



North Carolina  
Masters  
Swimming

## THE CHAIRMAN'S LANE

by Fritz Lehman

For this quarter's *Across The Lane* I thought I'd take a few moments to talk about what's occurred thus far this year, and what's being planned.

Charlotte has once again demonstrated that they can host a very good meet. It's well attended by both in-state and out-of-state swimmers. The fact that so many Masters attend from out-of-state indicates that the event is well run and respected. The Sunbelt Championships have become a permanent date of many swimmers' calendar. That doesn't happen unless a Meet is a quality event. Thanks to all those in Charlotte who, for years, have worked hard to establish the Sunbelt Championships as a premier event. I'd also like to thank the people who manage the Mecklenberg Aquatics Center. They do a great job of making us feel welcome.

To Sean Stringer and the rest of the RAM men. After years of frustration, this forty-four year old chairman is finally the RAM 50 breast champion. I couldn't resist one more opportunity to gloat.

Last year at this time I invited more people to participate in the 2003 Frank Clark Open in Greensboro. My perception is that the meet was a little bigger this year. Swimmers from all around the state and even some from Florida and Virginia competed. There's still plenty of room to grow, and I want to once again ask more Masters to participate. The meet is at a good time of year and in a central location. The officials, timers and everyone else involved managed a very professional meet. I've swum in it three of the last four years and can honestly say I have a lot of fun swimming in it. Thanks to those who came, and I hope more of you will add it to your events next year. Thanks to TMS for hosting it and to Frank Clark for making an appearance.

We have a couple of friendly competitions we are

# Across The Lanes

trying to pull together for the fall. As usual, participation will be the key. In the October timeframe we are planning an East versus West dual meet. We will be dividing the state geographically and not by clubs. We will schedule two meets on the same weekend with East swimmers in one pool and West swimmers in the other. After the meet we'll merge the results to determine the winner. Hopefully the distance any one person has to travel will be minimal, and therefore we can get more Masters to participate. We'll work out the schedule of events, add sufficient breaks for people to rest, and try to develop an event that will grow.

In November we would like to host a clinic with a nationally prominent Masters coach as the center point. This will be an all weekend affair hosted in Charlotte. All the details are being worked out. We hope to present some information at the LMSC meeting in May at the Raleigh meet.

Speaking of the LMSC meetings. The meetings are open to everyone, and at minimum, we need to have each chapter represented. Chapter Reps, please ensure that someone attends. We have several major activities planned for this year that would benefit from your input. It's also an election year. We'll be looking for people who are willing to serve in elected positions. I hope I didn't just scare anyone away.

See you at the pool



## THE TREASURER'S LANE

by Jerry Clark

On behalf of the LMSC-NC I would like to thank Sue Haugh for her excellent service as our treasurer during the past year. We certainly appreciate Sue's very responsive efforts administering the income, expenses, and reporting as well as keeping the books correct and up-to-date.

# THE SECRETARY'S LANE

by Jerry Clark for Sally Newell

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## Minutes of LMSC for NC Board Meeting January 25, 2003

People Present: Jay Holshouser (RAM), Jim Miller (President of USMS), Jerry Clark (Past Chairman), Norm McCartney (SCMM), Andrew Richelson (Triad), Kemp Battle (WNCY), George Simon (Registrar), Mitch Mitchell (Vice Chairman), Patty Waldron (MAC Masters), Jim Enyart (Wilmington / Newsletter Editor), Fritz Lehman (Chairman).

Minutes of last meeting: Approved as written.

Registrar's Report: George handed out a chart of registration trends; we have had flat growth rate since 2000. There are 543 members now. There are only two clubs in North Carolina: one is North Carolina Masters Swimming (NCMS), and the other is X-MEN in Raleigh. Discussion took place about terminology of "teams" versus "chapters". Teams (such as Raleigh Area Masters, Charlotte SwimMasters, etc.) are to be called chapters. Jim Miller reminded us that we should follow the USMS rulebook with regard to clubs. Jim also pointed out that he sees growth as being influenced by having enthusiastic coaches. USMS has a coach development committee. Jim went on to suggest we define our goals, and also that we have certified USMS coaches clinics.

