



ACROSS THE LANES

The Newsletter of North Carolina Masters Swimming



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From the Chairwoman's Lane...

Hello all,

This has certainly been an exciting swimming year so far for North Carolina Masters Swimming! The USMS short course nationals are just behind us, and further on in this newsletter there will be reports from those who were there – not me this year, I'll be traveling to Europe next week, tough choice!!

Many other exciting events have happened, though. Did you know that NCMS won first place in the "medium club category" for the One Hour Postal USMS Championship 2010? 35 NC swimmers participated in this event. It would be fun if next year we could have a much larger group of participants. It is such a good event to get back into swimming things after the holidays.



After the Sunbelt (or should I say Snowbelt?) meet, we had the Frank Clark meet in Greensboro on March 20. This meet had the largest attendance that it had had in several years. I know for a fact that several new swimmers attended, two of them from my own workout group – an exciting time for all of us!

Five NC swimmers attended the YMCA National Masters Championships in Fort Lauderdale, FL. As always, this was a very well attended and well run meet at the International Swimming Hall of Fame pool. Lots of new national records were swum. A few rain showers did not dampen anyone's spirit – we had a lot of fun out there.

The NC Short Course State Championships were held in Hillsborough this year on May 1 and 2. This meet yielded a number of NC records – you can read about them elsewhere in this newsletter.

As I am writing this, the people in Huntersville are gearing up to host the 2010 USMS 1-mile Open Water Championship on May 29. (Editor's note—see page 4 following for a report and photos from this event.) It is an honor to be hosting USMS championship meets, and North Carolina is not only hosting the open water championship, but also the 5K-10K Postal Championship. Look on the NCMS website under meets to find out how to participate in and register for this event. This is something entirely different to do – you can swim this in the 50M pool of your choice and get some of your team mates involved. That way you can time for each other and support each other – you should definitely give it a try.



Your board of directors has been working on several things recently. One of them is a meet schedule for the rest of this year and for 2011 as far as we know it now. This will enable us to add more events more easily, since we know which weekends will be spoken for. We have also revised the meet director's guidebook and it is available on our website. Four of our coaches will be attending Swim Fest 2010 which is held in San Diego June 4-6, they are: Sue Haugh, Patty Waldron, David Stephenson and Andrew Pulsifer. When they come back from this event, they in turn will put on clinic(s) for the other coaches in North Carolina, so that everyone can benefit from this. Lastly: we will have a **Short Course Meters** meet this year for the first time in several years. It will be held on October 16 and 17 at the Mecklenburg Aquatic Center and our very own Jerry Clark will be the meet director, so we know it will be well run. This is an exciting development for our LMSC – hopefully this meet will be very well attended, so it can become an "established" meet. I wish everyone a great summer, and above all: **HAPPY SWIMMING!**

GRETA

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Editor's Lane—by Joe Gosha

Everybody needs a coach!

I turned for home and the freestyle final leg of my 100 IM at last month's USMS SCY Nationals thinking that I was doing alright. My '6 days a week' training seemed to be paying off because I knew I had more left for the finish than I had had the last time I swam the event in Hillsborough. All of a sudden mid-breath I saw Patty Waldron standing on the side of the pool almost violently moving her arms in the same fashion I do when I am trying to tell the high school kids I coach to move their kick into high gear. I got the message and discovered that I actually had more left in my tank than even I had thought I had. I was really pleased with my time, and went right away to thank Patty for the support and encouragement.

Like the good coach she is, however, Patty wasn't done. She told me that she had made some coaching notes, and would share her observations with me as soon as I had swum down. When I came back after a really satisfying warm down (almost as good as taking off ski boots after a day on the slopes), I got back to Patty who told me three things: "You need to work on your underwater swimming, you need to flatten out your fly, and you need to breathe a little bit earlier in your freestyle stroke cycle." She then proceeded to tell me things I could do in my training in each of these areas to improve my technique. "Wow," I thought, "all this really great stuff and I don't even swim for MAC!"

