



ACROSS THE LANES

The Newsletter of North Carolina Masters Swimming



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Chairman's Letter - by Jerry Clark

A milestone in our history has just recently occurred. The 1,000th person in North Carolina to join United States Masters Swimming this year was Teresa Sanchez who swims with DAMA in Durham. She registered on the evening of July 13th, 2009. We've had significant growth in 2008 and thus far in 2009, passing the 800 member mark early last year and climbing ever since. Contributing reasons might be the worldwide following of swimming that occurred during the Beijing Olympics plus consistent and better marketing by the USMS staff. Regardless of the reasons, WELCOME Teresa and all new swimmers to both North Carolina Masters Swimming and USMS.

As you train with your respective groups, you might become interested in entering a meet or two. In-state events available for our swimmers this and next year are:

- Last weekend in January - two day short course yards in Charlotte
- Early March - one day short course yards in Greensboro
- Late March - one day short course yards in Durham
- Mid April - two date State Championship short course yards in Raleigh
- Mid May - USMS one mile national championship open water in Charlotte
- Early September - two day short course yards + one day open water in Ashville
- Early December - one day short course yards in Charlotte

Out-of-state events within reasonable driving distance are:

- Mid-March - two day short course yards in Atlanta Ga
- Early May - 4-5 day USMS short course yards national championship
- Early June - one day long course meters meet at U of Georgia in Athens GA
- Early July - one day long course meters meet in Greenville SC
- Early August - 4-5 day USMS long course meters national championship
- Late October - 2 day short course meters in Columbia SC
- Early December - two day short course meters meet in Marietta Ga

I mention these events for two reasons. First, to encourage more participation at our local and nearby meets and second, to encourage more of our membership to enter a national meet, train for it and enjoy the experiences of racing with and watching some of the best Masters in the US in their events. At the short course national championship meet in Clovis CA this past May, NCMS had 19 women and men enter the meet, however 3 men dropped out before the meet commenced. At our long course national championship meet at the (fast) IUPUI pool in Indianapolis in August, only 2 women and 14 men are entered. We can and should have more people at these races. Experiencing a Masters national championship meet is fun and we always develop a spirit of camaraderie with other NCMS swimmers. The 2010 short course national championship meet is in Atlanta GA next May; put it in the back of your mind as a goal for next year.

Hearty thanks go out to John Mangrum in Raleigh for taking on the Top 10 and records keeping job for NCMS. We owe it to him to see that all meet directors send him a backup file of each meet. From now on, we'll provide instructions about this to anyone who obtains a sanction for a meet. John and Harry DeLong have been going over results from past meets to bring our NCMS records current; this is very much appreciated.

North Carolina Masters Swimmers—1000 Strong And Growing!

From the Editor... TRIATHLETES

Last winter I wrote about how my son had just begun swimming as a young adult, and how excited I was about the possibility of swimming together with him at Masters meets. Shortly after I wrote that article I contracted a case of shingles and as a result had to leave the pool for a season. When that happened, my son started backing away from the pool as well, and it ended up not being too long before he decided that he wanted to do something else (running) to stay in shape. He said words that I imagine every single one of us swimmers have thought to ourselves, have actually spoken out loud, or have heard others say. He said, "Swimming is so hard, and so lonely. With running at least the scenery is always changing, and I can actually use my MP-3 player while I'm training." Now, like so many others who run, he is also starting to get interested in triathlons as well.

With my shingles having subsided I have found my way back to the pool (actually more to the steam room and the Jacuzzi at the pool than to the pool itself), and what I have found is triathletes everywhere. In this past week alone I have been asked by three triathletes who know that I coach high school swimmers to look at their strokes and give them some pointers. On Monday, my entire workout consisted of showing runners and bikers who swim drills to insure that their elbows stay high, their lines stay straight and long, and their breathing isn't destroying either.

One triathlete comes to the pool with more and better swim training equipment than I have ever even seen. Watching him workout, I can tell that he has probably watched every instructional video Terry Laughlin and Bob Bowman have ever made. He is clearly a remarkable athlete, and clearly committed to becoming even better. He told me that he has received interest from corporate sponsors, but knows that the offers will become even more numerous and generous if he can just improve the swimming portion of his game.

