



Across The Lanes

Relay Team Information For The FINA Masters World Championships

As of this writing, the online entry system for the XI FINA Masters World Championship meet is not yet functioning, which is very frustrating to the organizers of this event. However, it's expected to be up and running literally any day, hopefully before you read this. Although the number of entries received thus far is low (70), a large number of motel rooms (some 2,700 room/nights) have been reserved, which indicates many people plan to attend.

Relay teams are divided into age brackets based on the total ages of all four swimmers (note – swimmers age in the meet is the age he/she will be on December 31, 2006). The brackets are 100-119; 120-159; 160-199; etc. in 40-year increments. Entries for relay teams, both mixed and non-mixed, in specified age brackets with estimated swim times must be received by the organizing committee by Saturday June 3, 2006. Therefore, those of us in NCMS who are planning to swim on relay teams need to communicate the stroke(s) we are willing to swim and an estimate (repeat, estimate) of the time for 50m of that stroke. If you have a team already put together, let me have the information for each person so I can enter that team with LMSC funds as payment (we have an LMSC policy to pay for relays at national and world meets).

Send your name, registration number, age, stroke(s) of preference and estimated 50m time to me at jerryclark@bellsouth.net and I will fill out the relay entry forms, include payment by our LMSC and mail them in well before the deadline. As there is no team competition, we don't need to mix and match swimmers to optimize our scoring as we do at USMS national championship meets.

Please note that there are no UNATTACHED swimmers at FINA Worlds at Stanford. If you know someone who may be going and is currently unattached, please let them know everyone must be affiliated with a club. Our club is NCMS. Any unattached swimmers must submit a transfer form to this club before the entry deadline of June 3rd, 2006. Furthermore, if someone belongs to another club but plans to transfer to NCMS to swim with us in this meet, they must not swim with their current club affiliation in any competition within the 60 days prior to the World meet.

Please do not procrastinate about this!!

The Chairman's Lane By Joe Gosha

Greetings to all of our North Carolina Masters swimmers!

In the December 2005 *Across The Lanes*, my first report as Chairman of our North Carolina LMSC, I spoke of "my desire to find ways to enhance the value of your membership in the North Carolina LMSC of USMS." In using that phrase, I was talking about working with both established and new local chapters to organize, schedule, and even explore having the LMSC 'co-sponsor' activities and events (not just meets but also clinics, for example) that would give an ever greater number of our members the opportunity to grow in their experiences and abilities as Masters swimmers.

Since the last newsletter was published I have been able to meet with many of you to begin investigating some of these various possibilities. Your Board of Directors has actually met three times in the intervening months and has recently established a policy to meet more often than it has in the past.

I have watched and admired as the Asheville chapter has finalized plans for their ambitious new meet this coming September. The meet intends to add the twist of combining both "open water" and "pool" competition venues in a single meet. Our registrar George Simon and I have also been working with the DAMA Chapter on their desire to host a Novice/Development Meet specifically designed to introduce those of our members who have not previously competed to the joys of racing. Their Developmental Meet announcement and entry forms are included in this issue.

I recently met with a US Swimming Age Group Coach who is in the process of forming a new Master's Chapter with a number of adult swimmers with whom he has been working. I suspect we can all expect some stiff competition in the future from the new MASC (Metro Area Swim Club) Masters group of Concord as they become part of our organization.

I've also had the opportunity to watch the enthusiasm and vitality brought to our meets by the members of the Warren Wilson Fighting Owls, an Asheville college swim club. These younger Masters have already added to the excitement of our recent meets in Charlotte and Greensboro. One way to experience the full measure of the value of your

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North Carolina Masters Swimming membership is to take advantage of the opportunities already provided in the activities and events sponsored by our local chapters, by USMS, and by FINA. A prime example is the World Master's Meet in Palo Alto this August. Additional information is presented in the "USMS Lane / World Championships Section".

Feel free to contact me at jophesgo@juno.com if you would like to discuss how we can work together to add to the value of our collective investment in our North Carolina LMSC. Thank you.

The Secretary's Lane

By Elizabeth Nowak

Editor's Note: Elizabeth has been swimming competitively with the THAT Masters Team for just over a year after a 20 year "vacation" from the sport. Most of those 20 years she has been competing in triathlons both at the national and international levels in everything from the sprint to Ironman distance races as well as competing in many running and cycling events. Elizabeth's competitive swimming days started in Iowa at age 13 through high school and then went on to swim for 4 years at Iowa State University. Her day job is with the Duke University Health System in the Corporate Finance division.

During the first quarter of 2006, two teleconference meetings were held by the LMSC for NC on January 2nd and February 24th, and one in-person meeting was held on January 29th in Charlotte, NC. Below is a summary of the topics that were discussed:

Updating of the Bylaws of the LMSC of NC

The Bylaws for the LMSC of NC were last updated in 1993. There were discussions in 2004 regarding changes to the bylaws, but they were never published. The group will discuss changes during the second quarter of 2006.

Sanction Fees

Historically all meets were charged a \$100 fee of which \$80 was refunded to the respective Meet Director if three conditions were met. Discussions centered on eliminating the \$80 fee and continue only with the \$20 fee, however, the meet director **MUST** pay the \$20 fee **prior** to any results being posted and/or records being acknowledged. Hopefully this will put pressure on meet directors to pay the fee in a timelier manner.

