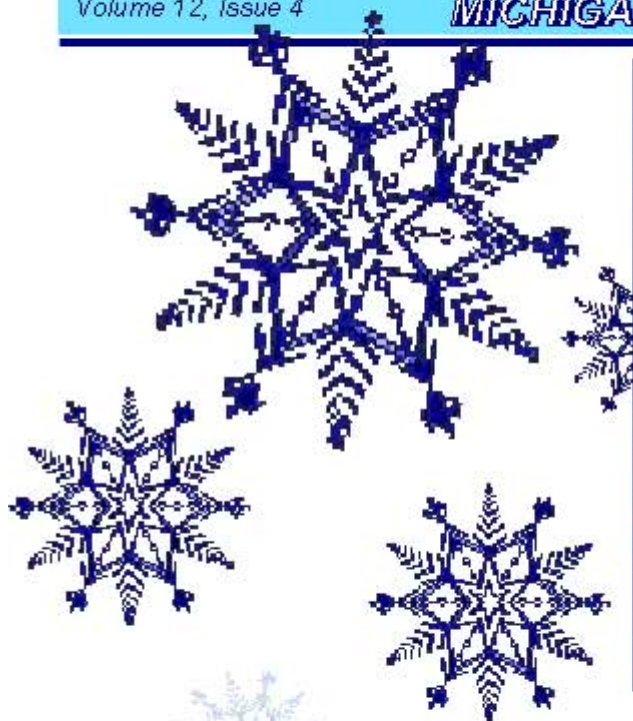


The Wave Eater

Volume 12, Issue 4

MICHIGAN MASTERS SWIMMING

December 1, 2004



Michigan Masters Swim Clinic - November 5-6, 2004
Holland Community Aquatic Center

Celebrating Differences in Masters Swimming

By Jennifer Parks

It's the holiday season so let's celebrate! In Masters Swimming, or even politics (we're beyond that season, hopefully), it's important to value the different types of motivations that bring each of us to participate in an activity... and the way we choose to participate as well. Some swimmers dedicate themselves to high level competition; last summer fourteen swimmers out of almost seven hundred Michigan Masters went to Long Course Nationals in Savannah; others turned to triathlons or biking; some spent more time in their gardens, instead, and just did maintenance workouts.

Some Masters swimmers don't wish to participate in time trials during practices, because they're primarily there for a good workout to help them stay fit. In practice, some want "hard core" swim sets, others want longer, aerobic work; some love those sprints...yes, Jacques!; some eat up those 1650s...right, Doc!; some heat up the pool temperature with their awesome kicking sets; some cannot extricate that pull buoy or those paddles from their bodies because they love pulling so much! We all come from so many different swimming backgrounds, jobs, competitive interests, time allotment, mental/emotional mind sets about accomplishments, but each of us has goals that we personally have chosen, and whatever they are, they are no less or more valid than someone else's goals or motivational factors.

Some swim to celebrate, and maybe cement, a victory over an illness, injury or chronic condition that could have been debilitating, if not life threatening. Others swim to overcome lethargy or lack of physical fitness; some of us swim to offset those dark days of depression and/or anger. Many swim because it feels so good when you're

(Continued on page 4)

pools & workouts



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	Rochester Area: Oakland Aquatic Club Oakland University Rec. Center Daniel Plamondon – (248) 370-4533 Tue & Thur 7-8:30PM Sat. 10 AM-12 PM Sun. 12 PM-2 PM, Must be USMS member & Web: www.oakland.edu/unit/campus_rec/index.html
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	Lake Orion Area: Lake Orion Classic Oldies (LOCO) Lake Orion High School Mon.-Fri. 5:30-6:30PM Dick Specht (248) 391-0728 www.lakeorion.k12.mi.us
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	Royal Oak Area: South Oakland Aquatic Club (SOAK) South Oakland YMCA Pool Thurs. 7:30-8:30 PM, Sun. 10 AM-12 Noon Contact: Mike Dorsch (248) 548-2493 Must be YMCA member & USMS member