The only advice I could give this athlete about his stroke was highly technical—I told him to 'raise his head just a twitch' to improve his alignment. (Highly technical? I'm kidding of course!) But then I did give him some real advice that he can actually use to his advantage. I told him to track down either one of two Master's Swimming coaches he is aware of in our area. Either of these coaches would be able to customize workouts for him that would take him to the next level. His stroke mechanics are actually quite good—now he simply needs help with applying his technique in a training regimen that will help him achieve his goals.

Our LMSC for NC Chair Jerry Clark has often stated that as an organization, we need to find ways to make membership in our organization more valuable to athletes whose primary sport may not actually be swimming—folks like the triathletes I have been working with at my pool, and like the triathletes you see and interact with at the pool where you train. Many of our members whose primary sport is swimming have branched out and started biking and running themselves. (Note the picture of well known Triad area Master's Swimmer **Mark Mendendorp** taken at a recent triathlon event he participated in.) That is certainly a great way to engage athletes whose primary sport is not swimming who could benefit from membership in our organization. Another way would be for our workout groups and their coaches to consider sponsoring clinics specifically for triathletes in their communities, knowing that such clinics could perhaps be one of the most effective marketing tools they have to grow their influence and their teams.



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Pearls from Key West or How to Finish the 12.5 mile Swim Around Key West

DAMA (Durham Area Masters Aquatics) had six swimmers enter the FKCC Key West swim on June 13, 2009. We had three solo swimmers including Kim Sarah Rice, Karen Fritchie and Matthew Davis as well as a three man relay team of Jason Mask, Joshua Eudailey and Joe Caruth. We wanted to share with others from NC the things we learned while training for the race to give others a small boost and nudge to get out there and try it next year. Five out of six of them had never done this race before or swam this distance at one time. Our solo swimmers all finished first in their age groups with Kim being first overall solo swimmer and our three man relay placed second in their division.

Here are our “pearls” in no particular order:



Practice long swims in open water if possible prior to the race. We chose the Eno Rock Quarry, Falls Lake at Beaver Dam and Jordan Lake with kayak support.

Prior to the race these swimmers all competed in other open water distance races this year to gain experience such as the Low Country Splash, 5280, Jordan Lake Swim, and the NC Open Water Championships at Seven lakes.

Shaded and reflective goggles are a must but we recommend practicing with them before the race to find ones that you can tolerate for 5–7+ hours straight. Taking them off during your drink and feeding breaks helps relieve pressure on your eye sockets.

Choose snacks and drinks that you have used previously for your feedings in order to find out what might upset your stomach. Some scents and textures are not favorable in salt water but it depends on preference.

A base tan might be reasonable to help prevent sunburn as no sun block is 100% in these conditions.

Bullfrog had the best outcome for us as far as brands but some of us also used zinc oxide. Plastic gloves for application will keep it off your hands but do not apply it where it will come in contact with your goggles and get in your eyes or blur your vision. Bring extra goggles! Zinc oxide rubbed off when we swam into kelp and sea grass and had to be removed later with baby oil.

Hydrate prior to the race while traveling and then every 20–30 minutes during the race if possible. Some were not able to take breaks through miles 7–9 due to the current. Full strength Gatorade is too salty considering the amount of salt water you will swallow during the race so choose G2 and water to drink and alternate them to prevent dehydration.

Try out the race suit you plan to wear on a long swim prior to race day to find out where your chaffing areas are and place body glide or vasoline in these areas. This is where your suit seams rub you and where your skin rubs.

To cap or not to cap was an issue since it was not required. The women decided to wear light colored caps to contain their hair while the men went without. Protect your scalp with sunblock if you don't have much coverage. Dark hair does not reflect heat well and a capless head causes drag. Remember that this is not a closed course. A colored cap will make you more visible to your kayaker and also to the other boats, surfers, kayakers, jet skiers, wave runners, scuba divers, snorkelers, fisherman and others swimmers you will encounter along the way.

Practice urinating while swimming on your long open water swims. You will not be able to skip this part and it is harder than it sounds to do this without stopping.

A string tied to your drink bottles will let you keep from dropping them and will allow your kayaker to reel them back in to keep from littering.

We used “Safe Sea” a sea lice and jellyfish repellent which seemed to be very effective but there were some differences in the preference of the order in which to apply the body glide, sun screen and safe sea.