2005 LMSC of NC Annual Awards

Nominations for 2005 Outstanding Male and Female Swimmers, Volunteer of the Year and Newcomer of the Year Awards were discussed. The following recipients were presented their awards at the Charlotte meet on January 28th:

2005 Outstanding Male Swimmer = Jon Blank, RAM
2005 Outstanding Female Swimmer = Sally Newell, THAT
2005 Newcomer of the Year = Elizabeth Nowak, THAT
2005 Volunteer of the Year = Rhea Wilkins
Please refer to the article in this newsletter highlighting each of the award recipients.

NC Masters 2006 Meet Schedule

Discussions have centered around which meets will be held throughout 2006 in North Carolina. There will be a new meet September 23 & 24, 2006 in Ashville, NC. There will be a pool meet as well as an open water swim. As the meet specifics are finalized, they will be posted on the www.ncmasters.org web site.

New Events

The DAMA chapter is in the process of planning a novice/developmental meet in 2006 in Durham. There are also discussions about holding a similar novice/development meet in Salisbury in mid-May 2006 to focus on fitness swimmers and getting them involved in Masters swimming. More details will follow on both of these new events.

Updates by the Treasurer

As of March 1, 2006, total checking account balance = \$4,830.88 and total CD balance = \$6,158.86 for a grand total of \$10,989.74. The 2006 budget is in development and will be reviewed/approved at the April meeting.

The February 24th Teleconference . Recorded by Joe Gosha

The Chairman listed (1) Bylaws Review, (2) the proposed developmental/novice meet being organized by the DAMA Chapter, and (3) developing a schedule for regular Board meetings as the items of business he wanted to address during the conference.

The Chairman noted that proposals have been forwarded to him for: conducting regularly scheduled teleconference Board meetings, and conducting an annual extended face-to-face meeting of the Board; such meeting to be held the night before the Hillsborough meet.

The Board members present encouraged the Chairman to select and publish to all of the Board members and chapter representatives a time for regular teleconference Board meetings.

The Board members tabled the discussion of the proposed annual face-to-face meeting until either the next teleconfer-

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ence meeting or the Board meeting that will be held in conjunction with the April Raleigh meet.

Jerry Clark reported that the Bylaws documents he had recently sent to the Board members included his recollection from his notes (along with some input from Clarke Mitchell) of the reconstituted Bylaws that were agreed upon, but never published, by the Board in 2004. All agreed that we do not actually have Bylaws in place other than those that are currently published on our web site. A Bylaws discussion would perhaps be better scheduled for an extended in-person meeting. Clarke Mitchell will be invited to participate in our next Bylaws discussion which will likely take place during our next teleconference.

Greg Souza, representing the DAMA Chapter, joined the teleconference, and we commenced a discussion of the evolving plans for the novice / development meet being planned for Durham on May 13. The DAMA chapter requested clarification from George regarding how the disqualification rules might be applied in a novice meet. Jerry held that the event rules should be applied in exactly the same fashion in a novice meet as they would be in any sanctioned meet. All of the Board members present agreed. The Chairman noted that he would use his upcoming quarterly newsletter space to spotlight the proposed meet.

Jerry mentioned this summer's FINA Masters World meet needs to be emphasized. Since relay entries must be submitted before the meet, we need to (1) assist those who are going to connect with others who are also entering in order to facilitate relay teams entries, or (2) allow our NCMS swimmers to be released to register and swim with other Clubs in the event our NCMS Club does not present them with relay opportunities.



A well-earned High Five KUDO before we must continue with more administrative information.

**Richard Kitchell
"Flies" Again**

At the February 2006 Dixie Zone SCY Championships in Clearwater, FL, Richard Kitchell, 65, not only broke the Dixie Zone men's 65-69 200 fly record by over 12.5 seconds, but he broke the USMS record by more than six seconds.



**The Treasurer's Lane
By Jerry Clark**

**LMSC FOR NORTH CAROLINA
2006**

Statement of Revenues and Expenditures 12/31/05-2/27/06		Statement of Assets, Liabilities, and Fund Balances	
Revenues		Assets	
Member Dues	\$7,403.00	Cash - Checking Account	\$ 4,830.88
USMS Coaches Clinics		CD Balance	\$ 6,158.86
		Total Assets	\$ 10,989.74
Total Revenue	<u>\$7,403.00</u>		=====
Expenditures		Fund Balance	
Convention Expense		Fund balance at 12/31/05	\$ 1,307.69
Awards	\$ 190.62	Net Excess of Expenditures	\$ 3,523.19
Merchandise (T-shirts & Caps)		Over Revenues	
		Fund Balance at 3/31/06	\$ 4,830.88
USMS - Members Dues & Misc.	\$2,857.00		
Reimburse Relays (Jon Klein)			
Reimburse Overpayment of Reg. Fees	\$ 70.00	Total Funds	
Newsletter		Ck Acct & CD's Balance	\$ 10,989.74
Meter Permit			=====
Postage	\$ 200.00		
Publishing Cost	\$ 407.46		
Office Expense	\$ 144.93		
Registrar Annual Payment			
Return Checks			
Bank Service Charges	\$ 9.80		
License - Hy-Tek LTD			
Total Expenditures	<u>\$3,879.81</u>		
Revenues over/ under expenditures	\$3,523.19		

The USMS Lane

United States Masters Swimming Executive Committee and Board of Directors Midyear Meetings The Woodlands, Texas January 26–29, 2006

This year's USMS leadership midyear meeting was held in two phases. The Executive Committee met on January 26 and 27. Many of the Committee's below administrative action items are referred to the Board of Directors for subsequent discussion and voting.

