



Across The Lanes

THE CHAIRMAN'S LANE by Fritz Lehman

It's customary for several of us to have a bagel and coffee after Saturday morning's workout. As many people know, the coffee and bagel are what gets me to workout. We've had many different conversations. This Saturday the topic of the world being small came up. It's occurred to me that being a swimmer makes it even smaller. I started telling some stories that I thought I would share with everyone.

When I first started to compete again, one of the first meets I went to was the Charlotte Sunbelt Championships. I hadn't been to many meets and was still working out mostly by myself. So when I went to Charlotte, I didn't expect to know very many people. Walking down the pool deck I just happened to look over at the bleachers, and who did I see but Suzanne Robbins-Bonitz. I hope this doesn't embarrass her too much, but I've known her since somewhere around 1973. Of course I called her Mrs. Robbins back then because at the time I was going to high school with her son Chris. Chris and I are the same age and swam on the high school team together. Suzanne had moved to the Wilmington area a couple years ago since she recently married a North Carolinian. Like me, she too was sitting there thinking she wouldn't know very many people at the meet. Suzanne certainly didn't expect to see me. We laughed and talked about what a small world it is.

At Nationals in Baltimore, I was getting ready to swim the 50 backstroke. I noticed the name of the guy next to me, and it seemed very familiar. Some friends of mine knew him, but they couldn't help me place how I knew him. As I walked up behind the block, he looked at me and asked if I remembered him. Since I couldn't place the face, he reminded me of a meet in 1970 when we were 12 years old. He'd noticed my name in the pre-meet entries and thought he knew me. So he dug out a bunch of old swimming stuff, and my name was on an old heat sheet. As soon as he men-

tioned the meet, I remembered him. It was sort of an invitational where 11-14 year olds came from different regions of the country. We all stayed in a dorm, and he was my roommate for about an hour before the administrators decided to put me in with another guy from Oklahoma. We laughed, after the race of course, and talked about what a small world it is.

This past weekend in Charlotte, I presented the awards for Outstanding Swimmer, Volunteer of the year, and Inspirational Swimmers. Most of the people receiving the awards I knew, some better than others. One of the people I thought I knew the least was Milton Gee. Milton, however, knew me much better than I knew him. Later in the day when Milton was in the warm down lanes, he called to me and wanted to talk. It turns out that Milton served in the military with my father, and we were stationed together in Germany back in the early 60's. Many years later after my parents were no longer married, he even went out with my mother! It really is a small world.

So, pay attention to who's at workout or who's at a meet. You never know when someone is going to walk up and say "Don't I know you?"

IMPORTANT ADDRESS CHANGE REMINDER

George Simon, our LMSC registrar, requests that members please remember to update him on any e-mail or address changes. E-mail from our organization will only be sent for notifications of events, Newsletters, or other official business for our North Carolina Masters organization. To avoid spam and viruses your e-mail address will not be given to others. Most e-mail will come directly from George. Also, since our LMSC will resume providing the Newsletter via snail mail, your postal mailing address is equally important for our Newsletters as well as *SWIM* magazine. George's e-mail is registrar@ncmasters.org, or he can be reached at the return address for this newsletter.

THE SECRETARY'S LANE by Sally Newell

LMSC for NC Meeting 26 January 2002 Charlotte, NC

Present: Artie Newcombe (Gaston Gators), Ceil Blackwell (RAM & Top Ten), Jay Holshouser (RAM), Kirk Canterbury (MAC), Suzanne Coneys (MAC), Stafford Gray (TMS), Jim Enyart (WAM), Beverly Amick (AWSM), Jerry Clark (CMS), George Simon (RAM & Registrar), Fritz Lehman (RAM & President), and Sally Newell, Secretary.

The minutes from the last LMSC meeting at the Hillsborough Fall Invitational were reviewed and approved.

George Simon reported that NC Masters registration is lower than that of last year. There are currently 518 registered swimmers. New teams are MAC Masters and WNCY which is in Asheville.

Fritz brought up the topic of the turnover in our membership. Perhaps, if we knew the reasons, we might be able to correct/change what we are doing and therefore see our membership grow. George will furnish Fritz with a list of former members who will be contacted and asked why they did not renew their membership.

