extra five to 10 minutes to each of your workouts in order to prevent injury and lessen fatigue. Would you do it? Most people would say yes. Then they might be surprised to learn that they already know about those few minutes called a warm-up. If done correctly, a pre-exercise warm-up can have a multitude of beneficial effects on a person's workout and, consequently, their overall health.

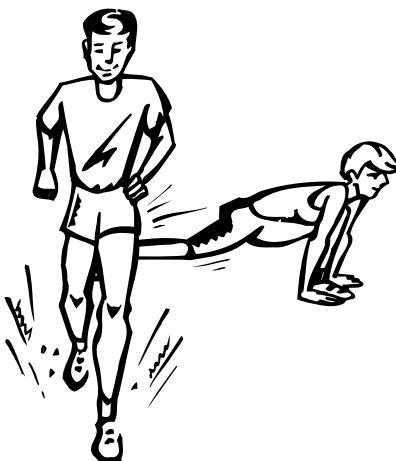
### WHAT HAPPENS IN YOUR BODY?

When you begin to exercise, your cardiorespiratory and neuromuscular systems and metabolic energy pathways are stimulated. Muscles contract and, to meet their increasing demands for oxygen, your heart rate, blood flow, cardiac output and breathing rate increase. Blood moves faster through your arteries and veins, and is gradually routed to working muscles. Your blood temperature rises and oxygen is released more quickly, raising the temperature of the muscles. This allows the muscles to use glucose and fatty acids to burn calories and create energy for the exercise. All of these processes prepare the body for higher-intensity action.

### SPECIFICALLY ...

- A gradual warm-up:
- leads to efficient calorie burning by increasing your core body temperature
- produces faster, more forceful muscle contractions
- increases your metabolic rate so oxygen is delivered to the working muscles more quickly
- prevents injuries by improving the elasticity of your muscles

- gives you better muscle control by speeding up your neural message pathways to the muscles
- allows you to work out comfortably longer because all your energy systems are able to adjust to exercise, preventing the buildup of lactic acid in the blood
- improves joint range of motion
- psychologically prepares you for higher intensities by increasing your arousal and focus on exercise



### WHERE TO BEGIN

Your warm-up should consist of two phases: 1) progressive aerobic activity that utilizes the muscles you will be using during your workout, and 2) flexibility exercises. Choosing which warm-up activity to use is as easy as slowing down what you will be doing during your workout. For example, if you will be running, warm up with a slow jog, or if you will be cycling outdoors, begin in lower gears.

An ideal intensity for an aerobic warm-up has yet to be established, but a basic guideline is to work at a level that produces a small amount of perspiration, but doesn't leave you feeling fatigued. The duration of the warm-up activity will depend on the intensity of your workout as well as your own fitness level.

After the aerobic warm-up activity you should incorporate flexibility/stretching exercises. Stretching muscles after warming them up with low-intensity aerobic activity will produce a better stretch since the rise in muscle temperature and circulation increases muscle elasticity, making them more pliable. Be sure to choose flexibility exercises that stretch the primary muscles you will be using during your workout.

### MAKE THE TIME

In order to fully reap the benefits of the time you are spending exercising, you must warm up. Taking those extra few minutes to adjust to increased activity will ensure a better performance from your body and, in turn, will make your workout more efficient, productive and, best of all, enjoyable.

### Compliments of:

Put your name and logo in this area,  
then make handout copies.



Reprinted with permission from the American Council on Exercise.

