

The Wave Eater

Volume 8, Issue 4

MICHIGAN MASTERS SWIMMING

December 1, 2000

Frank "Skip" Thompson presented 2000 USMS Coach-of-the-Year Award

By Eric Nordlund

Orlando, FL, October 14, 2000 — It was my distinct honor and pleasure to be present at the United States Aquatic Sports (USAS) Convention in Orlando, Florida to see my coach, friend, and Michigan Masters teammate, Frank "Skip" Thompson receive the 2000 USMS Coach-of-the-Year Award.



Photo by Chris Gilligan

Frank "Skip" Thompson accepts Coach-of-the-Year Award plaque from Scott Rabalais, chairman of the USMS Coaches Committee.

Water Polo, USA Synchronized Swimming, and United States Masters Swimming) instead of the customary USMS house of delegates.

The **Coach-of-the-Year Award** is given annually to the Masters coach who has been instrumental in developing and maintaining a comprehensive program for every level of masters participation and has been a leader among other coaches

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President's Corner

By Eric Nordlund

It's hard to believe that I am writing my very last President's Corner for *The Wave Eater*. I am very happy that over the last few years I have had the opportunity to give a little back to an organization and sport that has given me so much.

I'll never forget the day when I was at the awards banquet at Bloomfield Surf Club when I was 17 years old. I actually had tears in my eyes because I thought my competitive swimming years were over. Unknown to me at the time, Capt. Ransom Arthur, MD had begun a program in 1970 known as United States Masters Swimming which gave older swimming enthusiasts, a chance to work out, compete and rekindle friendships from our faster earlier swimming days and meet new friends.

When I moved back to Michigan in the early 90's one of the first things I did was call Bill Reid, the then Michigan Masters Registrar. I had a long conversation about Michigan Masters with Bill, he gave me all the info on the various "workout groups" in the area so I was able to make an informed decision on the team I wanted to join. The second person I talked to was the current USMS Coach-of-the-Year, Skip Thompson. I had another long talk on the phone and Skip sold me on South Oakland Seals. About an hour later, we met at the Farmington YMCA for my first workout as a member of Michigan Masters and SOS.

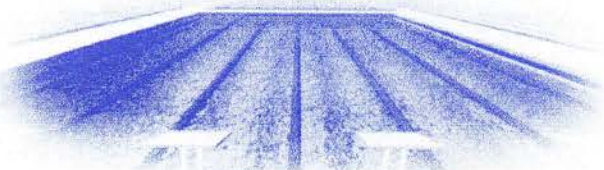
I will never forget: Being a member of our National Championship team when we won the 1996 LC Nationals in Ann Arbor. My

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information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

South Oakland Seals: Skip Thompson (248) 683-2191 Royal Oak Dondero High School Tue. & Thurs. Nights – 8:30PM to 10:00PM www.southoaklandseals.com	Ford Athletic Swim & Triathlon: Paul Wright (313) 295-3132 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
MICHIGAN - LOWER PENINSULA	
Ann Arbor: Tracy Crane (313) 429-0838 Mack Pool M-F mornings 6:00AM to 7:30AM MWF evenings 6:00PM to 7:00PM	Flint: Charlie Case (810) 232-9622 Flint YMCA Various Lap Swim Times Workouts Sunday 6:15PM to 7:30PM
Plymouth: Plymouth Canton Community Masters Leslie Greeneisen greenisen@aol.com Central Middle School MWF evenings – 8:00PM to 9:15PM	Lansing: Capitol Area Tri & Swim Club (CATS) George Runciman (517) 323-2358 Michigan Athletic Club (MAC) Mon. thru Thur. 6:00PM to 7:00PM www.michiganmasters.com/lansing.htm
Midland: Charlie Moss (517) 631-1480 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 Mon. & Wed. 7:00PM to 8:00PM 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	Website: Michigan Masters Swimming www.michiganmasters.com



The Wave Eater

MICHIGAN MASTERS SWIMMING

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President's Corner

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swims at Y-Nationals in Buffalo where, thanks to excellent coaching, my swims were almost as fast as in college. My relay in Ft. Lauderdale at SC Nationals where we placed 3rd out of 50 teams in our age group thanks to the "3 ringers" on our team, all past Big Ten Champions.

I will never forget: The State Meet at Saginaw Valley where I was seeded in a lane next to Sheila Taormina in the 1500. I'm not sure how many times I got lapped, but it sure was neat being able to swim next to a Michigan Masters swimmer who went on later to Atlanta to win a gold medal in the 1996 Olympics.

I recall Mary Fran Williams in that same meet who swam with a broken foot to help a team that she believes in. A couple of years ago, going to teammate

Jewel Cook's house to wish her a happy 90th birthday. Dennis McManus' Michigan - Ohio State football game parties. The fall Harbor Springs meets, their summer Coastal Crawls. Being at the 25th Annual Midland Masters meet.

I enjoyed working with a wonderful group of people in Michigan Masters who share my love of swimming. I enjoyed doing Sanctions, being Vice-Chair, Chair of Michigan Masters, and being Meet Director of a couple of State Meets.

I am sure that Michigan is in excellent hands going into 2001. I am certain that Jennifer Parks will do an excellent job as the next Chairperson.

Even though I now live in the DC area, I plan on keeping very active in swimming. I recently received my College Swimming Coaches Association official's certification. I have been busy officiating local

college meets. I am going to be the next Top Ten chair for the Potomac Valley LMSC.

Thanks a lot for all of my wonderful years as a Michigan Masters Member!

See you in the pool, Eric.

A Special Thank You to Michigan Masters President Eric Nordlund

Many thanks go to Eric Nordlund for his tenure as President of Michigan Masters. The past two years he stepped up and did an excellent job for Michigan Masters, so we're sorry to see him go.

But love and marriage called, so we wish him the very best along with his bride, Debbie Morin. Michigan has lost a fine, enthusiastic Masters Swimmer to Maryland, but we'll see him often, we're sure. Thanks again, Eric!

All your friends in
Michigan Masters Swimming

2000 USMS Coach-of-the-Year Award



Frank "Skip" Thompson addresses USAS Convention delegates after receiving 2000 USMS Coach-of-the-Year Award.

(Continued from page 1)

on the local and national level. In other words, the coach who has done the most to further the objectives of Masters Swimming. With approximately 800 coaches currently registered in the Masters national database, to be distinguished as **Coach-of-the-Year** is quite a remarkable accomplishment. In fact, Skip joins an elite group of 16 coaches, since award inception year 1986, to be so honored.

Thanks to my wife Debbie, USMS Marketing Chair, I was able to share her table right up front during the awards presentation. While I was waiting for the Masters portion of the program, I was thinking of all of the excellent coaches that made significant impact on the many talented athletes in the banquet hall. As a member of Michigan Masters, South Oakland Seals, and the Plymouth YMCA teams, I have seen first hand Skip's dedication to our sport and our teams. Skip is a people person who has had a positive impact on the lives of many swimmers throughout his coaching career. The most amazing thing is he does this as a volunteer with the expertise and professionalism one would expect from a full-time paid coach.

Congratulations Skip, on receiving this very well deserved award. Seeing you up on stage in the spotlight getting recognition for all your hard work made me and the rest of the Michigan Masters delegation proud! Thanks for being such a great friend, teammate and coach!

