

The Wave Eater



Volume 10, Issue 3

MICHIGAN MASTERS SWIMMING

September 1, 2002

Each Fall Something Special Happens

Michigan Masters Short Course Season



USMS Long Course National Championships

By Skip Thompson

Forty-nine Michigan Masters Swimmers attended the 2002 USMS Long Course Nationals held at Robert F. Busbey Natatorium at Cleveland State University. Overall, a total of 1021 swimmers entered the meet resulting in 60 National and World record breaking individual performances along with 6 new relay standards.

The Michigan Masters contingent was the highest scoring visiting team at the meet garnering second place finishes in the Women's, Men's and Combined Large Team Divisions. Eleven Michigan swimmers won 22 National Championship titles. They included Dan Stephenson with 4, Miriam Carlson with 3, Don Korten with 3, John Reese with 2, along with Wallie Jefferies, Edith Glusac, Lois Nochman, Corrin Pops and John Stover with one title each.

Four Michigan Masters swimmers set 5 State Records in each of the 5 events they swam. The record setters included:

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pools & workouts



information

SOUTHEAST MICHIGAN - DETROIT & SUBURBS

South Oakland Seals:

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

Ford Athletic Swim & Triathlon:

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

Livonia Area:

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

Farmington Area:

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

Warren Area:

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

Grosse Pointe Area:

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

MICHIGAN - LOWER PENINSULA

Ann Arbor:

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

Flint:

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

Plymouth:

Plymouth Canton Community Masters
Leslie Greeneisen – greenisen@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

Website:

Michigan Masters Swimming
www.michiganmasters.com



The Wave Eater

MICHIGAN MASTERS SWIMMING

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Editor

Dennis McManus (248) 649-6085
1790 McManus Drive
Troy, MI 48064-1552
e-mail: DLMphoto@aol.com

Michigan Masters Officers

President

Jennifer Parks
219 Hutchinson, Big Rapids, MI 49307
(231) 796-6946
jenswims@aol.com

Vice President

Frank Thompson
2660 Littletell, W. Bloomfield, MI 48033
(248) 683-2191
frankskipthompso@aol.com

Treasurer

Ralph L. Davis
20144 Wellesley Ct.,
Beverly Hills, MI 48025
(248) 642-2108
rdavis6114@aol.com

Secretary

Paul A. Chaffee
5172 Hickory Hollow Ln.
Owosso, MI 48867
(989) 725-2863
chaffee@shianet.org

Registrar

James Coleman
5005 Driftwood, Commerce, MI 48382
(248) 685-0227
jcoleman@writeme.com

Sanctions

Barbara Bos
17 West 10th St. #450,
Holland, MI 49423
(616) 394-8179
barbara.j.bos@jci.com



The Inside Lane

By Jennifer Parks

Summer News Bits:

We want to thank Andrea Funk for her beautiful and timely finishing of the new Michigan Masters Swimming banner. It was hung at Cleveland State and just shined, with that silver ribbon outlining the state. We had so, so many comments and compliments on it.

Also, congratulations to the many National Champions at Cleveland, in the 2-Mile Swim, as well as the Long Course Championships. Dan Stephenson set a National/World record and there were so many other great races, John Stover's in the 200 breast, Marilyn Early's in the 200 free, and Miriam Carlson's in the 800, for some examples. Bev Meyers' strokes looked so great; Eva Pospisil was a great addition to our team; and the

19-25 group was so much fun to have around including the newlyweds, Sean Kelly and his wife....and that John Samonie was an ironman, swimming so many tough events and winning several. Bravo! Michigan Masters was second in all categories: Women, Men and Combined Teams, to Ohio Masters.

Masters' Swimming...Is Winning the only Motivation?

Sometime this spring or summer, a Masters' swimmer who has been very active, asked me how to keep motivated year after year. Since I am about to start teaching my class on "Psychology of Sport and Exercise" for the fall term, I thought I might try to remind swimmers that we are each motivated by so many different things, that even those motivators

change over the years, and it's important to evaluate why we do something.

Remember the fitness aspects of swimming: keeping our hearts, muscles in shape -sometimes we lose that perspective and it really is so important, no matter how fast or slow we swim. I went to a reunion a few years ago and the women who hadn't been working out were shorter than they used to be-osteoporosis can be insidious. And, as Fernando/Billy Crystal would say, "You look marvelous." We can't underestimate the value of appearance on our psyche, either.

And moving to that mental/emotional motivation: it is true that we tend to

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USMS Championships

(Continued from page 1)

Marilyn Early, 45-49, Sally Guthrie, 50-54, Dan Stephenson, 45-49 and Don Korten, 75-79.

The Michigan Masters high point winner for the Men's Division was Dan Stephenson while winning 4 events and establishing National and World records in the 200M and 400M Freestyles. He also won the 200M and 400M IMs by just missing the 200M IM mark by .15 seconds and was within 2 seconds of the 400M IM record.

The high point winner for the Women's Division was Miriam Carlson, who won all 3 freestyle events she entered in the 25-29 age group. This resulted in Miriam's second high point award title this year, following the Short Course National title, and makes it 4 National Championships for the year when the 200 yd. Fly is included.

This was Michigan Masters best team finish in a USMS National Meet since 1996 in Ann Arbor. In all, 44 State Records were broken by MM swimmers during the entire meet.

Congratulations to all who attended and swam.

Freddy Edwards 1925 - 2002

By Mary Williams

I had planned to write the usual article about the fitness advantages swimming brings us, and then I was hit with the sad news of Freddy Edwards' sudden death. He had just turned 77 this month. At this writing, we are not sure of the cause, but considering he had quadruple bypass heart surgery a few years ago, we believe he may have had a heart attack. So, to commemorate Freddy, we are reprinting an article about Freddy from the December 2000 *The Wave Eater*, excerpted from the *Detroit News*.

Freddy loved to swim and immensely enjoyed the camaraderie of Masters swimmers, especially when traveling locally, nationally and internationally to swim meets. Freddy defied the norms expected of heart bypass surgery and lived life to the fullest to the end. He was an aficionado of buffet and barbecue restaurants, and knew all the best places with the best prices. He was an affable, congenial traveling companion, always doing more than his share of the driving, never complaining about the arrangements. Freddy was a giver, not a taker.

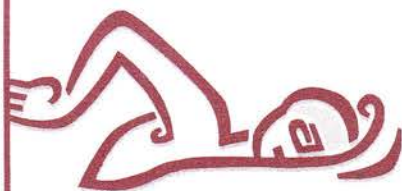
He was a loyal member of the South Oakland Seals team, always there for relays, swimming his heart out for team points. He consistently placed in the Top-Ten nationally and held many records during his long swimming career, which started when he was 12 years old.

He served his country in World War II as a Coast Guard seaman and later fulfilled a career with the Detroit Water Department, retiring as a supervisor. He was a family man and loved his children and grandchildren dearly. He was an active member of the Second Ebenezer Baptist Church, where he

regularly served as chef for church functions. He was a big, warm, wonderful guy who loved life and loved people and he will be sorely missed by all of us whose lives he touched.



SWIMMING... A Life's Passion



NEW EVENT FOR MICHIGAN MASTERS!!!
MICHIGAN MASTERS MILEAGE MARATHON
Sanction #120128

Promotes fitness, year-round swimming!!!

