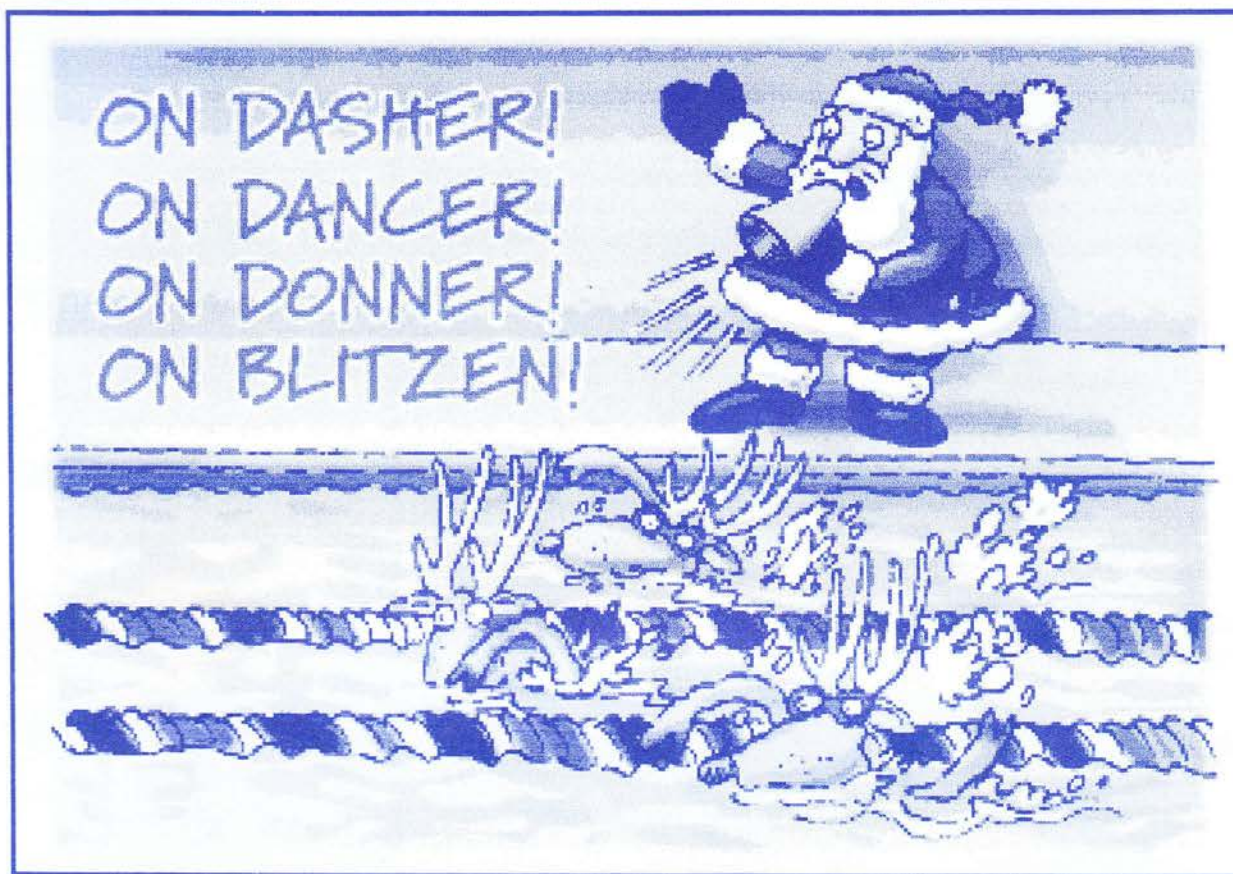


The Wave Eater

Volume 10, Issue 4

MICHIGAN MASTERS SWIMMING

December 1, 2002



2003 YMCA Masters National Championships

The YMCA Masters National Short Course Championships are being hosted by the Selby Aquatic Center of the Sarasota YMCA on April 24 through 27th, 2003 in Sarasota, Florida.

YMCA memberships are \$46 per year at the local Plymouth YMCA and \$20 for seniors over 62 years of age. Many people are already Y members there and just have to renew for next year. Entry forms will be available at all future Michigan Masters meets with pertinent information as to how to participate.

Anyone who would like to swim in the 2003 YMCA Nationals, not already affiliated with a current YMCA team, should contact Skip Thompson at (248) 683-2191 or e-mail: frankskipthompson@aol.com, as soon as possible.

Due to the particular team method the YMCA utilizes, which differs significantly from USMS, **all participants from a local Y must enter as a complete team.** As a convenience, Skip Thompson will coordinate participant entries as he has done in prior years to accomplish this task for the Plymouth YMCA team.