P. S. - Be sure to check out Skip's swim workout that will be published in the Jan./Feb., '01 issue of *SWIM Magazine*.



FITNESS

The Real Winner Under the Waves

By Mary F. Williams

When we stand on the block, we're **all** competitive swimmers because we all want to **win** – it's our human instinct to want to be first, to excel, and to succeed! But the fact is, when we finish the race we really are **ALL WINNERS!**

Whether we finish first, or last, or somewhere in between, we can take the kudos for pulling ourselves off the couch and out to the pool for the workouts that enabled us to **be there!** And that is the hidden, unsung side effect of competitive swimming: It is the desire to place well, or at least improve our times, that motivates us to work out – and the regular workouts keep us physically fit and **able** to compete. And if we keep on swimming, we'll greatly improve our chances of living a longer, **healthier** life. Is there anything else you can do that reaps such valuable pay back for your efforts? -- Think of it: By swimming regularly, you are giving yourself added years of the good life, and you meet people and have fun, too!

And along the way, the more you "age up" in Masters Swimming, the more your fitness (i.e., ability to **be there**) is rewarded. Jean Durston of Walnut Creek Masters, Calif., who recently entered the 85-89 age group, summed it up in SWIM magazine (Jul./Aug.00). Commenting on her performance at Short Course Nation-

als, where she broke records in the 1650, the 100 fly, 200 fly and all three I.M.s by a total elapsed time of **15 minutes**, she shared the secret to her success: "As you get older, it gets so much easier, -- your competition dies off, and the last one alive wins."

But I think she makes it sound a little too easy – because it is harder to do the long arduous workouts as the body ages. Most people are completely unaware of how much faster the heart supplies blood to the muscles of an 18-year-old than to those of someone over 60 years old. The 18-year-old's heart circulates the blood through the system **four times faster** than anyone over 60! So it's that much harder for the older swimmer to endure when the muscles start screaming for more oxygen toward the end of the 200 fly!

And what a wonderful way to be spending what are usually called the "declining years" – setting records at National Swim Meets and joking about it all! Instead of dreading the next birthday, we actually look forward to it as we approach the top of our age group. (Think of the alternative lifestyles of many 80-year-olds... does the term "nursing homes" come to mind?)

The current SWIM magazine (Nov/Dec.'00 – pages 39-42) has entries

for two upcoming fitness/postal events:

The One-Hour Swim - during January 2001, and the Check-Off Challenge, which encourages swimmers to swim each of the 18 pool events during 2001. Another postal event is the February Fitness Challenge, which promotes fitness by advising swimmers to record their daily swims over the one-month period. Details will be furnished in a later issue of SWIM.

Following are excerpts from the Detroit News (May 23, 2000) Health & Fitness article, which featured two of our fittest senior swimmers – Edith Glusac and Freddie Edwards. While the article stresses the fitness value of swimming, it also points out the benefits of competition as it motivates a swimmer to work out. And, while Edie and Freddie are avid competitors, traveling to national meets in USA and Canada, they are the first to admit that they owe their good health and longevity to the sport. Edie was elated when she learned recently that she made All-American in the 400 I.M. in Long Course Meters for 2000! That's certainly an incentive to "Keep on Swimming"! Can you swim a 400 I.M.? Keep on trying – the **Survivors are the winners in Masters Swimming!**



Head to the pool if you want a physical activity that works for all ages

By Lynn Waldsmith
Special to *The Detroit News*



David Coates / *The Detroit News*

Freddy Edwards, 74, of Detroit is a member of the South Oakland Seals and swims an hour a day, six days a week.



David Coates / *The Detroit News*

Edith Glusac, 81, of Detroit swims four days a week and competes in events.

Burning Calories

Depending on your speed, you can burn more calories swimming for an hour than you can playing tennis or cycling for an hour. Here are the number of calories a 159-pound person burns in an hour while doing a variety of activities. If you weigh more, you'd burn more; if you weigh less, you'd burn fewer.

Activity	Calories burned
Bicycling, 6 mph	240
Bicycling, 12 mph	410
Cross-country skiing	700
Jogging, 5½ mph	740
Jogging, 7 mph	920
Jumping rope	750
Running in place	650
Running, 10 mph	1,280
Swimming, 25 yards/minute	275
Swimming, 50 yards/minute	500
Tennis, singles	400
Walking, 2 mph	240
Walking, 3 mph	320
Walking, 4½ mph	440

Source: "Exercise and Your Heart — A Guide to Physical Activity" (National Heart, Lung and Blood Institute/American Heart Association)

Even if you don't want to be a master swimmer, you should try to swim recreationally whenever you have the chance, says Dr. Warren Lockette, a professor of medicine and endocrinology at Wayne State University and a master swimmer.

Why? Because swimming is a wonderful form of aerobic exercise, which can reduce the risk of cardiovascular disease. And swimming is something that you can enjoy throughout your life.

"Swimming is less traumatic to the body than many other sports like football or running, which often result in injuries associated with overuse of muscles," Lockette says.

Aches that might make it difficult for you to participate in other sports frequently aren't an issue in a pool, says master swimmer Freddy Edwards of Detroit. He says he's tired of hearing senior citizens say they can't swim because they're too fat or their arthritis is acting up.

"You can swim right over aches and pains," Edwards says. "That's the nice thing about swimming."

Edwards has been swimming since he was 12. Now, 74, he's a member of the South Oakland Seals and swims an hour a day, six days a week, frequently with his swimming partner Edith Glusac, 81.

"We train each other and coach each other," says Edwards, who won the New York City 50-yard freestyle competition in 1945. "If I see some flaws while she's swimming, I'll point them out to her, and she does the same for me."

Glusac, also of Detroit, confesses that she swims "only" four days a week. The other days are reserved for bowling or golf. Sometimes she also manages to squeeze in some work as a referee for high school swimming and volleyball.

"I'm geeked for my swimming," Glusac says. "I'm competitive. I have a good time."

Glusac recently placed first in five categories for 80 to 85-year-olds at a U.S. Masters competition in Indianapolis.

◆ 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

Meet Results for Harbor Springs Fall Color Meet 10/8/00

--- Ages 40 through 44 ---			
PL	Name	Age	Time
Women 1000 Free			
1	Marilyn Early	42	13:41.96

Women 50 Fly			
1	Marilyn Early	42	33.53

Women 20 IM			
1	Marilyn Early	42	2:51.85

--- Ages 55 through 59 ---			
PL	Name	Age	Time
Women 50 Free			
1	Ruth Roddin	57	40.25

Women 1000 Free			
1	Jennifer Parks	57	16:23.12

Women 50 Back			
1	Jennifer Parks	57	42.78

Women 100 Back			
1	Jennifer Parks	57	1:29.46

Women 50 Breast			
1	Jennifer Parks	57	52.28

Women 50 Fly			
1	Ruth Roddin	57	46.26

--- Ages 90 through 94 ---			
PL	Name	Age	Time
Women 50 Back			
1	Edith Irish	94	1:55.43

Women 100 Back			
1	Edith Irish	94	4:08.28

--- Ages 19 through 24 ---			
PL	Name	Age	Time
Men 50 Free			
1	Daniel Lock	24	25.3

Men 100 Free			
1	Daniel Lock	24	55.7

Men 200 Free			
1	Daniel Lock	24	2:15.7

--- Ages 25 through 29 ---			
PL	Name	Age	Time
Men 50 Back			
1	Mark Dunn	29	29.23

