

SWIM TIMES

Maryland

October 2009

U. S. Masters Swimming

Maryland LMSC

Volume 11 Issue 2

INSIDE THIS ISSUE:

- Letter from the Chair
- Super Suit Controversy/Registrar's Note
- Convention Highlights
- 2009 Top Ten LCM-MD LMSC
- 2008-2009 Club Awards & Swim Series Challenge Winners & Top Ten Process
- 2009 National Senior Games
- Club News

- Go The Distance – FLOG It!
- Upcoming Clinics, Y Nationals, Events
- Carol Chidester Memorial 2009-2010 Swim Series
- Club Scoring Protocol



U.S. MASTERS SWIMMING

The Chairman Sez...

Welcome to fall edition of the newsletter! I expect everyone has returned to their regular practice times and is gearing up for our short course yards season which kicks off with the first Swim Series Meet on October 17th at the Dancel Family Center YMCA in Ellicott City. This facility has been completely redone and looks great (see more about the meets on the next couple of page). These meets are a great opportunity to meet local fellow swimmers in a low key setting. The cost of these meets is FREE when you enter online for all Maryland Association members and only \$10 per person for swimmers from other USMS LMSCs.

You may also notice a the new U.S. Masters Swimming brand logo on this newsletter and on the website. This logo is intended to refresh and strengthen our brand identity. We also have a new Executive Director, Rob Butcher, who has been working tirelessly to improve our organization and support our growth. In support of this, we will be giving out "U.S. Masters Swimming" caps and stickers at our first Swim Series Meet. So please come out and support "U.S. Masters Swimming" on Oct 17th.

In September Rand Vaillancourt and Ali Hall attended USMS Convention where for five days they attended meetings, voting and volunteering our services in support of the USMS Organization. Many topics were discussed at the USMS Convention and you can read about them in the Convention Reports in this newsletter. This is a great organization and I challenge all of you to get more involved locally. There is always more work than people available and many hands are always better. If you don't know where to begin, ask your coach, lend a hand at a event or talk to one of the Officers of the LMSC.

Often I am asked how the Association is doing. This year, I can again say that we continue to grow and we

are at the largest we have ever been with 798 members. In addition, we have 14 club/workout groups, more than ever before. I would again like to thank the current Officers and Board members for the all the work they have done for the association. In particular, I would like to thank Mark Oliphant who has been a champion of moving our organization forward in technology. Some of his efforts are the online entry system, new Maryland LMSC website, member survey and he is also the Registrar for our LMSC. Thank you, Mark, and all the Team Representatives, Coaches, Volunteers and Friends. This is a great organization and I truly enjoy working with everyone.

Mike Jacobson / Maryland Association Chair

USMS Web Sites:

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

Region - <http://www.colonieszone.org>

National - <http://www.usms.org>

MD Association Email list:

<http://groups.yahoo.com/group/mdusms/>

*****To subscribe to Email list: *****

mdusms-subscribe@yahoogroups.com

In Memoriam

Raymond Edelhoff 2/26/1913-2/8/2009

"...we cannot forget his [Raymond's] special award in Augusta at Y nationals...it might be disrespectful (not meant to be so) at this time but when he lost his suit almost to his knees on the turn [in the 100 breast] and kept going..." Carolyn C Voorhees

"And when he finished, he looked up & asked the timer what his time was!" Nancy Brown

"Like Carolyn I remember the Augusta meet and the swim suit incident. "Ray's comment was priceless: "Good thing I wasn't swimming backstroke!"." Carolou Herbert, previously of SPY and now in Oregon

SUPER SUIT CONTROVERSY

Ali Hall, Open Water Chair

In the House of Delegates at the annual U. S. Masters Swimming convention in September, there was a contentious discussion and close vote on the topic of suits. The language, narrowly passing over language favoring use of super suits through the entire short course yards season, for the Effective Date for Adopting Masters Swimwear Standards is as follows: "For Short Course Yards Competitions, effective date is immediately on the date that the FINA Masters swimwear rule is adopted, with the earliest date being October 1, 2009."

And on September 30, 2009, the following appeared on Boston.com: Headline: The swimsuit's role in creating champions. "The ethics of the uber swimsuit is a hot topic of debate in the competitive-swimming world. But, unlike the suits, the debate is not brand new." To see this article, follow the link:

http://www.boston.com/bostonglobe/editorial_opinion/oped/articles/2009/08/04/the_swimsuits_role_in_creating_champions?s_campaign=8315

Please also see our own Nancy Brown's thoughtful comments on this controversy: "Is Swimming Becoming a Rich Man's Sport?" on p. 6, "both sides of the lane line", of the September-October issue of Swimmer, the Official Magazine of U.S. Masters Swimming.

And this just received today from Kathy Casey, Rules Committee Chair, rules@usms.org, the U.S. Master's Swimming Statement on Swimsuits 10/11/09,

"For the time being and until the FINA Bureau issues its policy for Masters, the June 1, 2009 ruling that allowed technical suits in USMS swim meets is still in effect. If you choose to compete in a USA Swimming sanctioned meet, you must follow USA Swimming rules."

Attention: Coaches & Club Representatives

Mark Oliphant, Registrar/Swim Series Director/
Sanctions/Communications

The end of the calendar year is approaching, and there are some important reminders:

1) Reduced fee for 2009 Registration. We are now in a period of reduced registration fees for new USMS members. The online system currently will charge a new Maryland swimmer \$30. USMS is in the process of updating the fee for the online system according to the new fee schedule approved at the convention. The new reduced fee will be \$32. The 2010 fee for Maryland swimmers will be \$42.

2) Starting October 1, the club renewal process will be online via Club Assistant. Please use the online renewal feature and use a credit card to pay your club's \$45 renewal fee. I will send out a reminder in October.

3) Maryland no longer prints USMS cards for members. Everything is online. If you have a swimmer who needs a printed card and has trouble with their computer, you can easily print it for them, if you'd like. Just follow the instructions on our website under "Membership Info". But it's usually not necessary. For Maryland-sponsored meets, printed cards are not required. The entire process is online (and the online meet entry ties into the USMS database to confirm USMS membership). A printed card is usually only required for meets outside of Maryland.

As a coach or team representative, you can easily tell who is registered with your club at any time. Simply go to our website <http://maryland.usms.org> and click "About" at the top. Find your team, and click "Link" at the right. A listing of all current USMS members for your club will be displayed. This list is dynamic and will update any time there are registration changes. This same link can also be used to determine any swimmer's USMS number. See you in the pool!