The team entry deadline to submit entries for this competition is April 3, 2003. As a consequence, all entries and fees must be in Skip's hands at least one week prior to this date. In other words, **March 27, 2003**, they are due.

Skip has indicated, for those who may not be able to obtain an application, he will take requests by phone and e-mail, then snail mail entry information to those interested in attending.

information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

South Oakland Seals: Wayne, Oakland & Macomb Counties Skip Thompson – (248) 683-2191 Royal Oak Dondero High School Tue. & Thurs. Nights – 8:30PM to 10:00PM	Ford Athletic Swim & Triathlon: Matt Myers – (313) 592-2797 mmyers2@ford.com Schoolcraft College Saturday - 7:15AM to 8:30AM www.swimfasttrifast.com
Livonia Area: Livonia & Larger Area Masters (LALA) deano69@flash.net – (248) 926-5937 Livonia Stevenson High School MWF evenings – 5:45PM to 7PM Saturday morning – 7:00AM	Farmington Area: Bill Hughes – (248) 474-2858 after 6PM Farmington YMCA – Farmington Hydrofoils Tue., Thurs., & Sun. Nights 6:00PM to 7:45PM Must be a Farmington YMCA member and USMS member
Warren Area: Star Aquatics – www.staraquatics.com Saturdays 7:00 AM - 8:30 AM (Approximate) Warren Woods Tower High School Pool 27900 Bunert Rd., Warren MI 48088 Contact: Tom Cobau – (313) 640-9189	Grosse Pointe Area: Pointe Aquatics – www.pointeaquatics.com Tue. & Thur – 7:30 - 9:00 PM MWF 6:00 – 7:00 AM Community Rec & amp; Ed – (313) 432-3880

MICHIGAN - LOWER PENINSULA

Ann Arbor: 734-994-2898 Mack Pool M-F mornings 6:00AM to 7:30AM MWF evenings 6:00PM to 7:00PM Fuller Pool Summers: 6:30PM to 8:00PM	Flint: Contact: Ric Chaney (810) 720-2200 Day – (810) 720-1341 Eve. Hurley Health & Fit. Center (810) 235-8544 (membership not required) M & W evenings 6:30PM
Plymouth: Plymouth Canton Community Masters Leslie Greeneisen – greeneisen@aol.com Central Middle School MWF evenings – 8:00PM to 9:15PM	Lansing: CATS – www.teamcats.com Contact: Mark Lisenby, Mark Keevan, Wally Dobler, Andrea Funk Michigan Athletic Club (MAC) Mon. thru Thur. 6:30PM to 7:30PM
Midland: H. H. Dow High School Mon. & Wed. 8:30PM to 10:00PM Midland Community Center Saturday mornings – 9:00AM to 10:30AM	Holland: Fred Nelis – (616) 399-9588 Holland Community Aquatic Center Pool Ph. (616) 393-7595 www.holland.k12.mi.us/aquatic.center/
Grand Rapids: West Michigan Masters Carolyn Calcutt – (616) 785-9544 Grand Rapids Community College Ford Pool Monday 7-8PM Wednesday 5:30-6:30PM Friday 6:00PM to 7:00PM	Kalamazoo: Vince Gallant – (616) 349-1053 Loy Norrix High School M-F 5:40AM to 7AM, M-Th. 5:00PM to 7:30PM, F 5:00PM to 6:30PM, Sat. 8:00AM to 10:30AM
Open Water: Marilyn Early (231) 526-9824 Jcowing@tir.com	Grand Haven: Masters Swim Club, Mick Homan - Aquatics Coordinator 616-850-6292, 616-850-6295 fax swcoach7@aol.com 17001 Ferris St., Grand Haven, MI 49417

The Wave Eater

MICHIGAN MASTERS SWIMMING

Volume 10 • Issue 4
December 2002

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The Inside Lane

By Jennifer Parks

Just a few notes for this busy holiday time of year. Sometimes it's difficult to get our swims in when we seem to have so much to do...or pools close for the holidays, especially if you don't live near several facilities.

Try to build your swims into your schedules: write it down, tell somebody that you're going, plan to swim with a "buddy" if you don't have a "team," and remember how good it feels when you get in a good swim, both physically and mentally. And if you

can't get a swim in, do strength and flexibility exercises at home, do yoga, walk with your family, ski, snowboard, just keep active. Fit people do have a health advantage.

And speaking of fitness, I hope you'll take advantage of the "virtual" fitness swims that will be at the USMS web site starting in January. Our entry will be a "Lighthouse" swim, Holland to Grand Haven. If you can, though, I hope you'll be able to attend several of our excellent winter meets and the great State meet.