Men 100 Back			
1	Mark Dunn	29	1:03.87

Men 200 Back			
1	Mark Dunn	29	2:29.68

--- Ages 30 through 34 ---			
PL	Name	Age	Time
Men 50 Breast			
1	Mike Cullip	33	32.31

Men 100 Breast			
1	Mike Cullip	33	1:14.87

Men 100 IM			
1	Mike Cullip	33	1:02.15

--- Ages 40 through 44 ---			
PL	Name	Age	Time
Men 50 Free			
1	Tracy Maurer	40	27.49

Men 100 Free			
1	Tracy Maurer	40	56.2

Men 200 Free			
1	Tracy Maurer	40	2:13.45

Men 1000 Free			
1	J. Mastenbrook	44	13:41.96

Men 50 Fly			
1	Tracy Maurer	40	29.55

--- Ages 45 through 49 ---			
PL	Name	Age	Time
Men 50 Free			
1	Dyke Justin	46	27.78

Men 100 Free			
1	Dyke Justin	46	1:02.27

Men 1000 Free			
1	Paul Wright	45	14:19.2

Men 50 Breast			
1	Paul Wright	45	34.98

Men 100 Breast			
1	Paul Wright	45	1:21.65

--- Ages 50 through 54 ---			
PL	Name	Age	Time
Men 25 Free			
1	Jim Kuhlman	51	14.1

Men 50 Free			
1	Jim Kuhlman	51	31.51

Men 1000 Free			
1	John Cowing	51	14:04.1
2	Jim Kuhlman	51	16:45.98

Men 50 Back			
1	Jim Kuhlman	51	44.62

Men 50 Fly			
1	John Cowing	51	34.18

Men 100 IM			
1	John Cowing	51	1:17.1

--- Ages 55 through 59 ---			
PL	Name	Age	Time
Men 25 Free			
1	Don Kroeger	56	13.69

Men 100 Free			
1	Don Kroeger	56	1:09.53

Men 1000 Free			
1	Don Kroeger	56	13:55.84

Men 100 Back			
1	Hugh Roddin	58	1:11.09
2	Don Kroeger	56	1:28.41

Men 100 Breast			
1	Don Kroeger	56	1:29.52

SWIMMING... A Life's Passion

It's Time to Renew Your Michigan Masters Membership
Renewal Form is in this Issue! Thanks

Meet Results for Harbor Springs Fall Color Meet 10/8/00

Men 100 Fly			
1	Hugh Roddin	58	1:09.68
2	Don Kroeger	56	1:33.8
Men 200 Fly			
1	Hugh Roddin	58	2:35.09
Men 200 IM			
1	Don Kroeger	56	3:05.43
--- Ages 70 through 74 ---			
PL	Name	Age	Time
Men 50 Free			
1	Rob Weddell	70	33.7
Men 50 Back			
1	Rob Weddell	70	37.91**
Men 100 Back			
1	Rob Weddell	70	1:23.21**
--- Ages 75 through 79 ---			
PL	Name	Age	Time
Men 50 Free			
1	Bob Hornbeck	79	50.85
Men 100 Free			
1	Bob Hornbeck	79	2:01.53
--- Ages 50 through 59 ---			
PL	Name	Age	Time
Men 19-95 ---200 R-Medley			
1	Harbor	M-51	2:27.31
John Cowing-51		Donald Kroeger-56	
Hugh Roddin-58		Jim Kuhlman-51	

** = State Record

From the Registrar

Lost Card Procedure

If you lose your USMS Registration Card please send a SASE (self-addressed-stamped-envelope) with your request together with a check for \$1.00 payable to Michigan Masters to me, and I'll mail you a new card.

Change of Address or Name Change

If you move or change your name, please send your request via e-mail to jcoleman@writeme.com

If you do not have access to the internet, you can send a post-card to me with your request.

If you would like a new card with the updated information, please send a SASE to me, and I'll send you a new card.

Remember: If I don't have your current address, *The Wave Eater* newsletter and *SWIM Magazine* will **not** get to you. If you follow the procedures outlined, it will save everyone a great deal of time and frustration.

Thanks in advance,
James Coleman, Michigan Masters Registrar



YEAR 2001 ONE-YEAR MEMBERSHIP APPLICATION

2001 Membership Application

☐ RENEWAL. My Current USMS

Number is: _____

☐ NEW REGISTRATION

USMS + LMSC fees:

\$25.00

Donation to USMS Foundation

\$

Donation to Int'l Swim. Hall of Fame

\$

Total enclosed

\$

Membership expires 12/31/2001

Make check payable to: MICHIGAN MASTERS

 Mail to: James Coleman
5005 Driftwood
Commerce, MI. 48382

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. ()
Date of Birth	Age	Sex	Today's Date
MICHIGAN MASTERS			Club or Unattached
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

Date

If you coach Masters Swimmers, please check here

☐

Benefits of membership include: A Subscription to SWIM Magazine during the length of the membership year (\$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.



Making Waves in the LMSC

A Special "Thank You" 11-15-2000

Fellow Masters Swimmers:

I have received so many cards, emails, and get-well-notes that I can't answer them all. So I've asked Dennis to include this "Thank You" in *The Wave Eater*. I very much appreciate your thoughts and good wishes.

I had a lung biopsy the day after I returned from Short Course Nationals (I scheduled it so it wouldn't interfere with the championships). Unfortunately the biopsy indicated lung cancer. So I went up to the Mayo Clinic where they removed all the tumors (and parts of my lungs, too). They were able to get all the bad stuff so I don't have to do any chemotherapy or radiation.

I'm back in swimming although much slower than before the surgery. I hope to be back into competition this winter. My goal is to swim the 400 IM in the Midland meet March 18th.

Again, thanks for your good wishes. They really do help!

Charlie Moss

Records fall in swim competition

St. George, Utah, Oct., 13, 2000

Several Michigan Masters swimmers traveled to the St. George area to participate in the Huntsman World Senior Games. Their trip was well rewarded by bringing home 24 medals.

Freddy Edwards garnered 5 — 3 Gold, 1 Silver, 1 Bronze plus a swimming relay. Edith Glusac earned 9 Gold plus 3 second place relays. Lois Kivi Nochman received 10 Gold — one of them as a swimmer in a triathlon relay and 3 second place relays.

Charlotte Ambrose another Michigan Masters swimmer and accomplished artist submitted a design for the 2000 logo for games shirt and her design was accepted. "I'm not sure how she scored in swimming, but to have her design adopted for the games was quite an accomplishment. So Michigan was well represented in several ways," remarked Edith Glusac.

As reported in the local newspaper, *The Spectrum*, leading the pack of 128 tenacious swimmers was Frank Piemme, who by the third day of competition had achieved 3 world records in the 75-79 age class.

Other aquatic stars making "big deal" performances were 76-year-old Lois Kivi Nochman, 51-year-old Steve Heck, and 71-year-old Horace Knowlton.

Nochman claimed seven meet records, while "the young man" Steve Heck, from Louisiana, claimed six and Horace Knowlton, from Utah, set two.

*Report submitted by
Edith Glusac*

Greetings from New Jersey!