1. Recommend to the USMS Board of Directors that we allow online entry for sanctioned events.
2. Recommend to the Board of Directors that meet hosts must accept paper entries for national championships, even if they are using online entry.
3. Recommend to the Board of Directors that we not allow LMSCs to contract with outside companies for online membership registration.
4. Appoint a task force to develop requirements, and issue and evaluate an RFI (request for information) for online membership registration.
5. Direct the webmaster to cease work on the One Hour Postal entry system immediately.
6. Direct the webmaster to immediately cease all but emergency web maintenance until the World Championships online entry system is completed.
7. Waive PMG, if necessary, to hire an outside contractor for development of the World Championships online entry application.
8. Direct Margaret Bayless to buy professional insurance related to her USMS position, and USMS will reimburse her.
9. Recommend to the Board of Directors that we investigate whether we still need an internal auditor.
10. Recommend a policy to the Board of Directors that committee members may be reimbursed for budgeted expenses, but they will not be compensated for performing committee services.

The Executive Committee then joins the USMS Board of Directors for the three days. The following identifies the Board's actions as well as details some of the immediately relevant activities. The complete minutes of the Leadership's midyear meetings are available on the USMS website.

President Rob Copeland called the meeting to order. Also

present were Vice President of Member Services Mark Gill, Vice President of Community Services Michael Heather, Vice President of National Operations Leo Letendre, Vice President of Local Operations Julie Heather, Secretary Meg Smath, Treasurer Tom Boak, Immediate Past President Jim Miller, At-Large Directors Anna Lea Roof (Breadbasket Zone), Betsy Durrant (Colonies Zone), **Jerry Clark (Dixie Zone)**, Nadine Day (Great Lakes Zone), Jeanne Ensign (Northwest Zone), Michael Moore (Oceana Zone), Carolyn Boak (South Central Zone), Laura Winslow (Southwest Zone), Past President Ted Haartz, Legal Counsel Patty Miller, National Office Administrator Tracy Grilli and U. S. Aquatic Sports President Dale Neuburger.

1. Motioned, Seconded, and Approved (MSA) the Executive Committee's recommendation that we allow online entry for sanctioned events.
2. MSA the Executive Committee's recommendation that meet hosts must accept paper registration for national championships, even if they are using online entry.
3. MSA the Executive Committee's recommendation that we not allow LMSCs to contract with outside companies for online membership registration.
4. The Board amended the Executive Committee's motion "that committee members may be reimbursed for budgeted expenses, but they will not be compensated for performing committee services" by replacing "budgeted expenses" with "budgeted expenses consistent with FOG." MSA the motion as amended.
5. MSA the Executive Committee's recommendation that we investigate whether we still need an internal auditor.
6. MSA the Executive Committee's waiving of PMG, if necessary, in order to hire an outside contractor for development of the World Championships online entry application.
7. MSA to approve the concept of trying to take advantage of the promotional opportunities that are available from the World Championships.
8. MSA that we conduct the search for an executive director only through the selected search firm.
9. MSA to accept Anderson & Associates as our executive director search firm.
10. MSA to accept the compensation range for the executive director position proposed by a subcommittee.
11. MSA to offer a benefits package for the executive director position not to exceed 30 percent of the base salary.
12. MSA to allow broadcast emails to USMS members.
13. The Board amended article III of the proposed policy manual for the Editorial Committee by replacing "web operations staff and the Communications Committee" with "the Executive Committee or its designee" so that

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the entire article reads: "The Editorial Committee shall work with the Executive Committee or its designee to develop a plan to create, maintain and update web editorial content." MSA the policy manual as amended.

14. MSA that we have a members-only section of our website. The content of the members-only sections versus free sections is yet to be determined.

FINA review by Dale Neuburger

Dale thanked us for inviting him to meet with us. He typically meets with each USAS member organization outside of convention at least once a year. He noted that USMS is unique in the FINA organizations. Although we don't normally vote at USAS meetings, if an issue relates to Masters, then USA Swimming cedes its two votes to USMS. Positions on the FINA Masters Committee are highly competitive, and filled with competent people. As part of the FINA structure, we are committed to working with ASUA, and FINA is committed to holding regular ASUA championships. Dale commended LATyCAR for the work they did in the Caribbean and Latin America before ASUA was formed, but as a FINA member we must align with ASUA and FINA. There were no suspensions as a result of the All-Americans meet in Brazil last fall.

OFFICER REPORTS

Mark was asked about the Editorial Committee's decision to move up the deadline for registrars to submit their registrations to the National Office. This was necessary for all our members to receive their copies of *USMS SWIMMER* in a timely manner. Many of our members have been receiving their magazines several weeks late because of U. S. Postal Service delivery problems. Carolyn said that it's important we communicate to our members that the USPS is responsible for the slow delivery.

The Editorial Committee has also submitted an overbudget request to the Finance Committee for a survey to determine readers' preferences for content for the magazine, as well as demographic information to help with soliciting sponsors.

Tom reported that USMS is in a healthy financial position, and that at year's end we were under budget for 2005. He has been moving CDs around and switching investments for greater return. Tom also encouraged us not to fear overbudget requests. We should look at them positively, as moving forward. We need to communicate this message to committee chairs. They are also encouraged to plan ahead, and not wait till the last minute to make a critical request.

Rob reported that he has been helping the International

Swimming Hall of Fame redefine its mission. They will be holding their ISHOF induction ceremony during Short Course Nationals in May, and the MSHOF ceremony in California during the World Championships in August. He was also happy to report that National Sponsor Liaison Mel Goldstein is already ahead of projected sponsor revenue.

World Championships

Rob explained the actions taken by the Executive Committee to speed up completion of the online entry system. Mark also noted that we need to develop the administrative tools that will allow others to maintain parts of our website, and lessen the burden on our webmaster.