Then I remembered the only other time I had swum at a USMS Nationals Meet (2005 LCM in Savannah), and I remembered how Jeff Dugdale, who then was a THAT Coach but who now also coaches for MAC, had done something very similar. What these two have done for me alone is enough all by itself to justify my USMS annual dues for the rest of my life, but the amazing thing is, I know that these coaches, and others like them, will do the same thing for me again.

I train alone. The pool where I swim in Concord does not have an age group club program, or a master's group. Some of the tri-athletes get together with a tri coach in the morning, but he is a new swimmer. I offered to start a coached adult workout every morning, but pool time is precious in this smaller pool, and the club had already committed to the tri coach. A couple of months back I drove to Huntersville on three separate occasions to see what traffic would be like if I decided to join one of the MAC programs. I discovered that there is not a waking hour that that drive isn't gruesome. (If I wanted LA traffic every day, I would move to LA.) So, I am still on my own. That fact makes what happened in Savannah five years ago, and in Atlanta last month, all the more significant for me.

Professionally, I am a minister. Last week I attended my denomination's annual convention where I shared several meals with a good friend who has long been a noted Pastor in our church movement. This man pastored several churches himself before becoming an overseer of many more churches. Along the way he has coached

several other pastors—some new to the field, and others who have had much experience. This guy was recently considering retirement but chose to take on another local church pastoring assignment instead. When I asked him how things are going, he told me that several factors were contributing to things at the church going very well. One of the first things he said was, "I've gotta great coach." When he saw my smile at his comment, he paused and said, "Like I've always said, everybody needs a coach!"

I am reminded that our immediate past LMSC for North Carolina Chairperson Jerry Clark oftentimes noted that our success in growing our local workout groups, and consequently our success in growing our statewide organization, will be based on whether or not we can identify, deploy and resource coaches in these various workout groups. I am convinced that Jerry had (and still has) it right. Coaches contribute more than we know to our success. Coaches count!

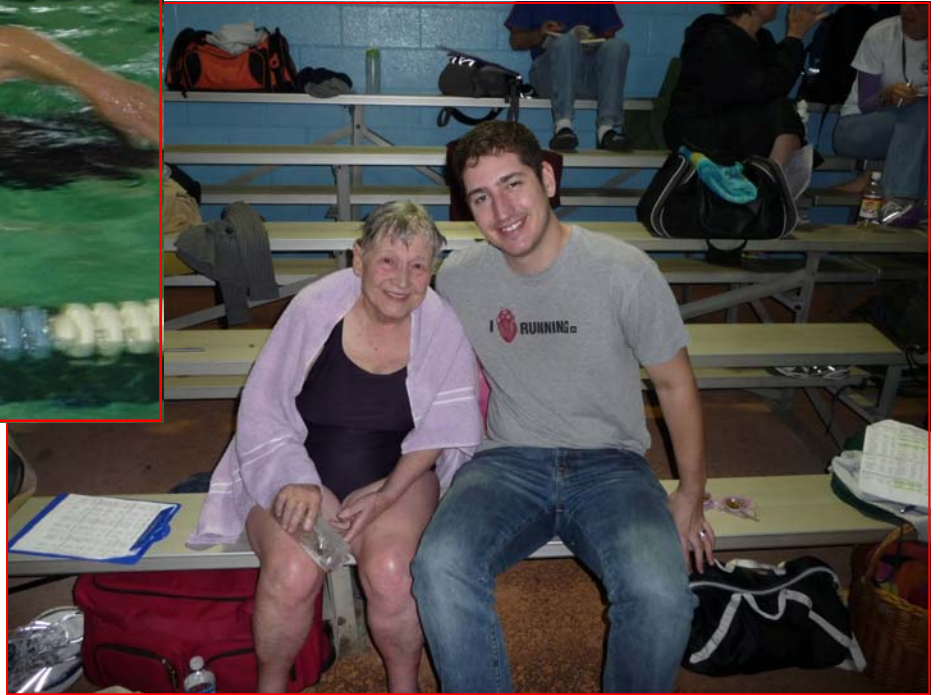
I had hoped to be able to spotlight an interview with Coach Chris Bowker from Bowker Aquatic in the Triad in this issue of ATL. Unfortunately, you will not find that article in this newsletter because I ran out of time and didn't get with Chris. Look for it next quarter though. You will, however, find a recap of the recently completed Spring Nationals mentioned above that has been written by RAM Coach Harry DeLong. Enjoy that article. And oh, by the way, the next time you see your coach, let 'em know you appreciate what they do for you.