By Phyllis Reid

It has been awhile since I have written anything for *The Wave Eater* but I decided now I had good reason. At the end of last year's Masters meet at the University of Michigan, I made the decision to hand off hosting our traditional January Dead Weekend meet to Pat Lilley and the Pioneer High School Parents group. These people, in cooperation with Mark Lambert the Canham Natatorium Facility Director, are the ones who made my time as Meet Director simple and the meet run smoothly.

I would like to invite you to join them this season on Sunday, January 21, 2001 for the traditional Dead Weekend Masters Meet at the University of Michigan's Canham Natatorium. It promises fast water and conditions always conducive to fast times! Please mark your calendars for Sunday, January 21, 2001. For those of you that I have lost touch with, I can be reached at:

Phyllis Reid:
628 Bermuda Drive,
Neshanic Station, NJ 08853
(908) 369-5908
Email: SWIMNEWS@aol.com
or PhyllReid@aol.com

In the Beginning...

Thirty years ago, a movement and lifestyle was set in motion in Amarillo, Texas that today benefits some 40,000 registered United States Masters Swimming members and their families. (SWIM Magazine, SEP/OCT '00)

The following article was written in 1977 by the late Capt. Ransom J. Arthur, M.D., the founder of Masters swimming.

There are numerous motivational factors for participating in Masters swimming. However, the primary motivation for continuing any physical fitness program must come from the inner wish of the individual to maintain an optimum level of health and vigor for his or her particular age, physical structure and degree of infirmity. Staying with any of these programs requires a measure of self-discipline.

For many of us, swimming — perhaps in the ocean more than in a pool — is sufficiently enjoyable in itself. Others are motivated by the external rewards in the form of medals or ribbons.

There will always be some who will continue winning, and they can add the excitement of victories to the motivational forces that keep them swimming. But for most people, their satisfactions will have to come from a sense of well being and a sense of accomplishment within the framework of their own capability.

Swimming in spite of an impediment or handicap is something that we would all wish to see. Many people will find a year or two of the Masters program enjoyable, but will eventually quit. This should not be seen as tragic. If these individuals gained pleasure from their time in this program, then it was worthwhile.

I continue to think it's important to stress to Masters swimmers that they, alone, should determine their level of par-

ticipation and effort. Many people enjoy and profit from going to every meet possible and competing once a month or more. Others may wish only to participate in one meet a year. Each is an appropriate use of the program.

Some may seek national recognition, others merely to enjoy swimming as fast as they can go at the local level without any serious regard for national level times. This is good, too.

The Masters program, because it is made up of mature men and women, can have a relaxed and flexible approach which the frenetic programs for the young cannot duplicate. We encourage serious and disciplined swimming, but we also promote the enjoyment of aquatics as well.

about Masters

What is "Masters" swimming?

A good way to enjoy the many benefits of swimming.

- ♦ Work out and share your swimming interest with others.
- ♦ Get fit. Exercise your entire body.
- ♦ Lose weight.
- ♦ Improve your tone and strength.
- ♦ Improve your swimming technique.
- ♦ Relax. Reduce stress.
- ♦ For some — swim in meets.

How old do I need to be?

From nineteen to any age. You're never too old for Masters.

Do I need to be in shape?

No, but it's why many join and stay in Masters. It is a great long-term way to get and stay in shape and enjoy doing it.

Workout Groups?

Many of our pools have workouts. We encourage and support workout groups. There is probably a workout group that fits your needs.

And if I'm not a fast swimmer?

Michigan Masters swimmers range from modest lap swimmers to amazingly fast. You'll fit in, regardless of your natural ability, speed, or commitment.

How about swim meets?

Some Masters swimmers don't go to any. Some go from time to time. Some go frequently. It's strictly up to you.

What do I get as a member?

- ♦ A gratifying way to swim and enjoy it for a long time.

- ♦ A subscription to *SWIM Magazine*, a top national publication for Masters swimmers.
- ♦ The Michigan Masters quarterly newsletter *The Wave Eater*. It has fitness articles, swim meet schedules, meet results, news of members, and photos.
- ♦ Secondary accident insurance coverage at meets and at supervised workouts when the participants are members of USMS.
- ♦ All the Michigan Masters swimming activities, including its many swim meets, some of which feature friendly yet serious competition among workout groups.

Website:

www.michiganmasters.com

XXI USAS CONVENTION***Swimming...A Life's Passion***

Compilation by June Krauser

USMS CONVENTION

The USMS Convention was held in Kissimmee, FL October 11-15, 2000. Our convention (200+ delegates), is held in conjunction with United States Aquatic Sports (1500+ delegates). A new Zone Committee Chairman was elected and it was Lynn Hazlewood. The Insurance Reception on Thursday night was excellent and was held outside around a pool. The Banquet on Saturday night was very LONG (7 PM – 11:55 PM). However, we did have the best Masters Skit ever! The following is a brief summary of the 21 Standing Committee meetings and the 5 Ad Hoc Committee meetings.

CHAMPIONSHIP – There were 3 bids submitted for SCY Nationals and the House of Delegates voted for the U of Hawaii on May 15-19, 2002. Only one bid for LCM Nationals and that was awarded to Cleveland State U for August 15-19, 2002. Four designs were submitted for a new National Patch and Bill Volckening's design was chosen. The USMS National Meet Survey results are in and it was found that the ideal length of each meet session should be 7-8 hours. Since many nationals exceed that length, the committee is focusing on ways to reduce that time factor, such as total deck seeding (which will be done at Santa Clara this year) and tighter NQTs. The survey was sent to a random sample of 1200 USMS "Top 10" swimmers with 780 responding.

COACHES – There are 800 coaches registered in the National Database. The committee would like the LMSC reps to assume a more active role in the LMSC. The next OTC is Feb 10-15, 2001 and applications are still being taken for swimmers and coaches. Mentor Coach and Swimmer Clinics are available with \$500 seed money from USMS. There are Open Water Clinics available. NIKE has decided to forego clinics. Education and information includes Ask the Coach (for SWIM), Coaches Committee Quarterly, Video Library and Book Library. Programs include Munich Coaching Program, Snooper Loan Program and On-Deck Coaching.

COMPUTER ON-LINE – Try to select a new web-hosting provider by 11/15/00 and move the USMS web site in time for SC Nationals on line availability. A draft privacy policy was been accepted by the Legal Counselors and will be integrated into the USMS web site shortly. The House of Delegates voted to accept the Webmaster as a contract position. For 2001, we will switch over to the PDF version of the Rule Book and modify the links to the Rule Book sections to use these files. Once the USMS web site has been re-hosted to a new web (dedicated) server, we will update the LMSC officers listing which is severely outdated in many areas. Web hosting services will be offered to LMSC's and Zones.

CONVENTION -- Members were assigned to committee meetings to be sure the set-up was okay. Members helped to staff the hospitality suite. Members spent many hours collating minutes and stuffing the accordion files before the House of Delegates meetings.

FINANCE – The Treasurer reported Cash and Cash Equivalents: \$121,000 net income for 1999. Assets total \$933,550 as of 9/30/00. General reserve is \$150,000 (3 months expenses) and insurance reserve is \$120,000. Registration is largest source of income. The 2001 budget was approved with a \$42,193 deficit. Budget corrections and requests were considered.