The Treasurer's Report was provided by Fritz in Sue Haugh's absence. The End-Of-Year Checking Account Balance: \$7137.63 Money Market Account Balance: \$4,203.63.

Old Business: The criteria for the NC LMSC Outstanding Swimmer, Inspirational Swimmer, and Volunteer Awards will be published in the Fall Newsletter prior to voting time.

The great looking NC Master long-sleeve shirts and caps seen at the Charlotte meet were ordered through Kast-Away. Jerry Clark made a motion that the LMSC empower Beverly Amick to order additional shirts and National caps. Ceil Blackwell seconded this motion.

New Business: Fritz suggested that a LMSC handbook be established. The Handbook will include administrative information such as the By-Laws. Suzanne Coneys volunteered to organize this handbook.

Fritz suggested that an Awards Committee be established to investigate the criteria for the National Awards that are presented at the annual USMS Convention. NC Masters includes individuals whose participation and contributions are worthy of national recognition.

Our LMSC tax status requires clarification. Jerry Clark will look into this matter.

Beverly Amick volunteered to organize arrangements (hotel) for Y Nationals. Those Masters planning to compete at the Y Nationals should contact Beverly.

All meet results need to be sent to Ceil Blackwell, the NC LMSC Records Chairman via meet manager format.



NCMS SHIRTS AND CAPS

By Bev Amick

Another order for the black long sleeve 100% cotton T-shirts with the NCMS logo embroidered on it in green and white as well as more caps will be placed soon. If you have not already ordered and purchased these items, you might want to consider placing an order with me as soon as possible.

These items will be delivered to the Raleigh meet in April. National caps will also be available free of charge to any swimmer competing in a national competition. Please email me to place an order. T-shirts cost \$22 (Med, L, XL) and \$23 (XXL). Caps cost \$3.50. Remember, if you are going to Nationals, I need to know in order that enough National Team caps will be purchased.

Please mail checks to: Beverly Amick; 300 Deerglade Road; Winston-Salem, NC 27104. If you have any questions, I can be reached at 336-659-8735 or at bevamick@mindspring.com.

CHARLOTTE SWIMMASTERS SUNBELT CHAMPIONSHIPS HIGHLIGHTS

January 26 and 27

By Bernie White

With all of the events this past year, I projected that the attendance would be down this year. What a surprise to have the most swimmers ever in attendance. There were over 205 swimmers from Florida, Georgia, South Carolina, North Carolina, West Virginia, and New Jersey. The competition was great in all age groups (25 thru 94). We had projected maybe 50 people would attend the social, but we had a record number (75). As meet director, I want to thank all of the Charlotte volunteers who made this meet run like a "fine tuned" machine.

Jerry Clark, after talking with some of the older hands about the Sunbelt meet in Charlotte, reports that the meet actually began in 1974! So the meet is much older than the 18 years Jerry was aware of. It has been held at the Johnson Memorial YMCA, Winthrop University, The YWCA in Charlotte, Mecklenburg Aquatic Club in Charlotte and now at the Mecklenburg County Aquatic Center.

New Dixie Zone records were set by the following:

Women	45-49	100 Breast Ginny Eiwen (CM) 1:15.21	Men	19-24	100 Back Jonath Waldenmayer (CSM) 53.16
Women	55-59	200 Back Jeannie Mitchell (PEAK) 2:53.57	Men	50-54	100 Fly John McCall (ORLM) 55.44
Women	90-94	50 Back Bette Hoffmann (RAM) 1:52.55	Men	50-54	400 I.M. John McCall (ORLM) 4:50.83
			Men	60-64	200 Fly Dick Kitchell (UNA-NC) 2:38.18

During the Sunbelt Championships, Fritz Lehman, Chairman, presented the LMSC's annual awards for 2001. The Outstanding Swimmers are Sally Newell and John Kortheuer. Recognized as the Most Inspirational Swimmers are Boyd Campbell and Milton Gee. Jim Enyart received the Volunteer of the Year Award.