Check out the USMastersSwimming Channel on www.youtube.com for some great video footage from the 2010 USMS SCY National Championships held last month in Atlanta at Georgia Tech. Look especially for the third day recap video hosted by Rob Butcher and Rowdy Gaines. In that segment, Jon Klein , Elizabeth Nowak, John Phillips and Carolyn Souther represent our club very well in an interview conducted shortly after they did an even better job representing us by taking third in the Mixed 45+ 200 Medley Relay.

Complete Nationals results can be found at usms.org/comp/scnats10/realtime/.

**Short Course Meters meet in Charlotte
Oct 16–17, 2010.
Same format as Sunbelt Meet**

Worthy of Recognition!!



90 year old competitor Juanita Willard from the Twin Rivers YMCA Masters workout group swam the 200 freestyle and the 50 breast-stroke at the Frank Clark Masters Open held in March in Greensboro. Here she is in the water, and with teammates and family.

Record Setting at a Record Setting Pace! – a report from LMSC for NC records chairperson Hans van Meeteren

The year 2010 has been a great SCY record year. The year started with 14 records swam at the Sunbelt meet in Charlotte. Top scorer was Russell Payne who swam four records in the 18–24 year age group. Six records were swam at the Frank Clark meet in Greensboro followed by 16 more records at the NC SCY Championships meet in Hillsborough. The Queen of the Hillsborough meet was Hannah Caldas who was very busy swimming six new individual NC records in ten swims. For the men Don Gilchrist was the leader with three records.

The record high point for NC was the SCY Nationals meet held in the Olympic pool in Atlanta. A total of 86 NC records were swum. Top scorers were Erika Braun and Jon Blank. Erika swam seven records and Jon five. They were followed by Elizabeth Nowak who set four records.

So, who were the absolute NC 2010 record toppers? There are many angles to answering this question. How do the records compare nationally? How competitive is the age group? Were records shattered or just broken by a small margin? Just looking at NC record books my conclusion is that the honor goes this time to the ladies. Both Hannah (30–34) and Erika (35–39) swim in very competitive age groups. Both hold seven records in their age group, all swam in 2010.

Many will argue that with the end of the “floating” swim suits era, we should not expect much record activity in the years to come. This may be true for SCY, however for SCM and to some extent for LCM there are great opportunities. There has not been a SCM meet in NC since 2005. This eliminates the swim suit issue. So, let’s all go to Charlotte on October 16 and 17 and set some records.

In the mean time, feel free to contact me at hans.vanmeeteren@gmail.com for questions, corrections, missed records For missed records, please provide date and place of the meet and, if possible, a link to the meet results of the meet where the record was swum.

Thoughts on USMS Short Course Nationals – 2010

May 2010 by Harry DeLong

It's all over, even the shouting. Short Course Nationals in Atlanta is done. North Carolina Masters had 123 swimmers signed to swim in a field of 1,971 total swimmers from 228 clubs around the country. NCMS placed 2nd to Georgia Masters by 20 points.

The competition was at an outstanding location, the Georgia Tech Aquatic pool. This pool was originally built for the 1996 Summer Olympics. Georgia Tech has completely enclosed the pool and added a first class Athletic facility. The host, Georgia LMSC, did a great job of setting up and offering welcome. The meet was generally well run, even considering the quiet start signals and the day of doom where the computers crashed.