Starts January 1, 2002 through December 31, 2002

Chart your mileage for each month, and total it for the year! Updates in June and September newsletters.

Males compete against males, females against females: 19 & up, 30 & up, 40 & up, 50 & up, 60 & up, 70 & up, 80 & up, 90 & up.

Entry Fee: \$10

After costs for awards, sanction fees, and mailing, all monies will go to the American Red Cross "Learn to Swim" program, possibly in Big Rapids, Detroit, and Grand Rapids, depending on the number of entries.

Awards: Certificates for all, T-shirts for winners, will be awarded in February, 2003.

Register below and send along with entry fee and self-addressed envelope to:

Jennifer Paris, 219 Hutchinson, Big Rapids, MI, 49307
I will send you a form to count your yardage.
Call 231-591-2673, 231-796-6946 or 231-580-4171
or e-mail jenswims@aol.com, if you have questions.

Rules: You may count warm-up lengths, cool down lengths, meet yardage, as well as regular practice/workouts. You may not count walking partial lengths, hot tub widths or "visualizing" yardage! :-). You must have another Michigan Masters member verify that you have done this yardage when you send the final tally in. And you must do the math for meters to convert to yards, then I will convert that to miles!

Entry:

Name: _____ Age: _____ (You'll swim the age-group you finish in 2002, just like meters rules...)

Age-Group: _____ Male: _____ Female: _____

Registration Number: _____

Fee: \$10

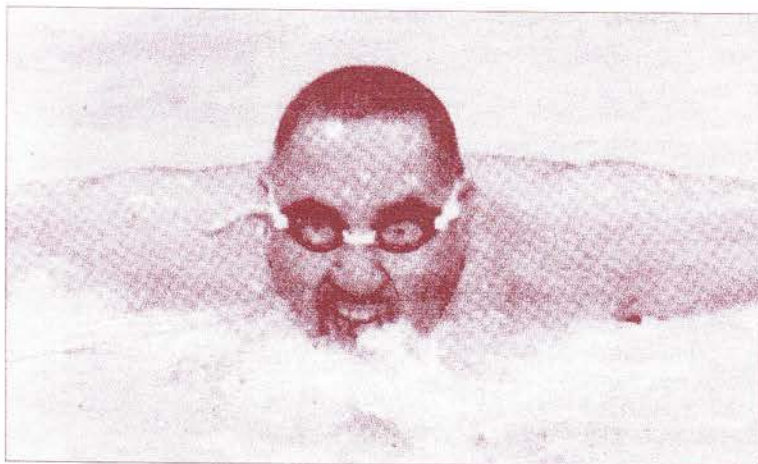
Mail this, a copy of your 2002 registration card and self-addressed, stamped envelope to the address above and a form will be mailed to you for counting and verifying yardage.
(Make a copy of this form for your records.)

Note: Hope to have lots of you participating in this event! I just passed 500,000 yards for the year and am aiming for 300 miles (approximately 528,000 yards...I only counted in yards because I didn't swim meters very much!) Think it's time we did something for charity, too! Can't wait to see Skip and Don knocking out those yards, but watch those shoulders! JP



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."

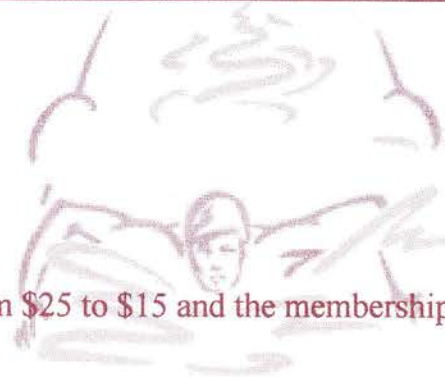
Glusac, also of Detroit, confesses that she swims "only" four days a week. The other days are reserved for bowling or golf. Sometimes she also manages to squeeze in some work as a referee for high school swimming and volleyball.

"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

From the Registrar



Just some brief notes for the end of year:

The membership rate is reduced in September and October from \$25 to \$15 and the membership is valid through December 31.

2003 registrations however begin November 1. Therefore, any registrations received after November 1 will have to have the \$25 enclosed. The 2003 application will be published in the December "Wave Eater" and will be available on the Michigan Masters web site November 1.

As always, if you need help, feel free to contact me.

Jim Coleman - registrar

PS: Nearly 700 registrations as of August 31 - still slightly ahead of last year.



2002 Membership Application

☐ RENEWAL My Current USMS

Number is: _____

☐ NEW REGISTRATION

USMS + LMSC fees:
(\$15 Sept. 1 - Oct. 31, 2002)

\$25.00

Donation to USMS Foundation

\$

Donation to Int'l Swim. Hall of Fame

\$

Total enclosed

\$

Membership expires 12/31/2002

Make check payable to: **MICHIGAN MASTERS**

Mail to: James Coleman
5005 Driftwood
Commerce, MI 48382

2002 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.

The Inside Lane

(Continued from page 3)

continue to do what we are successful doing- when you're at the top of your age-group or your times slow because of aging, illness, injury, or outside stressors, many people seem to feel less motivation- it's natural and normal. How do you continue to be motivated to workout when this happens?

Give yourself many reasons to continue to swim...my textbook lists reduction of anxiety, modification of mild/moderate depression, greater self-confidence and self-esteem, enhanced intellectual/memory function, greater work efficiency, as well as fitness and wellness (you might get sick but you may be more likely shake off an illness earlier/easier if you are fit). Keep a journal, chart your progress, give yourself challenging goals but not unreasonable ones, swim with a "buddy," build it into your schedule-write it down in your planner, even when your schedule and circumstances change (our pools are closed much of August so I swim in a friend's 52 foot lap pool-gave up on the cloudy Holiday Inn).

Enjoy the social aspect of swimming, there are so many interesting people who swim. And that Masters swimmer is now working on perfecting her strokes and that's her new motivation. So, please, consider staying with Masters' Swimming for a lifetime; it's not just for gold medals, though they are satisfying. You can be passionate about it or make it just part of your everyday life, or both. It's given me so much over the years, that when I can't swim on some days, I feel almost bereft. I'm hoping that some of you who have considered dropping out will stay with Michigan Masters Swimming through the years. Tell us if we need to have some different activities that will help to keep you motivated.

Coming this fall:

I hope that you will come to our meets this fall; try some new events, new pools, and new places. Our young Western Michigan University group will have their meet again, though earlier, so not to miss our swimmers who go to Indy in late October. Joyce Kowalski is trying to set up a meet over on the other side of the state in mid-October, and that meet may be short course meters. Check the rest of the newsletter for the various meet flyers. We will have a short Michigan Masters meeting at the West Bloomfield meet in November.

Have a great year, swimmers, and call or write me if you want some, or want to give some, motivation tips. See you in the pool (though I will be in Lake Michigan, brrrr, but I love it, for a family triathlon in September.). Take care. JP



On the Road Again In Saskatoon

In May, while a contingent of swimmers went to Hawaii, five of our more experienced swimmers flew to Saskatoon.. Namely, Freddy Edwards, Edith Glusac, Laura Gogola, Don Kroeger, Lois Nochman and their main cheerleader, Bea Wolfe, made the trek to the Canadian Masters Nationals.