LMSC Board & Officers

Chair/Webmaster: Michael Jacobson mikej@comcast.net
410-493-5233

Vice Chair: Tony Martino Ajtm325@concentric.net

Secretary: Rand Vaillancourt coachrandv@aol.com

Registrar/Swim Series Director/Sanctions/Communications:
Mark Oliphant marko@usms.org

Treasurer: Nick Burley goworkout@verizon.net

Clinics: Nancy Brown nancygeoff@cablespeed.com

Open Water: Ali Hall mi.consult.ahall@gmail.com

Top Ten: Jill Springer springerjc@comcast.net

Newsletter: Lou Coronos loulamb@live.com

Convention Highlights

Ali Hall, Open Water Chair
Rand Vaillancourt, Secretary

For five days in September, 222 voting delegates representing over 52,000 masters swimmers from LMSCs around the country attended the 2009 U.S. Masters Swimming convention held in the Chicago area. Every minute was packed with meetings, committees large and small. At the end of three long days, the delegates had discussed and decided over 70 pieces of rules, policies, legislation and 7 national offices. These policies and officers will govern USMS for years to come. Some were controversial, some not so much, and they ranged from red-hot topics such as suit type to be allowed in competition and the awarding of bids for national championships to cooler topics such as simple language changes. Much of the legislation was keenly contested with some very close votes. For the first time in USMS history there was a tie vote for an elected office, Vice President of Member Services. After the 4th ballot, Dave Diehl of Delaware Valley LMSC was the choice of the delegates.

Here are some highlights from the committees and meetings Ali chose to attend. Ali writes, "So grateful to be able to attend and represent the LMSC."

Open Water/Long Distance:

- New series (not yet fully described) to be created, "The No Boundaries OW Series".
- 2010 championships awarded and now official. Follow the link: <http://www.usms.org/longdist/ldnats10/>
- Budget item approved to support development of other cable swim courses.
- Online entries through Club Assistant to be encouraged.
- OW clinics to be encouraged as a way to develop interest and participation in OW events.
- Committee to be split into two separate units, at the request of the executive committee/governance committee.

Fitness Education Committee:

- 2010 Check Off Challenge awarded to Colorado Swim Dogs.
- Online entry through Fitness Logs (FLOGS) to be encouraged for Go The Distance (GTD).

- Participation in GTD to be encouraged.
- Monthly articles scheduled for online publication (including a series of articles by a local swimmer chronicling endurance fitness preparations)

Sports Medicine and Science:

- FINIS is seeking product leverage with USMS, more information requested from the company to demonstrate safety and value (especially snorkels and Zoomers) for various rehabilitation contexts.
- Do swimmers live longer than runners or walkers? More information needed.
- Is chlorine exposure correlated with bladder cancer? Again, more information needed.
- May is Exercise As Medicine Month, the program attempts to educate health care providers about exercise levels and needs as well as link up providers to resources such as the USMS site and *Places to Swim* for exercise as medicine referrals.

2011 Championships Venues set:

- SCY Mesa, AZ
- LCM Auburn, GA

Top Ten News

Jill Springer, Top Ten Chair



Congratulations to the following swimmers who broke Maryland LMSC records during the 2008-2009 short course yards season: **Carolyn Vorhees** (45-49), **Jill Springer** (50-54), **Nancy Brown** (70-74), **Jill Coleman** (75-79), **Sarah Allnutt** (85-89), **Andrew Jones** (45-49), **Reg Hahne** (55-59), **Jim O'Connor** (55-59), **Keith Harries** (70-74) and **Yu-Jin Lee** (75-79).

More congratulations to the following swimmers who achieved national top ten rankings for the 2008-2009 SCY season: **Katherine Hennessey** (30-34, 200 FR, 500 FR, 1000 FR, 100 BA and 200 BA), **Jill Springer** (50-54, 50 FL, **Elizabeth Hogan** (50-54, 400 IM), **Sally Iliff** (60-64, 200 FL), **Fran Weston** (65-69, 200 FL), **Nancy Brown** (70-74, 50 FR, 100 FR, 200 FR, 50 BA, 100 BA, 200 BA, 50 FL, 100 IM, 200 IM, 400 IM), **Jill Coleman** (75-59, 100 BA, 200 BA, 50 FL, 100 FL, 200 FL, 200 IM, 400 IM), **Sarah Allnutt** (85-89, 50 Fr, 50 BA), **Doris Russell** (85-89, 50 FR, 100 FR, 200 FR, 50 FL), **Peter Galan** (18-24, 200 FL), **Bill Kirwan** (70-74, 1000 FR, 50 BA, 200 BA), **Keith Harries** (70-74, 50 BA, 100 BA, 200 BA), **Yu-Jin Lee** (75-79, 1650 FR).

2008-2009 Club Awards

The Club "Quality" Award system is based on a minimum number of swimmers (4) in each meet to be entered into this category. This is a novel way of handle the difference in team sizes. Our LMSC has teams sizes that vary from 3 to 242 and a similar problem as to how we add some competition that a smaller team can target. This past year we scored the first 5 meets and here are the results:

1st Place - TCY
 2nd Place - MARY
 3rd Place - CMYM
 4th Place - AAA
 5th Place - DAMD



!CONGRATULATIONS TO ALL!

2008-2009 Swim Series Challenge Award Winners

This year, as always, we proposed a "challenge" to all Maryland swimmers in the first 5 meets of the Carol Chidester Swim Series: swim in all 5 meets or in 12 different individual events. This year we have 17 winners! Awards were given at meet #6 at Big Vanilla on March 28th.

5 Meets

John Collings
 Patty Collins *
 Michael Ehrlinger *
 Sherye Hathaway
 Christine Jorgensen *
 Cindy Konits
 Yu-Jin Lee *
 Carla Mazyck
 Jerry Meyer
 Rand Vaillancourt *
 Tom Walsh *

12 Events

Patty Collins *
 Michael Ehrlinger *
 Stephen Hicks
 Christine Jorgensen *
 Paul Landon
 Yu-Jin Lee *
 Diane Paterline
 Traci Pellegrini
 Susan Taylor
 Raymond Toy
 Rand Vaillancourt *
 Tom Walsh *

*Swimmer achieved both 5 meet and 12 event honors

Get ready, get set, and get your head together to complete the Challenge for this year!