Before I go further, I'd like to express my admiration for Patty Waldron, Joe Piscitelli and Cynthia Roeth from MAC for working on the deck at Nationals. I've known Patty for a brief time but Joe and Cindy were new to me and the four of us developed a rapport almost immediately. NCMS is lucky to have such coaching talent and will benefit in the long run with such talent on hand.

These notes are not a summary or a listing of the highlights of the meet, although some of that will occur. Rather it is a chance for me to express some of my thoughts about the meet and my perspective about how well North Carolina Masters Swimming did at the meet. Hopefully some lessons learned.

So to get started, I will list some significant results. The team set 6 individual National records and 3 relay National records. These are listed below. If you haven't gone to the USMS website and looked at the complete results, you really should. Be prepared for some awesome times. For more to be wowed, take a look at the new North Carolina Records online. A lot of new North Carolina LMSC records were set. A job well done NCMS Swimmers!

INDIVIDUAL

- Jon Blank – Men 50–54 100 Breaststroke. The new record is 59.94. Jon is the first man 50 or over to go below 1 minute.
- Clark Mitchell – Men 75–79 50 Butterfly in a time of 31.44.
- Nicholas Brunelli – Men 25–29 100 FR in a time of 42.62.
- Erika Braun – Women 35–39 100 IM in a time of 58.13.
- Cullen Jones – Men 25–29 50 Free in a time of 19.14. Nicholas Brunelli also broke the old record with a time of 19.40.
- Jon Blank – Men 50–54 200 Breast in a time of 2:13.77.

RELAYS

- North Carolina Masters Swimming – 'A' – W45 + 200 Freestyle Relay. The new record time is 1:42.32. The relay team consisted of E Nowak W46, F McEachran, C Souther W46 & S Walsh W48.
- North Carolina Masters Swimming – 'A' – M18 + 200 Freestyle Relay. The new record time is 1:18.32. The relay team consisted of N Brunelli M28, C Jones M26, N Westby M22, J Skuba M23.
- North Carolina Masters Swimming – 'A' – W45 + 200 Medley Relay. The new record time is 1:53.31. The relay team consisted of S Walsh W48, E Nowak W46, C Souther W46, F. McEachran W48.

In addition to records the team had 24 first places in the individual events and 8 first places in the relay events. These are listed below.

Kim Rice had one, Hannah Caldas had two, Jennifer Leiser had 1, Erika Braun had 2, Tanya Lane had 1, Elizabeth Nowak had 1, Nelson Westby had 2, Sue Walsh had 1, Cullen Jones had 1, Nicholas Brunelli had 2, Andrew Pulsifer had 1, Jon Blank had 3, Donald Gilchrist had 2, Clarke Mitchell had 2 and Dick Webber had 2 wins.

If we neglect the Mixed relays, the NCMS Women placed first and the men second. When you add in the mixed events, we end up with Georgia winning by a scant seven points. That spread of points is so close that anything could have swung the results to our advantage. I do know that Georgia did feel pressure from NCMS because they worked to bring swimmers in age ranges where we were not represented to ensure that they scored points where we could not. Smart thinking on their part.

So what could we have done differently or rather, what could be done in the future? Well first thing is we should have "T-shirts", or NCMS Caps or swim suits. I suspect "T-shirts" and caps would be best since most people have a preference for suits. Still, it might be an option. So what? Well it would certainly make it easier to see who is on the NCMS team in the midst of almost 2,000 swimmers. It would also bring a kind of unity, a presence, to the team when at meets. I think this might be better than having a banner and expecting everyone to sit there. Speaking of Banner. Can we have a North Carolina Banner that shouts, NCMS! The one we have now is nice, but I'd consider it the appropriate for a staid, mature team. Not a team full of such hot swimmers as NCMS.