# Swim Events Calendar

| Date             | Event / Contact info  | Deadline   |
|------------------|---|------------|
| <b>Feb 11</b>    | CCM Swim Series - <b>Woods Community Center</b> , Severna Park, MD<br><a href="http://www.maryland.usms.org">www.maryland.usms.org</a>  | Deck Entry |
| <b>Feb 11-12</b> | VMST David Gregg III Memorial Meet - Richmond, VA<br><a href="http://www.vaswim.org/">www.vaswim.org/</a>   | Feb 3      |
| <b>Mar 4-5</b>   | <b>Maryland Masters Winter Meet</b> , UMBC, Catonsville, MD<br>Entry form in this newsletter or <a href="http://www.maryland.usms.org">www.maryland.usms.org</a>                                | Feb 17     |
| <b>Mar 5</b>     | <b>Virginia Masters 5th Chinn Aquatics Swim Meet</b> - Woodbridge, Va<br><a href="http://www.vaswim.org">www.vaswim.org</a>   | Mar 1      |
| <b>TBD*</b>      | CCM Swim Series Finale - <b>Arundel Olympic Swim Center</b> , Annapolis, MD<br><a href="http://www.maryland.usms.org">www.maryland.usms.org</a>   | Deck Entry |
| <b>Apr 1</b>     | Albatross Open SCM - Bethesda, MD<br><a href="http://www.pvmasters.org">www.pvmasters.org</a>   | Mar 25     |
| <b>Apr 21-23</b> | <b>Colonies Zone SCY Championship</b> , George Mason University<br><a href="http://www.patriotmasters.org/Colonies.April2006.Entry.pdf">www.patriotmasters.org/Colonies.April2006.Entry.pdf</a> | Apr 10     |
| <b>May 11-14</b> | <b>USMS Short Course Nationals</b> - Coral Springs, FL, <a href="http://www.usms.org">www.usms.org</a>  | Mar 30     |
| <b>May 18-21</b> | <b>YMCA National Championship</b> – Ft Lauderdale, FL<br><a href="http://www.ymcaswimminganddiving.org/2006Masters.htm">www.ymcaswimminganddiving.org/2006Masters.htm</a>                       |            |
| <b>May 28</b>    | <b>Jim McDonnell Lake Swims, Open Water</b> - Lake Audubon, Reston, VA<br><a href="http://www.restonmasters.org/">www.restonmasters.org/</a>  | May 16     |
| <b>Jun 11</b>    | <b>The Great Chesapeake Bay Swims</b> -<br><a href="http://www.lin-mark.com">www.lin-mark.com</a>   | Feb 2      |
| <b>Jun 17</b>    | <b>USMS 1-3 Mile Open Water Championships</b> , Clemson, SC, <a href="http://www.usms.org">www.usms.org</a>   |            |
| <b>Jul 15</b>    | <b>USMS 2 Mile Cable Championships</b> Charlottesville, VA, <a href="http://www.usms.org">www.usms.org</a>  |            |
| <b>Jul 29</b>    | <b>USMS 1 Mile Open Water Championships</b> , Cleveland, Ohio, <a href="http://www.usms.org">www.usms.org</a>   |            |
| <b>Aug 4-10</b>  | <b>2006 XI FINA world Masters Champs (LCM)</b> - Palo Alto, CA<br><a href="http://www.2006finamasters.org">www.2006finamasters.org</a>  |            |

Please note that entries deadlines are usually the date the entry must be received, not postmarked.

Entry forms are provided in the newsletter for events sponsored by the Maryland LMSC, Colonies Zone, or National USMS only. Check web sites for other entry forms and details.

## SPECIAL NOTE

**The date for the March Mini Series Finale is being changed to allow swimmers to attend the SCM Albatross Meet. March 25 is being considered, possibly at UMBC (warmup at 3:00). Please check our web site for the latest information. <http://Maryland.usms.org>**



# National Awards

## Top Ten - LCM

The Individual Long Course Top Ten for 2005 was recently announced. The following Maryland LMSC swimmers made the list.