Their success in garnering 42 metals for the group was outstanding:

Freddy Edwards	4 – 1sts, 2 – 2nds, 2 – 5ths, (no booze)
Edith Glusac	8 – 1sts, including Relays
Lois Nochman	9 – 1sts, including Relays
Laura Gogola	6 – 1sts, including Relays 1 – 4th
Don Kroeger	3 – 1sts, Including Relays 5 – 2nds 1 – 3rd

They also broke some Canadian Masters records. Great Job!





Michigan Masters Annual Meeting

Minutes of Michigan Masters Annual Membership Meeting

April 13, 2002
Eastern Michigan University
Ypsilanti, Michigan



Meeting was called to order by President Jennifer Parks at 11:45 A.M.

Jennifer Parks presented the President's Report. She first thanked Ralph Davis, Dennis McManus, and Skip Thompson for their tremendous help in various endeavors including the National Convention. Jennifer noted that more individual Masters Meets were offered this past year in Michigan. She was pleased to see the west-side of the state hosting more individual Masters Meets. She mentioned specifically Western Michigan University and Grand Haven. The future looks bright because other communities are inquiring about hosting Master Swim Meets.

Paul Chaffee's Annual Secretary report was distributed in the Fall 2001 *The Wave Eater* newsletter. A motion to approve the Minutes passed unanimously.

Ralph Davis gave the Treasurer's Report. Currently Michigan Masters has spent \$365 more than what was budgeted, but that our treasury is very healthy. He also pointed out that our membership was down slightly but anticipates membership will be about the same as the past by the end of the year.

Frank "Skip" Thompson, president-elect, provided information and suggestions about master meets. He said approximately 316 people entered the State Meet. Skip expressed concern about late USMS registrations. Many swimmers didn't register with USMS until the Midland meet and State Meet. Also the use of HyTek (?) for registration and meet results helps with insurance purposes, national records, and top ten results. Skip suggested that we try to find a way of encouraging people to register earlier. Mary Fran Williams suggested pre-registration forms be sent to members in November.

Jennifer Parks gave Registrar Jim Coleman a grateful "Thank You" for everything he has been doing as Registrar for Michigan Masters. Jim projects total Michigan membership to exceed 700 by the end of the year. This would be a slight increase over the past year.

Barb Bos presented the Sanctions Report. A "Meet Handbook" is being revised to help meet directors. Also clarification was provided to differentiate a "Recognized Meet" and a "Sanctioned Meet." A "Recognized Meet" does not require USMS membership, does not have insurance coverage, and does not recognize any state or national records. A "Sanctioned Meet" requires competitors be USMS members, is covered by insurance, and competitors are eligible to break state and national records, and qualify for national Top-Ten times.

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Dennis McManus, Editor of *The Wave Eater* newsletter, noted that costs for the newsletter is increasing. He expects cost to increase to approximately \$4,800 a year. Fortunately, we are a non-profit organization so we benefit with "non-profit mail bulk rate" status. Dennis also said deadlines for submitting news are May 15th, August 15th, November 15th, and February 15th. Dennis reported that some members were wondering about the possibility of putting the newsletter on-line. Currently we do not have a streamlined format needed for the internet. Therefore, our newsletter would take too much time to download.

Paul Wright's Top Ten Report emphasized the need for master meets to use the HyTek Meet Computer Program. This program links up with the National Office so updates of records and top ten times can be almost instant. His report also recommended meet results be turned in more promptly.

Jennifer Parks discussed Long Distance and Open Water Swims. Jennifer knows of fourteen people maintaining journals to keep track of their annual swimming yardage. Jennifer recommended that more local clubs help sponsor, set up rules, and monitor yardage to encourage greater participation in events such as the Michigan Masters Long Distance Mileage Marathon. This is a nice way to promote physical fitness year round. Jennifer also noted the 5K and 10K Postal Championships, which begin in May.

Milton French, Michigan LMSC Webmaster, revealed the challenges he faces in making changes to the Michigan Masters Website. Our web site offers information about meet entries, meet results, by-laws, policies, etc. Milt asked for permission to move to an internet site, which provides free service. A motion was made and seconded to approve this move. Motion passed unanimously.

George Jones, chairman of Meet Officials, encouraged all swimmers to become more aware of their heats and lanes for each event so meets can run more smoothly. He said that too often individuals assume the meet will stop for them so they can find their correct heat and lane. This creates major problems in bigger meets and definitely slows down the progress of the meet.

Wally Dobler, chairperson of the Review Committee, is looking for one more new member of the Review Committee. Current members are Bob Heritier, Gail Dummer, Ken Danhoff, and Marilyn Early. The Review Committee consists of members with years of experience in Michigan Masters who oversee its conduct and policies. Please contact Jennifer Parks if you would be interested in participating on this committee.

New Business: Jennifer said that the site and date of the 2003 State Meet has not been determined yet but discussions are taking place. Special recognition was given to George Newman for his 40 years of outstanding service as an official.

Edith Glusac made a motion adjourn. Don Kroeger seconded the motion. Meeting was adjourned at 12:30 PM. Thirty-two members were present at the Annual Meeting.

Minutes Respectfully Submitted by
Paul A. Chaffee
Secretary – Michigan Masters Swimming



Diving with the Gods, and Now I Am Certified Crazy (Memoirs of a Fledgling Masters Swimmer)*

*certain names and places are omitted and changed to protect the innocent, and truth be known, it wasn't really that bad

By James Carl D'Amour

Yeah, you've heard me pitch one about this before.

It's that dang, blasted dive.

Off the blocks. 50 meters up. I don't see how everybody does it.

What? Oh, there are 50 meter diving event but not in Masters (so I'm told), and the blocks at the end of the pool aren't actually that high.

Okay, it's still intimidating.

Yeah, by year two of competing at Masters meets, it's like well

"Lane 1 is now open for sprint practice".

Cool. Time to go up on that block. Okay, got my toes curled right. Okay, it's only just a couple of feet. Keep my feet in a square stance. Keep my eye on the ball, follow-through on the swing..

Oh, wrong sport. Alright, just jump.

POW!

Well, that didn't feel too bad. Better try again just to be sure. Just crawl up out of here, trundle

back to the block, yes (why are those two people watching me like that). Okay my turn again. Climbing up. Doesn't seem so high, or the block angle is so steep this time.

Curl the toes. Close my eyes. Get into my inner self, the divine essence of my relationship to humanity and four elements, earth, wind, fire, and. and of course, water. I feel relaxed now, in the meditative state, the mantra word comes to me.

"Look, buddy, are you going to jump or what?"

Oh sorry! Okay, jump!

KERPOW!

The entire natatorium (and the surrounding six square miles) hear the splash. I now have everybody's attention.

I pick the earthly remains of myself up the ladder. My chest is that familiar hue of bright crimson that indicates my general skill level in this particular aspect of swimming.

"New to this, huh?"

Yeah, how can you tell? The gentleman asking though, seemed

altruistic enough.

"Okay, what you do is keep your head down, and bend your knees and give a good kick as you jump out."

Edith Glusac approaches. "By all means, keep your head down. Come with me to the block. Okay good. Now put your feet apart a little more. Okay, good. Now, head down, more, more That's good. Okay, now give it a try.*

It felt better. I went farther.