And, in this stream of consciousness, please remember that there will be an election of officers at the State Meet. Skip Thompson will become President/Chair at the Annual Meeting; the President-Elect/Vice-Chair position will become open and various other positions; there'll possibly be a vote on the slightly revised by-laws. (The Legislation Committee of USMS will be reviewing a general By-Law model this coming year for each "Local Masters Swim Committee"; Michigan Masters Swimming acts as our LMSC.)

If you have interest in helping our organization, in any fashion, the

job descriptions will be published in March, and the by-laws are on the Michigan Masters web site. "Many hands make lighter work," as my mother used to say! We'd love to have you get involved in Masters...it's really worthwhile.

The fall meets were lots of fun! Once again, it's great to see the college students from Western Michigan be so enthusiastic about Masters Swimming; thanks for the fine meet. Joyce Kowalski did a great job of running her new meet at Anchor Bay in one of the State's few indoor 25 meter facilities; the ride there was spectacular on that beautiful fall day. And thanks, as always, to Bob Crosby and the Laker Fan Club for their West Bloomfield meet, the biggest yet!

I'm looking forward to the DeWitt meet as I write this, with all the "fun" events, as well as the crescendo and pentathlon. Also, congratulations to all who did so well at the various out-of-state meets; especially my forever young mentor, Edie Glusak (or c?) in Utah.

Have healthy and happy holidays. Hope to see more of you at various pools all winter long. Roll those hips! JP



♦ 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

From the Registrar

From your Registrar - Jim Coleman

New for 2003 !!

Your new card will have your permanent USMS number !!

Note the rate is now \$30 since the national organization needed to raise rates for the first time in 12 years - still a great value.

As always, please avoid the January/February Rush... **REGISTER NOW**

Please use this application to expedite your 2003 USMS membership.

Reasons: It helps Michigan Masters administration by:

- Avoids long lines at the January meets.
- Improves "Swim Magazine" distribution.
- Avoids last minute confusion for the State Meet.

Thanks for renewing now.



2003 Membership Application

☐ RENEWAL. My Current USMS

Number is: _____

☐ NEW REGISTRATION

USMS + LMSC fees:
(\$20 Sept. 1 - Oct. 31, 2003)

\$30.00

Donation to USMS Foundation

\$

Donation to Int'l Swim. Hall of Fame

\$

Total enclosed

\$

Membership expires 12/31/2003

Make check payable to: **MICHIGAN MASTERS**

Mail to: James Coleman
5005 Driftwood
Commerce, MI 48382

2003 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. eve ()		
Date of Birth	Age	Sex	Phone No. day ()		
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

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.



FITNESS

IT'S YOUR HEALTH, STUPID!

Mary F. Williams

It was Saturday and I was driving west on Ford Road, nearing Wayne Road. I knew that I **should** be turning left on Wayne Road toward the Wayne-Westland YMCA. I also knew that turning right at Wayne Road would take me directly to Westland Mall. With less than half a mile to make the decision, I tried desperately to find a reason to head for the Y and swim. Then it flashed through my mind like a neon light -- a paraphrase on a Clinton campaign slogan* -- ***IT'S YOUR HEALTH, STUPID!*** And I made the left and had one my best workouts in quite a while.

So, why is it so difficult to find the motivation to work out? This should be a no-brainer! Just **thinking** of the benefits to our health that swimming brings us should be enough to convince us to **JUST DO IT!** Let's just list a few:

- Lowers cholesterol, decreasing risk of heart attack or stroke.
- Lowers resting heart rate, preserving heart muscle, further decreasing risk of heart attack.
- Replaces fat with muscle, improving strength and endurance.

Furthermore, aerobic exercise is a natural stimulant that decreases depression. It also relieves the pain of arthritis and improves flexibility of joints, resulting in greater mobility. And stronger bodies swim faster and last longer and have more fun with friends at swim meets and workouts (and are easier on the eyes, as well)

THERE!! NOW GET TO THE POOL AND DON'T FORGET TO SEND YOUR MILEAGE MARATHON LOGS TO JENNIFER PARKS!!!

NOTE:

Please submit your Mileage Marathon Log results for 2002 to Jennifer Parks by January 15, 2003

SWIMMING... A Life's Passion



(Continued from page 5)

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

EXERCISE RECOMMENDATIONS FOR CARDIOVASCULAR FITNESS

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

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

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

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

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

HEALTH GLOSSARY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Making Waves in the LMSC

Michigan Swimmers Invade the Southwest

A trio of senior Michigan Masters swimmers, Edith Glusac, Laura Gogola and Lois Nochman, flew to Las Vegas, Nevada to compete in the Nevada Senior Games. They proved extremely successful with Edith winning 6 golds, Laura with 4 golds and 2 silvers, and Lois obtaining 6 golds.

