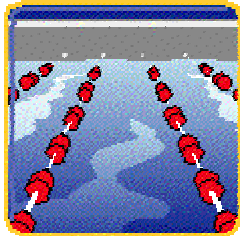


The Wave Eater

Volume 11, Issue 4

MICHIGAN MASTERS SWIMMING

December 1, 2003



The Inside Lane

By Skip Thompson

In the last edition of this newsletter I discussed registration, newsletter, meet schedule, website, and the goals and objectives for the next two years. Registration was down about 15% from last years level. At the close of the 2003 registration year there were 646 swimmers compared to 759 at the close of 2002. This results in \$1200.00 less taken in by the LMSC to finance masters programs.

Currently the State LMSC registration fee is \$10.00 and this has not increased in 12 years. This money is used to finance the newsletter, website, awards, and the funding of delegates to the National Convention. Sanction fees are down about \$500.00 and this fee is determined by the attendance at Michigan Masters meets for the year by the 2003 sanction fee (\$2.00 per swimmer). This is the fee the meet pays the LMSC, and this fee also has not increased in 12 years. One area of improvement to focus on for 2004 is increased registration to at least 800 swimmers. I believe this is achievable through growth of new swimmers and getting back previous registered swimmers.

Some of the projects that have been implemented and completed in the last 3 months are an Access data base for the membership. Currently Michigan Masters has about 1200 swimmers in the data base that have registered with LMSC in the last 6 years. From this data base an e-mail distribution list will be created to communicate with the membership.

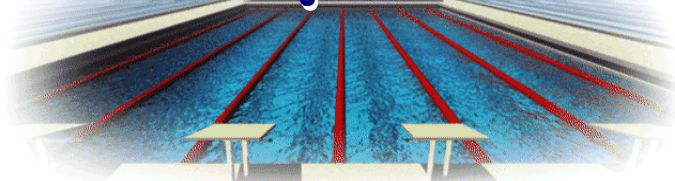
The first use of this will be sending an e-mail registration renewal form to all members in the current data base. There will be a questionnaire that must be answered about the newsletter. People will chose an option of having the newsletter online on the Michigan Masters website or to receive a printed copy that is mailed for a fee. The fee will be determined by what people choose and if we still continue to use bulk mail. A range of \$1.50 to \$3.00 per issue has been calculated.

By the next newsletter which should hopefully be online for people to download and read I will report results of the survey that we have so far. In our general meeting at the West Bloomfield meet an action plan was submitted and a time table has been developed so this can be completed and approved by the State Meet meeting. The result of this project should reduce our cost of the newsletter and help us financially. We have had 3 meets so far this fall and attendance in total appears to up from last year. We have 7 more meets plus the State Championship that will complete the Michigan LMSC SCY season. The USMS Nationals will be in Indianapolis and Michigan Masters is hoping for a great turn out. There will be relay sign up sheets at the winter meets for people planning to attend. Also on the website there is an attempt to

(Continued on page 3)

pools & workouts

www.michiganmasters.com



information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

South Oakland Seals:

Wayne, Oakland & Macomb Counties
Skip Thompson – (248) 683-2191
Royal Oak Dondero High School
Tue. & Thurs. Nights – 8:30PM to 10:00PM

Ford Athletic Swim & Triathlon:

Matt Myers – (313) 592-2797
mmyers2@ford.com
Schoolcraft College
Saturday - 7:15AM to 8:30AM
www.swimfasttrifast.com

Livonia Area:

Livonia & Larger Area Masters (LALA)
deano69@flash.net – (248) 926-5937
Livonia Stevenson High School
MWF evenings – 5:45PM to 7PM
Saturday morning – 7:00AM

Farmington Area:

Bill Hughes – (248) 474-2858 after 6PM
Farmington YMCA – Farmington Hydrofoils
Tue., Thurs., & Sun. Nights 6:00PM to 7:45PM
Must be a Farmington YMCA member and
USMS member

Warren Area:

Star Aquatics – www.staraquatics.com
Saturdays 7:00 AM - 8:30 AM (Approximate)
Warren Woods Tower High School Pool
27900 Bunert Rd., Warren MI 48088
Contact: Tom Cobau – (313) 640-9189

Grosse Pointe Area:

Pointe Aquatics – www.pointequatics.com
Tue. & Thur – 7:30 - 9:00 PM
MWF 6:00 – 7:00 AM
Community Rec & amp;
Ed – (313) 432-3880

MICHIGAN - LOWER PENINSULA

Ann Arbor:

734-994-2898
Mack Pool
M-F mornings 6:00AM to 7:30AM
MWF evenings 6:00PM to 7:00PM Fuller Pool
Summers: 6:30PM to 8:00PM

Flint:

Contact: Ric Chaney
(810) 720-2200 Day – (810) 720-1341 Eve.
Hurley Health & Fit. Center (810) 235-8544
(membership not required)
M & W evenings 6:30PM

Plymouth:

Plymouth Canton Community Masters
Leslie Greeneisen – greeneisen@aol.com
Central Middle School
MWF evenings – 8:00PM to 9:15PM

Lansing:

CATS – www.teamcats.com
Contact: Mark Lisenby, Mark Keevan,
Wally Dobler, Andrea Funk
Michigan Athletic Club (MAC)
Mon. thru Thur. 6:30PM to 7:30PM

Midland:

H. H. Dow High School
Mon. & Wed. 8:30PM to 10:00PM
Midland Community Center
Saturday mornings – 9:00AM to 10:30AM

Holland:

Fred Nelis – (616) 399-9588
Holland Community Aquatic Center
Pool Ph. (616) 393-7595
www.holland.k12.mi.us/aquatic.center/

Grand Rapids:

West Michigan Masters
Carolyn Calcutt – (616) 785-9544
Grand Rapids Community College Ford Pool
Monday 7-8PM
Wednesday 5:30-6:30PM
Friday 6:00PM to 7:00PM

Kalamazoo:

Vince Gallant – (616) 349-1053
Loy Norrix High School
M-F 5:40AM to 7AM, M-Th. 5:00PM to
7:30PM, F 5:00PM to 6:30PM,
Sat. 8:00AM to 10:30AM

Open Water:

Marilyn Early
(231) 526-9824
Jcowing@tir.com

Grand Haven:

Masters Swim Club, Mick Homan -
Aquatics Coordinator
616-850-6292, 616-850-6295 fax
swcoach7@aol.com
17001 Ferris St., Grand Haven, MI 49417



The Wave Eater

MICHIGAN MASTERS SWIMMING

Volume 11 • Issue 4
December 1, 2003

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get meet results up in 24 hours from the completion of the meet. So far it's been good and I want to thank Meet Directors and Milton French for making this possible.

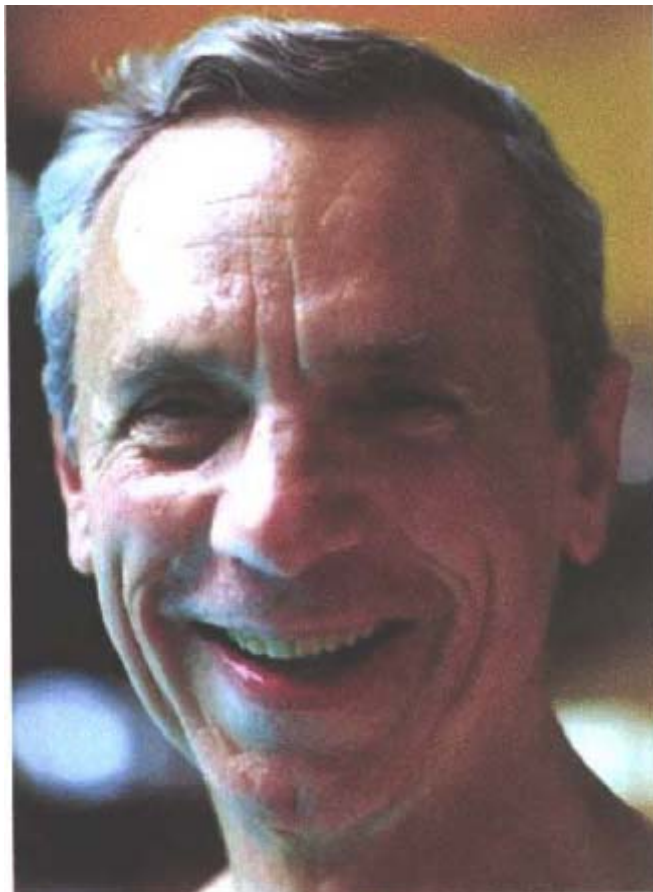
In closing, let me say that Michigan Masters has not had an increase in the LMSC fee for 12 years. In those 12 years we have seen improvements in services you have come to rely on and we will continue to expand. But we can only do that with your support. If we do not grow and continue to have decreases in memberships we will have to either raise fees or cut services and the current Michigan Masters Board does not want to do either. I will be depending on officers, coaches, and swimmers to help us reach our growth targets. I wish everyone good luck and have fun in the future swimming season.