Support kayakers must be able to practice themselves on maneuvering their vessel and keeping their swimmer on course. They must be able to navigate the depth map. Swimmers are not allowed to touch the kayak, stand up or draft off of the kayak in this race or they will be disqualified.

Take advantage of the current going with you along mile 3–4 and enjoy it while it lasts because once you get close to the channel you will be in for a rough ride.

Kayakers and relay members will need: big hats, sunglasses (polarized preferred), sunblock, drinks, snacks, stop watch, course map, and clothes to cover up with when they get too much sun. Wet wipes on board can help to get sun screen out of your eyes and goggles once it gets in.

We had a great time and hope to see you all in Key West next year! Thank you to Gail Rice who was a great resource to us and kayaker for her daughter Kim Sarah Rice.

NEW AQUATIC CENTER PLANNED FOR THE TRIAD

The following is excerpted from the May 13, 2009 edition of the Yes Weekly publication

“Aquatic center to be built near coliseum

The Greensboro City Council has greenlighted plans to build ... a competitive aquatic complex at the Greensboro Coliseum Complex.

The council ... decided to locate a regional competitive aquatic complex on the coliseum property,... The plan approved is estimated to cost \$17.1 million, but only \$12 million in parks and recreation bond funds approved by voters last year are available for the project. Council members hope the economic downturn will allow the city to negotiate bidding at a lower cost than the estimate.”

LMSC for NC Board member Don Gilchrist has been one of the leaders spearheading the movement lobbying and planning for this regional aquatic complex. He has said that while he doubts that the complex will be ready for the 2012 US Aquatic Sports national convention to be held in Greensboro, the complex when operational will certainly be a terrific boon helping to boost the economic well-being of the Triad region.

NC Masters Swimmers at the USMS Short Course Nationals Meet held in Clovis, CA this past May 7-10, 2009

Our combined North Carolina Master's (NCMS) team with 9 men and 7 women swimmers placed 6th in the Regional Teams category. To find specific results for this National Championships meet, point your web browser to www.usms.org, then click first on the 'Competition' tab along the top of the page, then on the Nationals tab on the left hand side of the page, and then scroll down to click on the '2009 USMS Short Course Yards Nationals' link. The page that link takes you to provides not only the results of the meet, but also to great photos and video coverage from the event as well.

Looking at the results, you will find that our relays teams turned in some very fast times, as did many of our team members in their individual swims. Our relays, which are usually put together by Jon Klein, were organized in his absence from this meet by our LMSC for NC Chairperson Jerry Clark. Looking at the results, Jon later congratulated Jerry for the 'awesome job' in putting the relays together.

If you have never been to a Nationals meet before, check out next year's events scheduled for Atlanta, GA (SCY) in May, and San Juan, Puerto Rico (LCM) in August on the same web site. You will also find information there about the FINA Masters World Championships to be held next summer in Goteborg and Boras, Sweden.

Pictured below are members of our NCMS Team who competed together (and a handful of friends) at the meet in Clovis. From left to right are: Laura Crawford, Heather Hageman, Danielle Brewer, Melanie Keel, Jerry Clark, John Phillips, Steve Robling, Morten Anderson, and Noel Brewick.



Editors note—With all of the brouhaha these past many months now about high tech 'swimsuits' (you know, the kind that float on top of the water even though massive amounts of kilograms are placed on top of them—or in some of our cases, in them), this article written by Raleigh Area Masters Coach Harry DeLong last summer seems appropriate. Enjoy!

Life, Liberty and the Pursuit of that New Swimsuit

By Harry DeLong August 2008

Life – that thing we do when away from swimming. You know, family, meetings, meetings, meetings and then a panic pace to make up for all the meetings, then family. Or put differently, family, diapers, cook, clean, enjoy the smell, and other family stuff we don't need to discuss. Each day we do the things that someone, maybe ourselves, have to do to make ends meet, we also have families and all that entails. Now, at the end of the day, we are done. Now we may crash with no motivation, we are beat, exhausted. A nice cold beer, feet up, the mind numbing screen activated, nice thought. Right? Nope! Don't do that.