Michael Moore distributed packets of entry booklets to the Board members. The booklets have also been sent to all federations, all NGBs, all clubs, and all LMSC chairs. The organizing committee is offering incentives for early entry. Asked how the money is being spent, Michael replied that the executive director must be paid each month, and there have also been printing expenses. Michael has begun to get officials lined up, who are appointed by each commission. Asked if on-deck coaching will be provided by the Coaches Committee, Michael said it's different this year because the meet is in our own country. He suggested the LMSCs be contacted about providing coaches. Speedo is a major sponsor, providing goody bags and shirts for officials and volunteers. Endless Pools and Amino Vitale are other major sponsors.

Michael met with the FINA Masters Committee in November, and will meet with them again July 30. He stressed that FINA will run the meet; his organizing committee "just" organizes it. There is an issue to be resolved about touchpads on one of the courses. There are 22 hotels with rooms set aside for the meet. The meet website is up. Rob will put a paragraph in his letter to All-Stars and All-Americans promoting the meet; this will also appear in *Streamlines*.

Tom asked Michael for a monthly financial report, which Michael agreed to. Michael explained the updated estimates of numbers of athletes. One of the things he's basing the revision on is the number of booked rooms. He estimates the average entry fee will be approximately \$100. Jim urged us to use this event to continue to promote Masters swimming in this country, perhaps by moving forward with a bid for the next Pan Pacific Championships. Another suggestion to keep the ball rolling is a human-interest video. We could show it at convention banquet, and there might be a cable show that would want to document the Worlds. Julie suggested we contact the Kaiser

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Foundation, who might be interested in it for wellness promotion. The documentary should showcase all Masters disciplines, and should not just focus on elite swimmers. An Oscar-nominated documentary was made on Gail Roper a few years ago, and perhaps the producers of that documentary would be able to help us. Jim suggested a task force could put together a public-relations plan.

SWOT Review

SWOT stands for strengths, weaknesses, opportunities and threats. It is a tool for understanding an organization's current position and making the best use of its opportunities. The first step was to compile a list of personal values. Next, we compile a list of USMS values. Patty, who was leading the review, characterized strengths and weaknesses as internally focused, and opportunities and threats as externally focused. We compiled lists of USMS's strengths, weaknesses, opportunities and threats. Meg will import these lists into an Excel spreadsheet, which she will email to the Board. Each director will rank the lists and return them. Once we have a master ranking, we will be able to identify a fit between our strengths and opportunities, which we hope will also help us overcome weaknesses.

Executive Director Search

Laura reported that the task force sent out approximately 18 RFPs. From the RFPs we received nine prospects, which resulted in seven proposals. The task force narrowed their choices to three firms. Tom called each firm and asked them the same questions, in the same manner. After this step, Laura and Tom recommended we eliminate one firm from consideration. **MSF to accept PeopleSource Staffing Solutions as our search firm. MSA to accept Anderson & Associates as our search firm.** Tom will contact Anderson & Associates and negotiate that the final installment be paid when we hire a candidate, for a fixed fee. Tracy will announce our selection in *Streamlines* as soon as we reach agreement with Anderson & Associates.

Executive director job description, compensation, benefits: The person selected will be responsible for evaluation and compensation for employees. Jim noted that this person will have a lot on his or her plate, and we should be careful not to overload him or her. We will need to build trust, and adjust the level of oversight. We will need goals in place for each employee before the executive director comes on board. Ted asked that we make sure we keep past presidents involved in the process.

A subcommittee chaired by Patty projected base salary to be \$80,000 to \$100,000 plus a bonus of \$20,000 to \$40,000, total salary and bonus not to exceed \$120,000. Bonus will

be based on membership, sponsorship and overall running of the organization, and should be structured so targets must be reached in all areas in order to receive the bonus.

As for benefits, we want to offer medical, dental, vision and life insurance; the benefits package will amount to 27 to 30 percent of the base salary. Patty noted that the Finance Committee has already been charged with evaluating employee compensation, and we should let them make a specific recommendation to us. Leo will add one or two additional members to the existing Finance task force.

The search firm task force will work with Anderson & Associates to formulate a job description, then circulate it to the Board of Directors for approval.

Broadcast Emails

The Executive Committee, during a previous conference call, had concluded that we do not yet have the capability of sending broadcast emails, because we do not yet have the opt-out option on our registration form, and we don't have a reliable enough mailing list. But the Communications Committee has begun preparing for the day it is possible. In months when we do not receive a magazine, we may provide an online newsletter. Members would be able to click on the types of things they'd be interested in hearing about.

This plan will be presented to the 2006 House of Delegates. About half of our LMSCs currently use broadcast emails. Michael Moore said there is free software available that makes mailing lists easy to maintain, and he's found that if the content is interesting, the swimmers want to receive it. Leo said there must be a reasonable expectation that we will use email for official purposes only, and that we won't give email addresses away.

Online Registration

Leo, Mark and Julie have devised a phased approach to online registration. First we need a web page to register people. The primary goal in the first phase will be to deliver the functionality that the swimmer wants in order to register, and we will deal with the complexities in the background that are difficult to program in other ways later (e.g., permanent ID generation). The information generated through the web page will go back to the local registrars, into their databases, and then their transmittals will send the information to the National Office.

During this first phase we will have time to slowly upgrade the background. If we can't match an ID, or if someone needs a card immediately, we can issue a

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temporary card that will later be matched to the permanent ID. They feel this can be accomplished in a reasonable amount of time, and that it can be tested and ready to go before the next registration year. We may look at an outside contractor to do the programming. This will be a tremendous benefit for our members.