George also reported that only about 30% of our membership would like to receive the newsletter via the Internet.

Vice Chairman's Report: Mitch discussed the awards for swimmers that had been presented earlier in the afternoon. Everyone seemed pleased with the method awards were determined for 2002 (using a merit point system for top ten times).

Treasurer's Report: No treasurer's report was available, as the treasurer has resigned. Jerry Clark will serve as treasurer for the remainder of 2003. After discussion about handling the income of the LMSC, and following an approved motion at our October 2002 LMSC meeting, it was reaffirmed that all income should be put into the LMSC bank account, and that all bills would be paid by the LMSC treasurer. The Chairman will have authority to sign checks also. It was agreed that all funds coming into the LMSC will be deposited by George Simon (or whomever else might receive any funds for the LMSC) into the LMSC bank account at Bank of America. The treasurer will pay all bills upon receipt of invoices or copies of paid receipts for ex-

penses of the LMSC paid by any individuals. When the current Certificate of Deposit is to be renewed, those funds will be withdrawn by the former treasurer and deposited into the LMSC checking account, after which time Jerry Clark will reinvest them in a Certificate of Deposit at Bank of America.

Discussion commenced about ways to use the money we have in the bank. This has been a discussion subject at most LMSC meetings for the past 4 years. Patty Waldron said that MAC Masters is growing at a rapid rate, probably due to their enthusiastic coaches. She made reference to the size of Jim Montgomery's team, and suggested that perhaps some incentives could be provided to teams who have 50 people. Fritz Lehman noted that our LMSC does pay the fees for a coach who attends a USMS coaches clinic. Further discussion ensued with regard to how we want to define a coach. Fritz Lehman appointed Patty and Kemp Battle to come up with a suggested definition of a coach and to suggest ways our LMSC might contribute to developing more coaches throughout the state. Marketing was discussed along with hosting a really good clinic.

Unfinished Business: Fritz reminded us that we will have an EAST versus WEST competition in October by having two meets at different venues conducted simultaneously with the same events and order of events. These concurrent meets will likely be held in Hillsborough for the EAST and Shelby for the WEST. Details are to be discussed at our May 2003 LMSC meeting in Raleigh.

We will have a major clinic November 8-9, 2003 in Charlotte. This is intended to be a USMS Coaches' Clinic which will have an instructional session Saturday morning just for coaches. Following the coaches' clinic there will be a clinic until Sunday noon for swimmers. Although details will be finalized at our May meeting in Raleigh, it is likely that this clinic will be set up for the more experienced swimmers who have shown an interest in competing at higher levels.

New Business: We have purchased a set of two DVDs of a weekend swim clinic that was held in Seattle in October, 2002. The clinic was conducted by Mike Collins, the Masters' coach at Nova Aquatics in Orange County, California. Copies will be become available to our Chapters so that they, in turn, can distribute them to their swimmers. We have agreed to not allow any commercial use (such as reselling copies at a profit) of these DVDs. They are an excellent way to view some of the best instruction from an exceptional coach. Contact your Chapter Representative to arrange to obtain a copy.

# THE REGISTRAR'S LANE

by George Simon

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## What is a Chapter

At one of our LMSC meetings in 1995 it was decided to change the way most NC Masters Swimming organizations were listed with the Local Masters Swimming Committee (LMSC) for North Carolina. There were many different "clubs", Raleigh Area Masters, being the largest and several very small clubs with only five or a few more members. Since our USMS Rules of Competition require that all competitors swimming on a relay belong to the same club in order to score points for the club, many clubs could not form relays, especially at meets outside of North Carolina. At that time all of the North Carolina clubs decided to band together and form one club for our state, which is the club that the majority of Masters swimmers in North Carolina now belong. The Club is North Carolina Masters Swimming. Of the 600 currently registered North Carolina Masters, 577 belong to NCMS, 17 are unattached, and 6 belong to the XMEN club.

