



Oct. 2003

United States Masters Swimming - Maryland LMSC

Volume 5 Issue 3

# 2004 Registration

The number of registered swimmers in Maryland as of October 1 is 450, about a 5% increase over 2002. It is almost time to renew your USMS membership. Please be sure to use the 2004 form. The fee remains at \$30. Also, your team must have renewed their membership before you can register with them.

Don't forget to inform Barb of any changes in your mailing address and email address throughout the year. There was an increase in lost cards last year. Each swimmer is limited to one free replacement card per year; so please try to find it first! We encourage you to choose to receive your newsletter by email to keep our costs down so we can provide more newsletters during the year and avoid future dues increases.

## Election of Officers

As vice chair of the LMSC, Nancy Brown is the chair of the Nominating Committee. Two other people are needed to volunteer to serve on this committee. A slate of officers needs to be presented at the June 5<sup>th</sup> general membership meeting for election.

The current officers are: Chair and Registrar – Barb Protzman, Vice Chair – Nancy Brown, Secretary – Ray Toy, Treasurer – Patty Devanny. The current officers are willing to continue in these positions unless there are other nominations.

Please contact Nancy Brown if you would like to serve on the committee or run for an office. (410) 255-0699, 424 Riverside Dr, Pasadena, MD 21122, nancygeoff@mymailstation.com.

## 2004 YMCA Nationals

The 2004 YMCA Nationals will be held at the International Swimming Hall of Fame Pool in Ft. Lauderdale, FL April 15-18.

As defending champion, Anne Arundel County YMCA is looking to repeat, but needs a large team to do so. If you are interested in being a part of the winning team, contact Nancy Brown for the application form. Membership with the Anne Arundel County YMCA must be submitted by January 14. The cost is \$58 for individuals, \$65 for family, and \$51.50 for seniors.

A meeting will be held before the February 7 Swim Series meet for those swimmers who will be attending. Rooms are blocked off at the Doubletree, which is across the street from the pool and the beach.

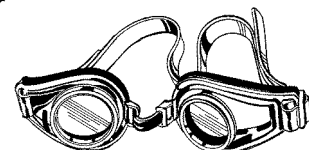
## 2004 LMSC Banquet

The Maryland LMSC will host its 30<sup>th</sup> anniversary bash on June 5 at Knights of Columbus Hall on Frederick Rd in Catonsville. We hope to make this a special event.

Gladney McKay from Severna Park heading up a committee to come up with a theme. Cheryl Kinney is looking for old photos and newspaper articles on the swim team to put together a collection for the banquet.

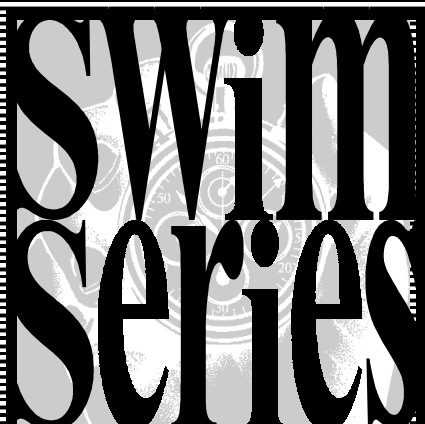
Send non-returnable items to Cheryl Kinney at 1927 Annapolis Blvd, Annapolis, MD 21401.

Reserve the date on your calendar now!



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LAYOUT AND DESIGN BY SHERIE SHAALAN





## MARYLAND LMSC ANNUAL TEAM REPRESENTATIVES MEETING

Date: .....September 6, 2003  
 Location: ..... The Barbara Protzman Residence  
 .....7919 Main Falls Circle  
 ..... Catonsville, Maryland 21228  
 Time commenced: ..... 10:45 A.M.  
 Time concluded: ..... 12:41 P.M.

In attendance:  
*Name* ..... *Representing*  
 Barb Protzman ..... UMBC  
 Rand Vaillancourt ..... AOSC  
 Mike Jacobson ..... HCYM  
 Jill Springer ..... SPY  
 Nancy Brown ..... SPY  
 Patty Devanny ..... UMBC  
 Rob Dobry ..... UMBC  
 Gladney McKay ..... SPY  
 Bob Johnston ..... Towson Tigerfish  
 Bonnie Johnston ..... Towson Tigerfish  
 Mark Hurley ..... Merritt Marlin

1. Barb called the meeting to order.
  - 1.1. She announced that Mark would be taking minutes as Acting Secretary in the absence of Raymond Toy.
2. A discussion commenced on the 2003-2004 meet schedule.
  - 2.1. The following is a *tentative* schedule for the Carol Chidester Swim Series meet season. The order of events for each meet will be published in the next newsletter.

<i>DATE</i> (*Tentative)	<i>LOCATION</i>	<i>WARM-UP TIME</i>
October 18, 2003	Howard County YMCA	4:00 P.M.
November 8, 2003*	Meadowbrook	4:30 P.M.
December 13, 2003	Towson University	4:30 P.M.
January 17, 2004	Annapolis Olympic Swim Center	4:00 P.M.
February 7, 2004	Severna Park or Catonsville YMCA	5:00 P.M.
March 20, 2004*	Championship at UMBC	4:30 P.M.