Then it was a trip up north to St. George, Utah for the Huntsman World Senior Games. The group met two more Michigan Masters swimmers there, namely Gaard Arneson from Ann Arbor and Ann Westart from Big Rapids. Before the meet began, there was a short memorial service for Freddy Edwards and two other swimmers, who were regular participants at the games, that had recently passed.

As before, the results of the Michigan group were outstanding. Gaard earned 6 golds, Edith garnered 9 golds and participated on 2 winning relay teams, Laura received 3 golds, 6 silvers plus 2 winning relay teams, Lois won 8 golds and 1 silver, while Ann (a newcomer to Masters) got 2 fourth-place finishes.

Additionally, this was Edith's 15th year of competition in these games. As a result, she was awarded a ring and managed to appear on local TV.

Later in the month of October, Edith, Laura, Joyce Kowalski, Mary Williams, Sally Guthrie, Allison Badger, John Reese and Skip Thompson participated in the GRIN Fall Classic in Indianapolis where they continued their winning success.



Lois Nochman, Edie Glusac, & Laura Gogola
Nevada Senior Games - 10/2002



Edie Glusac
Huntsman World Senior Games - 10/2002

BRONCO SPLASH 2002 RESULTS

Womens 100 IM

Andrea Maurey	19 - WMU	1:14.29
Angie Ostrander	19 - WMU	1:16.43
Erin Lucarotti	21 - WMU	1:09.24
Jennifer Parks	59 - CATS	1:39.85
Joyce Kowalski	60 - Anchor Bay Masters	1:30.65
Mary Loesch	48 - Kenyon Masters	1:36.44
Monica Tory	29 - BAM	1:09.05
Sally Guthrie	52 - Ann Arbor	1:22.38
Sarah Smallcombe	21 - WMU	1:20.36

Mens 100 IM

Adrian Vagnoni	40 - Great Lakes Aquatics	1:03.70
Andrew Lucarotti	19 - WMU	1:05.51
Aren Turpening	20 - WMU	1:06.50
Kirk Heskitt	44 - CATS	1:13.26
Steve Brenne	26 - Dutch Masters	1:02.75
TJ Seiwert	36 - BAM	1:02.82
Thomas Schardt	34 - CATS	1:05.57

Womens 100 FR

Alison Badger	36 - Ann Arbor	1:05.11
Betsy Lee	20 - WMU	1:08.76
Casey Renton	24 - BAM	1:03.02
Jessica Cole	19 - WMU	1:02.41
Tasha Peacock	21 - WMU	1:20.14

Mens 100 FR

Aaron Beals	19 - WMU	52.78
Bob Hinkel	64 - BAM	1:51.14
Daniel Loch	26 - Romeo	54.94
James Carl D'Amor	41 - Ann Arbor Masters	1:21.65
Jeff Bailey	34 - Battle Creek Masters	51.27
Jim Russel	38 - Illinois Masters	51.16
Joe Durlach	53 - BAM	1:02.54
Juan Tavares	41 - BAM	56.61
Kirk Heskitt	44 - CATS	1:04.10
Mark Jeromin	24 - WMU	54.30

Womens 200 BK

Monica Tory	29 - BAM	2:34.26
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Mens 200 BK

Donald Kroeger	58 - Michigan Masters	3:18.36
Frank Thompson	50 - SOS	2:23.79
Fred Nelis	47 - Dutch Masters	2:32.56

Womens 50 FLY

Andrea Maurey	19 - WMU	33.08
Angie Ostrander	19 - WMU	33.85
Casey Renton	24 - BAM	33.78
Christina Cauley	20 - WMU	31.70
Christina Slate	19 - WMU	33.82
Erin Lucarotti	21 - WMU	30.57
Jessica Cole	19 - WMU	35.14
Lindsay Deleeuw	19 - WMU	32.18
Marlana Verbeck	19 - WMU	28.54

Sally Guthrie

52 - Ann Arbor

35.70

Mens 50 FLY

Andrew Lucarotti	19 - WMU	28.43
Chris Darling	20 - WMU	27.38
Jim Russell	38 - Illinois Masters	26.22
Joe Durlach	53 - BAM	31.09
TJ Seiwert	36 - BAM	27.15
Thomas Schardt	35 - CATS	28.81

Womens 200 BR

Joyce Kowalski	60 - Anchor Bay Masters	3:54.06
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Mens 200 BR