Lifetime Achievement Award

Congratulations to Robert Heritier for being awarded the **Lifetime Achievement Award** in July 2003!

Photo of Robert Heritier:



- ◆ To learn more about swimming or to try different workouts on your own, check out these valuable web sites:
www.swiminfo.com
www.usms.org
www.usswim.org



Michigan Masters Swimming – Website

by Milton French

Our LMSC website is at <http://www.michiganmasters.com/>. On the left side of the home page are links to pages of interest. The current 2004 membership form is at <http://www.michiganmasters.com/membership.htm>. The current swim meet schedule for 2003-2004 is at <http://www.michiganmasters.com/swimmeet.htm>.

This page includes meet information including dates, locations and contact information. Meet flyers and entry forms are included when available. Swim meet results are posted at <http://www.michiganmasters.com/results.htm>. There is an effort to have meet results posted within 24 hours after the conclusion of the meet. Meet directors are asked to cooperate with this policy.

Swimming Strokes and Strategies

by Jennifer Parks

Freestyle Pushoffs and Dive:

Miriam Carlson, our All-American Masters' swimmer and new bride, has told us that she learned at the High-Altitude Camp last February that pushing off on your side and dolphin kicking can enhance your pushoff on freestyle. There appears to be less resistance on your side and your natural buoyancy doesn't pull you up so easily and interfere with your forward movement.

And, of course you know that the dolphin butterfly kick is the usually most efficient kick because

both legs are moving simultaneously in the same direction, having less counter action, with strong help from the gluteus and abdominal muscles, as well as the hamstring and quadriceps muscles in your upper legs.

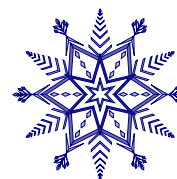
Oh, and use a few of those dolphin kicks after your dive, too, on freestyle.

Backstroke Starts, Pushoffs:

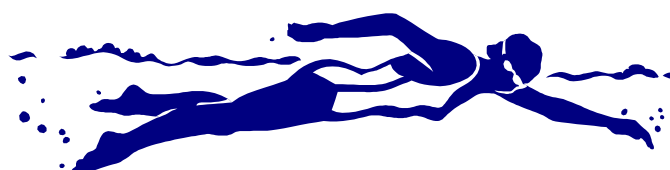
And, in the same vein, use those dolphin kicks, two or three or four kicks, after your starts and turns, though you will be on your back, and you'll be pleasantly surprised at your advantage.

Remember to practice this technique in practice so you're ready to do it in a meet.

Oh, and the USMS website has had a great discussion on how to get better "abs," a six pack look, or at least stronger abs, so you try using fins, kicking butterfly on your back in some of your sets each week!



SWIMMING... A Life's Passion



The Top Ten Reasons to be Michigan Masters Swimmers

by Jennifer Parks

Skip Thompson, our President/Chair of Michigan Masters Swimming, is working very hard this year to promote registration and membership in USMS/Michigan Masters Swimming. Several years ago when I was coaching at Michigan State the swim team members, led by present-day Michigan Masters Champion Marilyn Early, devised a list of 20 reasons to swim at MSU. So I thought I'd combine that idea with a David Letterman like-list. If you have more reasons, send them in, but most of all share them with prospective members, present, past, and future. ***THERE WILL BE A PRIZE FOR THE BEST "NUMBER ONE" REASON TO JOIN MASTERS SWIMMING!*** Send those answers to jenswims@aol.com or webmaster@michiganmasters.com by January 15, 2004. We'll announce the winner at the UM meet a few days later!