Another online benefit would be to have a members-only section of our website, so that there will be more incentive to join USMS. The content of the members-only sections versus free sections is yet to be determined. We are looking for a volunteer for project manager who will work with Mark and Leo for the online registration task force, .

USMS SWIMMER

It's often cheaper to mail an LMSC newsletter with the magazine than for an LMSC to mail it on their own. Local information would add value for our members. More information about taking advantage of this delivery method will come later.



The Swimmers' Lanes

Charlotte Swimmasters Sunbelt Championships Meet

January 28-29, 2006

By Bernie White and Ken Johnson

After several years of "bad" weather, the swim "gods" were good to us on our 32nd annual Charlotte Swimmasters Sunbelt Championships Meet. This must be one of the oldest meets in America.

The top "out of state" team this year was the Charleston Family Y of West Virginia. An interesting note is that if they were an "in state" team they would have place third while being the sixth smallest team.

In state, the Mecklenburg Aquatic (MAC) team came loaded for bear and ran way with the "in state" points. They were followed by Asheville masters and then the Tar Heel Masters.

This year, us old geezerjocks were invaded by the Warren Wilson Fighting Owls of Asheville. They are a new intramural college team mostly of 18 to 20 year olds (future old gizzers). Their coach said " they returned excited and re-inspired. We found everyone to be so composed and sooo helpful. Everyone was friendly and welcoming, easily answered our questions, and tempered our tensioned moods".

As meet directors, we need to thank our families and volunteers for making this year's event sooo smooth.

Haiku Poems from the HARY Master's Swim Team

By Scott Acheson, HARY Masters swim team

Haiku poems are originally from Japan and are associated with Zen Buddhism. The poems are written to capture a present moment or experience by the poet. Typically, they have 5-7-5 syllable and three-line structure; however, breaking the rules is encouraged in this form of poetry! Anyone and everyone can be a Haiku poet.

The story behind these "swim" poems begins with my amateur attempt at composing some haikus for the *Charlotte Observer* on home ownership. Out of boredom, on a sleepy Sunday afternoon I composed seven Haikus for the newspaper. Two of them were published in the Dec 17, 2005 issue. I was quite delighted at my new found fame, and never having been able to brag about my swim times, I opened my big mouth and let the HARY Master's swim team captain, Mary Dore, know that I was now a published poet. The team soon learned of my creative writing through the email grapevine.

In December the HARY Master's swim team was having a workout in near frigid 77 F water at the Harris YMCA and we were all freezing our butts off! During that workout Interim Coach Bill Davis yelled at me from across the lanes suggesting that I write some swimming poems. With much reluctance and trepidation, like the butterfly drills that I learned from Coach Dave "the Wave" Williamson and absolutely hate doing, I composed some swimming Haikus after that workout, but not of course before having my requisite 16 ounces of hot coffee! Some of the HARY swim team members have also taken up the practice of yoga and so one of the Haikus reflects that experience. I hope the readers will enjoy the poems!

GoJo shower thing
Green tiles and silver hardware
Black swimsuit forgot

Three, Coach Dan, team grows
Not enough lanes for all arms
Come one Come all, SWIM!

Up too early, dark
Harris on the wall, rusty
Pipe keeps me on track

Mirrors, sweat on mat
Fingers wrapped around toes,
memory
Fleeting giggles, smiles and
groans, peace in
Yoga, dark, it is quiet now...

Light blue clear warm cool
Gliding so peaceful alone
Bubbles off my hand

Undulation smooth
Fly technique taught by Dave
Wave
Scott not very good

Clark, Davis, Dore, Ty
Go Donnie, Don and Susan
All Masters swim GREAT!

2005 North Carolina Masters Swimming LMSC Awards

Each year our LMSC recognizes the significant swimming related achievements of its members during the previous year. The recipients of our Swimmer of the Year Awards have recorded the greatest number of individual 'National Top Ten' times during the prior three swimming seasons (again, SCM from the year previous to the year for which the award is being given, and SCY and LCM for the same year).

Our Newcomer of the Year award considers 'in the pool' accomplishments as well as other ways in which the individual has supported the organization and its objectives. The Volunteer of the Year Award is presented to the individual whose service best promotes the LMSC's goals, values and objectives on behalf of our members and the communities we are involved in.

Our awards for 2005 were presented at the Charlotte Sun Belt Masters Meet in January.

Female Swimmer of the Year – Sally Newell, Tar Heel Aquatic Team. Sally recorded an astounding 26 total of individual National Top Ten Times during the recording

period.
Male Swimmer of the Year – Jon Blank, Raleigh Area Masters. Jon recorded 15 individual National Top Ten Times during the year. Perhaps his most incredible accomplishment was being the first man ever in the 45-49 age group to swim the 100 SCY breast stroke in less than one minute (59.70).

Newcomer of the Year – Elizabeth Nowak, Tar Heel Aquatic Team. Elizabeth not only recorded four individual National Top Ten Records during her first full year back in the pool, she also set LMSC records in a number of events, and also has been elected LMSC Secretary.

Volunteer of the Year – Rhea Wilkins, Raleigh Area Masters. At last fall's United States Aquatics Convention held in Greensboro, on behalf of our LMSC, Rhea organized an early morning hospitality and refreshments table for Masters swimmers where those swimmers worked out prior to the convention sessions. She also assisted with hosting the LMSC's hospitality suite every day of the convention.