USMS National and Local LMSC Top Ten Process

As we begin a new season of swimming and competition, it's a good time to review the Top Ten process, both for national and local publication. You can also find this information, as well as the updated list of our LMSC records and full local top ten reports, posted on our website, <http://maryland.usms.org>.

All USMS swimmers registered in our local LMSC who compete in meets hosted by teams in our LMSC are automatically included in both local and national Top Ten rankings. Local Top Ten tracks only swimmers registered in our LMSC, which includes 15 clubs throughout Maryland, while national Top Ten tracks all USMS registered swimmers throughout the country. Top Ten consists of the ten fastest times for each gender, age group, and event that were swum by USMS registered swimmers during the yearly cycle of each swim course. Times must be swum in a pool with a minimum length of the designated course and be recorded by automatic timing or at least two watches. All swims must take place in a USMS, USA or FINA sanctioned or approved meet.

Maryland LMSC swimmers who compete in meets outside of our LMSC, such as in a USA sanctioned meet or a meet in another state or LMSC, are also eligible to be included in both Top Ten reports. However, it is the responsibility of these swimmers to request by email to the Maryland Top Ten Chair that their times be submitted for both national and local Top Ten publication. This email should include complete documentation, including name and date of meet, swimmer name, USMS number, age, event(s) and time(s), as well as a direct link to the website showing results for each meet being submitted.

Swimmers who compete in Y Nationals, USMS Nationals and Zone meets do not have to submit results to the Top Ten Chair. The hosts of these meet automatically forward results to USMS Top Ten, and these results will also be included in our local Top Ten.

Local Top Ten reports will be posted to our website, <http://maryland.usms.org> approximately three weeks following the deadlines for submission listed below. National Top Ten reports are usually posted another four weeks later at <http://www.usms.org/comp/tt/>. Interim local LMSC reports will also be posted roughly mid-way through each swim course season so that swimmers can see their most current rankings. The deadlines to submit times to the Top Ten Chair, Jill Springer, MDTopTen@usms.org, are as follows:

| | Must be swum by: | Must be submitted to Top Ten Chair by: |
|--|------------------|---|
| Short Course Yards (6/1 – 5/31): | May 31 | June 5 |
| Long Course Meters (10/1 – 9/30) | September 30 | October 5 |
| Short Course Meters (1/1 – 12/31): | December 31 | January 5 |

NATIONAL SENIOR GAMES

The 2009 National Senior Games were held in and around the beautiful San Francisco Bay Area in August. So now those of us who were there and swam can all say, "...when we swam at Stanford....", just to put a bit of spin on things! The campus and the pool made for a beautiful venue. Many of us have family in the area and all of us did some sight-seeing in addition to swimming our hearts out. We all had a great time and enjoyed sporting our Maryland logo t-shirts, jackets (& yes, you sometimes need a jacket in Northern California in August) and caps and visors. And we made a terrific showing!

Pictured From left are Anne Arundel Amphibians: Front, Liz Hogan, Rand Vaillancourt, Lynn Foley, Harold Schwab; Back: Jeff Dudley, Lou Corones



There were several of us from Anne Arundel Amphibians. Liz's siblings came out in force to volunteer and cheer and they kept us all on the straight and narrow, so to speak. And we happily adopted Diane of HUH for the duration.

| | | |
|-------------------|-------|---|
| Liz Hogan | 50-54 | 1 st 100 Ba, 200 Ba, 100 Fly, 200 IM, 2 nd 50 Fly, 500 Fr |
| Lou Corones | 50-54 | 12 th 50 Fr, 10 th 200 Fr, 6 th 100 Br, 5 th 200 Br, 15 th 100 IM |
| Jeff Dudley | 50-54 | 10 th 50 Fr, 9 th 100 Br, 4 th 200 Br, 8 th 100 IM, 5 th 200 IM |
| Lynn Foley | 65-69 | 5 th 50 Ba, 6 th 50 Fr, 7 th 100 Fr, 200 Fr, 4 th 500 Fr |
| Harold Schwab | 65-69 | 17 th 100 Fr, 12 th 200 Fr, 10 th 500 Fr |
| Rand Vaillancourt | 60-64 | 6 th 100 Fly, 9 th 100 IM, 8 th 200 IM, 8 th 200 Br, 15 th 100 Fr, 10 th 500 Fr |
| | | |
| Diane Paterline | 55-59 | 6 th 50 Ba, 8 th 200 Ba, 9 th 100 IM, 7 th 200 IM |
| Barbara Scheffter | 55-59 | 14 th 100 Fr, 17 th 50 Fr |



Maryland Masters were represented as well and did themselves proud.

| | | |
|---------------|-------|--|
| Yu-Jin Lee | 75-79 | 1 st 50 fly, 2 nd 200 Ba, 3 rd 100 fly, 4 th 200 IM, 100 Br, 200 Br |
| John Collings | 80-84 | 2 nd 200 Br, 4 th 50 fly, 6 th 200 IM, 9 th 50, 100 Ba, 7 th 200 Ba |
| Ann Linz | 55-59 | 7 th 50 Ba, 9 th 100 Br, 10 th 50, 200 Br, 500 Fr, 13 th 200 IM |
| Kate Fiskien | 65-69 | 8 th 50, 100 Ba, 14 th 50 Fr |

Congratulations to all, and in 2011, Houston Here We Come!

Business Card Ads

If you are a Member

\$20 a Issue*

Non-Member:

\$30 a Issue*

***Biannual Publication**

Contact the Newsletter Editor for more information

CY's SWIMWEAR

SIZES 4 to 54

Swim Suits Stocked Year 'Round

- Competitive and Racing Suits
- Aerobic and Physical Therapy Suits
- Fashion Suits • Mastectomy Suits
- Guard • Staff • Instructor Suits
- Men's - Ladies • JR's • Children's
- Goggles • Caps • Fins • Kickboards • Buys



Shelley or Karen

410 • 747-8760 • fax 410-747-8949

719 Frederick Rd., Catonsville, MD 21228

cyswim@comcast.net www.cyswim.com

10% off Reg. Priced Merchandise

Club News

TCY Manta Rays – Swedish Challenge

TCY accepted a challenge from the Skuru IK masters team in Sweden. We met this team at the 2006 FINA Worlds in Stanford, and we thought it would be fun to do a dual meet. Each swimmer did 50's of each stroke and the 100 IM in our respective pools, and we entered results into the computer and scored the events as it were a dual meet.