|                            |           |  |
|----------------------------|-----------|--|
| W25-29 Katherine Hennessey |           |  |
| 7 400 Free                 | 5:09.33M  |  |
| 4 800 Free                 | 10:40.45M |  |
| W30-34 Kristin Tucker      |           |  |
| 5 50 Free                  | 30.26M    |  |
| W30-34 Jennifer Bistrack   |           |  |
| 9 50 Free                  | 30.70M    |  |
| W30-34 Tobi Limke          |           |  |
| 4 200 Back                 | 2:48.06M  |  |
| W30-34 Jennifer Bistrack   |           |  |
| 10 50 Breast               | 40.59M    |  |
| 7 100 Breast               | 1:28.51M  |  |
| 6 100 Fly                  | 1:16.95M  |  |
| W35-39 Mary Ruppe          |           |  |
| 6 1500 Free                | 20:28.77M |  |
| 7 200 Breast               | 3:03.80M  |  |
| 10 50 Fly                  | 34.59M    |  |
| 4 100 Fly                  | 1:15.04M  |  |
| 4 200 Fly                  | 2:44.56M  |  |
| 7 200 IM                   | 2:45.63M  |  |
| 6 400 IM                   | 5:49.37M  |  |
| W40-44 Denise Frech        |           |  |
| 8 50 Breast                | 41.37M    |  |
| W50-54 Nancy A Sterling    |           |  |
| 9 100 Breast               | 1:38.14M  |  |
| 8 200 IM                   | 3:04.10M  |  |
| 4 400 IM                   | 6:40.24M  |  |
| W55-59 Susan Levickas      |           |  |
| 6 200 Breast               | 3:50.45M  |  |
| W60-64 Christine Jorgensen |           |  |
| 9 50 Breast                | 52.23M    |  |
| W65-69 Nancy Brown         |           |  |
| 10 50 Free                 | 40.71M    |  |
| 6 200 Free                 | 3:20.74M  |  |
| 5 800 Free                 | 14:16.74M |  |
| 3 50 Back                  | 47.12M    |  |
| 4 200 Back                 | 3:48.23M  |  |
| 2 400 IM                   | 8:06.10M  |  |
| M30-34 Steve Hicks         |           |  |
| 10 100 Back                | 1:13.50M  |  |
| M60-64 Bill Conroy         |           |  |
| 9 1500 Free                | 22:51.68M |  |
| M70-74 Lou McComas         |           |  |
| 9 200 Back                 | 3:47.24M  |  |
| M70-74 Yu-Jim Lee          |           |  |
| 10 50 Fly                  | 43.70M    |  |

## Long Distance

Pool events usually get all our attention. We often forget about the Open Water / Long Distance events. One of our members, **Kevin Joubert** (Men 30-34), has consistently competed in these events. He has received the following national recognition:

- Swimmers successfully completing all five Long Distance Postal Championship events in 2005.
- 1st place—USMS 10K OW Championships November 5, 2005 ~ Fort Myers Beach, Florida ~ Gulf of Mexico
- 2004 Long Distance All Stars

Way to go, Kevin!

## ...And Maryland Senior Olympics

The following Maryland LMSC swimmers placed 1st or 2nd at the Maryland Senior Olympics held September 23, 2005, at the Towson University pool. Events in **bold** are new records. (Note—these results have still not been officially released by the Maryland Senior Olympics Committee. If you see an error, please notify the newsletter editors and we will pass it on. Thanks.)