10. Your pants should fit looser, though your shirts may be tighter, as well as what's under them (and whatever gender or age you are, I think that's a good thing.)
9. You get to take a shower every day that you swim, sometimes with other people, and you can usually hear some good gossip.
8. Your hair will always have shiny highlights in it, even in the middle of winter.
7. Your body will begin to develop some definition, even if it's only in your eye sockets from goggles, it's a plus.
6. You will smell really, really clean. (I actually had a guy tell me that as he was nuzzling my neck!)
5. You can polish your math skills as you try to figure those intervals, splits, and projected times (if you're lucky enough to be able to see the clock.)
4. You can help manage your stress better by swimming several days a week. (Rhythmic, aerobic exercise like swimming particularly reduces stress hormones; vigorous physical activity makes you concentrate on your body, or other bodies, instead of your problems; and swimming can help with better quality sleep.)
3. Your overall physical health and wellness should improve: strengthening your heart muscle, triggering higher HDL-"good" cholesterol, enhancing your immune function, developing better posture, and lowering your chances of some kinds of cancer as well as Type II diabetes, are some of the positive effects of regular exercise.
2. You will have less opportunities to waste time watching crummy TV shows or spending time with boring, lazy people; and more chances to be with positive, energetic, busy, smart people like Edith Glusac, Dick Evans, Paul Chaffee, or (you name your favorite Masters' swimmer) _____, and/or all those young Western Michigan University swimmers, who are so excited to swim Masters.
1. Submit your favorite reason to swim Masters' Swimming! (I can't wait to read them!)

The "R" in "FIT-R"

by Jennifer Parks

Sleep, Rest, Recovery, Relaxation: Part of Getting Fit

When people choose to get “fit,” many people think that it means to workout as often as possible, pushing as hard as possible. What happens is that people often become too tired, too exhausted, and then may drop out of a fitness program. Or, they really push themselves, and then they get sick, and are forced to drop out, at least for a while. In this country, we value a great work ethic, whether it’s at work or in the work of getting fit. The problem is that we become less efficient in our workouts and often compromise our immunity to illness, if we do not give our bodies a chance to rest and recover. Several years ago, one of my former swimmers who became a great triathlete, Wendy Ingraham, told me that sometimes when she thought she should “workout,” (meaning run, bike or swim hard) she would go and “work out” in her garden, instead! A former professor of mine, in the Holistic Health graduate program at Western Michigan University, often said that sleep and rest were “spiritual practices.” I think it is important to listen to your body; amazingly, it will tell you when you need more rest, or recovery, relaxation, or even just extra sleep.

Checking your heart rate during practice is a simple way of seeing whether you are overly fatigued. Compare your heart rates during and after workouts for a period of time, at least a week. Keep a record. If your heart rate does not return to what is normal for you (don’t compare yourself to other people), after a workout, stays relatively elevated, you may be overly exhausted, or possibly on the verge of becoming ill. It may be time to take a little more rest: put more recovery time in your intervals, have a relaxation day (swim less and/or easy, or not at all), and try to get more sleep.

We all have different physiological, mental and emotional make-ups, yet it is important that we take the rest we, as individuals, need. We may have a stressful job that takes a lot of energy, physically and/or mentally/emotionally, which can fatigue us. Being fit can help us handle stress better, particularly the muscular tension. But we definitely need to assess our rest and sleep. Working out does put some physiological stress on our bodies and it is important to allow ourselves to rest and recover. In truth, we can actually become more fit and able to handle the stress of workouts, competition (if you choose to compete), and even work and family, if we get enough rest! Really!

Keep a rest/sleep diary for a week, a normal week. See how much sleep/rest you need to feel energetic in fitness workouts and in daily life (work, family and friends). Try “power” naps of short duration, if you struggle to get enough sleep at night. As you grow older, for various reasons, your sleep may be broken up more, so naps may help, though long ones can interfere with sleep at night. Try not to overly rely on caffeine for an energy boost. The largest number of swimmers workout in the morning so going to bed earlier may be a better choice. Do you really need to see that last newscast? If you have difficulty going to sleep, try deep breathing, progressive muscle relaxation, and even visualizing a relaxing place, a beach with waves breaking or a campfire by a river. Sometimes working out later in the evening may interfere with sleep because you’re too “pumped up,” so those techniques may help then at bedtime.