TCY crushed Sweden in the first challenge. In the 2nd round, the Swedes challenged us to 100's of each stroke and the 200 IM. This time they won – and they smoked us! We're reluctant to go a 3rd round – I guess that would be 200's of each stroke and the 400 IM (?) Ughhh.

We're hoping some of our team will travel and see our counterparts at the 2010 Worlds. Their idea of round 3 is the open water swim in Goteborg at Worlds. We'll see.

The team also had the opportunity to work with the Upper Shore chapter of Special Olympics – coaching the athletes and swimming as Unified Partners in various meets. The partnership was very rewarding and benefited both teams. We look forward to continuing our support next spring.



This year the TCY Manta Rays partnered with the Upper Shore Special Olympics to coach and swim as unified partners. This partnership will continue every spring during Special Olympics swim training.

The team is gearing up for a busy fall season with a new addition: coach Rachel Stratton. Rachel Stratton is the Naval Academy women's swim coach and the former assistant coach for both the University of Maryland and Dartmouth College men's and women's swim teams. Stratton has chaired the Pacific Section, a subcommittee of Southern California Swimming, where she planned and managed all section meetings and created meet schedules for all competitions. A graduate of UCLA, Stratton is Level 4 certified by the American Swim Coaches Association (ASCA). Rachel joins coaches Adam Friedman and Emily Stevenson.

The Manta Rays are looking forward to hosting the December meet at Easton with our annual chili cook-off. We hope to see you there!

Kristina Henry



TCY Swimmers Out of The Pool
Editor's Note: Looks Fun!!

NEW CLUBS! WELCOME ALL!

The [Chesapeake Region Aquatic Blues \(CRAB\)](#) swim at the Casey Swim Center at Washington College in Chestertown, MD. (Another club on the Eastern Shore! Mark o) Sean Swanepoel is the coach and club contact.

The [Green Terror Masters \(GTM\)](#) are coached by Jeff Hiestand and practice at McDaniel College. We look forward to seeing Jeff and his swimmers at some upcoming meets.

And we have registered the [Southern Maryland Masters Club \(SMMC\)](#) in Charles County. Heather Hamor is the coach and club representative for about 10

[SPY News - In & Out of the Water](#)

OUT :

Jack Iliff went to the Utah Flats in August and bettered his own car racing record to 169.7 mph. He went 170.7 for one of his runs and was trying to do that or better again when his oil pump failed, ending his racing for the year. Congratulations to Jack for breaking his own record! He's fast in and out of the water!

Debbie Dudas just completed crewing at the Lightning Sailboat World Championships in Vermont. They placed 11th out of 66 boats.

We have two engagements and one wedding to announce: Sue & Eddie Marintel's daughter, Zandi, and Cindy McCoy Emmerich's daughter, Kelly, both to be wed in August! And Jack and Sally Iliff's daughter, Francie, and Eric, were wed October 3rd.

(cont. on P. 7)

SPY NEWS - IN & OUT OF THE WATER

OUT (cont. from P.6):

Nancy Brown proudly announces the birth of Pierce and Audrey Brown, born August 28th, her 15th and 16th grandchildren.

And an update on Nancy Sterling: Nancy just had her 54th birthday! Though her illness has left her completely paralyzed except for some movement with her head, Nancy is still her smiling self! Her faith and her positive attitude is an inspiration to all who know her. She has a wheelchair that can be moved by her head so she is still able to go places in her special car and she has a special computer that enables her to communicate. If you would like to send her a note or card, her address is 319 Brewington Dr. Salisbury, MD 21801.

USMS has added Raymond Edelhoff, who died in February, to their remembrance list.

IN:

The Coach's Challenge, which is to swim all 18 events SCY, was completed this year by Carla Mazyck, Tom Walsh, and Susan Taylor. John Collings completed the 80+ Challenge which is everything except the 200 fly and only one distance event. Congratulations!

Congratulations to Carla Mazyck, Ali Hall, Sandy Swoboda, Tom Walsh, Joan Libby, and Jeff Viohl who completed the Super Slammer Challenge by competing in SCY, SCM, LC, and Open Water -all 4 venues within the year.

Congratulations to Julie Dukes who qualified for the Hawaii Ironman to be held in October!!!

Margie Pearsall competed in the International Senior Games in the Netherlands in the 70-74 age group and placed first in the 200 and 50 free, 50, 100, and 200 back and 2nd in the 400 free. Congrats!

Ali Hall, Sandy Swoboda, Jack and Sally Iliff did the Alcatraz Swim in San Francisco this September. It was Ali's 75th Alcatraz swim! Congratulations!

Nancy Brown

CMYM News

The CMYM has been very active this year in various types of swims. Sixty-four team members competed in more than twenty-two different events, everything from series meets & triathlons to Zones. We had members at each of the LMSC Swim Series meets and placed 3rd in the new quality team scoring for the series.

In January, twenty-four team members competed in the USMS One Hour Postal Swim. Our team came in 20th in the Large Team division with 25 members completing the one hour swim. We racked up 86095 yards or about 52 Miles!

April brought forth not only spring showers but our weekly Monday morning open water practices in the Severn River. These swims continue up to the Bay Swim time.

In late May, thirty team members competed in the Columbia Triathlon, an Olympic distance event which starts its swim at the famed Centennial Lake.

In June, we had members competing in three different events, the 4.4 mile Great Chesapeake Bay Swim, the 1.1 mile Chesapeake Challenge, and the half Ironman distance Eagleman Triathlon.

July saw eleven of our members and their families travel to Lake Placid, New York. The event was the Lake Placid Ironman Triathlon. Four team members, Mike Stepanek, John Rocco Averbis, Jamie Courtney and Kevin Perkins competed in the race. All four did an excellent job! Many other team members went along to support these three on this great endeavor and to volunteer at the race. The volunteers and competitors all had a great time.

In late August CMYM had the end of season awards picnic at the Moffets house where we celebrated everyone's achievements!

See you at our October 17th meet.

Mike J.

NBAC News

There's someone new at NBAC Masters. In addition to his coaching responsibilities with North Baltimore Aquatic Club's USA Swimming team, Michael Sabala has joined the staff of the Masters team. Swimmers are eager to hit the water on Tuesday and Thursday mornings with Sabala on deck. Practices are a little different. Freestyle is still the focus, but race pace swimming and efficient technique are the goal's for the day. Sabala brings his experience working with Masters swimmers at LA Gold in Monroe, Louisiana, and The Berkeley Carroll School, in Brooklyn, New York, to water at Meadowbrook.