|                     |       |  |
|---------------------|-------|--|
| Raymond Edelhoff    | 90+   | 1 <sup>st</sup> 50 bk, 1 <sup>st</sup> 100 bk, 1 <sup>st</sup> 50 br, 1 <sup>st</sup> 50 fr                                    |
| Walter Sompayrac    | "     | 2 <sup>nd</sup> 50 bk, 2 <sup>nd</sup> 50 fr   |
| Donald Crawford     | 85-89 | 1 <sup>st</sup> 50 fr, 1 <sup>st</sup> 100 fr, 1 <sup>st</sup> 200 fr, 1 <sup>st</sup> <b>100 IM</b>                           |
| Doris Russell       | "     | 1 <sup>st</sup> <b>50 fly</b> , 1 <sup>st</sup> <b>50 fr</b> , 1 <sup>st</sup> <b>100 fr</b> , 1 <sup>st</sup> <b>200 fr</b>   |
| Jill Coleman        | 75-79 | 1 <sup>st</sup> <b>50 bk</b> , 1 <sup>st</sup> <b>50 fly</b> , 1 <sup>st</sup> <b>100 IM</b> , 1 <sup>st</sup> <b>200 IM</b>   |
| John Collings       | "     | 1 <sup>st</sup> 200bk, 2 <sup>nd</sup> 100 br, 1 <sup>st</sup> 500 fr, 1 <sup>st</sup> 200 IM                                  |
| Barbara Martin      | "     | 2 <sup>nd</sup> 50 fly, 2 <sup>nd</sup> 50 fr, 2 <sup>nd</sup> 100 IM  |
| Ruth Widdowson      | "     | 1 <sup>st</sup> 50 fr, 1 <sup>st</sup> 100 fr, 1 <sup>st</sup> 500 fr  |
| Phillip Kerr        | 70-74 | 1 <sup>st</sup> 50 fr, 1 <sup>st</sup> <b>100 fr</b> , 1 <sup>st</sup> 200 fr, 1 <sup>st</sup> <b>500 fr</b>                   |
| Yu-Jin Lee          | "     | 1 <sup>st</sup> 50 fly, 1 <sup>st</sup> 50 bk, 2 <sup>nd</sup> 500 fr, 1 <sup>st</sup> 100 IM                                  |
| Donald Rice         | "     | 1 <sup>st</sup> 200 bk   |
| Betsy Rogan         | "     | 1 <sup>st</sup> 50 bk, 1 <sup>st</sup> 50 fr, 1 <sup>st</sup> 100 fr, 1 <sup>st</sup> 500 fr                                   |
| Beverly Little      | 65-69 | 1 <sup>st</sup> 50 bk, 1 <sup>st</sup> 50 br, 1 <sup>st</sup> 50 fr, 1 <sup>st</sup> 100 IM                                    |
| Ted Murray          | "     | 1 <sup>st</sup> 50 fly, 1 <sup>st</sup> 100 fly, 1 <sup>st</sup> 100 IM  |
| Marjorie Pearsall   | "     | 1 <sup>st</sup> 200 bk, 1 <sup>st</sup> 200fr, 1 <sup>st</sup> 500 fr, 1 <sup>st</sup> 200 IM                                  |
| Ida Shiflet         | "     | 1 <sup>st</sup> 100 bk, 1 <sup>st</sup> 100 br, 1 <sup>st</sup> 200 br, 2 <sup>nd</sup> 500 fr                                 |
| Joan Libby          | 60-64 | 1 <sup>st</sup> 200 bk, 1 <sup>st</sup> 100 fr, 1 <sup>st</sup> 200 fr, 1 <sup>st</sup> 500 fr                                 |
| Christine Jorgensen | "     | 1 <sup>st</sup> 50 bk, 1 <sup>st</sup> <b>50 br</b> , 1 <sup>st</sup> 100 br, 1 <sup>st</sup> <b>200 br</b>                    |
| George Mooney       | "     | 1 <sup>st</sup> 50 bk, 1 <sup>st</sup> 100 bk, 1 <sup>st</sup> 200 bk  |
| Edith Vogl          | 55-59 | 1 <sup>st</sup> 100 br, 1 <sup>st</sup> 200 br, 1 <sup>st</sup> 100 IM, 1 <sup>st</sup> 200 IM                                 |
| Gail Anderson       | 50-54 | 1 <sup>st</sup> 50 bk, 1 <sup>st</sup> 100 bk  |
| Thomas Matysek      | "     | 1 <sup>st</sup> <b>100 bk</b> , 1 <sup>st</sup> <b>100 br</b> , 1 <sup>st</sup> <b>200 br</b> , 1 <sup>st</sup> <b>200 IM</b>  |
| Barbara Protzman    | "     | 1 <sup>st</sup> <b>100 fly</b> , 1 <sup>st</sup> <b>200 fr</b> , 1 <sup>st</sup> <b>100 IM</b> , 1 <sup>st</sup> <b>200 IM</b> |
| Nancy Sterling      | "     | 1 <sup>st</sup> <b>50 fly</b> , 1 <sup>st</sup> <b>50 fr</b> , 1 <sup>st</sup> <b>100 fr</b> , 1 <sup>st</sup> <b>500 fr</b>   |

# February Fitness Frolic '06

## Winter Plunge for Patients

**Purpose:** To promote fitness through swimming while raising funds for the Hopkins Oncology Center.

**Recording Distance:** Beginning 1 February, 2006, record on the form below the number of yards completed each day, being as accurate as possible. To convert meters to yards, add 10% to meter distance to obtain yard total ( $3000\text{m} + 300 ((10\%)) = 3300 \text{ yd.}$ ).