FITNESS – Fitness events include Swim Around Revilla (total of 135 miles sponsored by Ketchikan Masters, Alaska), The Y2K Training Triathlon (run by Rick Harris and his YMCA Masters Swim Team, Alabama), Check off Challenge (New England Masters). The Strokes for Stroke campaign needs help. The committee will offer suggestions.

INSURANCE – Our excellent Loss History (we have had very few claims) continues to be the main reason that our rates and coverage's are as good as they are. The Secondary Personal Accident Insurance is paid by USMS member registrations. The Directors and Officers Liability covers the Executive Board down to LMSC level.

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A Travel Assistance Program (for meets more than 100 miles from home) was presented by Peak Insurance. Covers all 40,000 USMS members while at a sanctioned/recognized meet 100 miles away from home (add to Secondary Accidental policy coverage). Question: Can a Masters Club 'hold' a meet outside of the United States and have coverage? Answer: If it is a sanctioned/recognized meet, then the USMS member is covered. But the real issue is who will sanction the meet? USMS can't sanction a meet outside the U.S. Must be sanctioned by the FINA Federation in the country where the meet is being held.

INTERNATIONAL – Two large International meets were held during the last year – Pan Pacs in October in Perth, Australia and the VIII FINA World Masters Swimming Championships held in Munich, Germany in July-Aug. The IX FINA World Masters Swimming Championships 2002 will be held on March 21 – April 3 in Christchurch, NZ. Their web site is: www.eventnz.co.nz The USMS International Contacts is accessible at USMS.org, web site under Administration. The closing dates for submitting FINA World Records are May 1st and November 1st each year.

LEGISLATION – The Computer On-Line Committee was re-named the Communications Committee and will encompass the USMS Web Master and Magazine Editor positions.

LONG DISTANCE – Survey's sent to LMSCs in July – many were not returned. An article about safety in open water swimming will be in SWIM magazine. A prerequisite for hosting the One-Hour Postal Swim would be a successful running of a previous postal national championship. A discussion for a wet suit category in National Championships will take place in the coming year. The committee encourages medals through 6th place in National Championships and Open Water events (beginning 2003). There is a shortage of cable swims

2002 LD NATIONAL CHAMPIONSHIPS

- One-Hour Postal – Florida Maverick Masters
- 5/10 KM Postal – Sawtooth Masters
- 3000/6000 yd Postal – Dynamo Masters
- One-Mile OW – Emerald Aquatics – Dorena Reservoir, Cottage Grove, OR August 18
- Two-Mile Cable Swim – Virginia Masters – Chris Greene Lake, Charlottesville, VA July 13
- 1-3 Mile Open Water – O*H*I*O Masters – Lake Erie, Cleveland, OH July 27
- 3-6 Mile Open Water – LaJolla Cove SC – Pacific Ocean, LaJolla, CA August 4
- 6+ Mile Open Water – Clemson A1 Team – Hartwell Lake Clemson, SC June 8

Coaches committee has \$500 available for 4 LD clinics in 2001. There is an Open Water Clinic Manual.

MARKETING/PUBLICATIONS – The USMS Display is completed and will be exhibited at 3-5 sites. A usage request policy is currently being developed. The potential for a media "kit" was discussed. A new national advertising poster will be produced.

OFFICIALS – Obtained permission of Collegiate Swimming Officials Association (CSOA) Executive Director to use that organization's certifying process as a USMS approved certifying body. Finalized USMS Officials Committee Liaison guidelines for National Championships. Sent a proposal to USA Swimming that would allow certification of Masters officials by working a combination of USA/USMS meets. Need to work out some details before it can be implemented. USMS Officials Training Program (Certification Manual, 1992) will be updated to make it current.

PLANNING – Recommends that USMS subscribe to various publications to be used to create a database of information pertaining to recently constructed pools. The information being made available to any party exploring the possibility of new commercial pool construction. It was suggested that the committee establish a special event during 2001 with proceeds to benefit the Endowment Fund. Two altitude-training camps are scheduled for 2001: February and November. The organizers of the Senior Games are very willing to cooperate with USMS to improve the quality and efficiency of these events.

RECOGNITION AND AWARDS – It was determined that USMS Official awards are awards initiated and

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presented by the National body (USMS). The Service Award was renamed the Dorothy Donnelly USMS Service Award. We have two categories of awards – National USMS Award (Ransom J. Arthur Award – Official Recognition (Dorothy Donnelly Service Award, Coach of the Year Award, and USMS Newsletter of the Year Award). Current winners of the Official Recognition Awards will be printed in the Rule Book. All proposals for Official Recognition shall come through the committee for purposes of coordination.

RECORDS AND TABULATION – We now have a database of the total number of records for ISHOF nominations. Reporting results of relays in the Top Ten compilation has been changed to the order that we use for individual events. (Sex, age group, event, time). Check on Top Ten subscriptions being handled by the National office. Proposed a new home page for the Top Ten (Swim Gold) website to improve navigation within the Top Ten site. Revise All-Star determination procedure. Survey LMSCs to identify different methods and software used by Top Ten recorders.

REGISTRATION – Registration actually operates out of two different offices. Esther receives the electronic copies and Tracy receives the hard copy forms and checks. It is critical to provide a copy in the email a summary of the number registered and the contributions. Problems are caused by the use of comma “,” and the use of the number sign “#” within the address and names. An issue was raised about the registration date that is entered into the program; this date should reflect the date that the swimmer is actually registered. The official date is the date that an official LMSC representative receives the form.

RULE BOOK – There were eight submissions for the cover design with Bill Volckening’s design being selected. Gateway was again awarded the bid for printing the book. There will be 1200 copies of the full rulebook and 400 copies of the mini rulebook. The committee voted to dedicate the 2001 Rule Book to Gene Donner and the staff at Gateway Printing.

RULES – This being a Rules year, there were many amendments. Also, there were a lot of housekeeping items reviewed. The most important new rules follow:

- For all courses the backstroke start is the same – toes must be placed under the water.
- Referee to be notified in writing of the intent to record an initial split BEFORE the conclusion of the meet.
- Referee to be notified in writing PRIOR to the start of a backstroke or relay leadoff split attempt.
- Meet director of a National Championship meet has the option to deck seed any or all events.
- SC National Championships may be SCY or SCM.
- NQT will be figured differently to make them more consistent year by year.

SAFETY EDUCATION – The USMS Safety Handbook for Swimmers is being revised and if completed in time will be sent to each club with the 2001 Rule Book. It was suggested that articles for Safety Education be written for SWIM magazine. It was suggested to try and get a sponsor to print and laminate safety signs. An article of water quality issues during open water swims will be published in SWIM.

SPORTS MEDICINE – A member of the committee should be present at the OTC camp to gather more data. Articles for SWIM have been written and are waiting for publication. Two projects are being considered for research: Parkinson’s disease and Osteoporosis and Swimming.

ZONE – The current nominating system was discussed. The process for 2001 will be:

1. Call for nominations printed in Jan/Feb SWIM and the National Office Newsletter.
2. Nominations due to Zone Com Chair by Feb 28.
3. Questionnaires sent to each nominee. Resumes and Questionnaires due to Zone Com Chair by Mar 31.
4. Evaluation forms sent to Committee Chairs that each nominee has served on and returned by end of April. Personal letters of reference will be the responsibility of the nominee and due back by end of April.
5. Zone committee will evaluate material and prepare a slate of candidates by June 15th.
6. Each candidate will submit a picture by July 10.
7. The Zone Chair will submit all of the above to the National Office for inclusion in the convention packet by August 1st.