"I'm excited to compliment the work of John Cadigan (NBAC's lead Master's coach) and the other Masters coaches who develop adult swimmers at NBAC. This year is all about sticking to a plan, and setting goals so that our swimmers are fast at Nationals in May and August, and so our triathletes and open water swimmers shine in 2010.

(cont. on P.8)

More Club News

NBAC News (cont. from P.7)

"I hope that we can harness the potential we have at NBAC, and compete on the same level at Masters Nationals that NBAC brings to the USA Swimming National Championships year after year."

We're excited to have him," says Dawn-Marie Cain, Director of Fitness for Meadowbrook and a masters swimmer for NBAC. "I hear the locker room chatter, and the verdict's in. Swimmers are very happy, and the team is ready for Michael's enthusiasm and skill set. Everyone is on board, and we're excited that Michael will be there with us in Atlanta in May."

Sabala has coached swimmers from the Novice level to USA Swimming National qualifiers for the past several years in New York, Louisiana, and now Maryland. In addition to working with youth and Masters swimmers at NBAC, he is also providing private instruction through the Michael Phelps Swim School.

"I've encouraged some of my best athletes and newest swimmers who are looking to improve their game in the pool to seek Michael's help," Cain said. "In two lessons, he's taken one client's butterfly to the next level and given her the ability to train and compete with a brand new stroke. He's certainly the real deal, and we're thrilled to have him on our staff."

ANNE ARUNDEL AMPHIBIANS **Swimming in Paradise** **Swimming in Paradise**

Part 2 – The Bonaire Ecoswim

The Race: Two Different Perspectives by Lynn Foley

December 6th was a sunny, windless day in Bonaire. Sixty-six swimmers gathered at Captain Don's dock for the beginning of the open water race that Nancy Futch, my fellow Anne Arundel Amphibian, and I had been waiting months for. Although there were various distances one could swim, Nancy and I both chose the 3 K.

Nancy: My greatest challenge was focusing on completing the swim without worrying where I would place. My biggest thrill was that I completed the swim and did not come in last! I was surprised at the variety of people who entered the race. There was such a difference in the ages and skill levels of the swimmers. I'll always remember the simple pleasure of swimming along and enjoying the beautiful schools of fish. I would recommend others try this swim. The Caribbean waters were calm with a comfortable temperature, not to mention the exquisite beauty as I swam along the course.

Lynn: My greatest challenge was getting over an upper respiratory infection and laryngitis and being healthy enough to swim. Three days before we traveled, I was placed on antibiotics along with steroids which probably had an effect on how fast I swam. During the race, however, I was surprised by how long it took to get the turnaround buoy in sight. It seemed as if I was swimming without end, but once I made the turn it was nearly effortless. I'll always remember watching the different tropical fish as I swam. There was no getting bored. My biggest thrill didn't occur during the race, but two days after when I snorkeled along side a hawksbill turtle. I would definitely recommend the Bonaire EcoSwim to others. It was well organized, the participants were friendly and the swimming was enjoyable. The lodging at Captain Don's Habitat (the start and finish points for the race) was very basic, though. We had been warned to upgrade our room and although still rudimentary, our villa gave us breathtaking views of sunsets over the Caribbean Sea.

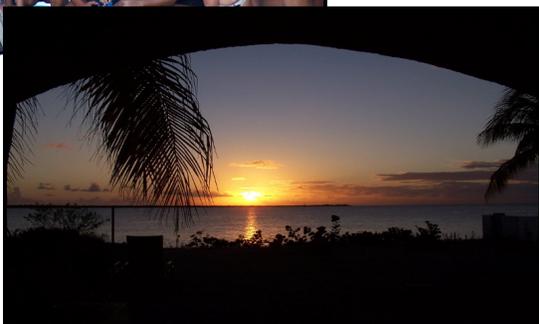
Information on next year's EcoSwim can be found at: www.Aquamoonadventures.com



Lynn Foley, #300, & Nancy Futch, #301



...before the start...



Sunset over the Caribbean at Cap't Don's Habitat

Go The Distance! FLOG It!

Make it count! Go The Distance!

Ali Hall, Open Water Chair

You swim. Sometime more, sometimes less. What do you do with all those yards and meters and miles? Do you make them count? GO THE DISTANCE (GTD) gives you a way to do just that.

"I was curious about how much swimming I was really doing," recalls Jeff Strahota of Terrapin Masters. "I saw my fiancé Mollie doing GTD, and I figured I'd give it a try." Now in his second year of logging yardage, Jeff has found GTD a great tool to keep track of what he's really doing.

"I swam 420 miles last year; I was shocked at how it added up and it motivated me to want to do a little more each time I swim this year, I want to end up ahead of last year. It really encourages you to get in the water, especially on the last days of the months when you see you may not make your monthly goal. You make sure you get in the water and that's a good thing."

So what is this thing? GTD is a very popular event started by the USMS Fitness Education Committee. Currently, 600+ swimmers nationwide are participating, and that number increases every month. A handful of swimmers from Maryland Masters and other Maryland club groups are already signed up. One beauty of this event is that anyone of any age, fitness level and speed can enjoy it! Milestone awards such as GTD certificates with Distance Milestone Achieved, swim caps, logo patches, distance patches, shirts, coffee mugs and stickers are available for several distances: 50, 100, 150, 200, 250, 300, 365.25 (average mile a day), 400, 750, 1000, 1250 and 1500 miles.

Some clubs and LMSCs design their own prizes, such as a Florida area award cap that announces: "I swam the Florida Keys." Imagine a local prize cap: "I swam the Chesapeake Bay!" At about 150 miles, we might need a cap or shirt for swimmers like Jeff that add "twice," "three times," or more.

GTD 2009 swimmers began using online sign-up and tracking through "FLOGS", the fifth most frequent *hit* on the USMS site, where participants can log easily into their "My USMS page (members only section)" and enter their workouts, distance, etc. daily, weekly, monthly, whenever. Jeff points out that the FLOGS feature also allows participants to track entries for at least 7 other sports such as running, biking and yoga. Entry for GTD is free. Participants purchase whatever goodies they desire.