Donald Kroeger	58 - Michigan Masters	3:26.36
James Carl D'Amour	41 - Ann Arbor Masters	3:30.09
Kirk Heskitt	44 - CATS	3:07.57

Womens 100BK

Alison Badger	36 - Ann Arbor	1:19.64
Jennifer Parks	59-CATS	1:33.13

Mens 100 BK

Donald Kroeger	58 - Michigan Masters	1:32.83
Frank Thompson	50 - SOS	1:11.21
Steve Brenne	26 - Dutch Masters	1:04.78

Womens 50 FR

Betsy Lee	20 - WMU	29.95
Casey Renton	24 - BAM	30.17
Christina Cauley	20 - WMU	28.51
Christine Slate	19 - WMU	31.17
Lindsay Deleeuw	19 - WMU	28.50
Marlana Verbeck	19 - WMU	25.83
Mellisa Reimink	19 - WMU	29.33
Sally Guthrie	52 - Ann Arbor	29.92
Sarah Smallcombe	20 - WMU	30.41

Event 14 Mens 50 FR

Aaron Beals	19 - WMU	24.04
Adam Jackson	19 - WMU	26.03
Adrian Vagnoni	40 - Great Lakes Aquatics	24.20
Andrew Lucarotti	19 - WMU	26.41
Aren Turpening	20 - WMU	25.96
Bob Hinkel	64 - BAM	49.39
Daniel Loch	26 - Romeo	25.08
Fred Nelis	47 - Dutch Masters	26.09
Jeff Bailey	35 - Battle Creek Masters	23.69
Jim Russell	38 - Illinois Masters	23.65
Joe Durlach	53 - BAM	28.17
Joe Stubelt	20 - WMU	25.43
Jon Richardson	52 - Unattached	29.96
Juan Tavares	41 - BAM	27.26
Kirk Heskitt	44 - CATS	28.51
Sam Miller	20 - WMU	27.26
Thomas Schardt	35 - CATS	24.89

Mens 200 Medley Relay

BAM	2:24.76
WMU	2:01.89

Mixed Medley Relay

BAM	2:06.03
WMU	2:03.34
WMU	2:06.99

Womens 500 FR

Jennifer Parks	59 – CATS	8:10.71
Jessica Cole	19 – WMU	6:11.49
Monica Tory	29 – BAM	6:20.18

Mens 500 FR

Bob Hinkel	64 – BAM	10:56.38
Donald Kroeger	58 – Michigan Masters	7:22.24
Frank Thompson	50 – SOS	5:51.38
Fred Nelis	47 – Dutch Masters	5:39.10
James Carl D'Amour	41 – 41 – Ann Arbor	7:34.42
Steve Brenne	26 – Dutch Masters	5:38.79
Tim Lechota	19 – WMU	5:54.87

Womens 200 IM

Alison Badger	36 – Ann Arbor	2:39.40
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Mens 200 IM

Thomas Schardt	35 – CATS	2:37.99
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Womens 50 BR

Andrea Maurey	19 – WMU	38.83
Christine Slate	19 – WMU	43.16
Jayne Fraley-Burgett	27 – WMU	39.77
Marlana Verbeck	19 – WMU	36.52
Mary Loesch	48 – Kenyon Masters	48.06
Mellisa Reimink	19 – WMU	40.76
Tasha Peacock	19 – WMU	42.42

Mens 50 BR

Donald Kroeger	58 – Michigan Masters	46.70
Juan Tavares	41 – BAM	32.86
Sam Miller	20 – WMU	33.42

Womens 100 FLY

Alison Badger	36 – Ann Arbor	1:19.88
Casey Renton	24 – BAM	1:18.23
Joyce Kowalski	60 – Anchor Bay Masters	1:45.90
Sally Guthrie	52 – Ann Arbor	1:26.35

Mens 100 FLY

Jeff Bailey	35 – Battle Creek Masters	58.39
Jon Jacobs	28 – BAM	1:00.90
Steve Brenne	26 – Dutch Masters	1:05.28
TJ Seiwert	36 – BAM	1:01.16
Jim Russel	38 – Illinois Masters	58.16

Womens 200 FR

Erin Lucarotti	21 – WMU	2:27.41
Jessica Cole	19 – WMU	2:19.86

Mens 200 FR

Bob Hinkel	64 – BAM	4:10.06
Daniel Loch	26 – Romeo	2:08.40
Donald Kroeger	58 – Michigan Masters	2:52.36
Fred Nelis	47 – Dutch Masters	2:06.46
Joe Durlach	53 – BAM	2:23.72
James Carl D'Amor	41 – Ann Arbor Masters	2:56.92