Most of what we feel is mental exhaustion or frustration or both. This is not physical exhaustion. Most of what we do daily isn't really all that physically demanding, just repetitive or just plain mind numbing. What we really need is activity. Activity to push the mental mud, the frustration, and maybe the anger out of the system.

Work with the family to find the time, the liberty, to come to practice, see the cheerful coach, chat with the lane mates, put the problems away from the pool in the background and get into pleasurable enjoyable activity the coach has prepared. Out of this effort, we can get a better quality of life, better health, and a better attitude. We can agree that physical fitness is good for us we need to understand that it can also contribute to an improved attitude. It has an effect on the emotional part of our life and on how we deal with others. The act of letting go and working on something physical can be a boost to how we feel emotionally. The mental rest can and usually does help in what's happening with the stuff we deal with away from the pool. Now if that's not enough incentive, here is the final piece that should do it.

The new swimsuit. It may not have been seen, but it's there. It will look good. The right color, the right fit, we've never looked better. Don't bother about the odd place or two we think may be on the body. The suit will look good and – it will look better the more you swim! Can't beat that.

So here's the choice. We can stay at home, focus on the stinky stuff, behave like we are focusing on the stinky stuff, not win any awards for personality with the spouse and the kids (let's not forget what behavior lessons we are teaching the kids) or, we can crawl to practice, lose the attitude, be greeted by the cheerful coach then be welcomed home. We earn the new suit! We get better, the family gets better, we are greeted by the other half with pleasure and the kids (unless they are teenagers, but that's another story). Wow! A wave of pleasure.

OK, I'm delusional. But the facts are still true, we need to come to practice when wasted. The practice should help to flush out many of the emotional problems. That done, and everything else in life has a chance to get better. The spouse really wants to be near someone upbeat not down beat, the kids want someone that's enjoyable to be near. We really do want to be more upbeat and we really do want that new suit. Let's also not forget we also do want that *Eau de toilette* we get when we swim.

Added incentive, a new suit does make us faster, at least for a while



Basic Swimming Rules – related to ‘pool competition’ starts, turns, and finishes

Masters swim meets are conducted according to FINA Rules, thus swimmers are required to conform to specific requirements with regard to race and post-race procedures. It behooves all swimmers who wish to enter competitions to become fully conversant with the rules that pertain to their events so that they avoid disqualification. Club coaches are requested to address the technical aspects of racing regularly in training. The following is a list of the most common reasons a Masters swimmer might be approached by the referee at the completion of an event.

1. The Start:

(a) If you swim in the wrong heat/lane, you will be disqualified. Follow the marshal’s directions carefully, and when you go on to pool deck for your race, double check with the timekeepers if practicable. If electronic timing is being used, check the scoreboard for your name as you walk up to your block.

(b) On the command from the starter, ‘Take your mark’, adopt your starting position. The rules require that you then remain stationary until the starting signal. This applies to Backstroke starts as well as dive start. If you move, you will be disqualified. The starter will not start the race until all competitors are stationary, so be patient, and remain alert. There are no second chances. Do not attempt to anticipate the start!

(c) The Breaststroke start allows one full arm stroke and one Breaststroke kick underwater. New rules also allow a dolphin kick (basically a body wave) in conjunction with the long underwater arm pull. **(See next page for recently adopted USMS rules relative to dolphin kicking allowed in breaststroke events.)**

2. Turns:

(a) Breaststroke and Butterfly rules state that the touch must be made with both hands simultaneously. If you do this without fail in training, it is highly unlikely that you will transgress in competition!

(b) Backstroke rules require the swimmer to remain on the back at all times except on the turn. The swimmer can roll onto his/her front to turn as long as they do not kick while on the front and, apart from the arm stroke that initiates the roll, does not perform more arm strokes.

(c) Medley: Turn 1 Fly to Back – 2 hand touch. Turn 2 Back to Breast – Must touch on the back. A backward tumble is allowed, but the swimmer is not allowed to roll onto their front to do a front tumble. Turn 3 Breast to Free – 2 hand touch.

3. Finishes:

(a) Make sure you actually touch the end wall!

(b) The Backstroke touch must be on the back – a roll on to your front will result in automatic disqualification.

(c) In Breaststroke and Butterfly, the swimmer must touch with both hands simultaneously.