MICHIGAN - LOWER PENINSULA & OTHER AREAS

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	Toledo, Ohio: Greater Toledo Aquatic Club St. Francis De Sales High School Tues. & Thurs. 7-8:30 PM Tues. – Fri. 6:00-7:45 AM Sun. 4:30-6:00 PM Contact: Keith Kennedy – (419) 531-7121
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, Wally Dobler, Andrea Funk Michigan Athletic Club (MAC) Mon. thru Thur. 6:30PM to 7:30PM	Muskegon: West Michigan Masters Swim Association Muskegon YMCA Pool Mon., Tues., Thurs. 8:30-9:45 PM Contact: Ken Danhof, (231) 739-5592 Must be a USMS member
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/	Tecumseh: Tecumseh Masters Tecumseh High School Pool Mon., Wed., Fri. 8-9 PM Contact: Sarah Eubanks, (517) 424-1562
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	Harbor Springs: Harbor Springs Community Pool Mon., Wed., Fri. 6-8 AM, Harbor Springs High School Mon. thru Sun. 5:30-6:30 PM Contact: Marilyn Early – (231) 526-9824
Long Distance: Miriam Nowak & Marilyn Early (231) 526-9824 jcowing@surfbest.net	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	Traverse City: Traverse City Masters Traverse City Civic Center Mon. thru Fri. 6:30-8:50 AM & Noon-12:50 PM John Horton & Ron O'Brien (231) 922-4814



MICHIGAN MASTERS SWIMMING

**Volume 12 • Issue 4
December 2004**

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The Outside Lane

By Skip Thompson

The Fall meets have been completed and we had five Michigan Master meets to start the short course season off, including the new meet at Cranbrook, this past August. Currently we have 6 meets scheduled for the Winter season starting with the University of Michigan meet on January 16 and ending with the Midland meet on March 20. There will be a new meet at Harper Creek near Battle Creek on February 6. In the Spring, there will be 3 championship meets starting with the State Meet at EMU, then the YMCA Nationals in Indianapolis and concluding with the USMS Nationals in Fort Lauderdale. Registration for 2004 was 663, which was up from the 646 in 2003 but still short from 759 in 2002. We have a 63% retention rate from the prior year. 239 swimmers that registered in 2003 did not renew their registration. We will once again do an e-mail distribution reminder notice in December to all swimmers in database to register for 2005. You can find the registration form on the Michigan Masters website. I will also be in contact with all Coaches and Team Reps from the swim groups for the 2005 registration year with lists of people that registered previously that have not done so already.

At the general membership meeting this past November after the West Bloomfield swim meet I discussed goals and objectives for the coming year. I have been receiving favorable comments about the Newsletter being online and I hope to encourage more people to use the online version. We currently have 47 people that have paid for a hard copy of the newsletter and we will continue to provide this service for \$8.00 a year. This entitles you to 4 issues. Michigan Masters is starting to realize the savings the online newsletter has provided with a budgeted surplus for the 2004 year. Some of the goals and objectives for 2004/2005 are as follows: Registration to 2002 levels plus 5 % = 800 members. Expand and update the membership database. Continue to update the Swim Team/Group with current facilities/coaches/ workout times on the website. Continue coach and team rep communication during the year.

Michigan Masters had five representatives attend the USAS convention. The topics and the results of decisions made are too numerous to discuss here but I encourage everyone who has an interest in the future direction of the National organization can obtain all of the information on the USMS website. Two hotly contested issues were regarding the USMS publication and the future governance of the National organization. I am happy to say that the rules proposal that Michigan Masters submitted to allow registered 18 year olds to compete in all swim meets including National Championships passed so now its just not recognized or meter meets but all meets. However the one pitfall in all of this is that FINA does not even recognize the 18-24 age group for World Championship meets so that age group will not be able to compete at the 2006 World Swimming Championships to be held at Stanford University in August of 2006.

Two grants were approved at the USAS convention regarding Michigan Masters. The USMS Coaches Committee approved a grant of \$500.00 and Michigan Masters funded a grant of \$300.00 for the recently completed stroke clinic at the Holland Aquatic Center featuring the 2003 USMS Coach of the Year and Chairman of the USMS Coaches Committee Bob Bruce. USMS through the Zone Committee will subsidize a grant of \$500 in conjunction with WMMSA \$1000 grant to allow college swimmers the opportunity to swim Michigan Masters for no charge the first year. This grant will cover 50 swimmers. USMS liked this idea and will follow the program to see how successful it does. If successful, USMS will commit to fund a \$1000 grant with Michigan Masters funding \$500 for the next 50 swimmers when the original grant runs out. If this program is successful in getting and retaining college swimmers then USMS could take this program nationally and start it in other LMSCs in USMS.

Well that is all for now and I hope everyone has a happy holidays and is looking forward to a new year of fitness, competition, and fun in the future swimming season.