Womens 50 BK

Jennifer Parks	59 – CATS	43.62
Joyce Kowalski	60 – Anchor Bay Masters	50.02
Mary Loesch	48 – Kenyon Masters	42.89
Monica Tory	29 – BAM	31.61

Mens 50 BK

Adam Jackson	19 – WMU	31.39
Adrian Vagnoni	40 – Great Lakes Aquatics	29.34
Aren Turpening	20 – WMU	31.39
Chris Darling	20 – WMU	29.39
Joe Stubelt	20 – WMU	32.20
Sam Miller	20 – WMU	32.61
Thomas Schardt	35 – CATS	30.48

Womens 100 BR

Alison Badger	36 – Ann Arbor	1:19.90
Tasha Peacock	21 – WMU	1:32.58
Mellisa Reimink	19 – WMU	1:30.17
Sarah Smallcombe	20 – WMU	1:28.12
Jayne Fraley-Burgett	27 – WMU	1:29.45

Mens 100 BR

Don Kroeger	58 – Michigan Masters	1:42.45
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Womens 200 Free Relay

WMU	1:55.84
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Mens 200 Free Relay

BAM	2:12.17
WMU	1:40.49

200 Mixed Medley Relay

Ann Arbor	2:09.74
BAM	1:53.77

Mens 1000 FR

Bob Hinkel	64 – BAM	23:38.70
Donald Kroeger	58 – Michigan Masters	15:21.82
Frank Thompson	50 – SOS	12:04.91
James Carl D'Amour	41 – Ann Arbor Masters	15:38.38
Kevin Camp	21 – WMU	12:21.18
Mark Jeromin	24 – WMU	12:04.20

LOCO "Roll in the Snow"
SCY Masters Meet
Sunday, January 19th, 2003



Sanctioned by Michigan LMSC

Location:

Lake Orion Natatorium
495 E. Scripps Rd.
Lake Orion MI 48360
248-814-1715
Maps available at the website
www.geocities.com/lakeorionswimming/masters.htm

Meet Schedule: The pool doors will be open at 8:30am. Deck registration will open at 9:00am and close at 10:30am. The 1000 yd. and 500 yd. will be limited to 2 heats of 15 participants. The Fastest 16 swimmers will use the starting blocks; all other swimmers will leave from a push. The small pool and warm-up lanes will be shutdown during the 500 and 1000 free. There will be a short 10 min. intermission after the 500 free to allow for warm-up.

Facility: The facility has two pools. The main competition pool has 11 lanes with 8 racing lanes. The second pool is a 4-lane warm-up pool. Both will be used during the 500 and 100 free. The start end is 7ft. in depth and 9'6" to 13' at the turn end. There is lots of deck space and plenty of spectator seating.

Eligibility: The meet is open to all registered USMS members. You must provide a copy of your card with you entry when mailing, or present it when you deck-enter. There will be a representative from Michigan Masters at the meet for these who need to register.

Awards and Results: There will be ribbons and award labels with personal times available at the conclusion of each event.

Seeding: All events will be mixed and seeded by entry time.

Entry Procedure: **MAIL-IN or Pre-Entry is Preferred!**

FEE: \$15.00 flat fee for meet (only 5 individual events) relays unlimited
\$25.00 for deck entry

Make Checks payable to LOCS

Cash will be accepted!

Mail-In: Send entry form and a copy of your USMS swim card to the following
Greg Palmer
3053 Debra Ct.
Auburn Hills, MI 48360

E-Mail: You mail e-mail your entries to assure entry into distance events. You must e-mail the info off the entry form to gregorypalmer@comcast.net

REMEMBER TO STILL SEND MAIL ENTRY AND YOUR CHECK.

Any Question please call Greg Palmer @ 248-396-7031 or e-mail me.

Entry Form for "Roll in the Snow 2003"

Name:			
Address:			
City:	State:	Zip:	
Phone#:	Sex: m / f	Age:	USMS#:

Attach a copy of your USMS card and you check/cash or money order with this form!

Circle the event # and write-in an entry time, NT for a no time.
Only 5 Individual events please. Relays are unlimited.

EVENT #	EVENT NAME:	TIME:
1	200 Medley Relay	
2	1000 free	
3	50 free	
4	400 IM	
5	200 Free	
6	200 IM	
7	50 Breast	
8	100 Back	
9	200 Fly	
10	500 Free	
-	10 MIN intermission	
11	100 Free	
12	200 Back	
13	100 Breast	
-	5- MIN intermission	
14	100 IM	
15	50 Back	
16	200 Breast	
17	100 Fly	
18	200 Free Relay	

Please mail this form by **MONDAY January 13th, 2003**

\$15.00 for mail-in \$25.00 deck-entry

Please check 1 of the following: ☐ check # ☐ (please make payable to LOCS)

☐ Cash

☐ Money order

Mail to: **Greg Palmer**

3053 Debra Ct.

Auburn Hills, MI 48326

TRI FAST FAST SWIM FAST

15th Annual Valentine's Weekend Swim Meet

FEBRUARY 09, 2003

BRIGHTON HIGH SCHOOL

Sanctioned by Michigan LMSC for USMS, Inc.