(d) If you find yourself slightly short of the wall in Fly, you will be disqualified if you do a mini underwater Breaststroke pull to get to the wall. Your options are either to do a small quick Fly stroke with arms recovering over the water, or hold the arms outstretched very still and do an extra dolphin kick.

(e) Likewise for Breaststroke, if you are short, you need either to glide or do another full stroke cycle – arm stroke and kick.

4. End of race:

Remain in the water and stay in your lane until the whistle signal to exit. If electronic timing is being used, keep away from the touch pads. If you leave the water before the signal, you are likely to face disqualification.

This is not an exhaustive list of FINA rules, but covers those most commonly contravened in local competitions. If you have any queries, clarify the situation with the referee before the commencement of the meet. The ‘take home message’ is, learn, then practice the skills in training, and perform all training sets according to FINA standards.

Rules presented by Kathy Heenan – Adelaide Australia – Forwarded to NC Maters by John Mangrum. To see a list of all current USMS rules (which could possibly vary from the above in minor detail), check out www.usms.org.

New Rules related to dolphin kicking during breaststroke and butterfly events

At 2009's first USMS Official's Committee Meeting held in March, several questions were addressed on the butterfly kick rule. This rule is unique to masters swimming and is a key difference between our rules and the rules of other federations. Aspects of this rule should always be emphasized at pre-meet briefings.

1. A single breaststroke kick is permitted after the start and after each turn before taking a stroke. Multiple breaststroke kicks are not permitted before taking a pull. There is no limit to the number of butterfly kicks before taking a pull. (See related question below.)
2. Multiple breaststroke kicks are not permitted without an arm pull.
3. The breaststroke and butterfly kick may be used interchangeably throughout the race. Therefore, all of the following are permitted.
 - A breaststroke kick followed by a downward butterfly motion.
 - A breaststroke kick followed by multiple butterfly kicks.
 - A butterfly kick followed by a breaststroke kick.
4. A breaststroke kick is permitted prior to the touch at the turn or the finish and does not need to be followed by an arm pull.

Question: Are swimmers permitted to kick butterfly in a butterfly event without pulling?

Answer: Yes. The rules permit this action since they do not define a "cycle" in butterfly as they do in breaststroke. However, keep in mind that the swimmer may only kick underwater for a distance of 15 meters after the start and after each turn. If the arms move apart or in a downward direction, they must recover over the surface of the water.

Nothing Like the Open Water

Open water events provide freedom, fun and a challenge to all kinds of Masters swimmers. What is an open water event? An open water event is any swimming event that takes place in a lake, a river, an ocean, a quarry or any other body of water other than a pool. "A pool doesn't compare to the open water," according to Mark Gill of Swim Kentucky Masters. "Open water is free of the restrictions of lane lines and walls, pace clocks and scoreboards. There is a certain enjoyment that is found in open water events that is different from pool events"

The concept of open water swimming can seem daunting, so how does someone get started? "If you are at a beach and decide to swim out to the first buoy and back, you have just completed an open water swim," says Mark. Open water events are often coupled with iconic distances, locations and landmarks: a swim around Manhattan, the English Channel, or around Key West." **(see the Article on page three of this issue of *Across The Lanes* about NC Masters participating in this year's Key West swim).** "Many open water swimmers set completion goals rather than goals measured in time standards, much like running a marathon. People understand when I tell the I completed the Alcatraz swim. They know what the distance is, they can visualize the conditions, they do not care how fast I swam it."

Open water events can host thousands of athletes at one time. As a successful open water events coordinator, Mark says "I can run one event for a thousand athletes and be finished and socializing in two hours. Open water events are fun because everyone starts together and everyone sticks around after the event to enjoy the location and their fellow swimmers." Open water events allow many participants to swim together, creating a challenging but fun atmosphere.

As open water challenges continue to grow in popularity, Mark hopes to see more open water clinics and educational materials to bridge the gap between pool swimming and open water swimming. U.S. Masters Swimming hosts five open water championships and sanctions countless events every year. For more information regarding U.S. Masters Swimming Open Water Championships visit www.usms.org/comp/idcalendar.php.

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Be sure to check out the following websites for specific information regarding upcoming events in particular, and for news and features in general, relative to Masters Swimming: www.usms.org
www.ncmasters.org



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