PERFORMANCE APTITUDES AND ATTITUDES

The Creation of Velocity with Recovery on Freestyle *Mark Cresswell ASCA Fellowship Program*

In September of 2000 after leaving the ASCA clinic my intent was to write a paper on the merit of a straight-arm recovery for freestyle. In short, this paper would contain a scientific explanation of why a straight-arm recovery would indeed create velocity and simultaneously provide more power to the anchor arm. This would be followed by guidelines, based again on mathematical models and physical laws, outlining when a straight-arm recovery would be most beneficial. And perhaps conclude with a suggestion of the steps necessary to teach this 'new' concept.

The aforementioned scientific explanation was to be a crucial part of the successful presentation of this "revolutionary" concept. First, I was under the assumption I had come up with something new. I began considering the idea of straight-arm recovery as a means to create velocity in August of 1997 while attending a USA Swimming clinic presented by Bill Boomer. My idea was spawned from one of Bill's many "epiphanies." While he spoke of potential and kinetic energy and the transfer of energy, my mind wandered to engineering physics 101, a class I had done nearly everything to forget! If this transfer of energy is possible, I had just had an epiphany of my own. The more potential energy to transfer to kinetic energy, assuming the correct body posture and balance, the faster one could swim! As the lecture neared an end, excitement built as I decided to discuss this idea with Bill. After a brief discussion he did indeed confirm my concept was correct. I had just come up with something revolutionary, a "new" recovery for the freestyle. Almost four years later and after much research and discussion, I am now closer to understanding the statement, "Ignorance is bliss."

Not until Michael Klim and Pieter VanDenHoogenband established themselves and their swimming styles did I realize any other coaches were onto my "new" discovery. Then in the 2000 ASCA program I noticed Nort Thornton was to give a talk on a type of freestyle recovery that sounded very similar to my "revolutionary" idea. But that was still all right. After all, there are worse things than being in the same company as Coach Thornton. He has been at the forefront of freestyle since coaching Matt Biondi throughout the 80s and again with Anthony Ervin some 20 years later.

After briefly speaking with Coach Thornton in Cincinnati

and reading his lecture notes I realized the concept of a straight-arm recovery was not as revolutionary as I first believed. Further discussion, observation and research only confirmed my now growing suspicion. The idea of a straight-arm recovery was at least over 50 years old. Red Silvia had taught a straight-arm recovery to his swimmers as early as the 1940s. So now with the new realization it seemed my project was sinking before it ever really began.

At this point, it looked as though my choices were to either proceed with a report on the straight-arm recovery or I could go back to the 'drawing board' again. After watching countless tapes of world-class Freestyle swimmers I realized I had observed three different types of recovery. The best distance Freestyle swimmers (Eric Vendt, Chris Thompson, Kieren Perkins, Grant Hackett, Ian Thorpe) all used the traditional bent-arm recovery while the most dominant sprint Freestyle swimmers (Michael Klim, VanDenHoogenband) used the straight-arm recovery. However, a third type of Freestyle recovery was observed at the 2001 Men's NCAA Swimming Championships. Used by Anthony Ervin, it is a cross between the traditional bent-arm recovery and the straight-arm recovery. For a point of reference I will refer to it as the "high-arm" recovery. The remainder of the paper will consider the merits of these three types of recoveries, where they are best used and why, and finally present a concern in the use of the straight-arm and high-arm recoveries.

The traditional recovery works very well with distance freestyle events. It is no accident the world's top distance swimmers all use this type of recovery. First, the bent-elbow recovery allows the swimmer to relax the arm and conserve energy during the recovery phase of the stroke. Second, and perhaps more important is the fact a distance Freestyle swimmer must maintain a longer body posture in the water relative to a sprint Freestyle swimmer. This conclusion is reached from hydrodynamics and shipbuilding. From these two areas of study we know a longer body will better maintain velocity while traveling through the water than a shorter body. This fact, combined with the lower stroke rates used in distance Freestyle races force the swimmer to have more of an overlap in the recovery arm versus the pulling arm. This overlap minimizes the ability to gain an advantage from a straight-arm recovery. The greatest advantage from a straight-arm recovery is when the arms are at a 180-degree angle. This allows for the maximum transfer of potential energy from the recovery arm to kinetic energy in the pulling arm. As the angle

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between the recovery arm and the pulling arm decrease the amount of energy transferred from potential energy in the recovery arm to kinetic energy in the pulling arm also decreases. The conservation of energy during the recovery phase and the minimization of energy transfer due to a smaller angle between the swimmer's arms have led the world's best distance swimmers to use the traditional recovery.