(Continued from page 1)

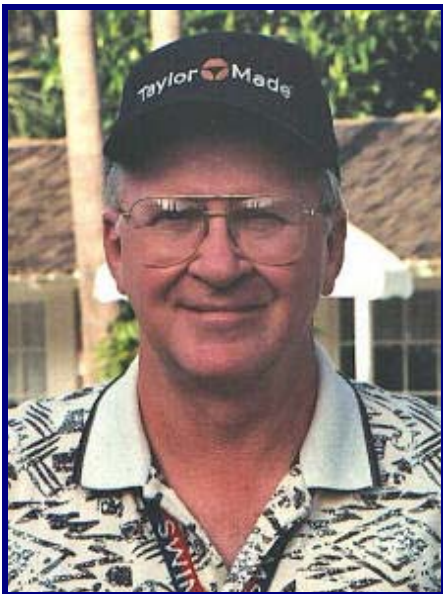
done with a workout or a competition!...some particularly love the hot tub, shower, sauna, too! Some feel so pleased to see their names in print in the newsletter or on the web or in the paper about their accomplishments; some really like receiving ribbons and medals, especially if they never had the opportunity to do so before in their lives. Some still love being able to test themselves in open, occasionally rough, cold water races though they may be "old and slow"! There are also many Masters swimmers who perceive that they are accomplishing goals, often in a much more pleasant atmosphere, that they felt that they didn't or couldn't accomplish previously as younger swimmers or athletes. And some people just love to race and some just love to work out and some just love to do both!

In this last political season many people on both sides couldn't believe that other people thought so differently, yet that's the greatest thing about this country, and even in our beloved sport, that so many people can...and do participate how and why and when they want; not how and why and when other people think they should. So when one lane mate is preparing to swim the short "pentathlon" at the DeWitt meet, another one is gearing up for the long events at the UM meet, one is only focusing on doing her first triathlon next summer, and another just wants to keep his arthritis in check, celebrate their choices...and celebrate your own choices (maybe by doing the 30 minute Fitness Swim now or the 1-Hour Postal Swim in January)!

Let other lap swimmers know, too, that there are all sorts of avenues to satisfaction in Masters Swimming... encourage them to come swim and join your Masters group, Michigan Masters/USMS; that they can participate at the level they want and get even more out their swims and time at the pool!! See you in the pool! JP

Dennis McManus receives Dorothy Donnelly USMS Service Award

By Skip Thompson



At the 2004 USAS Convention this past September, Dennis McManus joined 14 other volunteers from all over the country in receiving the USMS service award pin and certificate for outstanding contributions to Masters Swimming. Dennis started swimming competitively in Masters Swimming in the fall of 1987, 22 years after swimming in High School at Royal Oak Dondero. In 1998, he became the Newsletter Editor for the Michigan Masters "The Wave Eater" and has served in this capacity for the past 6 years, which is the longest in Michigan Masters history. At the 2001 USAS Annual Convention, the Wave Eater was recognized among the Top-Ten Newsletters in all of USMS, where there are not only State/LMSC newsletters, but many club newsletters as well. Also at that same convention, Dennis was the State Masters Liaison to the National Aquatic Organization, responsible for local hospitality and service to USMS.

Since 2001, he has served on the USMS National Rules and Communications committees. At the local level, he is currently the Webmaster and formats our new online newsletter that has been functional for a year. He helped in the transitioning process of getting our Newsletter up online. He is currently serving a term of Vice Chair/President Elect for the Michigan

(Continued on page 5)

(Continued from page 4)

LMSC and will began a term as President/Chair next year. He has assisted in administration for Michigan Masters State Championship meets in 1997, 1998, 1999, and 2002. One of Dennis' hobbies is photography and he uses those skills very effectively with pictures taken at swim meets and other aquatic events that have been used in the USMS National Publication Michigan Newsletter and on the website. Additionally, Dennis has graphically designed the State Meet logos for the Championship meets in 1998, 1999, 2002, and 2003, as well as the currently used medal awards. Also he was webmaster for the SOS website from 1996 to 2000 and that website was recognized as one of the Masters Aquatic Coaches Associations top ten websites for the 2000 year.

Dennis' swimming accomplishments are mainly butterfly events. In 1998, coming off surgery he placed 10th in the 200 Fly at the Long Course Nationals and took 10th place in the 200 Fly in the 1997 SCM Top-Ten. In 2000, he received the Lynn Award for showing "courage and tenacity" for continuing to swim despite illness and injury. In 2003, he received the Michigan Masters Chetrick Award exemplifying outstanding service to the LMSC. At the 2003 Michigan Masters State Meet, he was the High Point Winner in the 55-59 age group. Congratulations Dennis on a well deserved award.