"Good. Keep trying it." Edith is about to say something else, but another man approaches

"Saw your dives. What you want to do is stretch out more. Do this. Oh yes, and be sure to adjust your cap and goggles."

Another woman approaches. "You're bending down too far. Straighten yourself out when you dive. Like this."

Another master swimmer approaches. "No, no, he needs to stay bent down. Like this."

And another man comes up to me, "No, no, no, he needs to

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cannonball out like this"

Still another woman approaches. "He needs to fill out the subscription to Sports Illustrated as he takes his mark, plus a subscription to PREVENTION Magazine."

Another one says, "And don't forget the Boy Scout salute at the gun!"

There are now about twenty people surrounding me, giving me conflicting advice. It's getting near the meet and I thank everyone for the advice. It was all

meant in earnest (in all seriousness, that is the beauty of Masters Swimming competitive as we are with each other, we truly care about all of us doing our best and excelling in all we do)

Still, I notice Edith is not nearby. I wanted to thank her too. She is back toward the other end of the pool.

She basically said, "I noticed that people were giving too much advice. That can be confusing."

I told her, "I basically listened to you." She said, "Maybe you should fore go the block and just

work on that basic dive as I told you."

Jennifer Parks approached. "I noticed your dives. I like what Edith said. You swim at Fuller Pool, the one in Ann Arbor with the deep end?"

"Yes."

"Each day before and after practice, I want you to practice five dives."

"Okay."

"Good. Keep us posted."



♦ 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

SWIMMING... A Life's Passion

Dan Stephenson Sets 2 World Records and Wins 4 Events at Long Course Nationals

By Skip Thompson

This year Dan Stephenson aged up to the 45-49 age group and decided to set some goals for the meet at Cleveland State University which has always been a favorite place of his to swim. He swam in 2 NCAA Championship Meets (1977 and 1979) and the 1989 YMCA Masters National Championships at CSU. He placed in all individual events and relays both years in the NCAA meet and placed as high as 5th in the 200 Yard Free in 1977. In 1989, at the YMCA Nationals, he won 5 events and got 1 second place. He also was a member of a winning 200 Free Relay team. His times in the 500 Free and the 400 IM from that meet were first in the National Top Ten for the 30-34 age group.

This year was Dan's first meet since 1997 because of job demands and family responsibilities. Dan is a trial attorney for Dykema Gossett law firm and in 2001, because of a demanding case did not swim until October when the case ended. Dan's children have both swam and played water polo in High School and both of them were captains of the Ann Arbor Pioneer water polo team just like their father. He is very involved with his families swimming activities and this becomes both motivational and inspiring to keep swimming and sets a good example for his kids.

At the meet Dan won 4 events and set National and World Records in both the 200 and 400 Freestyles. His times were the fastest he swam since 1992 and he swam faster than he did at 40, in 1997. The other events he won were the 200 and 400 IM, just missing the World Records in 200 IM record by .18 seconds and 2.02 seconds in the 400 IM. He also got 2nd in the 200 Back and was 3 seconds from that record. He was Michigan Masters Men's High Point winner for the 8th time since 1986. By the end of this Long Course season he has career total of 24 National Championship meet titles in 10 meets entered and has set 7 National and 7 World Records.

Dan has produced a lifetime of achievements in swimming. In high school he swam for Ann Arbor Pioneer, under coach Denny Hill and was in the State Finals Top 6 all 4 years. He was a Relay State Champion in the 400 Free Relay his junior year and was also All-American in the 100 yd. Free. In his senior year in 1975, he was the State Champion in the 200 yd. and 500 yd. Free and was All-American in those events plus the 100 yd. Free. In college, swimming for George Haines at UCLA, he was a Collegiate All-American all 4 years placing at every NCAA championship meet from 1976 to 1979. He was also a Pac 8 Conference Champion in a conference that had John Naber, Bruce Furniss, and Brian Goodell. Dan had a shot at making the 1980 Olympic team but with the boycott it was not to be.

In 1986, Dan began masters swimming and in his first meet won the 200 Free at the Long Course Nationals in Portland. In 1988, he won the 200, 400, and 800 Freestyles at the World Championships in Brisbane, Australia. In 1989, Dan swam the fastest times in his age group for 9 events in the National Top-Ten. He was selected National Swimmer-of-the-Year in the 30-34 age group and was named to the USMS All Star team. In 1990, he received the Lawrence Award given annually to those who have achieved outstanding performances in masters swimming. In 1992, aging up to the 35-39 age group, he repeated his World Championship wins in the 200, 400, and 800 Freestyles but this time set World Records in each of them. In 1997, he won the 200 and 400 Freestyles at the Long Course Nationals in Orlando, missing the World Record in the 200 Free by .53 seconds. In October 2001, Dan started training for this meet and felt he trained harder and was better prepared to swim faster than he did in 1997.

Not including this year, he has a masters career total of 15 Number 1 swims in the FINA World Top-Ten and 24 Number 1 swims in the USMS Top-Ten. He has 41 State Records in 4 age groups. One of the most impressive aspects of Dan's swimming was his clocking in the 200 Free this year was faster than he did 15 years ago when he won his first title. In fact, in a Long Course National meet he has never lost a 200 Meter Freestyle and he has swam them 8 times since 1986. I don't know of anybody in Michigan Masters that has an undefeated streak like this. Dan's daughter, Natalie, was at the meet watching her Dad and his efforts were both motivational and inspirational to everyone that saw his swimming. Congratulations Dan on a great meet and good luck in the future.