- 2.2. Mike advised that there is an 80% certainty that the Outback Steakhouse restaurant will sponsor the food at the October 18, 2003 meet, which opens the 2003-2004 season.
- 2.3. All present agreed and voted unanimously that the entry fee for each Chidester Memorial Swim Series meet shall be \$5.00. The entry fee for the championship shall be \$7.00.
- 2.4. In order to attract more participants to the series championship, the idea of a give-away to participants was considered. Various options are to be explored, such as tee shirts, lanyards or other promotional items from sports equipment manufacturers/resellers. Barb will also investigate making the meet a challenge of the Maryland LMSC vs. the Potomac Valley LMSC.
- 2.5. The tentative date for the Maryland Masters Meet is February 28-29, 2004 at UMBC.

3. Barb discussed the upcoming 2003 USMS Convention.
  - 3.1. Bids have been received for the 2005 Nationals. They are at Orlando (SCY & LCM) and Mission Viejo (LCM).
  - 3.2. USMS will be supporting a bid for the 2006 World Masters Championship Games (all aquatic sports, including swimming), probably to be held at Stanford University.
  - 3.3. The current national USMS officers should be re-elected for another two-year term, as is the usual custom.
  - 3.4. The convention will be considering the re-writing of Part 4 of the By-Laws that deals with Conduct, Hearings and Appeals [of members].
4. The next issue of the newsletter should be out soon. Please submit articles of interest to Barb by September 19, 2003. *Any news is encouraged!*
5. A date for the 2004 Annual Banquet was tentatively set for June 5, 2004. This will celebrate the 30<sup>th</sup> Anniversary of Maryland LMSC. All agreed that a special effort needs to be made to make this celebration notable.
  - 5.1. Patty suggested that the Catonsville Knights of Columbus Hall would be a good place to have this affair. All were in agreement.
  - 5.2. Various ideas, such as displaying historic pictures, making a PowerPoint presentation as part of the entertainment, program booklet, D.J., etc., were discussed to mark the celebration. An *ad hoc* committee agreed to meet informally on a periodic basis, if needed, to pursue these ideas. Patty, Barb, Mike, Nancy and Mark all offered their assistance. Mark offered his home as a place to meet.
  - 5.3. The tentative schedule for the banquet would be: *cocktails* from 5 P.M. to 6 P.M.; *dinner* from 6 P.M. to 7 P.M.; *awards and entertainment* from 7 P.M. to 11:00 P.M. The exact time and order of events will be determined by the hall rental.
  - 5.4. All team representatives were especially urged to share the banquet plans *now* to ensure a good turnout of members.
6. Regarding the USMS License plate as discussed last year, the response has been disappointing. Mark suggested including an "interest" form in the newsletter, which would include necessary information from members who may wish to sign up for them. Mark further offered to gather and tabulate the forms. Only a minimum of 25 applicants is needed to become eligible for the Maryland organizational tags. All present agreed to pursue this effort further.
7. Mike suggested that we update our By-Laws.
  - 7.1. Barb mentioned that, coincidentally, the national administration is looking into producing a model for LMSC's.
  - 7.2. It was agreed that it would be a good idea to use the new national model, once finalized, for our By-Laws.
  - 7.3. In that end, Mike would form a By-Laws Committee to complete this task.
  - 7.4. Every effort to prepare the new By-Laws in time for the Annual Banquet.
  - 7.5. In addition to revising the By-Laws, it was suggested that elections be held to coincide with the new By-Laws at the Annual Banquet. All in attendance were in agreement.
  - 7.6. An announcement will be forthcoming concerning the By-Laws and elections in the newsletter.
  - 7.7. Mark also suggested that we make sure that our non-profit organizational status within the State of Maryland is in keeping with the Maryland Secretary of State. Patty said she would check into the same.
8. Some announcements were made.
  - 8.1. The 2003 Maryland Senior Olympics are being held on September 11-27, 2003. Nancy requested help at Towson University for swimming events in Friday, September 26, 2003. Those interested should contact Nancy.
  - 8.2. Mark invited everyone in the Maryland LMSC to Merritt Athletic Club's Open House on September 22, 2003 at 6:30 P.M. Michael Phelps and Bob Bowman will be on hand to greet visitors. As part of the open house, aquatics would be showcased, especially Master's Swimming. To that end, the new USMS color brochure, *Masters Swimming, What's It All About*, will be made available for the asking. Mark distributed some of these brochures to all those present for their use. They are available from Tracy Grilli at the USMS National Office for a pre-payment of \$4.00, which only covers the postage for mailing. [For more information about the Merritt Athletic Club in Towson, visit Merritt Marlins website at [WWW.GEOCITIES.COM/MERRITTMARLINS](http://WWW.GEOCITIES.COM/MERRITTMARLINS) or contact Mark.]
9. A suggestion was made to look into having a Masters Swimming booth at next year's Chesapeake Bay Swim.
10. There being no further business, the meeting was adjourned.