☐ RENEWAL My Current USMS
Number is: _____

☐ NEW REGISTRATION

USMS + LMSC fees:

(\$20 Sept. 1 - Oct. 31, 2005)

Donation to USMS Foundation

Donation to Int'l Swim. Hall of Fame

Total enclosed

Membership expires 12/31/2005

Make check payable to: **MICHIGAN MASTERS**

Mail to: Jacque Groenendyk
3164 Pottawatomie Trail
Saugatuck, MI 49453

2005 ONE YEAR MEMBERSHIP APPLICATION

Register with the same name you will use for competition. Print clearly.

Last Name		First Name		Middle Init.	For Office Use
Street			Apt.		
City	State	Zip	Phone No. Home ()		
Date of Birth	Age	Sex	Phone No. Work ()		
CLUB : MICHIGAN MASTERS				Team or swim group, if any	
E-mail Address					

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise 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 OR 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.

Signature _____

If you coach Masters Swimmers, please check here ☐

Date _____

Benefits of membership include: A Subscription to the USMS National Publications Magazine during the length of the membership year (Currently \$6.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee. USMS Registered swimmers are covered with secondary accident insurance: 1) in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered. 2) in USMS sanctioned meets where all competitors are USMS registered.

The "WaveEater" newsletter is posted quarterly to the Michigan Masters Website: www.michiganmasters.com and is accessible to members with internet connection.

Those members who still require a hard-copy version mailed directly to their address of record can request this by submitting an additional \$8.00 to cover printing and mailing of quarterly 2005 issues.



Michigan Masters Swimming and Harper Creek Aquatic Center

Present the First Annual

Harper Creek Splash and Dash

USMS sanctioned # 195-006-S

Date: **Sunday February 6th**

Location: **Harper Creek High School, 12677 Beadle Lake Road, Battle Creek, MI 49014**
 Located just off 94, exit 100 (Beadle Lake Road Exit). Go approximately 1.5 miles south on Beadle Lake road and the High School (with the blue roof) is on the right.

Facility: The Harper Creek Aquatic Center is a brand new facility and scheduled for opening January 2005. The 8-lane pool with separate diving well (which is available for warm up/down during the meet) is the best of the Southwest! The pool features 8-foot wide lanes, 7-feet deep, large gutters, side step up Paragon starting blocks and a Dakronics timing system with a multi color matrix scoreboard. There is plenty of parking and seating for spectators. Locker rooms are available for changing however there are limited amount of lockers to put a locks on. It would be wise to leave valuables at home and bring your clothes on the pool deck with you.

This is the first big meet held in the Aquatic Center so let's set some pool records!

Meet Director: Corrin Popp
 Office Phone 269-979-1121 Ext 1214 until pool is complete and then Ext. 8467
 Pool Phone 269-441-8469
 Home Phone 269-979-0905

Eligibility: Only swimmers who have a current USMS membership will be allowed to compete. A Photocopy of your 2005 Membership should accompany your entry. If you're not currently a member, you can either join at the door or apply now show your card when you arrive. Michigan Masters membership is \$30.00 for 2005.

Entries: Entries that are postmarked by January 28th or faxed by February 1st the fees are **\$20**. Deck entries are **\$30** and deck entries close at 9:30am.

We will be using HyTech so early entries are appreciated.

Checks made payable to **Harper Creek Swim Team**

Each competitor may enter a maximum of **5 events**.

Using the entry form, mail entries, a photocopy of membership and fees to Corrin Popp at the above address or fax them to 269-441-2205 Attn: Corrin Popp. Remember if you are faxing your entries, you will need to pay when you check in.

Times:	Session I	Check in and Warm up 8:00 am-8:40 am
	Session I	Starts 8:45 am and will consist only of the first 16 entries received for the 1000 Free.
	Deck Registration	Session II only will close at 9:30 am
	Session II	Check in and Warm up when 1,000 is done -10:50 am
	Session II	Starts 11:00

Meet Snacks: Provided by the Harper Creek Swim Boosters and included in your entry fee.

Harper Creek Splash and Dash

USMS Masters Swim Meet Sanction # 195-006-S

Hosted by Harper Creek High School

Name: _____ Email: _____
 Street Address: _____ City: _____ Zip: _____
 Date of Birth: _____ Phone # (____) _____
 Sex: _____ Age: _____ USMS# _____

Event #	Event	Seed Time
<i>Session I</i>	<i>Warm up 8 am Session Starts 8:45</i>	
1	1000 Freestyle (No deck entries/ 1 st 16 entries recieved)	
<i>Session II</i>	<i>On Deck Registration closes 9:30</i> <i>Warm up 10 am Session Starts 11 am</i>	
2	100 IM	
3	200 Freestyle	
4	50 Butterfly	
5	100 Breaststroke	
6	200 Backstroke	
7	50 Freestyle	
8	400 IM	
9	100 Butterfly	
10	200 Breaststroke	
11	50 Backstroke	
12	100 Freestyle	
13	200 Butterfly	
14	50 Breaststroke	
15	100 Backstroke	
16	200 IM	
17	500 Freestyle	