Michigan Masters LMSC Results from 2002 USMS Long Course Championships

Arneson, Gaard M54	Jeffries, Wallie M71	Edwards, Freddy M77
800 Free 10:41.01 5	800 Free 11:59.59 1*	50 Fly :56.49 3
200 Free 2:23.89 10	400 IM 7:15.13 2*	200 IM 4:40.65 2
400 IM 5:53.49 6	Lokensgard, Erik M60	50 Breast :54.91 6
400 Free 5:05.69 9	100 Back 1:20.88 4*	50 Back :56.25 3
200 Fly 2:51.04 2	400 IM 6:37.33 5	Egelkraut, Elmer J M69
Badger, Alison G F36	200 IM 3:14.84 8	1500 Free 25:39.35 3
200 Breast 3:17.03 3	200 Back 3:02.87 5*	200 Free 3:03.43 8
400 IM 6:34.95 6	200 Fly 3:28.32 3	50 Fly :48.31 4
50 Breast :40.48 4	Mair, Stuart P M42	400 Free 6:35.25 7
100 Breast 1:30.25 5	200 Breast 2:54.38 5	Glusac, Edith S F84
200 Fly 3:24.96 5	200 IM 2:41.11 15	100 Back 2:30.04 3
Bailey, Jeffrey M M35	50 Breast :35.64 8	50 Fly 1:27.27 1
200 Free 2:11.35 8	Melgar, Tom M41	100 Fly 3:21.06 2
100 Fly 1:05.14 8	50 Fly :31.27 16	50 Back 1:10.74 4
50 Free :26.76 12	50 Free :27.92 14	100 Breast 3:00.15 2
100 Free :57.94 10	50 Breast :34.26 5	Gogola, Laura J F66
Carlson, Miriam E F25	100 Breast 1:23.66 7	200 Free 3:37.76 4
800 Free 10:04.48 1	100 Free 1:02.79 18	50 Free :46.38 9
200 Free 2:16.68 1	Morley, Albert A M65	400 Free 7:43.07 4
400 IM 5:43.30 2	800 Free 13:47.85 4	50 Back :55.80 6
400 Free 4:49.33 1	100 Back 1:48.04 8	100 Free 1:42.40 6
200 Fly 2:35.18 2	200 Free 3:05.89 9	Green, Mary Ann F26
Chadwick, Paul M M45	200 Back 3:49.83 9	50 Free :37.81 15
1500 Free 20:54.27 3	400 Free 6:42.60 8	400 Free 7:27.71 6
200 Free 2:25.61 18	Morton, Gary T M40	100 Breast 1:58.56 8
50 Free :28.75 17	200 Free 2:08.35 6	Guthrie, Sally K F52
400 Free 5:15.13 15	50 Fly :28.95 9	1500 Free 22:46.15 4*
100 Free 1:02.71 14	100 Fly 1:04.87 7	200 Free 2:47.69 7*
Chaffee, Paul A M60	50 Free :26.95 8	400 Free 5:38.03 5*
800 Free 12:30.76 5	100 Free :57.85 5	200 Fly 3:31.14 3*
200 Free 2:44.63 6	Myers, Beverly J F67	100 Free 1:14.59 6*
50 Free :30.23 5	100 Back 1:42.39 2*	Hansen, Steve M51
400 Free 6:15.74 6	50 Fly :45.21 1	50 Fly :34.22 15
100 Free 1:08.90 6	200 IM 3:48.93 1	200 Breast 3:01.63 7
Childs, Martha A F48	50 Breast :52.00 3	50 Breast :36.83 6
1500 Free 22:35.34 4*	50 Back :46.61 3	100 Breast 1:22.17 7
200 Free 2:50.72 10	Naylis, Daniel P M26	200 Fly 2:52.13 3
400 IM 7:30.42 7	50 Free :27.36 8	Kelly, Sean P M29
400 Free 5:51.83 8	400 Free 5:03.50 6	50 Fly :29.60 5
200 Fly 3:36.99 7	100 Free 1:00.65 6	200 Breast 3:03.93 5
Cowing, John M M53	Nochman, Lois Kivi F78	100 Fly 1:06.14 8
1500 Free 24:12.65 10	50 Fly :58.44 2	200 IM 2:40.04 8
100 Back 1:27.02 11	100 Fly 2:05.98 1	200 Fly 2:34.88 5
200 Back 3:10.69 15	200 IM 4:41.26 2	Kelly, Shannon C F25
50 Back 39.77 12	200 Fly 4:37.71 2	400 IM 6:21.99 6
100 Free 1:14.63 21	Parks, Jennifer A F59	100 Fly 1:16.31 6
Cusack, Stephen M41	800 Free 14:26.06 5*	200 Fly 2:48.26 4
200 Breast 2:55.43 6	100 Back 1:42.61 5	Korten, Don H M76
400 IM 5:36.80 6	Popps, Corrin C F38	1500 Free 27:56.99 3*
200 IM 2:35.18 9	200 IM 2:38.46 2*	200 Breast 4:16.76 1*
100 Breast 1:19.72 6	50 Free :29.37 3	400 IM 8:53.85 1*
100 Free 1:01.70 15	100 Breast 1:22.16 1	200 IM 4:05.69 1*
Dobler, Wally E M68	100 Free 1:05.25 5	400 Free 7:11.59 3*
50 Fly :34.98 2	Pospisil, Eva M F55	Kowalski, Joyce F60
100 Fly 1:29.08 2	200 Free 3:08.00 7	100 Fly 1:59.97 4*
50 Free :32.32 6	200 IM 3:26.11 4	50 Free :40.47 7
100 Free 1:15.32 5	200 Back 3:30.46 3	50 Breast :56.90 7
Early, Marilyn E F45	100 Breast 1:43.10 2*	200 Fly 4:50.44 2
100 Back 1:21.96 3*	Reese, J. John M77	100 Free 1:33.62 6
200 Free 2:28.57 2*	50 Fly :58.46 4	Kroeger, Donald J M59
200 Back 2:54.50 2*	50 Free :37.97 3	800 Free 12:50.00 8
50 Back :38.55 8*	50 Breast :48.15 1*	200 Free 2:40.53 11
	50 Back :50.18 2*	200 Breast 3:46.82 5
	100 Breast 2:02.55 1*	200 Back 3:27.58 10

Riggs, Jonathan D	M45			Williams, Mary F	F71		
100 Back	1:12.92	10		400 IM	11:44.66	4	
200 Free	2:22.54	16		100 Fly	3:04.55	5	
50 Free	:27.36	9		200 IM	5:50.40	4	
50 Back	:31.95	5*		200 Fly	6:23.72	4	
100 Free	1:00.48	8					
Samonie, John J	M23			Mixed 200 Free Relay	3:28.72	11	
800 Free	10:44.30	1		Glusac, Edith S		F84	
100 Back	1:14.01	2		Edwards, Freddy		M77	
400 IM	6:00.73	1		Williams, Mary F		F71	
200 Back	2:41.15	2		Egelkraut, Elmer J		M69	
400 Free	5:01.89	1					
Schardt, Thomas F	M35			Mixed 200 Free Relay	2:21.10	4	
800 Free	11:26.85	4		Dobler, Wally E		M68	
50 Fly	:30.46	17		Pospisil, Eva M		F55	
50 Free	:28.05	20		Parks, Jennifer A		F59	
400 IM	6:31.55	6		Chaffee, Paul A		M60	
Searle, Laura M	F31						
200 Free	2:27.66	9		Mixed 200 Free Relay	2:09.04	7	
50 Fly	:32.43	7		Thompson, Frank L		M51	
200 IM	2:53.20	4		Guthrie, Sally K		F52	
50 Free	:29.05	5		Childs, Martha A		F48	
100 Free	1:04.62	8		Steffl, Jim		M51	
Servo, Nancy J	F42						
50 Fly	:34.35	11*		Mixed 200 Free Relay	1:54.83	4	
50 Free	:30.84	6		Early, Marilyn E		F45	
50 Breast	:41.05	5*		Riggs, Jonathan D		M45	
50 Back	:37.77	6		Servo, Nancy J		F42	
100 Free	1:07.58	5*		Vagnoni, Adrian F		M40	
Sprenger, Victoria	F28						
50 Fly	:35.11	11		Mixed 200 Free Relay	1:56.41	7	
200 IM	3:13.59	12		Carlson, Miriam E		F25	
50 Free	:33.51	14		Sullivan, Danielle M		F27	
50 Breast	:44.54	6		Kelly, Sean P		M29	
Steffl, Jim	M51			Schardt, Thomas F		M35	
50 Fly	:30.98	8					
100 Fly	1:20.27	10		Mixed 200 Free Relay	2:43.28	4	
50 Free	:30.21	14		Reese, J. John		M77	
Stephenson, Dan	M45			Gogola, Laura J		F66	
200 Free	2:00.89	1*NR WR		Myers, Beverly J		F67	
400 IM	5:10.20	1*		Jeffries, Wallie		M71	
200 IM	2:22.23	1*					
200 Back	2:24.87	2*		Women 200 Medley Relay	2:35.67	4	
400 Free	4:21.13	1*NR WR		Sprenger, Victoria		F28	
Stover, John C	M61			Green, Mary Ann		F26	
200 Breast	3:11.68	1*		Kelly, Shannon C		F25	
50 Breast	:39.89	4		Sullivan, Danielle M		F27	
100 Breast	1:27.95	3*					
200 Fly	3:28.66	4		Women 200 Medley Relay	4:06.71	4	
Sullivan, Danielle M	F27			Parks, Jennifer A		F59	
50 Fly	:32.87	7		Glusac, Edith S		F84	
400 IM	6:03.92	4		Williams, Mary F		F71	
100 Fly	1:14.87	5		Gogola, Laura J		F66	
200 IM	2:47.38	6					
200 Back	2:48.34	4		Women 200 Medley Relay	2:41.93	5	
Thompson, Frank L	M51			Early, Marilyn E		F45	
800 Free	10:02.00	2*		Pospisil, Eva M		F55	
100 Back	1:14.68	6		Guthrie, Sally K		F52	
200 Free	2:21.03	6		Childs, Martha A		F48	
200 Back	2:40.19	4					
400 Free	4:58.36	5		Women 200 Medley Relay	2:20.10	6	
Vagnoni, Adrian F	M40			Servo, Nancy J		F42	
100 Back	1:10.33	7		Badger, Alison G		F36	
200 IM	2:35.33	10		Carlson, Miriam E		F25	
200 Back	2:35.22	6		Searle, Laura M		F31	