Respectfully submitted,  
Mark A. Hurley, Acting Secretary

# 2003 US Aquatic Sports Convention Team Updates

The 2003 United States Aquatic Sports Convention was held September 9-14 in San Diego, CA. The delegates attending from Maryland were Barb Protzman and Sherif Shaalan. A summary of the important business at the convention is:

- The national officers were re-elected for a second term.
- The team registration fee increased by \$10.
- The Rule Book Part 4: Participation, Conduct, Hearings, and Appeals, was totally rewritten.
- 2005 USMS SCY Nationals – The bid was not awarded at convention. Only one bid was received, but it could not be certified since the bidder did not come to convention to make a presentation and could not be reached by phone to answer questions. Additional bids will be accepted until 10/31. A final decision will be made by the end of the year.
- 2005 USMS LCM Nationals will be held at Mission Viejo, CA.
- USMS voted to proceed with the bid for 2006 FINA Masters World Championships at Stanford University. USMS will provide all upfront monies to be reimbursed from the profits. Pacific Masters will be the host organization for Masters Swimming. The event will also include Diving, Water Polo, Synchronized Swimming and Open Water. Over 4,000 swimmers are expected to participate.
- Colonies Zone News: Elected new zone rep – Debbie Morrin-Nordlund of Terrapin Masters.
- SCM Zones – Rutgers University Dec. 6-7, 2003.
- SCY Zones – George Mason University April 2-4, 2004.

Complete minutes will be available on the USMS website in the near future.

At the Saturday night USAS banquet, Maryland's own Michael Phelps received the top two USA Swimming awards for the year.

## Salisbury YMCA

A new team is forming at the Salisbury YMCA. Coach Steve Hicks reports that workouts will be held on Tuesday and Thursday from 6-7am and Saturday 7-8 am. Contact Steve at hickster9@comcast.net. Steve was formerly with the Rocky Mountain Masters in Colorado.

## SPY

SPY is now the team without a pool. The Woods Community Pool temporarily closed this summer for renovations, but will hopefully re-open in January/February. The building surrounding the existing pool will be demolished and rebuilt; the locker rooms and weight room will swap locations; a new therapy and instruction pool will be constructed just east of the current pool.

This fall, the team will be sharing workout space at the Arundel Olympic Swim Center with workouts M, W, F 6-7 am and 9:30-10:30 am, Sunday 9-10 am (or 10-11am) and Tu, Th 8-9 pm. Swimmers must buy a pass to the AOSC pool.

## Columbia Masters

Columbia is re-establishing its Masters team. The new coach is Sue Mangan who is also the head age group coach for the Columbia Aquatics Association. Workouts are M, W, F 10:30-11:45 am at the Columbia Swim Center. Contact Sue at (410) 730-7000 or sue@mangan.info.

## Patuxent River Stingrays Masters

The team welcomes its new coach, Petra Adamkova. Petra came from the University of Maryland (College Park).

# MASTERS SWIM CALENDAR, 2003-2004

- Oct. 18 Swim Series Meet #1, Howard County YMCA
- Oct. 26 GMU Patriot Masters Sprint Classic - George Mason Univ, SCY
- Nov. 8 Swim Series Meet #2, Meadowbrook
- Nov. 16 Lox & Bagel Meet - JCC of No VA, Fairfax, VA SCM
- Dec. 6-7 Colonies Zone SCM Championships, Rutgers University
- Dec. 7 Terrapin Masters 1000/1650 Meet - Univ of MD, SCY
- Dec. 13 Swim Series Meet #3, Towson University
- Dec. 31 Swim in the New Year 2004 - Univ of MD, SCY
- Jan. 17 Swim Series Meet #4, Arundel Olympic Swim Center
- Feb. 7 Swim Series Meet #5, Severna Park (or AOSC)
- Mar. 6-7 Maryland Masters Winter Meet, UMBC (tentative)
- Mar. 20 Swim Series Finale, UMBC (tentative)
- Mar. 27 Ancient Mariners Albatross Meet, SCM (tentative)
- Apr. 2-4 Colonies Zone SCY Championships, George Mason Univ.
- Apr. 15-18 YMCA Nationals, Ft. Lauderdale, FL
- April 22-25 USMS SCY Nationals, Indiana University in Indianapolis
- May 2 Maryland Masters 1000/1650 Meet, UMBC (tentative)
- June 5 Maryland LMSC Awards Banquet - 30<sup>th</sup> Anniversary Bash
- June 13 Chesapeake Bay 4.4 Mi Swim and 1 Mi Challenge - OW
- June 27 2004 USMS 1 Mi Open Water Championship - Wildwood, NJ
- Aug. 12-15 USMS LCM Nationals, Savannah, GA

# The Carol Chidester Memorial Swim Series

The 2003-2004 Swim Series features meets at all the same facilities as last year. There have been some minor revisions to the orders of events to better serve us through the season. Encourage all your teammates to attend. The meets are low-key and fun with a social afterwards. The first meet will be held at the Howard County YMCA on Saturday, October 18. The meet will focus on the short individual events.

Once a month, an open meet will be held at one location for all Maryland swimmers. These meets will give everyone an opportunity to swim different events and meet new swimmers. The host team will sponsor a social after each meet. Some socials will request a donation; some may be at restaurants.

There will be a \$5 fee at each of the five regular swim series meets in order to cover the cost of the officials. Please bring exact change to simplify things for the host team. These five meets will

be deck-entered, and you will be required to turn in all your cards just prior to the beginning of the meet to improve the seeding process. All participants must be registered with USMS.