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8. The Zone Chair will submit all of the above to the National Office for inclusion in the convention packet by August 1st.

Nominations from the floor must be accepted. "Meet the Candidates Forum" night was recommended. The committee will proceed with the pilot project on pool utilization for 2 or 3 LMSCs.

AD HOC HISTORY AND ARCHIVES – Many were interested in this meeting. Discussed was the status of our archives. The goal is to establish the USMS Historical Archives in the Henning Library at the International Swimming Hall of Fame in Fort Lauderdale. Databases now exist covering most of the desired subjects. Storing paper archives is now a top priority. The committee needs USMS and LMSC resource people.

AD HOC ISHOF NOMINATING – Some changes in the selection process for all NGBs should be expected. A presentation was made displaying the national records project. Because the selection for next year was from a different NGB, the previously submitted candidates of Laura Val, Drury Gallagher and Paul Hutinger will remain for 2002.

AD HOC LEGAL COUNSELORS – Addressed two issues with respect to privacy. First, drafted a privacy policy for USMS reflecting current privacy policies. Second, outlined additional privacy issues to consider. Questioned whether the E-Sign bill can be applied to USMS meet registration, membership renewal, and initial membership registration.

AD HOC PROFESSIONAL MANAGEMENT – The Professional Management Guidelines were accepted. The committee recommended that USMS Webmaster receive the sum of \$10,000 and that the USMS SWIM Magazine Editor receive the sum of \$5,000. The Ad Hoc Professional Management Committee has fulfilled its mission and was disbanded.

AD HOC USMS ENDOWMENT FUND BOARD OF GOVERNORS – The current status of the Endowment Fund was reported with a balance of \$34,147.98 as of 9/30/2000. A number of suggestions were made to improve the opportunities for increased funding.

MACA NEWS web awards

The Masters Aquatic Coaches Association web awards recognize many of the outstanding local and regional web communication projects in Masters swimming. Aside from the USMS Newsletter of the Year Award, there is no other recognition for communications sponsored by any swimming organization in the United States. Not only does this recognition serve to inspire prospective webmasters, but it serves as a resource for others who wish to improve existing sites. The Top Ten sites are listed in random order. All winners are presented with a "2000 MACA Top 10" award graphic to display on their winning websites.

Top Ten LMSC Websites	Top Ten Club Websites
Adirondack LMSC (NY) - www.adms.org Pacific LMSC (CA) - pacificmasters.org/index.shtml San Diego Imperial LMSC (CA) - www.simastersswim.org/ Lake Erie LMSC (OH) - www.mindspring.com/~lakeeriemasters Utah LMSC (UT) - www.utahmasters.org Florida LMSC (FL) - http://home.att.net/~floridalmc Pacific Northwest LMSC (WA) - www.swimpna.org Gulf LMSC (TX) - www.gulfmastersswimming.org Oregon LMSC (OR) - www.swimoregon.org Niagara LMSC (NY) - www.niagaramasters.org	Stanford Masters Swimming (CA) - www.stanford.edu/group/masters/ Dallas Aquatic Masters (TX) - www.damswim.com Fina Aquatic Club (PA) - www.philadelphia-fins.org San Mateo Marlins (CA) - www.webgal.com/marlins District of Columbia Aquatic Club (DC) - www.swimdcac.org Atlantic Rainbow Trout (GA) - www.atlantarainbowtrout.com Alexandria Masters Swimming (VA) - http://members.aol.com/SwimSite Southern California Aquatics (CA) - www.swim.net/scag Menlo Masters (CA) - www.menlomasters.com Greater Columbus Masters (OH) - www.gcsto.com/Masters/masters.htm

U of M Dead Sunday SCY Swim Meet

Donald B. Canham Natatorium – Ann Arbor, Michigan

Sunday January 21, 2001

Sanctioned by USMS, Inc. by Michigan Masters

The meet will be swum as Short Course Yards. The following events will be offered: 50, 100, 200, 500, 1000 and 1650 yard Freestyle; 200, 400, and 800 yard Free Relays; 50, 100, 200 yard Backstroke; 50, 100, 200 yard Breaststroke; 50, 100, 200 yard Butterfly; 100, 200, 400, yard Individual Medley and the 200 and 400 Medley Relays.

8:00 AM EST DCN doors open

8:15 – 9:15 Registration -All swimmers must check in and sign the Athlete's Waiver.

8:30 AM Warm-up begins in east and west pools. The diving well will be closed during the entire meet. Swimmers must enter the water FEET first in a cautious and safe manner.

9:15 AM Deck registration Closes.

9:30 AM Competition begins with the 1000 yard Freestyle.

Eligibility: Only swimmers who have a current USMS membership will be allowed to compete. Cards will be required to be shown at the meet. Registrations may be purchased the morning of the meet.

Entries: Pre-Entries are \$15; deck entries the morning of the meet will be \$20. We would appreciate as many pre-entries as possible to save confusion and time on the morning of the meet. Swimmers may compete in a maximum of 5 individual events. Proceeds go the Pioneer Women's Water Polo Team.

Relays: All relays will be deck entered.

Refreshments: Complimentary fruit, bagels and beverages will be available for swimmers.

Location: Canham Natatorium at the University of Michigan, access through the Athletic Campus Parking Lot (SC 20) off South State Street. There are signs. Legal parking is free. You can also enter via Hoover Street next to the railroad tracks. See the map.

Meet Director: Pat Lilley - 734-944-8634 prl@umich.edu

Meet Telephone: 734-647-0159

U of M's Dead Weekend Masters Meet Entry

Canham Natatorium January 21, 2001

Club

NAME:

Meet Use

STREET ADDRESS:

SEX:

CITY:

STATE:

PH #:

BIRTHDATE

AGE on 1/21/01:

USMS#

EVENT#	EVENT	SEED TIME
1	1000 yard Freestyle	
2	50 yard Breaststroke	
3	100 yard Butterfly	
4	200 yard IM	
5	50 yard Freestyle	
6R	800 yard Free Relay	Will be deck entered
7	200 yard Backstroke	
8	100 yard IM	
9	200 yard Breaststroke	
10	100 yard Free	
11	200 yard Butterfly	
12R	200 yard Medley Relay	Will be deck entered
13	500 yard Freestyle	
14	50 yard Backstroke	
15	100 yard Breaststroke	
16	50 yard Butterfly	
17	200 yard Freestyle	
18R	400 yard Relays (MR/FR)	Will be deck entered
19	100 yard Backstroke	
20	400 yard IM	
21R	200 yard Freestyle Relay	Will be deck entered
22	1650 yard Freestyle	

Mail Entry To:

Pat Lilley
176 Saline River Rd
Saline, MI 48176

Make Checks Payable to:

WWPPHS
Postmark By: January 14, 2001



Ford Athletic Swim and Triathlon Club presents their 13th 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 in Michigan. Pre-registration is recommended and necessary for us to run a smooth meet.

****NOTE****

Due to time constraints:

Events #14 and #15 will be pre-registered ONLY!