A sprint Freestyle swimmer will find much more benefit than a distance Freestyle swimmer from the use of a straight-arm recovery. This is in part due to the sprint Freestyle swimmer's ability to maintain a higher stroke rate. A higher stroke rate throughout the race allows the focus to shift from conserving velocity to creating velocity. This shift is accomplished by using a greater angle between the recovery arm and the pulling arm. The greater angle between the recovery and pulling arms allow for greater transfer of power from potential energy in the recovery arm to kinetic energy in the pulling arm. Furthermore, due to the duration of time a sprint Freestyle swimmer will race relative to a distance Freestyle swimmer (19 to 41 seconds vs. 14 to 15 minutes), the conservation of energy on the recovery phase of the stroke is much less significant versus the creation of velocity. The increased potential for energy transfer from the recovery arm to the pulling arm, coupled with the focus on creation of velocity have led the world's fastest sprint Freestyle swimmers to use the straight arm recovery.

The final type of Freestyle recovery observed was the high-arm recovery. This recovery was observed at the 2001 Men's NCAA Swimming Championships. Anthony Ervin used the high-arm recovery to tie the American record in the 100 yard Freestyle. Similar to the straight-arm recovery, the high-arm recovery still allows for the transfer of power from the recovery arm to the pulling arm and may address many swimmers' and coaches' biggest concern relating to the straight-arm recovery.

Neil Walker first mentioned this concern during a discussion on the merits of the straight-arm recovery. His concern was, "What about the entry and the catch?" Won't a straight-arm recovery mess this up?" This is a very genuine and real concern. Neil felt he would not get a smooth entry and good catch using a straight-arm recovery and a straight-arm entry. It is important to note the transfer of power in both the straight-arm and high-arm recoveries occur when the recovery arm is above the swimmer's head. Once the swimmer's recovery arm is past his head, the transfer of energy has happened and the elbow may be bent to assure a smooth entry a valid concern. However, the transfer of potential energy into kinetic energy has already occurred when the recovery arm has passed the swimmer's head, and this allows the swimmer and coach to use the entry position they feel will give the smoothest entry and best catch.

The swimming world has many different Freestyle events, ranging from the 50m and 50 yard sprint to the 25,000k open water swim. The concepts and the three different recoveries discussed here bring together ideas used by different swimmers and coaches dating back to the 1940s. Each recovery has its place in the swimming world. While each type of recovery is best suited to a particular distance, no one type of recovery is "right" or "wrong." Every swimmer is unique and will eventually find the style they are most comfortable using. There have been numerous World-class Freestyle sprinters who use the traditional bent-arm recovery (Matt Biondi, Alex Popov) and perhaps the greatest woman ever to swim a distance Freestyle race used the straight-arm recover (Janet Evans). Take these ideas into consideration and experiment to find the style that is best for you.

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USMS 2001 NATIONAL TOP TEN - LONG COURSE METERS

by Ceil Blackwell, NC Top Ten Chairperson

Listed below are North Carolina swimmers who were ranked among the USMS TOP TEN for the 2001 Long Course Meters season. Please contact Ceil Blackwell (919) 787-8324 or e-mail ceilb@aol.com if your name or an event has been omitted from the following list. Also, please note that copies of USMS Top Ten and Records are available from the USMS National Office, PO Box 185, Londonderry, NH 03053. A year's subscription is \$15 (SC Yards, SC Meters and LC Meters). Individual issues, as well as back issues, are available for \$7 each. Results can also be found on the USMS web site at www.usms.org.

Top Ten patches with stroke segments are available for \$5 to all persons on this list. Send your order to Thomas Gorman, 3369 Desota Ave., Cleveland Heights, OH 44118. email trgorman@att.net. Additional stroke segments are available for \$1.25 each.

Special congratulations to our swimmers who ranked first in the nation for their age group in one or more individual events : Richard Bober, Boyd Campbell, Todd Desorbo, John Kortheuer, Fritz Lehman, and Jeannie Mitchell.