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Thoughts... by Harry DeLong continued

Other things include a better way of letting people know about relays. We lost several, because people just did not know. We did our best to get the word out, but if we had a way of displaying the relays such that we let everyone know that would be better. Each swimmer at a meet which has relays should consider they may be in a relay and check with the coaches before assuming there are no relays or they are not in a relay. Another alternative is maybe the team should plan on putting together a mini newsletter which would be posted in a "Team" area. One for each day of the meet. Another possibility is to use a NCMS Facebook page. . This would reduce the need for paper and I think most people have internet experience. This page would be used for swim meets.

Let's also talk about missed events. At a swim meet like this, it's all about points earned. Each swimmer puts in a lot of time in training for the meet. Get the credit for the event. Typically as the meets progresses, people who have times not in the top 10 think that "I don't need to swim this event because it will not score points and I really want to save it up for the next event." Well, others think the same thing and they do drop their events, so your "non-scoring" may change, your competition decreases, and who knows, you may swim faster than you think. Let the other teams bail from their events. Go for it! We saw both of these situations time and again at the meet. So----- keep this in mind.

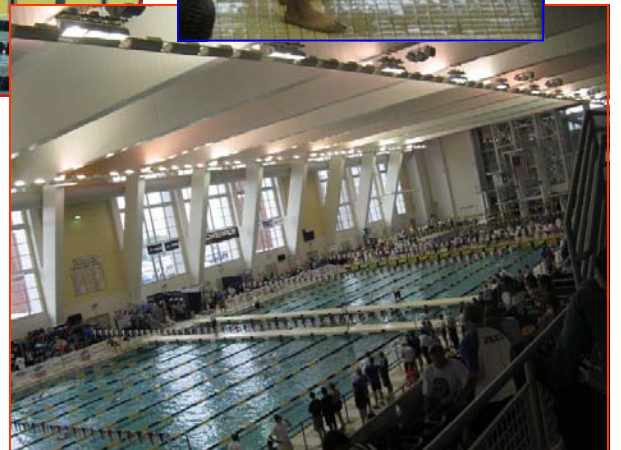
Before we go further, I'd like to say thanks to Jon Klein for tackling the task of putting together 77 relays. He did an outstanding job. Not an easy task and I know he did not please everyone, but I think it was a job that was extremely well done and not one that was easy. The next time you see him offer your thanks.

My last but not least item is work with the coaches. You may not know who is on deck but the coaches watch all races, make notes and take splits. A visit to them after an event could provide that bit of insight needed to improve a stroke or event. It could provide comments to take back to your workout group coach. Something to work on to improve your performance. Even the best swimmers need advice and suggestions.

Well enough of this stuff, now we briefly bask in the job well done then start again for the next hurdle. So, stay wet, stay healthy. Watching the swimmers in the 70 and over groups give reason to keep going. These folks just get faster and frankly they are just plain nice people. Go for it. Me, I'm shooting for a 90+ age freestyle swim of 1:30. A bit of time to go but that's long range planning!



Photos by Mark Mendendorp
Thank you Mark!





These pictures are all from the USMS 1 Mile Open Water National Championship event that was sponsored by our LMSC for NC and held on May 29, 2010 at Latta Plantation on Lake Norman in Charlotte.

Participating swimmers were sent out in 7 waves of 20 swimmers each, except that the 7th wave had less than 20. Seeding was fast to slow with the waves each going exactly out 1:00.00 after the preceding wave. The caps were coordinated with each wave: Wave 1 – white. 2 was light blue, 3 was purple, 4 was red, 5 was silver, 6 was pink and 7 was green. Jerry Clark, the meet director—along with Steve Watkins who has provided these photos, was able to get the caps from Kast-A-Way at a good price.