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

- | | |
|-----------------------|-------------------------|
| 1. 200 m Medley Relay | 8. 200 m Free Relay |
| 2. 200 m Free | 9. 200 m I. M. |
| 3. 100 m Back | 10. 100 m Free |
| 4. 50 m Fly | 11. 50 m Breast |
| 5. 100 m I. M. | 12. 100 m Fly |
| 6. 100 m Breast | 13. 50 m Back |
| 7. 50 m Free | 14. 400 m Free * |
| INTERMISSION | 15. 1500 m Free * |
| | <i>*may be combined</i> |

**13th Annual
Valentine's Weekend Swim Meet
FEBRUARY 11, 2001
BRIGHTON HIGH SCHOOL**
Sanctioned by Michigan LMSC for USMS, Inc.
Sanction # ??

Registration and warm up begins at 8:30 am

Late Registration ends at 9:15 am!

Meet begins at 10:00 am

Meet fee is \$15.00 (US) postmarked by February 3rd.

After 2/3/2001; \$20.00. 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.

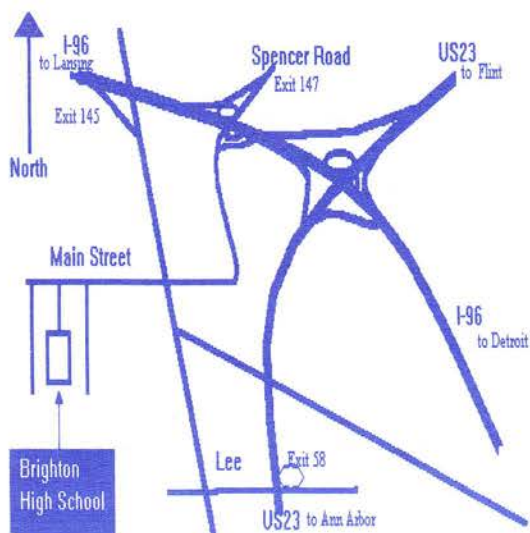
Electronic Timers run by HyTek Meet Master software

FINA age breaks apply to meters meets per new USMS rule.
Your age on 12/31/2001 determines what age group you swim!

For more information call Matt Johns; (734) 326-0626 (Home)
e-mail: johnsm@prodigy.net (Home)

Visit our web page at www.swimfasttrifast.com

Map



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.

Brighton High School is on Sage Street. Sage is off Main Street past 7th, approx. 1 mile west of Grand River.

Valentine's Weekend Swim Meet Sunday, February 11, 2001

Brighton High School
Sanctioned by Michigan LMSC for USMS, Inc. - Sanction # ??

Name:	Birth date / /	
USMS# (required)	Age on Dec 31, 2001	Male / Female
Club Name:	Phone #:()	

Event	Seed Time	Event	Seed Time
1. 200 Medley Relay		8. 200 Free	
Relay			
2. 200 Free		9. 200 I. M.	
3. 100 Back		10. 100 Free	
4. 50 Fly		11. 50 Breast	
5. 100 IM		12. 100 Fly	
6. 100 Breast		13. 50 Back	
7. 50 Free		14. 400 Free	
* INTERMISSION*		15. 1500 Free	

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 or death, and agree to assume all 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 INDIVIDUAL OFFICIATING AT THE MEETS OR 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: Paul Wright

25745 Cherrick
Taylor MI 48180

*****Entries must be Postmarked by Saturday Feb. 3, 2001*****

Michigan Masters Swimming and West Michigan Masters Swim Association Present the Fourteenth Annual *Swim Classic*

at

Rockford High School Community Pool
4100 Kroes Rd. Rockford, Michigan 49341

Saturday February 24, 2001

Meet fee is \$13.00 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 (\$25.00 for 2001) will be available at the Meet.

The Rockford Pool 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 10:15a.m. Warm-ups are 9:30 - 10:00 a.m. and after the 1000 yard Free.

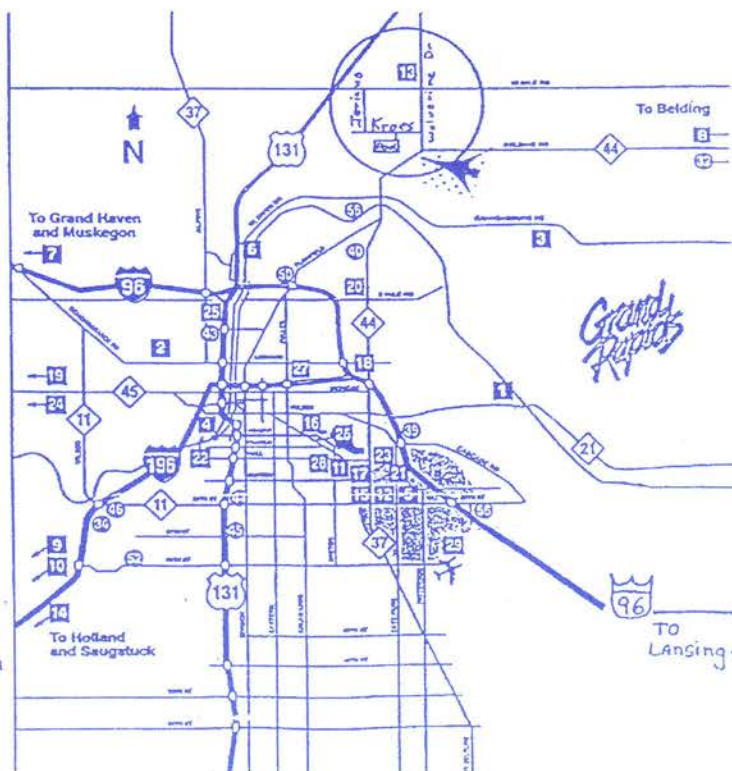
Events 3 through 15 should start at approximately 12:30p.m. All heats seeded slow to fast. Limit of 5 individual events and 2 relays per swimmer. **See back for mail-in registration.**

Questions: Ken Danhof, Meet Director, 4295 Carolyn St., Muskegon, MI. 49444 (231) 739-5592
e-mail: KJandM@aol.com. Sanctioned by Michigan Masters for USMS Inc.#120016

List of Events:

1. 1,650 Yard Free*
2. 1,000 Yard Free*
- Intermission
3. 200 Yard Medley Relay
4. 200 Yard Free
5. 200 Yard Individual Medley
6. 50 Yard Free
7. 200 Yard Breast
8. 100 Yard Back
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. 200 Yard Free Relay

* Heats may be run concurrently. The 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.



OPTIONAL MAIL IN REGISTRATION**WEST MICHIGAN MASTERS SWIM CLASSIC
SATURDAY, FEBRUARY 24, 2001 ROCKFORD HIGH SCHOOL**

If you would like to register by mail for events 4-14, please complete and send this form as instructed below.