And even during practice, if you’re really struggling, take a break, an extra ten seconds, another minute’s rest between sets. You are an adult and know yourself and your energy/fatigue level better than anyone. A commitment to exercise is great, but when it becomes an addiction and your body begins to break down, it is not good. If you want to become stronger, faster, and really fit, reasonable rest between sets, recovery

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time between intervals, relaxation swims, and good sleep can help you toward your goals. You'll feel better, too, and often swim much more efficiently and faster when you do workout!

There's an acronym, "FIT," which stands for Frequency, Intensity and Time/duration...let's add an "R" for rest, recovery and relaxation so that it, and we, become "FIT-R"!

Jennifer Parks is a member of the USMS Fitness Committee.

Parks teaches health, wellness, fitness, aquatics, and stress management courses at Ferris State University in Michigan. She was the swim coach at Michigan State in the 70s and 80s, and has been swimming Masters for almost 30 years.

Stress Matters

by Jennifer Parks

Understanding Stress

When I was swimming competitively as a young girl, my ability to handle stress was not good, particularly at times of high stress like big swim meets. I went out much too fast in the 1960 Olympic Trials in my event, held in my hometown of Detroit. I believe it was because I didn't understand how to manage the stress.

When I became a teacher and coach it seemed that I could handle short periods of high stress better, while the ongoing, chronic stress of everyday life began to take its toll. During this time, I had an interesting observation. We began to add "progressive relaxation" techniques and visualization to our training regimen, and I noticed that several of the athletes began to handle the stress of competition better. Some even improved with the stresses of everyday college life, such as mid-term exams.

Almost 30 years ago, I returned to swimming competitively as a Masters swimmer. At that time, I was determined to manage my stress better, particularly around competition, but also in daily life. Eventually, I took a sabbatical and studied the interrelationship of the mind, body and even the "spirit," and applied that information to daily life, in the form of stress management strategies. Now, I share many of these techniques with students, faculty, staff, friends, family, fellow professionals, anybody who can use information about how to manage stress – which these days appears to be almost everybody – by teaching classes, giving seminars, and writing about stress, as I am doing here.

Stress and Fitness

Of course, because this article is part of the "Fitness" section of the USMS web site, you might wonder why and how stress and fitness are related. Most of you have heard that aerobic and cardiovascular physical activity over the period of a workout triggers endorphins, among other substances, which may modify the impact of stress. This phenomenon is often described as the runners'/swimmers' "high." Bruce McEwen, in his new book, *THE END OF STRESS AS WE KNOW IT*, suggests that those endorphins may be one of the last signs that we are getting near the end of our ability to handle stress, or as McEwen calls it, allostatic load. Perhaps the lesson in that is, enjoy that great feeling after swimming, but don't overdo it unless you're willing to risk creating more stress.

Managing Stress

There are other aspects of fitness that may help you handle different types of stress, including chronic and/

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or high stress. When an individual is stressed, muscles tighten to prepare for the instinctual "fight or flight," as humans have done for millions of years. Of course, in modern times we don't often have the options of hitting or running. Nevertheless, being fit can help you offset the fatigue of the automatic muscle tension response that is triggered by your perception of a stressor. Stronger muscles can recover more easily, not only from physical exertion but also the mental/emotional impact of stress.

Take a Deep Breath

Deep breathing is a simple but significant technique that can help individuals offset the effects of stress. Swimmers usually breathe more deeply in order to inhale and exhale at appropriate times. Therefore, rhythmic breathing in swimming may help us modify our psychological and physiological response to stress.

Be Mindful

Another great idea for stress management is "mindfulness," being in the moment, rather than paying attention to the past or future. Swimming is an activity that requires you to have some focus on the present; doing turns, rolling your hips, and watching the clock. At the same time, swimming takes our minds off other things, such as problems with finances, work, and relationships. Swimming may also relieve us of some of the more debilitating effects of stress, such as production of the hormone cortisol, which may encourage our bodies to accumulate abdominal fat, thereby making us likely candidates for cardiovascular disease.