The championship meet will be pre-entered. We plan to feature a challenge pitting the Maryland LMSC versus the Potomac Valley LMSC. The times from all meets will be submitted for National and local top ten.

All teams are requested to provide timers at each meet, not just the host team. Everyone needs to pitch in and help to make these meets enjoyable for all Masters.

The swim series challenge this year will be the same as last year. An award will be given to each swimmer who competes in any 12 different individual events during this series of six meets, or who competes in all six meets. The awards will be presented at the 30<sup>th</sup> anniversary Maryland LMSC awards party on June 5.

## MEET SCHEDULE:

<u>DATE</u>	<u>LOCATION</u>	<u>WARMUP TIME</u>	<u>ORDER OF EVENTS</u>
October 18	Howard County YMCA	4:00 PM	#1
November 8	Meadowbrook	4:30 PM	#2
December 13	Towson Univ.	4:30 PM	#3
January 17	AOSC	4:00 PM	#4
February 7 *	Severna Park (or AOSC or CY)	5:00 PM	#5
March 20	UMBC	4:30 PM	MD vs PV Challenge

\*A meeting at 3:30 will precede the meet in February for everyone who is going to YMCA nationals with AACY.

## CONDUCT:

- All meets will be sanctioned and must have two officials, which will be paid for by the LMSC. The officials will be arranged by the LMSC, not the host team.
- All the meets must be sanctioned due to insurance requirements, meaning that all participants must be registered with USMS.
- If electronic timing is used, one timer per lane is sufficient. If not, there must be a minimum of 2 timers per lane.
- A swimmer is limited to 3 individual events and 1 relay, or 2 individual events and 2 relays in each meet.
- Everyone should volunteer to time, not just the host team.
- There will be a \$5 charge to swim in each of the five regular meets. Please bring exact change.
- There will be a \$7 fee for the championship meet which must be pre-entered.
- Arrive on time to warm-up and pick up 3x5 cards to enter your events. Cards must be turned back in before the start of the first event. Before each event, pick up your card that will indicate your heat and lane assignment.

## THE 2003-2004 CAROL CHIDESTER MEMORIAL SWIM SERIES

### ORDER OF EVENTS #1 - October 18 - 4:00 Warm-Up

- |                          |                              |
|--------------------------|------------------------------|
| 1. 200 yd Free/Med Relay | 9. 200 yd Anything           |
| 2. 50 yd Freestyle       | 10. 100 yd IM                |
| 3. 100 yd Breaststroke   | 11. 25 yd Freestyle          |
| 4. 25 yd Butterfly       | 12. 50 yd Butterfly          |
| 5. 50 yd Backstroke      | 13. 100 yd Freestyle         |
| 6. 100 yd Butterfly      | 14. 25 yd Breaststroke       |
| 7. 50 yd Breaststroke    | 15. 100 yd Backstroke        |
| 8. 25 yd Backstroke      | 16. 400 yd Free/Medley Relay |

### ORDER OF EVENTS #2 - November 8 - 4:30 Warm-Up

- |                          |                        |
|--------------------------|------------------------|
| 1. 200 yd Free/Med Relay | 9. 100 yd Breaststroke |
| 2. 100 yd Butterfly      | 10. 200 yd Freestyle   |
| 3. 100 yd Freestyle      | 11. 200 yd IM          |
| 4. 50 yd Breaststroke    | 12. 50 yd Backstroke   |
| 5. 100 yd Backstroke     | 13. 25 yd Choice **    |
| 6. 200 yd Choice **      | 14. 50 yd Freestyle    |
| 7. 25 yd Freestyle       | 15. 100 yd IM          |
| 8. 50 yd Butterfly       | 16. 800 yd Free Relay  |

### ORDER OF EVENTS #3 - December 13 - 4:30 Warm-Up

- |                          |                        |
|--------------------------|------------------------|
| 1. 400 yd Free/Med Relay | 10. 100 yd Freestyle   |
| 2. 50 yd Backstroke      | 11. 25 yd Freestyle    |
| 3. 200 yd Freestyle      | 12. 500 yd Freestyle   |
| 4. 100 yd IM             | 13. 100 yd Butterfly   |
| 5. 50 yd Butterfly       | 14. 200 yd Choice **   |
| 6. 25 yd Choice **       | 15. 50 yd Freestyle    |
| 7. 100 yd Backstroke     | 16. 100yd Breaststroke |
| 8. 400 yd IM             | 17. 800 yd Free Relay  |
| 9. 50 yd Breaststroke    | 18. 500 yd Freestyle   |

\*\* "Choice" means either Backstroke, Breaststroke, or Butterfly.

The relays in all meets can be either Mixed, Women's, or Men's.

The relays will be swum according to standard USMS relay age groups (19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+).

\* Novice events are restricted to new swimmers in their first year of competition.