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise 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 RIGHT TO CLAIMS FOR LOSS OR DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR 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. (Rulebook article 203.1)

Signature: _____ Date: _____

TRI FAST FAST SWIM FAST

Ford Athletic Swim and Triathlon Club present their 18th annual Michigan Masters Swim Meet. This is a sanctioned meet; open to all registered USMS swimmers ages 19 to 100+. This is Michigan's oldest SC Meters meet. Pre registration is recommended and necessary for us to run a smooth meet.

****NOTE*****

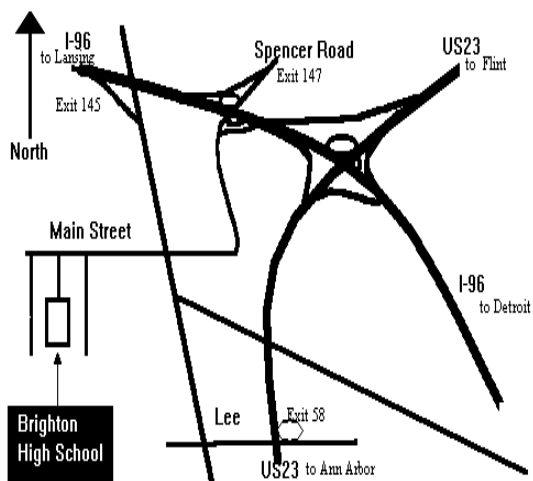
Due to time constraints:

Events #1 and #16 will be pre registered ONLY!

We also reserve the right to reduce, change or eliminate heats and / or events.

1. 1500 M Freestyle	9. 50 M Under/Over
2. 200 M Medley Relay	10. 200 M Freestyle Relay
3. 200 M Freestyle	11. 200 M I.M.
4. 100 M Backstroke	12. 100 M Freestyle
5. 50 M Butterfly	13. 50 M Breaststroke
6. 100 M I.M.	14. 100 M Butterfly
7. 100 M Breaststroke	15. 50 M Backstroke
8. 50 M Freestyle	16. 400 M Freestyle
Intermission	

Map



18th Annual Valentine's Weekend Swim Meet

FEBRUARY 20, 2005

BRIGHTON HIGH SCHOOL

Sanctioned by Michigan LMSC for USMS, Inc.

Sanction # 195-002S

Registration and warm up begins at 8:30 am

Event #1 will begin at 9:00 am!

Late Registration ends at 9:15 am

Rest of the meet will begin at 10:00 am

Meet fee is \$15.00 (US) postmarked by February 7th.

After 2/7/2005 it will be \$30.00.

Not responsible for late mail!

Deck entries allowed but seeding will be next available lane.

Participants may enter up to **four** individual events and **two** relays. Relay cards are due 30 minutes prior to the event.

Ribbons will be awarded to 1st, 2nd and 3rd place finishers.

Short Course 25 Meter Pool with warm up area.

Electronic Timers run by HyTek Meet Master software

FINA age breaks apply to meters meets per new USMS rule.

Your age on 12/31/2005 determines what age group you swim!

RULES FOR THE 50 M UNDER/OVER: THE SWIMMER MUST SWIM THE FIRST LENGTH UNDERWATER AND THE SECOND LENGTH FREESTYLE.

For more information call Rich Kogelschatz:

(248) 363-7219 (Home)

Email: kogelfamily@aol.com (Home)

Visit our web page at www.swimfasttrifast.com

Directions

From Lansing:

I-96 South to Grand River-Exit 145; Grand River South to Main Street; Turn Right onto Main Street.

From Ann Arbor:

US-23 North to Lee Road- Exit 58; Lee Road West to Rickett Road- Turn Right and merge onto Grand River North; Grand River to Main St. - Turn Left.

From Flint:

US-23 South to I-96 west; then follow Detroit directions below.

From Detroit:

I-96 West to Spencer Road- Exit 147; Turn Right onto Spencer Road, traveling west, wind around numerous curves and go past Grand River; Spencer Road turns into Main Street.