(Events 1,2,3 & 15 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: _____

Sex: _____ USMS# _____

Date of Birth: _____

Age on 2-24-01 _____

Home Phone() _____

Address _____

EVENTS(Check box and enter seed time)

4	200 FREE	<input type="checkbox"/>	
5	200 IM	<input type="checkbox"/>	
6	50 FREE	<input type="checkbox"/>	
7	200 BREST	<input type="checkbox"/>	
8	100 BACK	<input type="checkbox"/>	
9	50 FLY	<input type="checkbox"/>	
10	100 IM	<input type="checkbox"/>	
11	100 FREE	<input type="checkbox"/>	
12	100 BREST	<input type="checkbox"/>	
13	100 FLY	<input type="checkbox"/>	
14	200 BACK	<input type="checkbox"/>	

Mail this completed form, a copy of your 2001 USMS card, and a check for \$13.00 payable to W.M.M.S.A. postmarked by February 13, 2001 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 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, HOSTS 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 _____

Date _____

US MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

- SANCTION:** This meet is sanctioned by US 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 4, 2001
- LOCATION:** West Bloomfield High School (4 1/2 miles north of the 1-696 freeway)
4925 Orchard Lake Rd.
West Bloomfield, MI 48323
248-539-2515 (Pool Phone)
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 touch pads 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: **248-539-2520** (attn. Bob Crosby)
ENTRY DEADLINE IS THURSDAY, MARCH 1ST 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:** \$17.50 for entries received by the above deadline. For any entries received after the deadline, 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

ENTRY BLANK FOR US MASTERS SWIM MEET HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

NAME _____ SEX M F

AGE _____ USMS # _____ CLUB _____

EVENT #	EVENT	SEED TIME
SESSION 1 – BEGINS AT 7:45 A.M.		
1	1650 FREE	
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	
18	1000 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:
248-539-2520, ATTN: BOB CROSBY

Come Enjoy the 26th Annual Midland Masters Winter's End Swim Meet

Sanctioned for USMS, Inc by Michigan Masters Sanction #120014

Sunday, March 18th, 2001

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: \$15.00 per swimmer (Maximum 5 events plus relay)

USMS registration required. \$25.00 for 2000 calendar year. (or \$10 single-meet registration).
Registration available at the meet.

Schedule:

9:30AM Warm-up for 500 free and
400 IM

10:30AM 500 Free and 400 IM

11:00AM General warm-up

11:30AM 200 butterfly begins

Continuous warm-up during meet in
Lane 6



Events: Seeding Slow to Fast

- | | | |
|---------------------|-------------------|--------------------|
| 1. 500 Freestyle | 7. 200 Free | 11. 200 back |
| 2. 400 Ind Medley | 8. 100 Fly | 12. 50 Butterfly |
| (30 minute warm-up) | 9. 100 Breast | 13. 100 Ind Medley |
| 3. 200 Butterfly | 10A. 50 Free | 14. 100 Free |
| 4. 25 Free | 10B. 50 Free (for | 15. 50 Breast |
| 5. 200 Ind Medley | 1st-year Master | 16. 200 Free Relay |
| 6. 100 Back | swimmers) | |

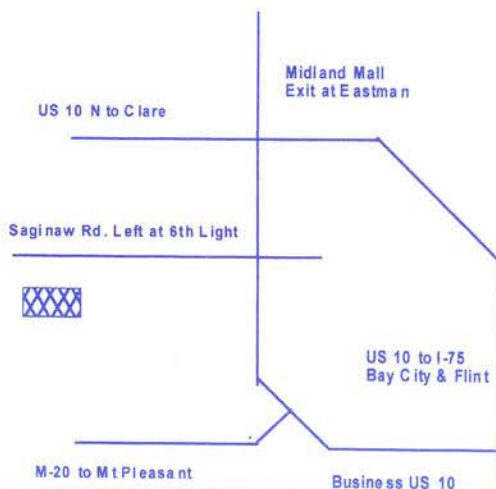
Deck entries only; Deadline 10:15AM for 500 Free & 400 IM; 11:15 for remainder of the meet

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. Social following the meet at Frick's (across the street from the school)

For more information contact:

Louise "Weezie" Hofer	or Dave Speth
517-422-2054 (h)	(517) 636-7802 (h)
517-832-7937 (o)	(517) 636-9238 (o)



2000/2001 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 8, 2000	Harbor Masters	Sanctioned	Harbor Springs Community School	Marilyn Early	231-526-9824
Sunday November 12, 2000	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Saturday November 18, 2000	Monroe YMCA	Recognized #120013	Monroe Family YMCA	Don Kroeger	734-242-7175
Saturday December 9, 2000	Capitol Area Tri & Swim Masters	Sanctioned #120012	Dewitt High School Natorium	Gail Dummer & Mike Keavan	517-887-8416 517-668-3170
Sunday January 21, 2001	Jackson Masters	Sanctioned	University of Michigan Canham Natatorium	Pat Lilley	734-944-8634
Sunday February 11, 2001	Ford Athletic Swim & Triathlon Club (Short Course Meters)	Sanctioned	Brighton High School	Paul Wright	313-390-4820 (days) 313-295-3132
Saturday February 24, 2001	West Michigan Masters	Sanctioned	Rockford High School Community Pool	Ken Danhof	616-739-5592
Sunday March 4, 2001	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Sunday March 18, 2001	Midland Masters	Sanctioned	Midland Dow High School	Charlie Moss	517-631-1480
Michigan Masters State Championships Late March/Early April	To Be Determined	Sanctioned	To Be Determined	To Be Determined	To Be Determined

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

Michigan Masters Swimming Committee
c/o Dennis L. McManus
Newsletter Editor
1790 McManus Drive
Troy, Michigan 48084-1552

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FRANK L THOMPSON
2660 LITTLETELL AVE
WEST BLOOMFIELD MI 48324



The Wave Eater



Happy New Year



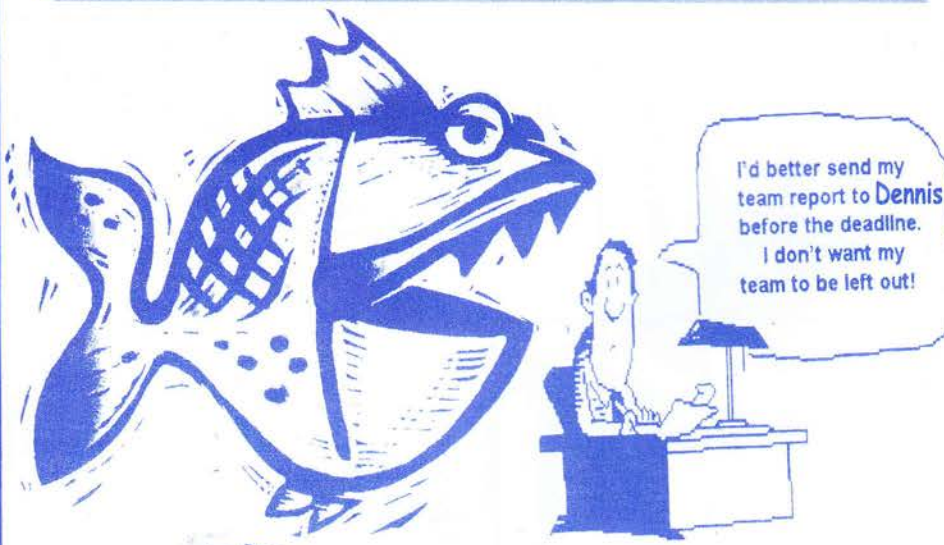
*Season's
Greetings
To All*

LOST AND FOUND

A high quality leather jacket, left behind in the Cafeteria following the November 12, 2000 Michigan Masters Swim Meet at West Bloomfield High School.

To make a claim, please contact
Ralph Davis at (248) 642-2108

Attention Team Representatives: Deadline for the
March 2001 Issue
is *February 15, 2001*



Dennis McManus: Ph: 248-649-6085 e-mail: DLMphoto@aol.com