### ORDER OF EVENTS #4 - January 17 - 4:00 Warm-Up

- |                          |                         |
|--------------------------|-------------------------|
| 1. 200 yd Free/Med Relay | 9. 50 yd Butterfly      |
| 2. 200 yd Freestyle      | 10. 100 yd Freestyle    |
| 3. 50 yd Breaststroke    | 11. 25 yd Freestyle     |
| 4. 100 yd Butterfly      | 12. 500 yd Freestyle    |
| 5. 50 yd Backstroke      | 13. 100 yd Backstroke   |
| 6. 25 yd Choice **       | 14. 200 yd IM           |
| 7. 100 yd IM             | 15. 50 yd Freestyle     |
| 8. 200 yd Choice **      | 16. 100 yd Breaststroke |

### ORDER OF EVENTS #5 - February 7 - 5:00 Warm-Up

- |                          |                       |
|--------------------------|-----------------------|
| 1. 400 yd Free/Med Relay | 10. <i>The Plunge</i> |
| 2. 100 yd IM             | 11. 200 yd IM         |
| 3. 200 yd Choice **      | 12. 100 yd Butterfly  |
| 4. 50 yd Freestyle       | 13. 25 yd Choice **   |
| 5. 50 yd Breaststroke    | 14. 100 yd Freestyle  |
| 6. 25 yd Freestyle       | 15. 400 yd IM         |
| 7. 100 yd Breaststroke   | 16. 50yd Butterfly    |
| 8. 200 yd Freestyle      | 17. 100 yd Backstroke |
| 9. 50 yd Backstroke      |                       |

### ORDER OF EVENTS – MD vs PV Challenge – March 20 - 4:30 Warm-Up

TBD

We plan to have all the relays (200 and 400 free and medley and 800 free) and individual novice 50's as well as the standard 50's, 100's, and 200's of all strokes and IM.

### Directions to Swim Series Meet Locations:

**Howard County YMCA:** Located on Rt. 103 across from the Long Gate Shopping Center. From Rt. 29, exit at Rt. 100 East. Take the first exit, Long Gate Pkwy, and bear right. Turn left on Rt. 103 (Montgomery Rd). The YMCA is on your right. From Rt. 95, Take Rt. 100 West to the Long Gate Pkwy exit and bear right.

**NBAC - Meadowbrook Pool:** From 695, take Rt. 83 south (JFX). Exit at Northern Parkway and go east. Turn left (north) at the second traffic light on Falls Road. Turn left at the second light on Smith Ave. Take the first left on Cottonworth Ave. The pool is on the left, next to the Northwest Ice Rink and across from the Mt. Washington Post Office.

**Towson University – Burdick Hall Pool:** From 695, take Charles St. south. Turn left on Towsontown Blvd. Turn right at the second light on Tower Dr. The pool is in Burdick Hall on your right. Park in the first lot on your right.

**Arundel Olympic Swim Center:** From 695, take Rt. 97 south to Rt. 50 east. Take the first exit #22, Aris T. Allen Blvd/Rt. 665. Take the first exit onto Riva Rd. south (right). Go thru 3 lights. The Arundel Olympic Swim Center is about 50 yds. ahead on the right, next to Annapolis High School.

**Woods Community Aquatic Center:** (Formerly Severna Park YMCA) From 695, take Rt. 97 south to Benfield Blvd. east. Take a right on Evergreen Rd at the traffic light at the Severna Park High School. When the road ends at Baltimore Annapolis Pike, Woods is straight ahead. Take a right, then 2 lefts to parking.

**UMBC:** From the Baltimore Beltway (Rt. 695), take exit 12, Wilkens Ave. west. Turn left at the end of the exit ramp. UMBC is 1/2 mile on the left. Turn into the first entrance by the police station. Take a right at the stop sign at the top of the hill. Go through the next stoplight. The pool is at the foot of the high rise building at the bottom of the hill. From Rt. 95, take the Catonsville (Rt. 166/195) exit. Follow the exit ramp over the bridge and bear right onto the campus. The pool is directly ahead of you at the stop sign.

## News from Howard, Catonsville and Towson YMCAs

Howard-Catonsville YMCA Masters (HCYM) is changing its name to the Central Marland YMCA Masters (CMYM) swim team. We have also added a new practice location, Towson, to the Howard and Catonsville practices. We also added an afternoon workout at our Howard YMCA location. Along with our new name/locations we have also new team logo and mascot, the Rockfish.

Due to all this expansion, head coach Mike Jacobson and coach Ray Toy would like to welcome the 2 new coaches to our staff, Craig Saathoff and Sabraya Ghala. They will help us along with our 2 volunteer coaches, Courtney Giullioni and Dave Ofstead. Below is our new practices times and locations (this should help the over crowding at the Howard County YMCA):

### Howard County YMCA:

Tuesday/Thursday @ 8:45pm to 9:45pm  
Monday/Wednesday @ 11:00am to 12:15pm

### Western Family (Catonsville) YMCA:

Monday/Wednesday @ 8:45pm to 9:45pm

### Towson YMCA:

Tuesday/Thursday @ 8:45pm to 9:45pm

The cost for the CMYM swim team was also changed this fall. The current cost per session, based on an 8-week session, is \$60 for non-YMCA members and \$30 for YMCA members and this entitles you to swim at all the practices.

Due to the name change our website has been moved to a new location, <http://www.cmym.us> (hosted on eTeamz). Our email list is also available at <http://groups.cmym.us> (hosted at Yahoo).

We have opened up a online store for our logo merchandise. We have t-shirt, mugs, hats, mouse pads and bumper stickers available for purchase. The location of the online store is at <http://store.cmym.us> (hosted by CafePress). Team caps, towels and bags will be available by Oct 18<sup>th</sup> at the Howard YMCA front desk.