**Monthly Totals:** At month's end, add daily yardage totals to obtain monthly total.

**Caution:** Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

**Age Groups:** 19-79+ in five year increments.

**Age:** Determined by your age on 28 February 2006.

**Awards:** Age group winners, male and female, and top sponsorship fundraisers will receive a '05 Plunge for Patients long sleeve t-shirt (design by Marti Betz), subject to availability.

**Entry Fee:** \$20 minimum (no maximum)(100% tax deductible), all fees payable to **Johns Hopkins Oncology Center**.

**Entry Deadline:** Entries must be RECEIVED by 15 March 2006.

**Entry Procedure:** Send form below and fees to: **February Fitness Frolic**  
c/o Bill Conroy  
1514 Flynt Place  
Crofton, MD 21114  
Phone- 410/721-9327; e-mail- [Conroy01@cs.com](mailto:Conroy01@cs.com)

Please make every effort to bundle entries by group, e.g., ABC, SPY, UMBC, etc.

**Sponsorship:** 100% of all fees collected, both entry and sponsorship, goes to the Johns Hopkins Oncology Center, Patient and Family Fund, administered by a local swimmer, Viki Anders. This is a worthwhile cause and you are encouraged to seek sponsorship for families in their time of great stress and need. Please remember our friends we have lost to cancer, or who are currently battling it.

---

### February Fitness Frolic '06

**NAME:** \_\_\_\_\_ **AGE (as of 2/28/06):** \_\_\_\_\_ **SEX:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_

**ZIP:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_ **SWIM GROUP:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_ (where possible, results distributed by e-mail)

**T-SHIRT SIZE:** \_\_\_\_\_

|           |           |           |       |            |       |            |       |
|-----------|-----------|-----------|-------|------------|-------|------------|-------|
| Wed 2/1   | _____ yds | Wed 2/8   | _____ | Wed 2/15   | _____ | Wed 2/22   | _____ |
| Thurs 2/2 | _____     | Thurs 2/9 | _____ | Thurs 2/16 | _____ | Thurs 2/23 | _____ |
| Fri 2/3   | _____     | Fri 2/10  | _____ | Fri 2/17   | _____ | Fri 2/24   | _____ |
| Sat 2/4   | _____     | Sat 2/11  | _____ | Sat 2/18   | _____ | Sat 2/25   | _____ |
| Sun 2/5   | _____     | Sun 2/12  | _____ | Sun 2/19   | _____ | Sun 2/26   | _____ |
| Mon 2/6   | _____     | Mon 2/13  | _____ | Mon 2/20   | _____ | Mon 2/27   | _____ |
| Tue 2/7   | _____     | Tue 2/14  | _____ | Tue 2/21   | _____ | Tue 2/28   | _____ |

**TOTAL MONTHLY YARDS** \_\_\_\_\_ **TOTAL MONTHLY MILES** \_\_\_\_\_  
(Monthly yardage divided by 1760)

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Total funds:** \_\_\_\_\_

*I attest that the above results are accurate and true.*

I would like to swim for a cancer patient and/or family. **Name-** \_\_\_\_\_

# Places to Swim

The following information was taken from the USMS web site. Please check with the contact listed for the most current information.