Sanction #

Ford Athletic Swim and Triathlon Club present their 15th 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*****

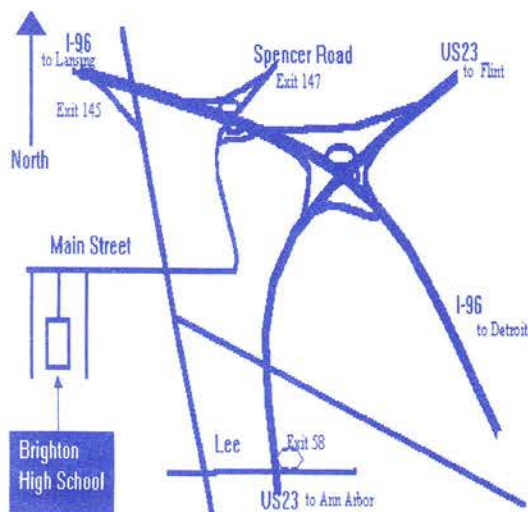
Due to time constraints:

Events #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./Choice
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



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 2nd.

After 2/1/2003 it will be \$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 12/31/2003 determines what age group you swim!

THIS YEAR, WE HAVE ADDED AN EVENT; THE 50 M UNDER/OVER. THE SWIMMER MUST SWIM THE FIRST LENGTH UNDERWATER AND THE SECOND LENGTH FREESTYLE.

For more information call Joe Schall: (734) 782-5114 (Home)

E-mail: schalljo@ili.net (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.

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 09, 2003

Brighton High School

Sanctioned by Michigan LMSC for USMS, Inc. - Sanction # 120125

Name:

Birth date / /

USMS# (required)

Age on Dec 31, 2003

Male / Female

Club Name:

Phone #: ()

Event	Seed Time	Event	Seed Time
1. 1500 Freestyle		09. 50 Under/Over	
2. 200 Medley Relay		10. 200 Freestyle Relay	
3. 200 Freestyle		11. 200 I.M. Choice	
4. 100 Backstroke		12. 100 Freestyle	
5. 50 Butterfly		13. 50 Breaststroke	
6. 100 I.M.		14. 100 Butterfly	
7. 100 Breaststroke		15. 50 Backstroke	
8. 50 Freestyle		16. 400 Freestyle	
* INTERMISSION*			

* 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 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:

Joe Schall

29165 Van Riper

Flat Rock, Mi. 48134

Entries must be Postmarked by Saturday Feb. 2, 2003

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

Grand Haven Community Pool

17001 Ferris St Grand Haven, Mi 49417

On the Grand Haven High School Campus

Saturday, February 22, 2003

Meet fee is \$17.00 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 2003) will be available at the Meet.

The Grand Haven Pool is 4 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.

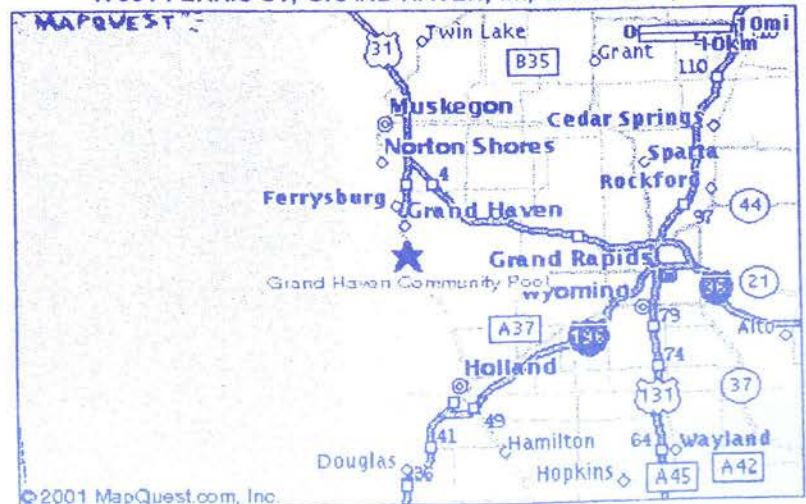
Events 3 through 15 should start at approximately 12:30 p.m. All heats seeded slow to fast. Limit of 6 individual events and 2 relays per swimmer. **See back for optional mail-in registration.**

Questions: Ken Danhof, Meet Director, 4295 Carolyn St. Muskegon, MI. 49444 (231) 739-5592
e-mail: KJandM @ Aol.com Sanctioned by Michigan Masters for USMS Inc.#120301

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

17001 FERRIS ST, GRAND HAVEN, MI, 49417-9441, US



* 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.