CMYM would also like to remind everyone that we are hosting the 1st meet of the 2003-2004 Swim Series on Oct 18th at 4pm (Howard County YMCA). After the meet we will be hosting the swim social at the Howard County YMCA's party room. Our team's new sponsor Outback will cater this social (dinner starts around 6:30pm). I will be getting the menu and cost out as soon as soon as I have work out all the details.

Mike Jacobson  
CMYM Head Coach

## **MERRITT MARLINS GETS NEW COACH**

**M**erritt Marlins, located at the Merritt Athletic Club in Towson, has recently introduced its new coach, Mr. Florian Galan. Mr. Galan brings to the Marlins over ten years of coaching experience. His specialty is stroke technique. Florian believes that good stroke technique results in improved times.

It was a stroke of luck that Mr. Galan came to the team. Last year, Florian privately coached his two children at the pool during the Marlin's practices. He kept careful track of their progress using a laptop computer and always had a planned workout ready for them.

When the former Marlins coach stepped down, due to schedule conflicts, a search commenced in looking for a replacement. When a prospect or two proved to be a disappointment, Merritt Aquatics Director, Dana Pomfrey (who was once coached by Carol Chidester) stumbled on one of Mr. Galan's practice sessions one day. She thought, "Why not asked Florian if he'd be interested in coaching the Marlins, since he's already at the pool when the Marlins practice?" And so, after a small (read: very small) amount of arm twisting, he happily agreed to give it a try. The Aquatics Center has now become a busy place. We are fortunate to have Mr. Galan on deck. We'll see the results at future meets to be sure!



*Merritt Athletic Club's Aquatics Center*



# People

## Baby Boom at UMBC

- Allan Cohen and his wife CC welcomed Marcy Hannah (6.5 lb) on July 8.
- Anne Schulte gave birth to her second child, Brian Phillip (7 lb 15oz), on July 16.
- Mary Ruppe and Michael Beauchamp had their first child on August 6. Rhys Aaron Beauchamp weighed in at 8 lb 14 oz.
- Krissy Corbett Jenkins had her second daughter, McKenna, on Sept. 16.
- Jason Miller's wife, Val, is expecting their first in late December.
- Lynn and Eric Hendrickson are expecting their first child in February, 2004.

## Big Birthday

Congratulations to Walter Sompayrac who turned 90 in August. Keep on swimming!

## Just Married

Bonnie Ferreira and John Protzman, who both swim with SPY, were married on August 30.

## Injuries

- Fran Weston (SPY) was hit by a hit-and-run driver while biking in Mt. Dora, FL. She suffered multiple fractures in her hand and leg. The driver was caught and charges are being pressed.
- Betsy Rogan (SPY) fell in late Sept/early Oct and required a hip replacement. She is recuperating and would be glad to receive your cards at 804 W Main St, Fruitland, MD 21826.

## Deceased

- Jeanne Mason Bostwick passed away on June 14 after a 6-year battle with cancer. Jeanne is survived by her husband Rick and four children ages 19, 18, 15, and 9. She had lived in the Catonsville and Ellicott City area until moving to Philadelphia about 8 years ago. Jeanne had been the chair of the Maryland LMSC in the mid to late 1980s. Jeanne was a hardcore swimmer who worked out at UMBC and any other pool that was handy. Her favorite event was the 200 fly.
- Denise Svatos passed away on Aug. 7 of Alzheimer's disease at the age of 55. Denise was a national level swimmer in high school and college in Alabama and Georgia. She rose through the ranks at TWA from flight attendant to become vice-president for in-flight sales and marketing. Denise moved to Maryland in 1999 and participated in Masters swimming while battling her disease.
- Barb Protzman would like to thank the members of the Masters swimming community for their support in the death of her father in December 2002 and her mother in August 2003.

# Save the Patapsco

Joe Stewart plans a third swim to increase awareness about the Patapsco River and raise funds for its protection. The swim will be 9 a.m., Sunday, May 23, 2004 across the mouth of the river between North Point State Park & Venice on the Bay. Photo card contributions and swim pledges made payable to "Greater Homewood Community Corporation" will be distributed to Baltimore Sanitary Sewer Oversight Coalition, Baltimore Harbor Watershed Association, Gwynns Falls Watershed Association, Herring Run Watershed Association and Jones Falls Watershed Association.

Previous solo swims by Joe on May 19, 2002 and May 18, 2003 across the mouth of the Patapsco - supported by National Oceanic and Atmospheric Administration, U.S. Coast Guard and Auxiliary, Baltimore Maritime Exchange, Chesapeake Bay Boston Whalers Club and Chesapeake Paddlers Association - and card parties raised \$8,500 for watershed groups activities, including tree plantings, stream monitoring, trash cleanups, hosting watershed festivals, producing newsletters and advocating for pollution reduction practices and policies by citizens and the private and public sectors.

Joe is inviting a few swimmers to join him next year for the morning crossing from North Point State Park to Venice on the Bay with a projected flood tide. Plans to alter the course in 2004 from the cleaner, more estuary mouth to between Key Bridge and Fort McHenry were abandoned on the advice of Maryland Department of the Environment.