Men 200 Medley Relay	2:24.61	3		
Lokensgard, Erik		M60		
Stover, John C		M61		
Chaffee, Paul A		M60		
Kroeger, Donald J		M59		
Men 200 Medley Relay	2:05.88	6	Men 200 Free Relay	2:39.33 2
Vagnoni, Adrian F		M40	Korten, Don H	M76
Melgar, Tom		M41	Edwards, Freddy	M77
Chadwick, Paul M		M45	Reese, J. John	M77
Bailey, Jeffrey M		M35	Morley, Albert A	M65
Men 200 Medley Relay	2:18.66	6	Men 200 Free Relay	1:49.28 9
Cowing, John M		M53	Riggs, Jonathan D	M45
Hansen, Steve		M51	Cusack, Stephen	M41
Steffl, Jim		M51	Mair, Stuart P	M42
Thompson, Frank L		M51	Melgar, Tom	M41
Men 200 Medley Relay	2:09.13	9	Mixed 200 Medley Relay	3:31.93 6
Riggs, Jonathan D		M45	Chaffee, Paul A	M60
Mair, Stuart P		M42	Glusac, Edith S	F84
Schardt, Thomas F		M35	Dobler, Wally E	M68
Cusack, Stephen		M41	Williams, Mary F	F71
Women 200 Free Relay	2:19.33	4	Mixed 200 Medley Relay	3:03.95 9
Guthrie, Sally K		F52	Gogola, Laura J	F66
Pospisil, Eva M		F55	Reese, J. John	M77
Myers, Beverly J		F67	Kowalski, Joyce	F60
Searle, Laura M		F31	Riggs, Jonathan D	M45
Women 200 Free Relay	3:39.10	2	Mixed 200 Medley Relay	2:28.96 10
Gogola, Laura J		F66	Thompson, Frank L	M51
Williams, Mary F		F71	Hansen, Steve	M51
Glusac, Edith S		F84	Guthrie, Sally K	F52
Kowalski, Joyce		F60	Childs, Martha A	F48
Women 200 Free Relay	2:15.04	6	Mixed 200 Medley Relay	2:11.87 4
Green, Mary Ann		F26	Early, Marilyn E	F45
Sprenger, Victoria		F28	Popps, Corrin C	F38
Kelly, Shannon C		F25	Morton, Gary T	M40
Carlson, Miriam E		F25	Vagnoni, Adrian F	M40
Women 200 Free Relay	2:02.46	3	Mixed 200 Medley Relay	2:21.07 8
Early, Marilyn E		F45	Naylis, Daniel P	M26
Badger, Alison G		F36	Pospisil, Eva M	F55
Servo, Nancy J		F42	Steffl, Jim	M51
Popps, Corrin C		F38	Searle, Laura M	F31
Men 200 Free Relay	1:51.36	3	WOMEN'S HIGH POINT WINNER	
Samonie, John J		M23	Miriam Carlson	51 Points
Schardt, Thomas F		M35		
Kelly, Sean P		M29	MEN'S HIGH POINT WINNER	
Naylis, Daniel P		M26	Dan Stephenson	53 Points
Men 200 Free Relay	1:43.28	3	MICHIGAN WOMEN 2 ND LARGE TEAM DIVISON	665 Points
Morton, Gary T		M40		
Vagnoni, Adrian F		M40	MICHIGAN MEN 2 ND LARGE TEAM DIVISON	749 Points
Bailey, Jeffrey M		M35		
Stephenson, Dan		M45	MICHIGAN COMBINED 2 ND LARGE TEAM DIVISON	1508 Points
Men 200 Free Relay	2:07.13	5		
Dobler, Wally E		M68		
Chaffee, Paul A		M60		
Egelkraut, Elmer J		M69		
Steffl, Jim		M51		

2nd Annual Bronco Splash

Where : WMU Gabel Natatorium / Lawson Ice Arena
Kalamazoo, MI 49008

When: October 6, 2002
Warm up time: 8:45 – 9:45 AM
Start time: 10:00 AM

Event No. Female	Event	Event No. Male
1	100 IM	2
3	100 FR	4
5	200 BK	6
7	50 FLY	8
9	200 BR	10
11	100 BK	12
13	50 FR	14
15 (Sign up on day of meet)	200 Medley Relay	16 (Sign up on day of meet)
17 (Sign up on day of meet)	200 Mixed Medley Relay	18 (Sign up on day of meet)
19	500 FR	20
	15 Minute Break	
21	200 IM	22
23	50 BR	24
25	100 FLY	26
27	200 FR	28
29	50 BK	30
31	100 BR	32
33	200 FLY	34
35 (Sign up on day of meet)	200 Free Relay	36 (Sign up on day of meet)
37 (Sign up on day of meet)	200 Mixed Free Relay	38 (Sign up on day of meet)
39	1000 FR	40

Mail Entry and Fees to:
Attn Jayne Fraley-Burgett
WMU/Gabel Pool
Kalamazoo, MI 49008

Fees: Early Registration (before 9/27/02) \$20
Late Registration: (after 9/27/02) \$30

*Entry forms, as well as USMS registration will be taken until 9:00 AM on 10/06/02

Fax: 616 387-3051
Ph: 616 387-2550

Check or money order payable to:
Swim Club of WMU

- **From the Detroit area:** Take I-96 west to I-94 west towards Chicago, follow I-94 west to exit #74B US-131 north towards Grand Rapids, travel 1 mile to exit #36A Stadium Drive, travel 2 miles to Howard Street and turn left, then follow signs for WMU Lawson Ice Arena/Gabel Natatorium.
- **From the Grand Haven area:** Take I-96 east to exit #31A US-131 south towards Grand Rapids. Follow US-131 south to exit #38A M-43 east towards Kalamazoo, travel 2 miles to Nichols Road/Howard Street and turn right, go through one traffic light and follow signs for WMU Lawson Ice Arena/Gabel Natatorium.