You might wonder, how do some people rack up all that mileage? Do they work? Sleep? How do they balance their lives and swimming? Who are these people? The monthly GTD email sent to participants tells you about just these very things. So, join up with GTD, learn about your fellow swimmers and start making your miles count!!!

Nuts and Bolts for Signing Up:

*go to www.usms.org create your username and password

*sign up for GTD on the USMS site

**click on Health and Fitness, then Fitness Events, then GTD, then Entry Form

**start logging your distances on your own Fitness Log (FLOG)

Go The Distance

Lynn Foley, AAA*

Being a person who likes to get her money's worth and needing all the swimming help I can get, I decided to look over the Master's Swimming web site, www.usms.org. A program called "Go the Distance" jumped out at me and I joined only to find that I was one of five hundred and some who were keeping track of how many yards, meters or miles they swam each month. The organizer, my new GTD pal Mary Sweat, welcomed me and sent me an Excel spread sheet that I now use to track my swimming. From the colorful pie chart, I can see at a glance what month I swam the most and from another graph, how many miles I am predicted to finish by the end of the year. I thought the prediction of 200 + miles was impressive until the beginning of February when the mileage of all five hundred plus participants became available. Someone, with a lot more time and energy than I, had completed over 200 miles in the month of January alone. To make matters worse, I noticed that people a lot older than I were swimming a lot further than I. My competitive spirit kicked in and I decided to practice four times a week rather than my usual three. At the end of two and a half months, I had earned the right to purchase a blue "Go the Distance" swim cap proclaiming that I had completed 50 miles. One doesn't need too many swim caps so I plan to skip the 100 and 150 mile caps, but I'm surely going to purchase one when I hit 200 miles. GTD has been a lot of fun and a definite incentive to get me in the water more often. Swimmers can join at any time, just send an e-mail to usmsgtd@yahoo.com and Mary can be your GTD pal, too. Results for GTD are available on the USMS web site. Keep swimming!

*Editor's note: Lynn is gaining national notoriety for her long distance and GTD swimming—"During her travels last year to Bonaire, Netherlands Antilles — islands off the coast of Venezuela — where she participated in an open water swim, [Peggy, 65] Whiter met a fellow GTD member and fellow American Carolynn Folie. The social network of swimmers around the U.S. brings friendly age-group rivalries, along with lots of words of encouragement exchanged via e-mail. Whiter and Folie, for example, check each other's mileage from time to time and discuss their progress. "My initial goal was 200 miles for the year (2008)," notes Folie, who lives part-time in Florida and part-time in Maryland. "I completed 300.54. This year's goal is 365.25, an average of a mile a day. I think I can do it." from "Taking the long and slow road home..in the water", by Katie Brauns in the 1/17/09 issue of *The Bend (Oregon) Bulletin*

And Lynn & other GTDers are profiled on the made the Masters' Go -the-Distance website! Follow the link:

http://www.usms.org/fitness/results09/GTD_jun09_tidbits.pdf

SIGN UP & START LOGGING YOUR YARDAGE TODAY

UPCOMING EVENTS

[FASTER FREESTYLE CLINIC](#)

[with Karlyn Pipes-Nielsen](#)

- On Saturday, November 7, from 5-9 pm, at the Severna Park Y pool, Woods Community Center, 623 Baltimore-Annapolis Blvd, SPY will host a FASTER FREESTYLE clinic taught by World Masters swimmer of the Year Karlyn Pipes-Nielsen of Aquatic Edge (located in Kona, Hawaii). Karlyn travels the world offering swim clinics to people of all ages and abilities that have one thing in common: they are tired of their old stroke & wish they could SWIM FASTER!

The benefits to taking an Aquatic Edge clinic are many:

Learn the techniques used by top triathletes and Olympians.

The teaching methods used are simple and easy to understand.

After just one clinic you will swim faster with LESS effort.

Training tips and recovery suggestions will also be provided.

To register online, go to www.aquaticedge.org and click Clinic Registration and then on the register NOW button. Download the form and mail it in along with payment. The cost is \$95 and space is limited, so sign up soon!

Pre-order Karlyn's Go Swim Freestyle DVD and pay only \$35 or purchase at the clinic for \$40.

Karlyn Pipes-Nielsen: Regarded as one of the best swimmers in the world. She is 2008, 2007 & 2004 World Masters Swimmer of the Year, 2007 inductee into the Int'l Masters Swimming Hall of Fame and to date has set over 200+ Masters World records. For a complete BIO visit www.aquaticedge.org

For more information, email Karlyn at aquaticedge@hawaii.rr.com

[Y MASTERS NATIONALS - 4/15 - 4/18/2010](#)

Nancy Brown

This year Y Nationals will be held once again in Ft. Lauderdale at the Hall Of Fame pool!!!

This is absolutely a wonderful facility to swim in and to visit. It is located between the ocean and the inland waterway with lots of magnificent yachts motoring by. For the past 23 years, the Y Committee has hosted a party for everyone on one of those magnificent yachts! Awesome! The swimming complex has 2 racing courses plus a 16 lane warmup/swimdown pool and a diving well. I would love to see a lot of people go this year. We are staying at the Best Western which is beachside and they offer a free breakfast and provide a suite for our team. I will be providing more information regarding Y membership and travel at the pre-Y National meeting (probably in December).

To see what it is all about in the meantime, go to <http://www.ymcaswimminganddiving.org>

Our team is known for having the best fun and also for our competitive spirit (we place in the top 3 teamwise every year). The distance day (1000 and 1650) are on the 15th. For years we have had excellent team representation and always have had great times both swimming and socializing. Last year our team, 49 swimmers are representing Mid Delmarva Y, placed 2nd in the small team category. We dedicated the meet and our efforts to Nancy Sterling.

Anyone who is interested in attending in 2010 please contact Nancy Brown. nancygeoff@cablespeed.com
410 255 0699.

*Tired of being the last one on your team to hear about what's going on in the LMSC?
Join the Yahoo group and never feel like a fish out of water again!*

MD Association Email list:

<http://groups.yahoo.com/group/mdusms/>

*******To subscribe to Email list: *******

mdusms-subscribe@yahoogroups.com



[The 2009-2010 Carol Chidester Memorial Swim Series , p.1](#)



Revised 10/11/09

Maryland is hosting a swim series for 2009-2010:

- A 6 meet series is planned.
- The meets are free to all registered USMS Maryland LMSC swimmers – for those who enter online. Other LMSC swimmers are welcome for a fee. The fee may vary depending on the meet (typically, the fees have averaged \$10 per meet). Deck entry fee is \$10 and will be permitted for Maryland LMSC swimmers only. (Fee waived for ages 60+)
- New Maryland USMS registrations will be permitted on deck and will be exempt from the meet fee. USMS renewals will not be permitted on deck.
- The exact dates, event lists, and other details for each meet will be posted on our website as details become available. Preliminary details are provided in this announcement but are subject to change.