Swimmers interested in joining Joe for the 4 nautical mile crossing of the mouth of the Patapsco River must have experience swimming for at least two continuous hours in 60 degree open water; agree to collect a minimum of \$500 in pledges or to donate at least \$500 for distribution by GHCC; that all of these non-refundable funds must be received by Joe Stewart before May 1, 2004 to qualify to participate.

Contact: Joe Stewart, 3212 Avon Avenue, Baltimore, MD 21218 (410) 243-4418, (410) 767-1354 [Jstewart@dat.state.md.us](mailto:Jstewart@dat.state.md.us)

# Senior Olympics

The Maryland Senior Olympics swimming events were held on September 26 at Towson University. The event was run by Rand Vaillancourt, Barb Protzman, Nancy Brown, Bonnie Johnston, and Pat Mead's college team. The event is open to swimmers aged 50 and over and more-or-less follows USMS rules. Masters swimmers who participated included:

- Gail Anderson 50-54 – 50 Bk, 100 Bk – 1<sup>st</sup>
- Clara Bomhardt 80-84 – 50 Bk, 50 Br, 50 Fr, 100 Fr – 1<sup>st</sup>
- Nancy Brown 65-69 – Records in 500 Fr, 200 IM, 200 Br, 100 FI – 1<sup>st</sup>
- Carl Christensen 65-69 – 50 Bk, 50 Fr, 100 Fr – 1<sup>st</sup>
- John Collings 75-79 – 200 Bk, 200 IM – 1<sup>st</sup>, 100 Bk, 200 Fr – 2<sup>nd</sup>
- John Dillinger 50-54 – 50 FI, 50 Fr, 100 Fr, 50 Bk – 1<sup>st</sup>
- Ray Edelhoff 90-94 – Records in 50 Br, 50 Fr, 50 Bk, and 100 Bk
- Christine Jorgensen 55-59 – 200 Br record; 50 & 100 Br – 1<sup>st</sup>, 100 IM- 2<sup>nd</sup>
- Lou McComas 70-74 – Record in 100 IM – 1<sup>st</sup>; 100 Br, - 1<sup>st</sup>; 50 FI – 2<sup>nd</sup>
- George Mooney 60-64 – 50 Bk, 100 Bk – 2<sup>nd</sup>
- Ted Murray 60-64 – 50 FI, 100 Ff, 200 IM – 1<sup>st</sup>, 100 IM – 2<sup>nd</sup>
- Daryl Platt 60-64 – 50 Fr, 100 Fr, 50 FI – 1<sup>st</sup>, 100 IM – 2<sup>nd</sup>
- Tom Powers 70-74 – 100 Fr, 200 Fr – 1<sup>st</sup>, 50 Fr, 100 IM – 3<sup>rd</sup>
- Don Rice 70-74 – Records in 50 Bk, 50 FI – 1<sup>st</sup>; 50 Fr – 1<sup>st</sup>
- Bill Rodgers – 200 IM, 100 FI – 1<sup>st</sup>, 100 IM – 2<sup>nd</sup>, 50 FL – 3<sup>rd</sup>
- Nancy Shaffer 55-59 – 50 Fr, 50 Bk, 100 IM – 1<sup>st</sup>, 100 Fr – 2<sup>nd</sup>
- Rand Vaillancourt 55-59 – 100 FI, 200 IM, 100 IM, 200 Fr – 1<sup>st</sup>

## Websites

There are several websites with useful information about all aspects of Masters Swimming. Check out

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

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

<http://maryland.usms.org>

## Errata

The accomplishments of a few swimmers were inadvertently overlooked in the last newsletter.

### 2002 LCM Top Ten

John Enterline 55-59 50 Back 4<sup>th</sup>

Phil Hoge 45-49 1500 Free 9<sup>th</sup>

### Swim Series Challenge

Rich Hrybyk,

Tim McGough,

Mark Hurley

*Chairman/Top Ten/  
Registrar:*

**Barbara Protzman**  
7919 Main Falls Circle  
Catonsville, MD 21228  
(410) 788-2964  
swimbarb@hotmail.com

*Vice Chairman/  
Newsletter Editor:*

**Nancy "Will Never  
Drown" Brown**  
424 Riverside Dr.  
Pasadena, MD 21122  
(410) 255-0699

*Secretary:*

**Raymond C. Toy**  
809 D Edmondson Ave.  
Catonsville, MD 21228  
(410) 747-9402

*Treasurer:*

**Patty Devanny**  
419 Nottingham Rd.  
Baltimore, MD 21229  
(410) 947-4669

*Fitness:*

**Gladney McKay**  
362 Kimwood Rd, Arnold,  
MD 21012,  
(410) 518-6223



# Show Your USMS Colors!



## MARYLAND LMSC ORGANIZATIONAL LICENSE PLATE INTEREST FORM

Help support this worthwhile project! The Maryland LMSC is sponsoring a USMS organizational license plate for members who live in Maryland. The cost of the plate is a mere \$25.00 per vehicle. But, there's a catch! We need a *minimum* of 25 interested Maryland USMS members to qualify. Remember, you *must* have a vehicle registered in Maryland.