Age Group	Swimmer	Place / Event
Women		
19-24	Lara Horton	7 th 400m IM
25-29	Liz Sullivan	3 rd 400m free, 4 th 100m back, 5 th 200m back, 6 th 200m free, 9 th 200m IM
30-34	Heidi Williams	6 th 400m free, 6 th 1500m free
45-49	Beverly Amick	3 rd 800m free, 4 th 200m free, 4 th 400m free, 4 th 100m fly, 4 th 200m fly, 6 th 100m free, 10 th 100m back
	Ann Sims	10 th 1500m free, 10 th 200m breast
	Debbie Wilson	9 th 1500m free
55-59	Jeannie Mitchell	1 st 100m back (1:27.79), 2 nd 50m back, 3 rd 200m back, 3 rd 200m IM, 6 th 200m free, 9 th 50m fly
60-64	Ceil Blackwell	7 th 100m back, 9 th 50m back, 10 th 200m back
	Sally Newell	4 th 50m breast, 4 th 100m breast, 5 th 200m breast, 5 th 50m free, 5 th 50m back, 7 th 200m IM
Men		
19-24	Todd Desorbo	1 st 200m fly (2:16.96), 2 nd 200m back, 4 th 200m free
30-34	Brian Doan	5 th 50m breast, 6 th 100m breast
40-44	Fritz Lehman	1 st 50m back (28.81), 1 st 100m back (1:02.61), 4 th 200m back
45-49	Kevin Facchine	7 th 200m fly, 9 th 400m IM, 9 th 50m fly, 10 th 400m free, 10 th 800m free
	Hill Carrow	6 th 200m fly, 10 th 100m fly
50-54	Richard Bober	1 st 50m back (31.22), 1 st 100m back (1:08.21), 1 st 200m back (2:28.85), 4 th 50m free
60-64	Jerry Clark	2 nd 100m free, 3 rd 200m free, 3 rd 400m free, 3 rd 800m free, 5 th 50m free
65-69	Kirk Canterbury	9 th 200m back, 10 th 2000m free
	Clark Mitchell	3 rd 100m back, 3 rd 200m back, 9 th 50m back
70-74	John Kortheuer	1 st 50m breast (37.98), 1 st 100m breast (1:29.47), 1 st 200m breast 3:32.46), 2 nd 50m fly, 4 th 50m free
	Dick Webber	6 th 50m free, 6 th 100m free, 8 th 50m fly, 9 th 200m IM
90-94	Boyd Campbell	1 st 50m free (1:22.24), 1 st 100m free (3:04.71), 1 st 400m free (14:12.19), 1 st 50m back (1:28.49), 1 st 100m back (3:13.42)
	Harold Hoffman	3 rd 50m free

NC MASTERS TO COMPETE AT FINA WORLD MASTERS CHAMPIONSHIPS

Sally and Sam Newell, Woodie and Jerry Clark, and Dick Kitchell (Dick's wife has a prior obligation and can't go) are going to the 9th FINA World Masters Swimming Championship in Christchurch New Zealand, March 24 - 30, 2002. They have temporarily transferred their registration to Walnut Creek Masters in order to belong to a larger team for relay purposes. The coach of that team is Kerry O'Brien, and he is providing specialized workouts for the three leading up to this meet. The swimmers were recently informed that Nike is outfitting the WCM team with warmups for this meet.

USMS 2001 NATIONAL TOP TEN - LONG COURSE METERS (Continued)