After the USMS one mile championship was completed, an awards ceremony was held – thanks go out to the volunteers who helped out with that ceremony. The meet host then let any and all the USMS swimmers participate in an additional “all comers” events (those not in the USMS event were given orange caps) in which the entire group was sent off together. The race was clockwise, with the first orange target buoy (rather than one of the yellow ones which were directional buoys) was 400 meters away. Those wanting to swim 800 meters simply went out to the first buoy and returned back to the finish area. Those that wanted to go 1600 meters total turned right at the first buoy and went 600 meters to a second orange buoy, then turned right and swam 600 meters to the finish area. Some elected to go around again, making their swim two miles. A number of the USMS swimmers participated as you will see in the photos showing orange caps plus the other colored USMS caps. Three of the USMS top finishing competitors who went back out with the “all comers” included Justine Mueller, Russell Payne, and Ian Clark, who had previously finished first overall in our USMS event. Another impressive ‘second performance of the day’ in the “all comers” event was logged by Chris LaBianco (35–39) who was third overall in the USMS race.

As can be seen in the photos, safety coverage was excellent. So was the chip timing system. This venue can accommodate many more contestants as proven by a very large annual triathlon event having been held here for at least the past 10 years. The event host wishes to continue as host of our USMS One Mile Open Water Championship event in future years. We hope so, too!

USMS 5K—10K National Postal Championship

May 15th was the first day of our very own NCMS–hosted USMS 5K–10K National Postal Championship, which event runs until September 15th. Two members of the Twin Rivers YMCA Masters team have already travelled to the Goldsboro YMCA 50M pool and completed the 5K swim. Other members of the team will also be swimming the 5K event. The event is organized for both individual swimmers, for relay swimmers, and for teams. Registration information for both the individual event and the relay event can be found at :

https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=2016.

The following information about this Postal event is excerpted from that site:

Objective: To swim 5K (5000 meters) and/or 10K (10,000 meters) in its entirety in any 50–meter pool you choose. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the 5K Postal and/or the 10K Postal event for competition, while others do it for fitness; all who wish to participate are welcome. The recorded time you submit determines the order of finish. If two or more swimmers report the same time, a tie will be declared.

Location: You may swim the 5K Postal and/or the 10K Postal in any 50–meter length pool. The 5K equals 100 lengths of the pool and the 10K equals 200 lengths of the pool.

Eligibility: This is a USMS–sanctioned event and all participants must be registered for 2010 with USMS (or the equivalent organization for non–U.S. swimmers). Foreign swimmers are not eligible for USMS records or All–American status. Entries submitted by mail must include a copy of your current 2010 registration card. Online entries will be verified automatically.

Individual Events: Men and women compete separately in age groups of five–year increments: 18–24, 25–29, 30–34,...100+. The swimmer’s age on the day he or she actually completes his or her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice, but must swim the event twice, once in each age group.

Relay Events: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men, 2 women). Each relay member MUST also enter the individual event and be registered with the same USMS Club. Unattached swimmers are not permitted on relays. The youngest relay member’s age shall determine the relay’s age group. Age groups are 18+, 25+, 35+,...95+. The cumulative time for the individual swims will be the relay time.

Club Event: Each Club will be entered automatically in the Club event. Club point scoring will be calculated based on Quality Points, which are ratios of each individual time to the corresponding USMS record for the gender & age group. The faster the swim the more Quality Points a swimmer earns. Club totals will be the sum of the Quality Points of its swimmers. Since every swimmer will receive Quality Points, every swimmer counts!

Rules: The 2010 USMS Rules govern these events. Tech suits MAY NOT be worn for this event per [USMS Rule 102.14.3 regarding swimwear](#) issued on 1/19/10. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 100 meters. The timing of the event may be done with a stopwatch or electronic timing device. One person may serve as a counter for no more than two swimmers per heat. A 5K split in the 10K postal event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 5K postal event; the events **must** be swum separately. No adjustment may be made for swims completed at altitude.

This is an opportunity for us to show everyone that our **NCMS SERIOUSLY ROCKS!**



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