Valentine's Weekend Swim Meet
Sunday, February 20, 2005

Brighton High School
Sanctioned by Michigan LMSC for USMS, Inc. - Sanction # 195-002S

Name:	Birth date		/	/
USMS# (required)	Age	on Dec 31, 2005		
Club Name:	Email (For confirmation letter)	Phone # : ()	Male / Female	

Please indicate if your time is Yards or Meters		Please indicate if your time is Yards or Meters	
Event	Seed Time	Event	Seed Time
1. 1500 Freestyle	Yards / Meters	09. 50 Under / Over	Yards / Meters
2. 200 Medley Relay	Yards / Meters	10. 200 Freestyle Relay	Yards / Meters
3. 200 Freestyle	Yards / Meters	11. 200 I.M.	Yards / Meters
4. 100 Backstroke	Yards / Meters	12. 100 Freestyle	Yards / Meters
5. 50 Butterfly	Yards / Meters	13. 50 Breaststroke	Yards / Meters
6. 100 I.M.	Yards / Meters	14. 100 Butterfly	Yards / Meters
7. 100 Breaststroke	Yards / Meters	15. 50 Backstroke	Yards / Meters
8. 50 Freestyle	Yards / Meters	16. 400 Freestyle	Yards / Meters
* INTERMISSION*			

ATHLETE'S RELEASE : I, The undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise 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/death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM/ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS/DAMAGES, INCLUDING ALL CLAIMS FOR LOSS/DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE/PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, /ANY INDIVIDUAL OFFICIATING AT THE MEETS/SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.	
Date:	SIGNATURE:

Make Checks Payable To: FAST	Mail To: Joe Schall 29165 Van Riper Flat Rock, Mi 48134
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*****Entries must be postmarked by Monday Feb. 7, 2005*****



**Michigan Masters Swimming and
West Michigan Masters Swim Association
Present the Seventeenth Annual Swim Classic
at
Grand Haven Community Pool
17001 Ferris St Grand Haven, Mi 49417
On the Grand Haven High School Campus**

Saturday, February 26, 2005

Meet fee is \$20.00 at the door. You must be a registered Masters Swimmer to swim in the meet, (i.e. you must show your card or pay to join). Michigan Masters memberships (\$30.00 for 2005) will be available at the Meet.

The Grand Haven Pool is 6 years old. It features 8 lanes, continuous warm-up area, Colorado timing, and large spectator area. Parking is free.

Registration 9:15 a.m. - 11:15 a.m. (event #1 cuts off registration at 9:45 a.m., event #2 at 10:15 a.m.).

1650/1000 Free starts at 10:15 a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free.

Events 3 through 15 should start at approximately 12:30 p.m. All heats seeded slow to fast. Limit of 6 individual events and 1 relay per swimmer. **See back for optional mail-in registration.**

Questions: Ken Danhof, Meet Director, 4295 Carolyn St. Muskegon, MI. 49444 (231) 739-5592
e-mail: KJandM @ Comcast.net Sanctioned by Michigan Masters for USMS Inc. #195-004-S

List of Events:

1. 1,650 Yard Free*
2. 1,000 Yard Free*
Break-Warm up
3. 200 Yard Medley Relay
4. 200 Yard Free
5. 200 Yard Individual Medley
6. 50 Yard Free
7. 100 Yard Back
8. 200 Yard Breast
9. 50 Yard Butterfly
Intermission
10. 100 Yard Individual Medley
11. 100 Yard Free
12. 100 Yard Breast
13. 100 Yard Butterfly
14. 200 Yard Back
15. 50 Yard Breast

* Heats may be run concurrently. Meet Director reserves the right to "double-up" lanes.

During warm-up you must enter the water feet first and in a cautious manner.

Diving will only be allowed in designated sprint lanes.



♦ 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

OPTIONAL MAIL IN REGISTRATION**WEST MICHIGAN MASTERS SWIM CLASSIC
SATURDAY, FEBRUARY 26, 2005 Grand Haven Community Pool**

If you would like to register by mail for events 4-15, please complete and send this form as instructed below.

(Events 1,2, & 3 are deck entry only and cannot be entered by using this form).

This mail-in registration is optional.

All events may be deck entered the day of the meet during regular registration.

Swimmer Name (print) _____ Sex _____

Age on 2-26-05 _____ USMS# _____ (and send copy of card)

Home Phone# _____

Address _____

Events I wish to pre-register for (list event number, event name, and seed time):

Mail this completed form, and a copy of your 2005 USMS card, and a check for \$20.00 payable to W.M.M.S.A. postmarked by February 14, 2005 to Ken Danhof, 4295 Carolyn St., Muskegon, Mi 49444.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise 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 (rule book article 203.1).