Joe Gosha and Sally



Joe, Jon and Jon's son



Joe and Elizabeth



Joe and Rhea



UPCOMING LOCAL 2006 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
4/29/2006-4/30/2006	NC State SCY Invitational	Raleigh, NC	Fritz Lehman, meetdirector06@yahoo.com
5/13/2006	DAMA Developmental Meet	Holmes Recreation Center at Campus Hills, Durham, NC	Danielle Newton; swim-dama@yahoo.com , (919) 687-4817
5/18/2006-5/21/2006	YMCA SCY Masters Nationals.	Ft. Lauderdale FL.	Gloria Summers, Chillicothe, OH 740.772.1693. All entries must be submitted by local YMCA's
6/3/2006	LCM Invitational	Athens, GA	
7/1/2006-7/2/2006	Team Greenville Masters LCM Invitational.	West Side Aquatic Center Greenville SC.	Roy Dessloch, 864.220.0209; TGcoach@aol.com
7/22/2006	Dixie Zone LCM Championships	Optimist Park, Raleigh, NC	
7/23/2006			
9/23/2006	Peachtree City SCY Pentathlon.	Peachtree City, GA	
12/09/2006-12/10/2006	St. Nicholas SCM Invitational	. Marietta GA	

2006 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
5/11/2006-5/14/2006	USMS Short Course Nationals - SCY	Coral Springs, FL	Michael Lohberg, 954-345-2121, mlohberg@aol.com
5/15/2006-9/15/2006	USMS 5k and 10k Postal Championships PST-LD;		Neil Salkind, 785-841-0947, njs@sunflower.com
6/17/2006	USMS 1-3 Mile Open Water Championship (2.5 km)	Hartwell Lake, Clemson, SC	Jacque Grossman, 864-646-8836 (d), jeig@innova.net ;
7/15/2006	USMS 2 Mile Cable Championships	Chris Greene Lake, Charlottesville, VA	Dave Holland, 804-282-6224, dholland@rmc.edu ;
7/29/2006	USMS 1 Mile Open Water Championships	Lake Erie, Cleveland, OH	Tom Spence, 440-247-7145, talltom13@msn.com
8/4/2006-8/10/2006	2006 XI FINA World Masters Championships - LCM and 3.0 KM open water swim	Palo Alto, CA and Crown Point, San Francisco Bay	Michael Moore, michael@2006FINAmasters.org ;
8/13/2006	USMS 6+ Mile Open Water Championships (10 km)	Horsetooth Reservoir, Fort Collins, CO	George Thornton, 970-482-1818, info@whswim.com
9/9/2006	USMS 3-6 Mile Open Water Championships (5 miles)	Lake Michigan, Chicago, ILL	Chris Sheean, 312-857-7087, chris@bigshoulders.org
9/15/2006-11/15/2006	USMS 3000/6000 Yard Postal Championships PST-LD		Max Veltman, 915-584-0227, max_veltman@yahoo.com

LMSC - NC Officers and Staff

Chairman Joe Gosha, NCMS 140 Lake Concord Rd Concord, NC 28025 (704) 425-9974 NCchairman@usms.org	Vice-Chairman Kemp Battle, AMS 10 Parkside Ave Asheville, NC 28804 828.251.0596 vicechairman@ncmasters.org	Past Chairman Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 fritzlehman@nc.rr.com	Secretary Elizabeth Nowak, THAT 2734 Sevier St. Durham, NC 27705 919.489.8328 Secretary@ncmasters.org	Treasurer Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
Registrar / Webmaster George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCregistrar@usms.org	Top Ten Chairperson Henry Stewart, RAM 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenfits.com	Newsletter Editor Jim Enyart, WYM 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCEditor@usms.org	Records Daniel Schad, RAM 3309 Redbud Lane Raleigh, NC 27607-6830 (919) 395-8822 dschad@seielect.com	



DAMA Developmental Meet

Hosted by City of Durham, Parks and Recreation
May 13, 2006



- Sanction** by LMSC for NC for USMS, Inc. Sanction # 136-04
- Meet Director:** Danielle Newton; swimdama@yahoo.com, Address: 2000 S. Alston Avenue
Durham, NC 27707 (919) 687-4817
- Facility:** Irwin R. Holmes, Sr. Recreation Center at Campus Hills. 2000 S. Alston Avenue,
Durham, NC 27707. (919) 560-4444. 25 yard, 8 lane racing pool. 6 lanes will be used for
competition, with buffer lane and 1 continuous warm-up/down lane. This will be a stopwatch-
timed event (2 watches per lane).
- Eligibility:** Participants must be registered with USMS as of the 1st day of the meet as determined by the
registrar of LMSC for NC
One Day Registrations will be available at this meet for \$16.00, but we strongly encourage every-
one to have a 2006 registration. Swimmers who One Event Register can participate in the fun
relays and normal events, but are not allowed to compete in regular relays, are not eligible for
records, and can not score points for a team.
- Rules:** USMS rules will govern this meet.
- Deadline:** Entries must be received by mail (to meet director), email (swimdama@yahoo.com), or fax
(919) 560-4932, by midnight on May 5, 2006. Entries received after this time and date will be
handled as deck entries. Relays & deck entries must be submitted by 9:30am on the day of the meet.
- Fees:** \$5.00 meet surcharge. \$3 per event for pre-registration. Deck entries will be accepted at \$5
per event. Relays are FREE! There will be no refunds, unless the meet date is changed. *Make*
checks payable to City of Durham.
- Scoring &
Awards:** Individual events will be scored 7-5-4-3-2-1. Ribbons given to top 6 finishers in each event.
- Seeding:** All events will be seeded by sex and time, slow to fast, with the exception of the 400 Free.
This event will be seeded by time only with sexes combined (slow to fast). There will be a
positive check-in for the 400 Free.
- Schedule:** Warmups will begin at 8:30am, with the first event starting at 9:15am. There will be 3 five-
minute breaks during the meet. Please note these on the entry form.
- Hotel:** Since Durham hotels are booked up already for this weekend, due to Duke's graduation cere-
monies, a handful of DAMA team members are offering up their spare bedrooms and couches
for meet participants. Please contact the meet director for more info.