OPTIONAL MAIL IN REGISTRATION

WEST MICHIGAN MASTERS SWIM CLASSIC SATURDAY, FEBRUARY 22, 2003 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: _____

Sex: _____ USMS# _____

Date of Birth: _____

Age on 2-22-03 _____

Home Phone() _____

Address _____

Mail this completed form, and a copy of your 2003 USMS card, and a check for \$17.00 payable to W.M.M.S.A. postmarked by February 10, 2003 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. Our sanction number is 120205.
- DATE:** Sunday, March 2, 2003
- 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-33424 Six Mile Rd., Livonia, MI 48152
Or you may fax them in to: **248-865-6756** (attn. Bob Crosby)
ENTRY DEADLINE IS THURSDAY, FEBRUARY 27TH 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	
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 28th Annual Midland Masters Winter's End Swim Meet

Sanctioned for USMS, Inc by Michigan Masters LMSC

Sunday, March 16th, 2003

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. \$30.00 for 2003 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. |
| 3. 200 Butterfly | 10A. 50 Free | Medley |
| 4. 25 Free | 10B. 50 Free (for | 14. 100 Free |
| 5. 200 Ind. Medley | 1st-year Master | 15. 50 Breast |
| 6. 100 Back | swimmers) | 16. 200 Free Relay |

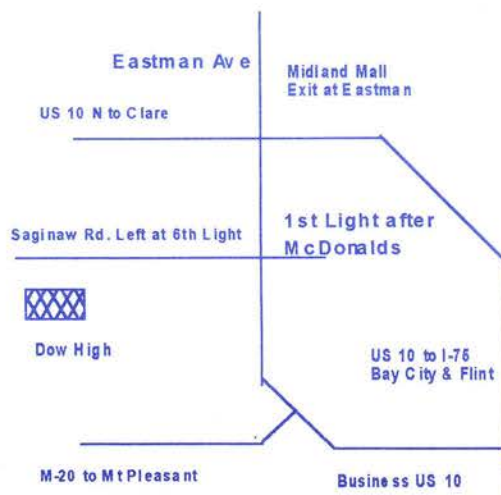
Deck entries only; Deadline 10:15AM for 500 Free & 400 IM; 11:15 for remainder of the meet

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)



2002/2003 Michigan Masters Meet Schedule

Date	Club	Sanction	Location	Meet Director	Phone
Sunday October 6, 2002	Swim Club of WMU	Sanctioned #120207	WMU Gabel Natatorium	Jayne Fraley-Burgett	616-387-2550
Saturday October 19, 2002	Anchor Bay Masters (Short Course Meters)	Sanctioned #120206	Anchor Bay Aquatic Center	Joyce Kowalski	810-765-5964
Sunday November 10, 2002	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Saturday December 7, 2002	Capitol Area Tri & Swim Masters	Sanctioned	Dewitt High School Natatorium	Paul Chaffee & Mike Keegan	989-725-2863 517-668-3170
Sunday January 19, 2003	Lake Orion Classic Oldies	Sanctioned	Lake Orion Natatorium	Greg Palmer	248-396-7031
Sunday February 9, 2003	Ford Athletic Swim & Triathlon Club (Short Course Meters)	Sanctioned	Brighton High School	Joe Schall	734-782-5114
Saturday February 22, 2003	West Michigan Masters	Sanctioned	Grand Haven Community Pool	Ken Danhof	616-739-5592
Sunday March 2, 2003	West Bloomfield Laker Fan Club	Recognized	West Bloomfield High School	Bob Crosby	248-539-2515
Sunday March 16, 2003	Midland Masters	Sanctioned	Midland Dow High School	Dave Speth	517-636-7802
Michigan Masters State Championships Late March/Early April	To be Determined	Sanctioned	Holland Community Aquatic Center	To be Determined	To be Determined

*In order to swim in a sanctioned Michigan Masters 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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2660 LITTLETELL AVE
WEST BLOOMFIELD MI 48324

The Wave Eater



Volume 10, Issue 4

MICHIGAN MASTERS SWIMMING

December 1, 2002

Happy New Year



Attention Team Representatives: Deadline for the
March 2003 Issue
is **February 15, 2003**



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

Season's Greetings!