Signature _____

Date _____

MICHIGAN MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

- SANCTION:** This meet is sanctioned by Michigan Masters Swimming as a *recognized* swim meet. Although we encourage you to register with Michigan Masters Swimming, you don't need to be registered to compete. USMS rules will govern all competition.
- DATE:** Sunday, March 6, 2005
- LOCATION:** West Bloomfield High School (4 ½ miles north of the I-696 freeway)
4925 Orchard Lake Rd.
West Bloomfield, MI 48323
248-865-6748 (Pool Phone) **School Fax #: 248-865-6756**
734-425-8953 (Home Phone)
Bob Crosby-Meet Manager
- FACILITY:** West Bloomfield has a six lane, 25 yard pool, with two warm-up - swim-down areas. Our Incomar timing system with Colorado touchpads and a six lane read out board will be used.
- Pool locker rooms will be available to use for changing, but **locker space is minimal**. It would be wise to bring your clothes and valuables with you on the pool deck.
- TIME:** Session 1 warm-up-7:15-7:45 A.M.
Session 1 will consist of the fastest 12 entries (2 heats) in the 1650 free and will begin at 7:45 A.M.
Session 2 warm-up-9:00-9:30 A.M.
Session 2 will begin at 9:30 A.M. (see enclosed page for order of events)
- ENTRIES:** **Each competitor may enter a maximum of 5 events.** Swimmers should mail all entries to: **Bob Crosby-Swim Coach at the above address.** Or you may fax them in to: **248-865-6756** (attn. Bob Crosby)
ENTRY DEADLINE IS THURSDAY, MARCH 3rd BY 3 PM.
If you are not able to mail or fax in your entries ahead of time, there will be on deck registration from 8:00-9:00 A.M.
PLEASE USE THE ENCLOSED ENTRY BLANK
- ENTRY FEE:** \$18 for entries received in the mail by the above deadline. For any entries received by fax, the entry fee is \$20, or for deck entries, the fee is \$22. Make all checks payable to the **LAKER FAN CLUB**.
- POT LUCK:** Included with your entry fee will be a post meet pot luck dinner. The meal will be supplied by the West Bloomfield Boys swimming and diving parents.

ALL PROCEEDS FROM THE MEET WILL GO TO SUPPORT WEST BLOOMFIELD SWIMMING AND DIVING! PLEASE SPREAD THE WORD ABOUT THIS MEET.

US MASTERS SWIM MEET HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

ENTRY BLANK FOR _____ SEX M F AGE _____

USMS # _____ CLUB _____

HOME PHONE # _____ WORK PHONE # _____

EVENT #	EVENT	SEED TIME
WARM-UP 7:15-7:45 A.M.		
SESSION 1 - BEGINS AT 7:45 A.M.		
1	1650 FREE	
No deck entries in the 1650!		
WARM-UP 9:00-9:30 A.M.		
SESSION 2 - BEGINS AT 9:30 A.M.		
2	200 BACK	
3	50 FLY	
4	200 IM	
5	50 BREAST	
6	200 FREE	
7	50 BACK	
8	100 FLY	
9	200 BREAST	
10	50 FREE	
11	400 IM	
12	100 FREE	
13	200 FLY	
14	100 BACK	
15	100 BREAST	
16	50 FREE	
17	500 FREE	
PLEASE LIST YOUR SEED TIMES IN THE EVENTS YOU WOULD LIKE TO ENTER. REMEMBER, LIMIT OF 5 EVENTS!		
MAKE CHECKS PAYABLE TO: LAKER FAN CLUB		

PLEASE MAIL YOUR ENTRY TO: BOB CROSBY, WEST BLOOMFIELD HIGH
SCHOOL, 4925 ORCHARD LAKE RD., WEST BLOOMFIELD, MI 48323, OR FAX IT
TO: 248-865-6756, ATTN. BOB CROSBY

**Come Enjoy the 30th Annual
Midland Masters Winter's End Swim Meet**

Sanctioned for USMS, Inc by Michigan Masters Sanction #195-007-5

Sunday, March 20th, 2005

H. H. Dow High School

3901 N. Saginaw Rd., Midland, Michigan

6 lane, 25 yard pool; 6-lane electronic display scoreboard

Michigan Masters ribbons for 1st through 3rd place

Entry fee: \$20.00 per swimmer (Maximum 5 events plus relay)

USMS registration required, \$30.00 for 2005 calendar year.

Registration will be available at the meet.