DAMA Developmental Meet Entry Form

Please print legibly

Name: _____ Team Initials: _____

Address: _____

City/State/Zip Code: _____

Age: _____ Date of Birth: _____ USMS Number: _____

Email: _____ Phone: _____

Circle Event Number and Enter Seed Time. Enter "NT" for No Time.

Women	Men	Event	Seed Time
1	2	25 Free	
3	4	25 Breaststroke	
5	6	25 Back	
7	8	25 Butterfly	
9	9	Mixed 100 Free Relay	
		5 minute break	
11	12	50 Butterfly	
13	14	50 Backstroke	
15	16	50 Breaststroke	
17	18	50 Freestyle	
		5 minute break	
19	20	400 Free	
		5 minute break	
21	21	Mixed 100 Medley Relay	
23	24	100 IM	
25	26	100 Free	
27	28	100 Open (strokes)	
		5 minute break	
29	29	Mixed 200 Free Relay	
A	A	Just for Fun Relay – 1-arm swim, 100 IM relay	
B	B	Just for Fun Relay – Baggy Shorts Trade-Off Relay	

FEES:

Number of Events: _____ X \$3 each = \$ _____

Meet Surcharge: \$5 = \$ 5

Total amount included = \$ _____ (make checks payable to City of Durham)

Read and Sign this Release from Liability:

“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.”

X _____ Date: _____

North Carolina Short Course Yards Championships

Raleigh Area Masters 25th Anniversary

April 29–30, 2006

Sponsor: Raleigh Area Masters
Sanction by: LMSC for NC, for USMS, Inc. Sanction No. 136-03

Meet Organizers: Fritz Lehman – meetdirector06@yahoo.com
 Sue Haugh
 Tim Lehman

Meet Referee: Tom Cox



Facility: Pullen Aquatic Center, 410 Ashe Avenue, Raleigh, NC. The pool is 50 meters by 25 yards with a bulkhead dividing the competition area into an 8 lane x 25 yard competition pool and 10 lane x 25 yard warm up pool. Non-turbulent lane lines and an electronic timing system will be used. Competition pool is 16 feet deep. The pool will be measured for compliance with new USMS rules on records. Results will be submitted for top ten immediately following the meet.

Rules: Swimmers must be registered with U.S. Masters Swimming (USMS). Out of state swimmers must supply a photocopy of your 2006 registration card. 2006 USMS rules shall prevail. Each swimmer will be limited to five events per day plus relays. Swimmers may enter either the 1650 or the 1000 Free, not both. **The 1650, 1000, and 500 freestyle races will be deck seeded. See the check in schedule below for these events. In order to keep the meet running smoothly it is important you check in on time. You do not have to check in for any other events.**

Fees: Entry fees are \$4.00 for each individual event and a \$10.00 surcharge is added for automatic timing and pool rental. Relay fees are \$5.00 and will be paid at the meet. **Individual event fees must accompany entries and are non-refundable.** Make checks payable to **Raleigh Area Masters**. Send entries to:

Deadline: Fritz Lehman, 207 Glen Bonnie Lane, Cary, North Carolina 27511.
 Entry deadline to avoid late fees is April 24th, 2006.
 Late and deck entries will be accepted at \$6.00 per event. Be there early to deck enter. To expedite deck entries there will be a separate entry area for men and women. See schedule below for deck entry times.

Awards: Awards will be given for 1st - 8th place in each age group in each event.

Scoring: Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.

Event Times:

	Event	Warm Up	Final Check In	Events Start	Final Deck Entries
Sat	1-4	8 am	8:15 am	8:30 am	8:10 am
	5-24	11:30 am		12:30 pm	12 pm
Sun	25-44	8 am		9 am	8:45 am
	45-46	--	10:30 am	--	10:30 am

Social: There are several activities associated with the 25th Anniversary of RAM. See more information at <http://ram.myevent.com/> and attached document.

Meeting: There is an LMSC meeting Saturday after the last event.

Entry Form

Name _____ Male Female USMS# _____

Phone (_____) _____ - _____

Birth Date ___/___/___ Age _____ Club _____

Email Address _____

Circle event number and enter time in the space provided. Enter NT for No Time.							
W	M	SATURDAY, April 29, 2006	Time	W	M	SUNDAY, April 30, 2006	Time
		Warm-up 8:00 a.m.				Warm-up 8:00 a.m.	
		Start 8:30 a.m.				Start 9:00 a.m.	
1	2	1650 Freestyle		25	26	100 I.M.	
3	4	1000 Freestyle		27	28	50 Butterfly	
		Start No Earlier than 12:30 p.m.		29	30	200 FREE RELAY	
5	6	50 Freestyle		31	32	100 Backstroke	
7	8	MIXED 200 FREE RELAY		33	34	50 Breaststroke	
9	10	100 Breaststroke		35	36	400 FREE RELAY	
11	12	200 Backstroke				20 Minute Break – Fun Relays	
13	14	100 Butterfly		37	38	200 Breaststroke	
		20 Minute Break- Fun Relays		39	40	100 Freestyle	
15	16	200 MEDLEY RELAY		41	42	200 Butterfly	
17	18	200 IM		43	44	MIXED 200 MEDLY RELAY	
19	20	200 Freestyle		45	46	500 Freestyle	
21	22	50 Backstroke					
23	24	400 I.M.					