Interested? Just window shopping? Fill out the form below to indicate your interest. There's *no obligation* at this time! When we have received the minimum number of applicants required by the Maryland Motor Vehicle Administration, we'll get in touch with you. (Hopefully, in the near future!). Please be assured that the information you provide will be used only for this project! Be among the first to get yours!

Yes, I am interested in the Maryland USMS license plate! Please print all information.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: Maryland ZIP Code: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Phone: \_\_\_\_\_

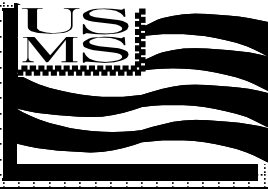
I am interested in Maryland USMS tags for each of the following vehicles:

<i>Number of Vehicles for Each Type Listen</i>	<i>Type of Vehicle (Car, Van, SUV or Pickup Truck)</i>
<b>TOTAL NUMBER OF VEHICLES</b>	

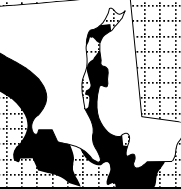
Please mail your completed form to:

Mark Hurley  
3 Treadway Court  
Nottingham, Maryland 21236

You may also e-mail this information to Mark at: [MarkH@usms.org](mailto:MarkH@usms.org). Questions? E-mail Mark or call him at 410-931-2007. **Don't miss out!** Send this form in **TODAY!**



# 2004 REGISTRATION FORM



**REGISTER USING THE NAME YOU WILL USE FOR COMPETITION. PLEASE PRINT CLEARLY**

(CHECK ONE)  NEW REGISTRATION  RENEWAL—PERMANENT ID \_\_\_\_\_

LAST \_\_\_\_\_ FIRST \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE ( ) \_\_\_\_\_ WORK PHONE ( ) \_\_\_\_\_

E-MAIL \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_ SEX \_\_\_\_

**PLEASE SEND MY NEWSLETTER BY:**  E-MAIL (preferred) OR  REGULAR MAIL (CHECK ONE)

USMS TEAM \_\_\_\_\_ WORKOUT LOCATION \_\_\_\_\_

MUST BE A VALID A REGISTERED TEAM. THOSE FROM 2004 INCLUDE MARYLAND MASTERS, NBAC, PAX RIVER STINGRAYS, CENTRAL MARYLAND YMCA, MERRITT MARLINS, COLUMBIA MASTERS, BOWIE AQUATIC CLUB, OR UNATTACHED. CHECK WITH YOUR COACH.

### RELEASE OF LIABILITY

I, THE UNDERSIGNED PARTICIPANT, INTENDING TO BE LEGALLY BOUND, HEREBY CERTIFY THAT I AM PHYSICALLY FIT AND HAVE NOT OTHERWISE BEEN INFORMED BY A PHYSICIAN. I ACKNOWLEDGE THAT I AM AWARE OF ALL THE RISKS INHERENT IN MASTERS SWIMMING (TRAINING AND COMPETITION) INCLUDING POSSIBLE PERMANENT DISABILITY OR DEATH AND AGREE TO ASSUME ALL OF THOSE RISKS. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS AND DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE GOVERNED BY THE RULES OF USMS.

X

SIGNATURE (REQUIRED) \_\_\_\_\_

DATE \_\_\_\_\_

**USMS, MARYLAND ASSOCIATION MEMBERSHIP FEE:**

**\$30.00**

*I WISH TO MAKE A CONTRIBUTION TO:*

THE INTERNATIONAL SWIMMING HALL OF FAME FOUNDATION

IN THE AMOUNT OF: \_\_\_\_\_

THE UNITED STATES MASTERS SWIMMING FOUNDATION

IN THE AMOUNT OF: \_\_\_\_\_

**TOTAL ENCLOSED:** \_\_\_\_\_

MAKE CHECKS PAYABLE TO:

**USMS, MARYLAND ASSOCIATION**

MAIL COMPLETED FORM AND CHECK TO:

**BARBARA PROTZMAN  
7919 MAIN FALLS CIRCLE  
BALTIMORE, MD 21228**

*MEMBERSHIP EXPIRES: 12/31/2004*

### BENEFITS OF MEMBERSHIP INCLUDE:

- SECONDARY **ACCIDENT INSURANCE** IN ALL USMS SANCTIONED MEETS WHERE ALL COMPETITORS ARE USMS REGISTERED AND USMS MEMBER OR USS CERTIFIED COACH SUPERVISED PRACTICES WHERE ALL PARTICIPANTS ARE USMS REGISTERED SWIMMERS.
- SUBSCRIPTION TO **SWIM MAGAZINE** DURING THE LENGTH OF MEMBERSHIP YEAR (FROM \$7.00 OF THE ANNUAL DUES).
- SUBSCRIPTION TO THE **SWIM TIMES NEWSLETTER** AND ALL OTHER PERIODIC MAILINGS FROM THE LOCAL MASTERS SWIMMING COMMITTEE.

### WHICH 2004 BIG MEETS

WOULD YOU BE INTERESTED IN ATTENDING ?

- MARYLAND MASTERS WINTER MEET MARCH 6-7, UMBC, MD
- COLONIES ZONES APRIL 2-4, GEORGE MASON UNIV.
- YMCA NATIONALS APRIL 15-18, FT LAUDERDALE, FL
- USMS NATIONALS APRIL 22-25, INDIANAPOLIS, IN