Get Organized

Organizing your life and managing your time efficiently can be a great way to reduce stress. Build your day or week to include all aspects of your life, including physical exercise like swimming. This process can give you an increased sense of security and make you less susceptible to illness and injury. Dr. Andrew Weil, of the University of Arizona School of Integrative Medicine and author of many books and articles on health/wellness, has suggested that possibly 90% of modern maladies have some element of stress as a precursor. It appears that more and more, we must begin to confront and manage our stress in order to become truly healthy, fit and well.

Competitive Stress

Some swimmers do not want to compete because they do not wish to experience stress from competition. Individuals vary greatly in their perceptions of what causes stress. Stress can develop from a wide variety of factors, ranging from anxiety of how you look in a swimsuit, to fear of not being as fast as you used to be. Fortunately, you can begin to change your thinking about what you perceive as stressful. Sometimes, you can conquer the stress by simply doing a little bit of what causes stress (e.g.: swimming the "30 Minute Fitness Challenge" before you try the One Hour Swim).

Responding to Stress

You can change your response to stressors, too. It may help to remember that you cannot control other people, but you can control yourself, including your responses to situations and people. Swimming in a group environment can cause stress, but not if you take a positive approach to the situation. If you don't like being run over by faster swimmers, just remember that they share your intent of getting a good workout. If you are bothered by children playing in your lane, try to remember that you were once a child playing in the water. You may even enjoy playing along with them.

Make your fitness swimming a time of pleasure. Although it is sometimes a challenge, it should usually be a great joy. Stress-hardy people perceive problems as challenges rather than stressors. And as you swim each

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day, imagine the flow of the water along your body washing away the remnants of stress from your life. Fitness is not just a physical concept but includes the whole body, mind and spirit. When I meditate, I use the word "wave" to help visualize the ebb and flow of life and stress. Try it! Go with the flow. See you in the pool, or the lake, or the ocean!

Fitness Events

by Bill Volckening

Goal Setting and Fitness Events

Setting goals for yourself is an important part of an individual fitness swimming program. Your goals may involve one of the following: reducing your time required to swim a certain distance, being able to swim a certain distance in one outing, swimming a certain accumulated distance over several weeks or months, learning to swim a new stroke, or a number of other interesting possibilities. What is most important is to have a goal that you are trying to achieve. USMS sponsors postal fitness events throughout the year to help our swimmers set goals for themselves.

USMS Fitness Events

The USMS Fitness Committee is planning some fun, challenging events for 2003. These events will be less competitive in nature, and can be done any time at any pool. You can use an event to set a goal, which will make your time in the pool more interesting, challenging, and fun. Your goals may involve any number of possibilities, such as learning to swim a new stroke, swimming faster, swimming greater distances, or logging your distance over time. Having a goal is an ideal way to enhance your exercise and fitness experience, so consider trying one of the USMS Fitness Events.

30-Minute Swim Challenge

The 30-Minute Swim is here!! The Pacific Northwest Association of Masters Swimmers (PNA) and the USMS Fitness Committee have created a new 30-minute swim challenge. The objective of this swim is to challenge yourself to swim continuously for 30 minutes. See how far you can swim, and send in your best distance. Do the swim periodically to chart your progress. There will be a commemorative prize or T-shirt available for those who enter.

Virtual Geographic Swim Series

The Virtual Geographic Swim Series - Starts now! This event is a new USMS Fitness challenge designed to take the monotony out of your trips back and forth across the pool. Now you can "Swim America's Waterways" and join others throughout the country and world in applying any pool lengths you actually do to virtually swimming some of the most important bodies of water in the US. Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of our virtual swims are actually open water courses, and others are waters most would not dare to swim in reality. These Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday.

Check-Off Challenge

Back by popular demand! The 2004 Check-Off Challenge will be hosted by Oregon Masters and the USMS Fitness Committee. The objective of this event is to challenge yourself by making a check list and swimming each of 18 swimming events found in pool competition. The participating swimmer will get a T-shirt in advance, which will list the 18 swimming events on the back. These events will include: 50 free, 100

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free, 200 free, 400 or 500 free, 800 or 1000 free, 1500 or 1650 free, 50 back, 100 back, 200 back, 50 breast, 100 breast, 200 breast, 50 fly, 100 fly, 200 fly, 100 IM, 200 IM, 400 IM. As you swim the events, simply check them off on the back of the T-shirt using an indelible marker. You can swim them during practice, or during a swim meet -- any time, any place, at your own pace! The 2004 Check-Off Challenge features a fun T-shirt with a special swimming eye exam. This clever little chart challenges swimmers to "take a closer look" at one of the most dreaded events -- the 200 butterfly!