We encourage you and your teammates to attend the swim series. The meets are low-key and fun. There are post-event “socials” at some meets. Details will be posted on our website <http://maryland.usms.org>

The annual Maryland USMS membership meeting will take place immediately following the November meet at Washington College. Meeting details will be announced via the Maryland USMS email list and will be posted on our website.

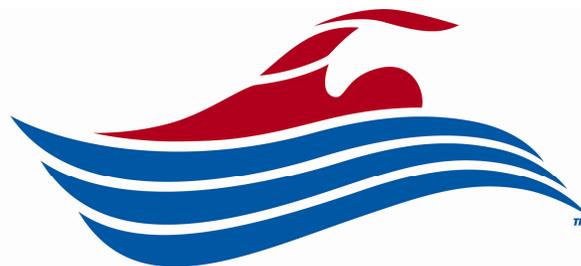
The **Swim Series Challenge** will include meets through February, 2010. An award will be given to each swimmer who competes in all of those meets or who competes in any 12 different individual events.

We will be following the new Quality Scoring methodology for Maryland teams. Details are posted under “Results” on our website. All awards will be presented at the March “finale” meet.

CONDUCT:

- All meets will be sanctioned and have two officials. All participants must be registered with **United States Masters Swimming (USMS)**. Visit <http://maryland.usms.org> for USMS registration and more information.
- Most meets will be seeded strictly by time. In these meets, men and women will compete together. Scores will be calculated as usual (by age group and by sex).
- The relays in all meets can be Mixed, Women, or Men. Mixed relays **MUST** consist of two men and two women.

- All members of a relay team **MUST** be from the same registered team (no unattached swimmers allowed).
- The relays will be swum according to standard USMS relay age groups (18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+).
- A preliminary meet program is usually provided to entrants the evening before the scheduled meet. Preliminary results are provided no later than the day after the event, in most cases.
- Each meet will use an online meet entry system. The system will be accessible via <http://maryland.usms.org> 14 days before each meet and will close at 9:00pm the Friday prior to the meet. On the site, click “Events”, find the meet of interest, click the link, and follow all instructions.
- Swimmers who enter online will be pre-seeded in the meet and in the meet program. Maryland deck entries will be inserted into open lanes or into new heat(s) as required. Online entry is strongly encouraged.
- Each swimmer will be allowed to swim up to 3 individual events and 2 relays per meet (a medley and/or free) unless otherwise posted on our website.
- Positive check-in at the meet for those who enter online is not required. Exception: distance events (400 and greater) shall require positive check-in before the meet. Seeding of those distance events shall be done the day of the meet based on the actual people who show up to swim.
- Each meet will have 50-100 of each stroke, 100-200 IM’s, 200 free-style, and a 200 of another stroke. The 500 free and 400 IM will be scheduled in at least two of the meets. The course for all meets is expected to be short course yards (SCY). This year, meet #5 does not have the 200 Freestyle, the 200 of another stroke, and the 200 IM due to the late start time and the plan to run some other longer-distance events.



**U.S. MASTERS
SWIMMING**

swimming for life! www.usms.org

The 2009-2010 Carol Chidester Memorial Swim Series , p.2



Revised 10/11/09

MEET SCHEDULE:

| <u>SANCTION</u> | <u>DATE</u> | <u>MEETWARM-UP DIRECTOR</u> | <u>LOCATION</u> | <u>TIME *</u> | <u>MEET START TIME</u> |
|-----------------|--------------------|---------------------------------|----------------------|---------------|----------------------------|
| 090-001 | OCTOBER 17 (Sat.) | Mike Jacobson | Howard County | 4:00 PM | 4:45 PM |
| 090-002 | NOVEMBER 15 (Sun.) | Mark Oliphant | Washington College** | 9:00 AM | 9:45 AM |
| 090-003 | DECEMBER 5 (Sat.) | Mark Oliphant | Talbot County YMCA | 2:00 PM | 2:45 PM |
| 090-004 | JANUARY 17 (Sun.) | Elizabeth Hogan | AOSC | 3:15 PM | 4:00 PM |
| 090-005 | FEBRUARY 13 (Sat.) | Barbara Cooke | Severna Park*** | 5:00 PM | 5:45 PM |
| 090-006 | MARCH 28 (Sun.) | Mark Oliphant | Loyola College | 8:00 AM | 8:45 AM |

*Check-in is NOT required except for distances of 400+ and for Maryland deck registrations.

Deck-entered relays are typically due before meet start – details posted on each online meet entry page.

** The annual Maryland USMS membership meeting shall take place following this meet. Details will be posted on our website and via the Maryland email list.

*** At 3:30pm in the Holy Grounds building, there will be a meeting for any MD LMSC swimmer who wishes to compete at YMCA Nationals.

Meet Director Contacts:

Mike Jacobson: [mikej AT comcast.net](mailto:mikej@comcast.net)

Elizabeth Hogan: [icenrock AT verizon.net](mailto:icenrock@verizon.net)

Mark Oliphant: [marko AT usms.org](mailto:marko@usms.org)

Barbara Cooke: [barbcooke5a AT gmail.com](mailto:barbcooke5a@gmail.com)

MEET #1 ORDER OF EVENTS

HOWARD COUNTY

1. Mixed 100 yd Freestyle
2. Mixed 200 yd Butterfly
3. Mixed 50 yd Backstroke
4. Mixed 100 yd Breaststroke
5. Mixed 50 yd Freestyle
6. Mixed 200 yd IM
7. Mixed 50 yd Butterfly
8. **200 yd FREE RELAY**
9. **200 yd MEDLEY RELAY**
10. Mixed 200 yd Breaststroke
11. Mixed 100 yd Backstroke
12. Mixed 100 yd IM
13. Mixed 200 yd Freestyle
14. Mixed 50 yd Breaststroke