2001 USMS TOP TEN LONG COURSE RELAYS

Age Group	Place / Relay Team Members
Women	
100+ 400m free	1 st (4:27.84) Megan Andrews, Adrienne Tello, Sharon Eckert, Michelle Duval
200+ 200m free	4 th Beverly Amick, Jeannie Mitchell, Sally Newell, Kim Stott
200+ 200m medley	1 st (2:35.68) Jeannie Mitchell, Sally Newell, Kim Stott, Beverly Amick
Men	
100+ 400m free	1 st (4:25.62) Todd Desorbo, Edison Watson, Patrick Govan, Scott Allen
160+ 400m free	3 rd Fritz Lehman, Hill Carrow, Kevin Facchine, Brian Doan
	5 th Scott Cruickshank, Artie Newcombe, Ben Cockfield, Michael Dickson
160+ 400m medley	4 th Michael Dickson, Ben Cockfield, Artie Newcombe, Scott Cruickshank
200+ 200m free	6 th Kevin Facchine, John Kortheuer, Hill Carrow, Fritz Lehman
240+ 200m free	6 th Jerry Clark, Norman MacCartney, Dick Webber, Richard Bober
240+ 200m medley	4 th Richard Bober, John Kortheuer, Dick Webber, Jerry Clark
320+ 200m free	2 nd Boyd Campbell, Jim Scherbarth, Dick Webber, Harold Hoffman
320+ 200m medley	1 st Boyd Campebell, Jim Scherbarth, Dick Webber, Harold Hoffman
Mixed	
100+ 200m free	6 th Heidi Williams, Filippo Porco, Raffaello Verno, Angelique Geiss
120+ 400m free	3 rd Raffaello Verno, Michael Kotliar, Heidi Williams, Liz Sullivan
	8 th Margie Springer, Scott Hinkley, Kim Stott, David Shamlin
200+ 200m free	8 th Beverly Amick, Kim Stott, Dick Webber, Fritz Lehman
200+ 200m medley	5 th Fritz Lehman, John Kortheuer, Kim Stott, Beverly Amick
240+ 200m free	5 th John Kortheuer, Ceil Blackwell, Sally Newell, Richard Bober
240+ 200m medley	3 rd Jeannie Mitchell, Sally Newell, Dick Webber, Richard Bober

UPCOMING 2002 MASTERS SWIMMING EVENTS

Mar	2	Frank Clark Masters Invitational	Greensboro, NC	Callie Stuhler 336-272-2901
	3	Chinn Aquatics Masters Swim Meet	Woodbridge, VA	Harry DeLong, 703.368.0309, hdelong@ix.netcom.com
	16	Star City VA Masters Meet	Roanoke, VA	Bill Pharis, 540.992.2867, swimmer_bill@hotmail.com
	16, 17	St. Patrick's Day SCY Invitational	Atlanta, GA	Marty Hamburger, MartySHamb@aol.com
Mar	21-	IX FINA Masters Championships	Christchurch,	Neil Blanchfield, Chairman, (643) 377-1700,
Apr	3		New Zealand	
Apr	6	VA Masters SCY Championship	Newport News, VA	Charles Cockrell, 757.865.6250; www.vaswim.org/UpcomingSwimMeets/NewportNews2002.pdf
	6, 7	Hilton Head Masters Meet	Hilton Head, SC	Eric Kemeny, 843.681.7273
	13, 14	NC SCY Championships	Raleigh, NC	Fritz Lehman, 919.481.9769, FritzLehman@nc.rr.com
	18-21	YMCA SCY Nationals	Ft. Lauderdale, FL	Dave Murray, dmurray363@aol.com ; www.ymcaswimminganddiving.org/2002Masters/Flyer.pdf
	19-21	Colonies Zone SCY Championships	College Park, MD	Dave Diehl, 301.314.5372(w)
May	15-18	USMS SCY Championships	Honolulu, HI	Amy Patz, U of HI Swimming, 1337 Lower Campus Rd., Honolulu, HI 96822, 808-956-7510, patz@hawaii.edu
Aug	15-19	USMS LCM Championships	Cleveland, OH	Pieter Cath, 35400 Bainbridge Rd, Solon, OH 44139, 440-248-8270, cath.p@worldnet.att.net

YMCA NATIONALS COORDINATOR

YMCA Nationals will be held April 18-21, 2002 at the International Swimming Hall of Fame in Ft. Lauderdale, Florida. Entries are due March 21, 2002. The most convenient hotel is the DoubleTree, across the street from the pool. Contact Mark O'Shaughnessy at 954-521-8733 for rates and reservations at this hotel. There may still be rooms available at a rate of \$149.00 per night. NCMS would like to be informed of those swimming in this meet. If you are planning on attending, Beverly Amick is the coordinator for this meet. Please call or email her with any questions.