★ Western Michigan University

Entry Form

***Print name as it appears on USMS registration card**

Name: _____ USMS #: _____
(Last) (First) (MI)
Address: _____
(Street) (City) (State) (Zip)
Phone: (____) _____ Age: _____ Birth date: _____ Sex: _____
(On 10/06/02) (Month/Day/Year) (M/F)
Emergency: _____
(Name) (Phone No.)
Club Name or Unattached: _____

Official Event Cards: _____

Name: _____	Name: _____
Event No: _____	Event No: _____
Seed Time: _____	Seed Time: _____
Heat: _____ Ln: _____	Heat: _____ Ln: _____
Official Time: _____	Official Time: _____

Name: _____	Name: _____
Event No: _____	Event No: _____
Seed Time: _____	Seed Time: _____
Heat: _____ Ln: _____	Heat: _____ Ln: _____
Official Time: _____	Official Time: _____

Liability 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 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 ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Date: _____

ANCHOR BAY MASTERS

Date: Saturday October 19, 2002

Location: Anchor Bay Aquatic Center
52410 Ashley
New Baltimore, MI. 48047

Facility: 6 lane short course meters
with warm up-cool down area
Colorado Timing

Entries: Deck entries only. \$17.00
Maximum 5 events plus relay
Event 1 entries accepted until 8:00 am.
Rest of meet entries accepted until 9:30am.

Directions: From eastbound I-94 at exit 247 turn right.
Go about 2 miles to Lighthouse School on
left. Turn left into first driveway before
school. Pool is in building behind school.

From westbound I-94 exit 248 (Marine City
Highway) and turn right. Go to first light
(New Haven Rd.) and turn left and go
approximately 3 miles to Lighthouse School
on left. Turn left into first driveway before
school. Pool is in building behind school.

EVENTS FOR MASTERS MEET AT ANCHOR BAY AQUATIC CENTER Sanction #120206

USMS registration required and will be
available for purchase at the meet.

starts @ 8:30 am	
1.	800 free
2.	200 IM
3.	100 free
4.	50 back
5.	100 IM
6.	50 breast
7.	200 Free
8.	400 relay
9.	100 back
10.	50 fly
11.	200 Choice
12.	100 breast
13.	50 free
14.	100 fly
15.	400 free / IM

For more information contact:

Joyce Kowalski 810-765-5964
joyski@juno.com



19th Annual **GRIN** FALL CLASSIC 2002

GReater **IN**diana Masters Swimming & USMS Great Lakes Zone SCM Championship

October 26-27, 2002

Sanctioned by GRIN for USMS, Inc. Sanction Number: **162-S-08**

Meet Director: Dick Sidner, 305 Baywood CT, Noblesville, IN 46060.

Phone (317) 877-6751 (before 9PM); Email: DickSidner@aol.com

Facility: The IU Natatorium in Indianapolis, site of numerous Olympic Trials, is an 8-lane 50-meter pool. The pool will be divided into two courses, with competition being in the south-end **(25m)** course. The north-end will be used for warm-up/cool-down. The diving pool will not be available.

Location: 901 W. New York St, Indianapolis, IN 46202. Convenient garage parking for a small fee.

Warm-up/cool down: Warm-ups will be in the competition pool for ~1-hour prior to meet. After the 1500m, there will be a 10-min. warm-up in the competition pool with sprinting in designated lanes. Warm-up/cool-down will be in the north-end for the remaining events. Swimmers must enter the pool feet-first in a cautious manner. No kickboards, paddles, fins, or pull-buoys permitted.

Eligibility: All swimmers must be registered with USMS (proof is required) or you may apply for "One Event Registration" on deck for \$10. Important Eligibility Rule:

RULE 102.2: For short course meters and long course meters competitions, the eligibility of a participant for a particular age group shall be determined as of Dec. 31st of the year of the competition.

Age Groups: 19-24, 25-29, 30-34, 35-39, etc up to 95+

Meet Conduct: 2002 USMS Rules will govern conduct of this meet.

Seeding: All events will be timed finals, with events being **Deck-Seeded by time**. Genders will swim separately, except in the 1500, 800, and 400m Free and the 400m IM which may be mixed. PLEASE NOTE! Entrants may choose the 1500m or 800m Free, but not both! Heats will be swum slowest to fastest. Participants may swim 3 events on Saturday and 5 events plus relays on Sunday, for a total of eight (8) individual events for the entire meet.

Records: Swimmers attempting to set records during the meet should notify the Starter to assure that 3 official timers will be present.

Heats: Heat sheets will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to Meet Director and Referee. Swimmers without seed times may be placed in the slowest heats.

Deck entries: All entries will be seeded on deck one hour before each event. Deck entries will be accepted on Oct. 26th from 11 to 11:45 AM, and on Oct. 27th from 7 to 7:45 AM. All events will be deck-seeded. You must check in 1 hour before your heat or you will be scratched.

Pool Opens Saturday, October 26th, 11AM. Competition begins at Noon EST not daylight time.

Pool Opens: Sunday, October 27th, at 7AM. Competition begins at 8AM EST not daylight time.

Awards: Award ribbons will be given for 1st through 6th place. No awards for relays.

Relays: Relays will be swum with 4 women, 4 men, or mixed (2 women, 2 men). Swimmers must be entered in the meet to swim on relays. All swimmers on a relay must be registered with the same USMS registered club. Mixed relays will follow the women's relay. Relay cards must be completed according to the directions at the relay card pick-up table. Payment for relays must be submitted with the relay cards on the day of the meet. \$3.00/relay - cash or check. **NO REFUNDS.**

Entry Fee: \$20 by Oct. 16th(postmark) plus \$3.00 per event (max. 8 events: 3 events on Saturday; 5 events on Sunday). \$30 after Oct 16th (postmark) plus \$3 per event. Entry Fee includes both days. Make checks payable to GRIN and mail to: Dick Sidner, 305 Baywood Ct, Noblesville IN 46060.

Hotels: University Place Hotel (short walk to pool) (800)627-2700. Hyatt Regency (317)632-1234. Indy Marriott (317)822-3500. Travelodge (317)784-0047. Residence Inn (Marriott, on the Canal downtown) (317)822-0840. Westin (317)262-8100. Embassy Suites Hotel (317)236-1800.



- Attention! Event order has been changed from prior years!
- Swim the 'World's Fastest' 25 meter sprint either day.
- To accommodate all schedules and budgets, you may swim Saturday, Sunday or both days for only \$20 plus \$3 per event!