MEET #2 ORDER OF EVENTS

WASHINGTON COLLEGE

1. Mixed 200 yd Backstroke
2. Mixed 50 yd Butterfly
3. Mixed 100 yd Freestyle
4. Mixed 100 yd IM
5. **200 yd MEDLEY RELAY**
6. Mixed 50 yd Breaststroke
7. Mixed 50 yd Backstroke
8. Mixed 100 yd Butterfly
9. Mixed 100 yd Breaststroke
10. Mixed 100 yd Backstroke
11. Mixed 50 yd Freestyle
12. Mixed 200 yd IM
13. Mixed 200 yd Freestyle
14. **200 yd FREE RELAY**

***MEET #3 ORDER OF EVENTS**

TALBOT COUNTY YMCA

1. 200 yd Breaststroke
2. 50 yd Freestyle
3. 100 yd IM
4. 200 yd Freestyle
5. 100 yd Breaststroke
6. 50 yd Butterfly
7. **400 yd MEDLEY RELAY**
8. 100 yd Backstroke
9. 50 yd Breaststroke
10. 200 yd IM
11. 100 yd Butterfly
12. 50 yd Backstroke
13. 100 yd Freestyle
14. **200 yd FREE RELAY**

* NOTE: men and women will be seeded separately.

THE MARYLAND LMSC OF UNITED STATES MASTERS SWIMMING PRESENTS

The 2009-2010 Carol Chidester Memorial Swim Series , p.3



Revised 10/11/09

*MEET #4 ORDER OF EVENTS

AOSC

1. Mixed 500 Freestyle
2. Mixed 50 Backstroke
3. Mixed 200 Butterfly
4. Mixed 100 Freestyle
5. Mixed 200 Breaststroke
6. Mixed 50 Butterfly
7. Mixed 200 IM
8. Mixed 100 Backstroke
9. **400 FREE RELAY**
10. Mixed 50 Breaststroke
11. Mixed 200 Freestyle
12. Mixed 100 Butterfly
13. Mixed 100 IM
14. Mixed 200 Backstroke
15. Mixed 100 Breaststroke
16. Mixed 50 Freestyle
17. **200 MEDLEY RELAY**
18. Mixed 400 IM

MEET # 5 ORDER OF EVENTS

SEVERNA PARK

1. 100 yd IM
2. 100 yd BACK
3. 50 yd FREE
4. **400 MEDLEY RELAY**
5. **50 yd BREAST**
6. 100 yd FLY
7. **THE PLUNGE**
8. 400 yd IM
9. 50 yd BACK
10. **800 FREESTYLE RELAY**
11. 100 yd BREAST
12. 100 yd FREE
13. 50 yd FLY

MEET #6 LOYOLA COLLEGE MARYLAND LMSC CHAMPIONSHIPS

The Maryland Swim Series Finale is still being planned at the time of this printing. The Swim Series Challenge awards will be presented at this meet.

Details will be posted on our website.

All information provided is preliminary and subject to change. The official information for each meet may be found on our website

<http://maryland.usms.org>

2009-2010 Questions?
Contact Mark Oliphant at
[marko 'AT' usms 'DOT' org](mailto:marko'AT'usms'DOT'org)

* Positive check-in required for the 500 free and the 400 IM

MORE UPCOMING EVENTS

Patriot Masters Sprint Classic @ GMU

Fairfax, VA

Event Date October 25, 2009
Registration Deadline October 13, 2009 (postmarked)
SCY; Tim Timmons, 703-352-0813 ttfsu@aol.com<http://www.patriotmasters.org/GMUP.SprintClassic.Oct2009.Entry.pdf>

2009 3000/6000 Yard Postal Championships

25 yard pools only) 9/15/2009-11/15/2009USMS 2009 PST-LD;
Jacque Grossman, 864-646-8836 (d), jelg@innova.net;
usms.org/longdist/ldnats09

DAM Brute Squad Postal

Davis Aquatic Masters is starting a new postal event - the DAM Brute Squad Postal. This event is the 200 Fly, followed by the 400 IM followed by the 1650 Free, all within one workout or one 24 hour period. For information, go to www.BruteSquadSwim.com or <http://www.pacificmasters.org/comp/09dampostal.pdf>

Colonies Zone SCY Championships - GMU

Event Dates April 23 - 25, 2010
Registration Deadline April 9, 2010
To download the entry form, go to <http://maryland.usms.org>

33rd Annual Maryland Masters Winter Meet -UMBC

Event dates March 6th & 7th 2010
Details will be available: <http://maryland.usms.org>

Events In the Vicinity

11/14/2009 Tsunami Splash - Rehoboth Beach, DE SCY; Brett Dier, 302-296-9622, bdier@ymcade.org; www.ymcade.org; Entry Deadline 11/8/2009

1/31/2010Tropical Splash - Alexandria, VA SCY; Ray Novitske, 703-535-7899, rnovitske@usms.org; www.alexandriamasters.com/meet; Sanctioned by PV LMSC #110-02; Entry Deadline 1/25/2010

Club Scoring – Proposed at 2008 USMS Convention and to be used by the Maryland LMSC

Overall Club Scoring – Club scoring based on the total individual and relay points earned by a club and will be tabulated in three categories.

1. Women's – women's individual events and women's relay events.
2. Men's – men's individual events and men's relay events.
3. Combined – women's individual events, women's relay events, men's individual events, men's relay events and mixed relay events.

Quality Club Scoring – Club scoring based on the average points per swimmer scored by each club will be tabulated as follows: divide each club's total individual and relay points by the number of swimmers who participated in the meet for each club. A club must have at least four swimmers entered in the meet to be eligible for the Quality Club award. Quality club scoring will be tabulated as combined points only: women's individual events, women's relay events, men's individual events, men's relay events and mixed relay events. Quality points will not be tallied for men and women separately.

Overall Point Totals – The overall point totals for each club and the quality point totals for each eligible club shall be published in all results documentation.

Rationale: This will reward clubs in two categories. Overall Club Scoring will reward clubs that bring a large number of swimmers to the National Championship. Quality Club Scoring will reward clubs based on performance only (average points per swimmer) rather than club size. The Ohio LMSC has used this club award system for the last year and a half with a 98% approval rating from coaches and swimmers in the LMSC.

Club Scoring in the Maryland LMSC – Maryland will keep a running total of points for each club in swim series events. There may be awards given to clubs based on final standings in the series. Details will be published in the swim series meet announcement(s) and on our website.



*USMS, Maryland Association
C/O Michael Jacobson
4516 Worthington Manor Way
Ellicott City, MD 21043*