## Annapolis - 002-MARY Maryland Masters

Arundel Olympic Swim Center  
2690 Riva Road Annapolis, Maryland  
*Lap Swim / Workout Times:* MW 8- 9:30PM, S 8- 9:30 am - Lanes continuously available for laps  
*Contacts:* Rand Vaillancourt (Pool) 410-222-7933 E-Mail coach-rand@usms.org

## Arnold

Anne Arundel Community College  
101 College Parkway Arnold, Maryland  
*Lap Swim / Workout Times:* MWF 6-7 AM, 7:30-8:50 AM  
*Contacts:* Donna Michael at 410-777-2316 or dcmichael@aacc.edu

## Baltimore - Chesapeake Masters Swim Club

Catonsville Community College  
800 South Rolling Road Baltimore, Maryland  
*Lap Swim / Workout Times:* TWTh 5:30-7:15 am, Sat 6:00-7:30 am, Sun 8:00-9:30 am  
*Contact:* Mike Wehner Pool:410-455-4175, Home: 410-531-1219

## Baltimore - Merritt Marlins

Merritt Club Canton  
3401 Boston St., Canton Baltimore, Maryland  
*Lap Swim / Workout Times:* Tuesday and Wednesdays at 7:00PM, Thursday and Fridays at 06:00AM  
*Contacts:* Aquatic Director:Dana Kielty:dkielty@merrittclubs.com and Coach:Oscar Fontana:swimpractice@verizon.net  
*Web Site:* <http://www.merrittclubs.com>

## Baltimore - NBAC North Baltimore Aquatic Club Masters

Meadowbrook Pool  
5700 Cottonworth Avenue Baltimore, Maryland  
*Lap Swim / Workout Times:* MTWUF 6-7 AM SA 6:30-7:30 AM SU 5:30-6:30 PM TU 7:30-8:30 PM  
*Contacts:* John Cadigan (410)433-8300  
*Web Site:* <http://www.mbrook.com/>

## Catonsville

University Of Maryland Baltimore County  
Wilkins Avenue (near Rt. 695) Catonsville, Maryland  
*Lap Swim / Workout Times:* M 5:30-7 am, TTH 6-7:30 am, 7:30-9:00 pm, SS 8-10 am  
*Contacts:* Darlene Schaub at (410) 455-2679 or CoachDarlene@mindspring.com

## Catonsville - CMYM Central Maryland YMCA Masters

Western Family (Catonsville) YMCA  
850 South Rolling Road Catonsville, Maryland  
*Lap Swim / Workout Times:* MW 8:45 PM to 9:45 PM  
*Contacts:* Michael Jacobson at CoachMike@cmym.us  
*Web Site:* <http://www.cmym.us>

## Columbia - COLU Columbia Masters Maryland LMSC

Supreme Sports Club  
7080 Deepage Drive Columbia, Maryland  
*Lap Swim / Workout Times:* MWF 7:30-9:00 PM  
*Contacts:* Adam Rutz at rutz@hotmail.com

## Columbia - COLM Columbia Masters (Day program)

### Maryland LMSC

Columbia Swim Center  
10400 Cross Fox Lane Columbia, Maryland  
*Lap Swim / Workout Times:* M-F 10:30am to 11:45am  
*Contacts:* Sue (410)730-7000

## Cumberland

Cumberland YMCA  
601 Kelly Road Cumberland, Maryland  
*Lap Swim / Workout Times:* MWF 5:30-6:30 PM  
*Contacts:* Jamie Miller (301)777-9622 or cuy\_seaotters@hotmail.com  
*Web Site:* <http://www.cumberlandymca.org>

## Easton - TCY Talbot County YMCA Masters

Talbot County YMCA  
202 Peachblossom Road Easton, Maryland  
*Lap Swim / Workout Times:* SU 4:00-500 pm, WF 6-7:30 am  
*Contacts:* Lynda Wiggins at LWiggins@goeaston.net

## Eldersberg - MERR Merritt Marlins

Merritt Athletic Club - Eldersburg  
1388 Progress Way Eldersberg, Maryland  
*Lap Swim / Workout Times:* Lap Swim always available; Masters workouts: MW 6-8 AM  
*Contact:* Kathy Gilbert, 410-549-8855 or KGibert@merrittclubs.com  
*Web Site:* <http://www.merrittclubs.com>