			For Official Use Only
Checks to:	Raleigh Area Masters	No. of events ___ x \$4.00 = \$	
		Meet Surcharge = \$ 10.00	Amt. Recvd. _____
Mail to:	Fritz Lehman 207 Glen Bonnie Ln Cary, NC 27511	Total = \$	
			Date _____

USMS WAIVER

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.

CITY OF RALEIGH WAIVER

IN CONSIDERATION OF THE ACCEPTANCE OF THE Raleigh Masters Masters SWIM MEET SPONSORED BY Raleigh Area Masters, TO BE HELD April 29 -30, 2006 AT THE Pullen Aquatic Center POOL OF THE CITY OF RALEIGH, I HEARBY, MY HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS, RELEASE AND DISCHARGE THE CITY OF RALEIGH, PARKS AND RECREATION DEPARTMENT, THE PROMOTERS, MANAGERS, EMPLOYEES, AND OPERATORS OF THE Pullen Aquatic Center POOL FROM ANY INJURY OR LOSS WHICH MIGHT OCCUR DURING MY PARTICIPATION AND TRAVEL TO AND FROM THE SAID EVENT. I SPECIFICALLY RELEASE AND DISCHARGE THE SAID PROMOTERS AND SPONSORS AND THE CITY OF RALEIGH WHOSE FACILITIES ARE BEING USED FOR THIS EVENT, ETC., FROM ALL INJURIES OR DAMAGES ARISING FROM OR CONTRIBUTED TO BY ANY PHYSICAL IMPAIRMENTS OR DEFICIT I MAY HAVE, WHETHER LATENT OR PATENT, AND AGREE THAT THEY ARE UNDER NO OBLIGATION TO PROVIDE PHYSICAL EXAMINATION OR OTHER EVIDENCE OF MY FITNESS TO PARTICIPATE IN SUCH EVENTS, THE SAME BEING MY SOLE RESPONSIBILITY.

Name _____ Signature _____

Date _____

Street Address _____

City _____ State _____ Zip Code _____

Signature on form is **REQUIRED!**

Late or incomplete entries or entries postmarked after date due **MAY BE REJECTED!**



Holiday Brownstone Hotel & Conference Center
 1707 Hillsborough St. Raleigh, NC 27605
www.brownstonehotel.com

In-House Reservations:

In-House Reservations office hours are Monday through Friday between 8:00 am and 5:00 pm.
 Local: (919) 828-0811
 Toll Free: 1-800-331-7919

RESERVATION METHOD:

Guests to make their individual reservations by contacting one of the Reservations Departments as stated above. Reservations to be received no later than Friday, 4/7/2006 to receive group rate. After the cut-off date, no reservations will be guaranteed at the special group rate.

Group Rate - \$75. All room rates are quoted on a net non-commissionable basis and do not include applicable taxes, subsidies, housing fees or other charges that may be required. Please note the tax for Raleigh is currently thirteen percent (13%).

Block of Rooms	Fri	04/28	Non-Smoking Double	10
	Sat	04/29	Non-Smoking Double	30

REGISTRATION

To register, please pay online or print out and fill in the form below and mail with your check or money order (payable to **RAM Reunion**) to:

Hill Carrow
 RAM Reunion Committee
 711 Hillsborough Street
 Raleigh, NC 27603

Note: You are not registered unless you pay by credit card on the website or, if you mail in your registration, until your check or money order is received and processed.

RAM REUNION WEEKEND APRIL 28 – 30, 2006	
NAME:	ADDRESS:
PHONE NUMBERS:	CITY/ STATE/ZIP:
NAMES OF ADDITIONAL ATTENDEES:	EMAIL ADDRESS (required for email confirmation):

Individual Events*					
Date/Time	Location	Event	Number	Price per Person	Total
Friday April 28 6-9 pm	Lake Johnson Cabin Lake Dam Road Raleigh, NC	Friday Night Social		\$18	
Saturday April 29 After 1 pm	Pullen Park Pool Ashe Street Raleigh, NC	Fun Relays		\$10	
Saturday April 29 6:30 – 9:30 pm	University Club Hillsborough Street Raleigh, NC	Saturday Night Celebration		\$27	
Packages*					
Friday – Saturday April 28-29	Lake Johnson Cabin and University Club	Social Event Package – Friday night Social and Saturday Night Celebration		\$40	
Friday – Saturday April 28-29	Lake Johnson Cabin Pullen Park Pool University Club	All-Inclusive Package** : Friday Night Social, Saturday Night Celebration and Fun Relays (includes free lunch Saturday afternoon)		\$55	
		TOTAL SOCIAL ACTIVITIES			\$
		RAM Reunion 25 th Anniversary Celebration Commemorative T-shirt	SMALL	\$15	
			MEDIUM		
			LARGE		
			X-LARGE		
			2X-LARGE		
<p>*Children UNDER the age of 4 are free for the Friday and Saturday social events.</p> <p>**The small fee for the Fun Relays helps provide a “one-day” meet registration which is required for insurance coverage. If you are registered for the swim meet (see below), you can participate in the Fun Relays for free. You’ll be able to sign up on-site the day of the meet. Therefore, if you are in the meet, want to do the Fun Relays and both social events, please sign up for the Social Event package.</p>		TOTAL T-SHIRTS			\$
		GRAND TOTAL SOCIAL ACTIVITIES AND T-SHIRTS			\$