USMS Long Distance Postal Swim Championships

During specific time frames each year, USMS holds Long Distance Postal Swim Championship Events. These events can be done at locations around the world and include the One-Hour Swim, the 5K and 10K Postal Swims and the 3000 yard and 6000 yard Postal Swims. These events are highly recommended to anyone looking for a great way to set a personal swimming goal. For more information about USMS Long Distance Postal Swim Championship events, visit the "Long Distance" section of the USMS Calendar of Events.

Local Open Water Events

A growing number of local organizations around the United States run open water events during the year. With no starting blocks, stroke and turn judges, or lane lines, they are often a very comfortable way to try competition for the first time. These events provide excellent opportunities to enjoy swimming in the great outdoors. For information on local open water events, visit the "Long Distance" section of the USMS Calendar of Events.

Local Team Postal Events

Several local teams around the United States run postal events during the year. These events provide a variety of creative ways to set fitness goals by participating in events from your own pool. Many can be done by swimmers outside your area using a postal format basis. The USMS Calendar home page always has information about postal events.

Season's Greetings!



The following information is from the American Health Foundation and may prove helpful in designing your workout/exercise strategy. Notice how swimming burns as many calories as basketball or cross-country skiing? Just think of how fortunate we are to be involved in such a beneficial sport/fitness activity!

EXERCISE RECOMMENDATIONS FOR CARDIOVASCULAR FITNESS

The American Health Foundation strongly recommends regular exercise as one part of the lifelong program to maintain a lifetime of good health.

Regular aerobic exercise strengthens the heart and blood vessels, lowers high blood pressure, helps regulate high blood sugar and tones the body while keeping body fat down. Using large muscle groups, such as the legs in rhythmic activity, aerobic exercise can keep you fit when performed for at least 30 minutes three times a week. Brisk walking is the ideal aerobic exercise. It requires no equipment and anyone, regardless of age can do it.

If you are healthy but not active, do not over do it. Check with your doctor before starting an exercise program, especially if you are 35 or older or may be at special risk for coronary heart disease.

The chart below gives an estimate of calories burned by an average 150 lb. person exercising for one hour

AEROBIC ACTIVITIES	Calories Burned/Hr
Basketball	360-660
Bicycling	240-420
Bicycling (uphill)	500
Cross-country skiing	600
Dancing	240-420
Rowing	250-420
Running (11 min. mile)	540
Skating	350-400
Squash/Handball	600
Swimming	540-660
Tennis (singles)	420
Walking	210
ANAEROBIC ACTIVITIES	Calories Burned/Hr
Calisthenics, Sprints, Dashes	360



HEALTH GLOSSARY

These definitions are provided to assist you in understanding the Health Passport and how it can help you have a healthier life through exercise, good nutrition, avoidance of tobacco products and a periodic program of medical check-ups.

Aerobic Exercise – Exercise “with oxygen,” that is, oxygen is used to produce energy so that the muscles can work over extended periods (22 minutes or longer). Aerobic exercise, for example, brisk walking, swimming, jogging, bicycling, rowing, is recommended to help achieve cardiovascular fitness.

Anaerobic Exercise – Exercise “without oxygen,” that is, exercise performed in short, fast bursts so that the heart does not have time to supply oxygen needed for energy by the working muscle. Anaerobic exercise, for example, swimming sprints, running dashes, lifting weights or performing calisthenics, can improve speed and strength but does not necessarily improve cardiovascular fitness.

Alcoholism – Dependence on alcohol to such a degree that it interferes with physical or mental health, personal relations and economic functioning. Consumption of any alcoholic beverage beyond moderate levels is not considered safe. A standard sized drink of beer, wine or distilled spirits each has equal alcohol content. Each probably has equal risk for promoting alcohol-related diseases.

Blood Pressure – Pressure within the blood vessels, measured with a two-number ratio, for example, the ideal blood pressure is 120/80 (systolic/diastolic).

Systolic blood pressure – Measure of the pressure within the blood vessels during contraction of the heart; ideal levels are up to 120.