## Ellicott City - CMYM Central Maryland YMCA Masters

Howard County Family YMCA  
4331 Montgomery Road Ellicott City, Maryland  
*Lap Swim / Workout Times:* Tue-Thu 8:45 PM to 9:45 PM  
*Contacts:* Michael Jacobson at CoachMike@cmym.us  
*Web Site:* <http://www.cmym.us>

## Millersville

Severna Park Racquetball & Fitness Club  
8514 Veterans Highway Millersville, Maryland  
*Lap Swim / Workout Times:* MW 7:30-9:00 pm, F 6:30 Ppm  
*Contacts:* Sharon Musselman at waterlover@comcast.net or 410-987-0980

## Pikesville - LBM LifeBride Masters

LifeBridge Health & Fitness  
1836 Green Tree Rd Pikesville, Maryland  
*Lap Swim / Workout Times:* TTh 6:15-7:30 am, Sun 7-8:30 am  
*Contacts:* John Vargo 410-484-6800 x 200 or Marian Wasser waters27@yahoo.com

## Pocomoke City - Delmarva Dogfish

Lower Shore Family YMCA  
1900 Worcester Highway Pocomoke City, Maryland  
*Lap Swim / Workout Times:* M-Th 6-8am and 7-8:30 pm, Fri 6-8:30am and 7-8pm, Sat 7am-4:30pm, Sun 1-4:30pm.  
*Contacts:* Samantha Hand, swimwithsam@aol.com, 410-957-9622

## Salisbury - DAMD Delmarva Aquatic Masters Dogfish

Mid-Delmarva Family YMCA  
715 South Schumaker Drive Salisbury, Maryland  
*Lap Swim / Workout Times:* Tue, Thur: 5:45-7 am and 7-7:45 am & Sat: 7-8:15 am  
*Contacts:* Steve Hicks dogfishinfo@gmail.com  
*Web Site:* <http://www.delmarvadogfish.com>

## Severna Park

Woods Community Center  
Severna Park, Maryland  
*Lap Swim / Workout Times:* M,W, F 5:30-6:45 am, 9:30-10:30 am, TTH 7:30-9 pm, W 5:30 - 6:30 am, Sun 6:30-8am  
*Contacts:* Nancy Brown 410-255-0699

## Timonium - MAC Masters

Maryland Athletic Club  
110 West Timonium Rd Timonium, Maryland  
*Lap Swim / Workout Times:* MW 5:30-9:30 am, 7-8 pm, Sat 7:15-8:15 am  
*Contacts:* Hollie Kenney (410) 453-9111

## Towson - Maryland Masters

Towson University Tigerfish  
University Drive Towson, Maryland  
*Lap Swim / Workout Times:* MWF 5:30-6:30 am, Sat 10-12n  
*Contacts:* Coach Matt McDonough mmcdonough@towson.edu or 410-704-4843

## Towson - MERR Merritt Marlins

Merritt Athletic Club - Towson  
8757 Mylander Lane Towson, Maryland  
*Lap Swim / Workout Times:* Lap Swim always available; Masters workouts MTu 6-8 pm, W 6-7 pm, Sat 8:30-9:30 am  
*Contacts:* Andrew Barranco, Aquatics Director, (410) 821-0160

# Fitness Frolic

## 2006 USMS Registration

A copy of the entry form for the February Fitness Frolic 2006 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. Over the past 5 years we/you have raised over \$13,000 for the Johns Hopkins Oncology Center. You can raise money from your own contribution and/or from soliciting pledges from friends, family, co-workers. Keep track of your yardage over the course of the month and return to me with monies raised. Please feel free to duplicate this form and distribute to other swimmers. The more, the merrier...and the more money raised. 100% of all monies raised go to Hopkins. Thank you in advance for your generosity and good luck.

Bill Conroy

The USMS registration form is included in this newsletter. You must be a current member to participate in any USMS sanctioned meets—including our own mini-series events. Your membership includes a subscription to the USMS Magazine. If you have not yet renewed for 2006, do it now!

USMS, Maryland Association  
c/o Christine Jorgensen  
1580 Ritchie Lane  
Annapolis, MD 21401