Schedule:

9:30 AM Warm-up: 500 & 400 IM

10:30 AM 500 Free and 400 IM

11:00 AM General warmup

11:30 AM 200 Butterfly begins

Continuous warm-up in Lane 6



Events: Seeding Slow to Fast

- | | | |
|---------------------|---------------|--------------------|
| 1. 500 Freestyle | 7. 200 Free | 13. 200 Breast |
| 2. 400 Ind Medley | 8. 100 Fly | 14. 50 Butterfly |
| (30 minute warm-up) | 9. 100 Breast | 15. 100 IM |
| 3. 200 Butterfly | 10. 50 Back | 16. 100 Free |
| 4. 25 Free | 11. 50 Free | 17. 50 Breast |
| 5. 200 IM | 12. 200 Back | 18. 200 Free Relay |
| 6. 100 Back | | |

Deck entries only; Deadline 10:15AM for 500 Free & 400 IM; 11:15 for other events.

USMS Safety rules will be observed. During warm-up, swimmers must enter the water feet-first in a cautious manner with at least one hand in contact with the deck or gutter.

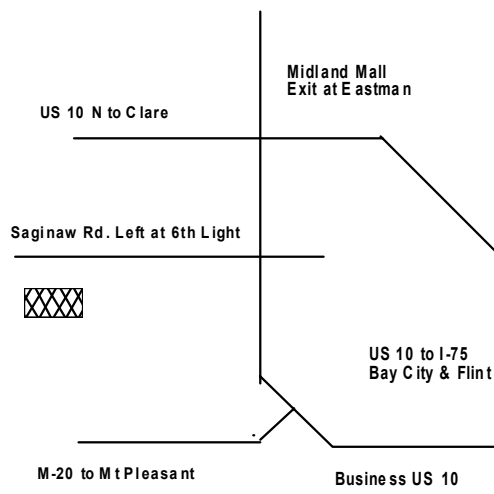
Refreshments: Bagels, coffee, juice and fruit during meet, compliments of Midland Masters.

For more information contact:

Louise "Weezie" Hofer

989-422-2054 (h)

989-343-2020 (w)



CHRISTMAS FITNESS

'Twas the night before deadline
When all through the house
The quiet had silenced my
Keystrokes and mouse.

My husband had long gone
To bed for the night
While I struggled to find
Something useful to write.

Then, all of a sudden
It flashed through my mind:
*THE SPIRIT OF CHRISTMAS IS
JUST - TO BE KIND!*

Be kind to your family,
Be kind to your friends;
If you've hurt someone's feelings,
Why not make amends?

And try to remember
On trips to the Mall,
Be kind to your body,
The best friend of all.

Make fitness the reason
To head for the pool,
And you'll be more able
To tackle the Yule!

Mix swimming with shopping
And join in the cheer:

*MERRY CHRISTMAS TO ALL
AND A HAPPY NEW YEAR!*

Mary F. Williams

Christmas 2004

2004 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
8/12 - 8/15 2004	USMS Long Course National Championships		Chatham Aquatic Center Savannah, GA	Scott Rabalais	912-927-7016
10/10/2004	Swim Club WMU Bronco Splash	Sanctioned #194-012-S	WMU Gabel Natatorium	Andrea Maurey	810-300-1627
10/30/2004	Anchor Bay Masters	Sanctioned #194-011-S	Anchor Bay Aquatic Center	Joyce Kowalski	810-765-5964
11/05-06 2004	Michigan Masters Holland Swim Clinic	Sanctioned #194-014-S	Holland Community Aquatic Center	Fred Nelis	616-399-9518
11/14/2004	West Bloomfield Laker Fan Club	Recognized #194-010-R	West Bloomfield High School	Bob Crosby	248-865-6748
12/04/2004	CATS	Sanctioned #194-013-S	Dewitt High School	Paul Chaffee	989-725-2863
01/16/2005	SOS/AA	Sanctioned #195-003-S	University of Michigan Cabham Natatorium	Sally Guthrie	734-913-9282
02/06/2005	Harper Creek Swim Boosters	Sanctioned #195-006-S	Harper Creek High School Battle Creek	Corrin Popp	269-973-1121 ext. 8467
02/20/2005	F.A.S.T.	Sanctioned #195-002-S	Brighton High School	Rich Kogelschatz	248-363-7219 kogelfamily@ aol.com
02/26/2005	West Michigan	Sanctioned #195-004-S	Grand Haven Community Pool	Ken Danhof	231-739-5592 KJandM@ comcast.net
03/06/2005	West Bloomfield	Recognized #195-001-R	West Bloomfield High School	Bob Crosby	248-865-6748
03/20/2005	Midland Masters	Sanctioned #195-007-S	H. H. Dow High School	Louise Hofer	989-422-2054
04/15 thru 04/17/2005 MMS State Champion- ships	S.O.S.	Sanctioned #195-005-S	Eastern Michigan University	Frank Thompson	248-683-2191 FrankSkip Thompso@aol. com

*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.*



Swimming - A Life's Passion.