Diastolic blood pressure – Measure of the pressure within the blood vessels between heart beats; ideal levels do not exceed 80.

Calorie – Measure of potential energy or fuel value of food.

Carbohydrate – Sugar and starch found in fruits, vegetables and grain products.

Sugars include glucose (blood), sucrose (table sugar), lactose (milk), fructose (fruit)

Starches are found in plant matter (flour, bread, potatoes, pasta)

Cholesterol – Fatty substance required by the body to make cell membranes; derived only from two sources, the human liver and foods of animal origin. Cholesterol can be a health risk when it exceeds recommended blood levels, 180 mg/dl for adults and 140 mg/dl for children

HDL (High Density Lipoprotein) Cholesterol – Form that is transported away from human tissues and excreted.

LDL (Low Density Lipoprotein) Cholesterol – Form that causes damage by depositing cholesterol on artery walls; high LDL levels indicate increased risk of heart disease.

Fat – Most concentrated source of food energy, yielding more than twice the calories per gram as proteins and carbohydrates; fat soluble vitamins A, D, E, and K are carried by fatty foods.

Monounsaturated fat – Found in plant and animal foods and thought to lower blood cholesterol; olive oil, for example, is rich in monounsaturated fatty acids.

Polyunsaturated fat – Usually of vegetable origin and liquid at room temperature, for example, safflower, corn and fish oils; tends to lower blood cholesterol.

Saturated fat – Usually of animal origin, solid at room temperature, for example, butter, lard and fat in meat, poultry and milk products; tend to increase blood cholesterol.

Fiber – Nondigestible or partly digestible carbohydrate found in grains, cereals, fruits, vegetables and nuts. Some types have been found to be especially valuable in reducing cancer of the bowel; other types seem to reduce high a serum cholesterol levels.

P:S Ratio – Numerical relationship between Polyunsaturated and Saturated (P:S) fats in diet; recommended level is 1.0, which usually requires a decrease in saturated fats.

Protein – Source of amino acids necessary to make and repair body parts, such as skin, blood, bone and muscles; and body chemicals, such as enzymes, hormones, hemoglobin and antibodies; recommended low-cholesterol sources include fish, poultry, lowfat yogurt, beans, nuts and lowfat dairy products; high cholesterol sources, which should be limited, include red meat, eggs and cheese.

2003/2004 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
10/5/2003	Swim Club of WMU	Sanctioned #193-009S	WMU Gabel Natatorium	Erin Lucarotti	269-544-2646
11/1/2003	Anchor Bay Masters (SCM)	Sanctioned #193-011S	Anchor Bay Aquatic Center	Joyce Kowalski	810-765-5964
11/9/2003	West Bloomfield Laker Fan Club	Recognized #193-009R	West Bloomfield High School	Bob Crosby	248-865-6748
12/6/2003	Capital Area Tri & Swim Mas- ters	Sanctioned #193-010S	Dewitt High School Natatorium	Paul Chaffee	989-725-2863
1/18/2004	University of Michigan (SCY or SCM)	Sanctioned #194-004S	Canham Natatorium	Sally Guthrie	734-913-9282
2/8/2004	F.A.S.T. (SCM)	Sanctioned #194-006S	Brighton High School	Joe Schall	734-782-5114
2/21/2004	West Michigan Masters	Sanctioned #194-002S	Grand Haven Community Pool	Ken Danhof	231-739-5592
3/7/2004	West Bloomfield Laker Fan Club	Recognized #194-001R	West Bloomfield High School	Bob Crosby	248-865-6748
3/14/2004	Midland Masters	Sanctioned #194-003S	Midland Dow High School	Dave Speth	989-636-7802
3/26-3/28 2004	South Oakland Seals	Sanctioned #194-005S	Eastern Michigan University	Frank Thompson	248-683-2191

*In order to swim in a **sanctioned** Michigan Masters meet, **you must be a registered USMS member.**
With the **exception** of National events, USMS registration may be purchased the day of the meet.*

The Wave Eater



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MICHIGAN MASTERS SWIMMING

December 1, 2003



Happy New Year



Attention Team Representatives: Deadline for the
March 2004 Issue
is *February 15, 2004*



Season's Greetings!