GRIN FALL CLASSIC 2002 Entry Form (Sanction #162-S-08)

Saturday Oct 26, 2002: Pool opens 11AM, meet starts Noon (EST)

Event # (circle)				
Women	Men	Event (Short Course Meters)	Seed Time	(\$3 each)
1	2	1500m Free* max 24 people -3 heats		\$
---	---	10 min break	---	---
3	4	400m IM		\$
5	6	25m Free -- 'World's Fastest'***		\$
7	8	800m Free* max 32 people - 4 heats		\$
Saturday Total =				\$

Sunday Oct 27, 2002: Pool opens 7AM, meet starts 8AM (EST)

Women	Men	Event (short course meters (SCM))	Seed Time	(\$3 each)
9	10	200m Free Relay -- deck enter only		xxx
11	--	200m Mixed Free Relay-- deck enter only		xxx
13	14	100m Back		\$
15	16	200m Fly		\$
17	18	50m Free		\$
19	20	200m IM		\$
21	22	50m Breast		\$
23	24	400m Medley Relay-deck entry only		xxx
25		400m Mixed Medley Relay-deck entry only		xxx
27	28	100m IM		\$
29	30	200m Free		\$
31	32	100m Breast		\$
33	34	50m Fly		\$
--	--	15 minute Break	--	--
35	34	50m Back		\$
37	36	200m Breast		\$
39	38	200m Medley Relay- deck enter only		xxx
41	--	200m Mixed Medley Relay- deck enter only		xxx
43	44	100m Free		\$
45	46	200m Back		\$
47	48	100m Fly		\$
49	50	25m Free -- 'World's Fastest'***		\$
51	52	400m Free Relay-- deck enter only		xxx
53	--	400m Mixed Free Relay- deck enter only		xxx
55	56	400 Free max 32 swimmers - 4 heats		\$

Write Team or	Sunday Total	\$
Club Name below	(See arrow from above) Saturday Total	\$
	Entry Fee: \$20 by Oct 16; \$30 after Oct 16 postmark	\$20 or \$30
	(make check payable to GRIN) Meet Total =	\$

*Swim the 1500m or the 800m, but not both.** Swim 25m either day but only once.



For information about **GRIN** and for meet results, go to www.GRINswim.org
For information about the IU Natatorium at IUPUI, go to <http://iunat.iupui.edu>

Last Name _____ First Name _____ USMS # _____ Gender **M** or **F**
Street _____ City _____ State _____ Zip _____ Birth date ____/____/____
Phone (____) _____ Email (print) _____ Age on Dec. 31, 2002 _____

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.

Date _____ Signature _____ Printed Name _____

Please Check -- Did you: ☐ Sign the waiver? ☐ Include check payable to GRIN? ☐ Include copy of USMS card?

Copy Entry Form and mail to: Dick Sidner, 305 Baywood CT., Noblesville, In 46060. Dicksidner@aol.com

Capitol Area Triathletes & Swimmers (CATS) Swim Meet
DeWitt High School Natatorium
Saturday, December 7, 2002

Sanction: Sanctioned by Michigan Masters.

Schedule: Warm-up 10:00 a.m., Events 11:00 a.m. Social in cafeteria following the meet.

Facility: DeWitt High School Natatorium. New facility opened in April 1999. The eight-lane pool has state-of-the-art Paragon side step-up starting blocks, a Colorado timing system with a full matrix scoreboard, and seating for over 400 spectators.

Directions: From the east side of the State, take I-69 west following the signs to Fort Wayne/Grand Rapids. Exit onto DeWitt Road. Turn left at the stop sign at the top of the exit. Continue south to Clark Road. Turn right onto Clark Road, and continue west less than a mile until you see the sign for DeWitt High School on the right-hand side of the road.

From the west side of the State, take I-69 east following the signs to Flint. Exit onto DeWitt Road. Turn right at the stop sign at the top of the exit. Continue south to Clark Road. Turn right onto Clark Road, and continue west less than a mile until you see the sign for DeWitt High School on the right-hand side of the road.

- Events:**
1. 50 yard butterfly
 2. 200 yard freestyle
 3. 50 yard backstroke
- Break: Plunge dive for distance/men
4. 100 yard freestyle
 5. 50 yard breaststroke
- Break: Plunge dive for distance/women
6. 50 yard freestyle
- Break: Goggle-flipping contest
7. 100 yard IM
 8. 500 yard freestyle

Please enter either the crescendo or the pentathlon:

- Crescendo = 50 free + 100 free + 200 free + 500 free
- Pentathlon = 50 fly + 50 back + 50 brst + 50 free + 100 IM

Times will be added across your events to determine winners in each age group for men and women. The lowest total wins. We may need your help in calculating crescendo and pentathlon results.

Contests:



Plunge dive for distance. The swimmer performs a standing dive for distance from either the starting block or edge of the pool. Kicking or pulling will be reason for disqualification.



Goggle-flipping contest. The swimmer may stand in the water (anywhere) or at the starting block end of the pool. The swimmer's task is to flip her/his goggles in the air so that they land hanging from the backstroke flags.

Awards: Michigan Masters ribbons for the 1st, 2nd, and 3rd place winners in each event. Special prizes for the overall male and female winners of the plunge dive for distance and for anyone who succeeds in the goggle-flipping contest. Special Award: Consanguineous Plaque (two relatives, blood-related, and Masters swimmers on each team compete in a 100 yd. Relay).

Eligibility: Swimmers must have either a 2002 or 2003 registration with United States Masters Swimming. Swimmers who cannot verify their membership status must purchase a 2003 membership at the meet. Standard masters swimming age groups: 19-24, 25-29, 30-34, 35-39 ... etc.

Entry fees: \$20 per swimmer payable to DeWitt High School Swim Team. Deck entries only. Meet profits will go to the DeWitt High School girls and boys swimming teams.

FOOD! The DeWitt High School swim team invites you to a social (FREE FOOD) in the school cafeteria following the meet.

Questions? The meet directors are Paul Chaffee (chaffee@shianet.org or 989/725-2863), Mike Keevan (517/668-3170), Andrea Funk (517/351-3471), Wally Dobler (517/372-8096).

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

NAME _____ SEX M F

AGE _____ USMS # _____ CLUB _____

US MASTERS SWIMMING
MEET INFORMATION
HOSTED BY WEST BLOOMFIELD HIGH SCHOOL

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, November 10, 2002
LOCATION: West Bloomfield High School (4 1/2 miles north of the I-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 touchpads and a six lane read out board will be used.

Pool locker rooms will be available to use for changing, but locker space is minimal. It would be wise to bring your clothes and valuables with you on the pool deck.

TIME: Session 1 warm-up-7:15-7:45 A.M.
Session 1 will consist of the fastest 12 entries (2 heats) in the 1650 free and will begin at 7:45 A.M.
Session 2 warm-up-9:00-9:30 A.M.
Session 2 will begin at 9:30 A.M. (see enclosed page for order of events)

ENTRIES: Each competitor may enter a maximum of 5 events. Swimmers should mail all entries to:

Bob Crosby-Swim Coach AT THE ABOVE ADDRESS
Or you may fax them in to: 248-539-2520 (attn. Bob Crosby)

ENTRY DEADLINE IS THURSDAY, NOVEMBER 7, 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 Girls 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.

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

Preliminary 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	(cell) 396-7031
Sunday February 9, 2003	Ford Athletic Swim & Triathlon Club (Short Course Meters)	Sanctioned	Brighton High School	Joe Schall	734-675-9913 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	To be Determined	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 48064-1552

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The Wave Eater



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MICHIGAN MASTERS SWIMMING

September 1, 2002

Attention Team Representatives: Deadline for the
December 2002 Issue
is *November 15, 2002*



I'd better send my
team report to Dennis
before the deadline.
I don't want my
team to be left out!

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