The advantage of having the large club gives swimmers who attend out of state swim meets the opportunity to join with other swimmers from NCMS and form a relay. However, when we have a swim meet in North Carolina, we have grouped our separate organizations into "chapters", such as Raleigh Area Masters (RAM), Triad Masters Swimming (TMS), and Charlotte SwimMasters (CSM). At local meets such as the recently held Charlotte Sunbelt Championships, the Greensboro Frank Clark Open, and the May North Carolina State Championships, our organizations or chapters compete against each other. However, since these 577 swimmers really belong to the same club (NCMS), should there be four swimmers from around the state, and while belonging to different chapters, they could form a relay for an attempt to break a National record at any of our in-state meets.

There are disadvantages as well, primarily, name recognition. Our chapters are only recognized

within the state. Some of the very old clubs such as RAM no longer have any recognition as a swim club outside of the state. If you were to attend a meet outside of North Carolina, using your chapter name for your club would be incorrect. It will not be recognized by any organization other than the LMSC for NC. For an example, if I, as a RAM swimmer, entered a meet in Charleston, SC, then I would have to register as a NCMS swimmer. If I attended the meet with three other RAM swimmers, and we formed a relay, we would have to swim as NCMS. However, if I travelled with only two other RAM swimmers, and Jerry Clark (CSM) from Charlotte also attended, we could form a NCMS relay team.

So what is a "chapter"? It is a swimming organization within only the North Carolina Masters Swimming Club.



## 2001-2002 RELAY ALL AMERICANS

Twelve North Carolina swimmers qualified as RELAY ALL AMERICANS FOR THE 2001-2002 SEASON. To achieve this honor, a swimmer must have been a member of a relay team that placed first in the nation in short course yards, long course meters or short course meters. These swimmers may receive a patch and a certificate by ordering from USMS. The swimmer must indicate which relay event, distance and course and send \$5 for each patch and certificate to USMS, PO Box 185, Londonderry, NH 03053-0185. If you have questions about this, contact Ceil Blackwell at [ceilb@aol.com](mailto:ceilb@aol.com) or (919) 787-8324.

NC swimmers who are **RELAY ALL AMERICANS** are Boyd Campbell, Melanie Deal, Vanessa Everett, Kevin Facchine, Heather Hageman, Harold Hoffman, Bob Jennings, Fritz Lehman, Jim Scherbarth, Henry Stewart, Stacey Tone and Dick Webber.

Congratulations to the twelve for swimming with some very fast friends.

## The 2003 Sunbelt Championships

by Meet managers Bernie White & Ken Johnson

This year there were 175 swimmers, and many state records were broken — more on that later. There were teams from the east (Morehead City), the west (Valdese, Waynesville, Asheville), the south (Georgia and South Carolina) and the north (Virginia).

As usual the competition was very steep, especially for those of you between 35 and 54. Examples include Mary Dore and Christine Vess in the 35-39 who battled down to the wire before Christine emerged as the high point winner, Jeff Smith and Henry Stewart in the 40-44 age group, Jonathan Klein and Doug Lee in the 45-49 age group, and Rachel White and Suzanne Robbins-Bonitz in the 65-59 age group.

Two of our premier backstrokers (Jeff Smith and Fritz Lehman ) decided to try their hand at the breaststroke. They did not get carried away in that they restricted it to the 50 breast.

Ruth Battle tore up records in the 40-44 women's 50 and 100 freestyle, 50 back, and 50 fly. Patty Walden set a record in the 45-49 women's 100 fly and made it look easy. Clarke Mitchell rewrote records in the 70-79 men's 100 and 200 free as well as the 50 and 100 backstroke.

For those of you who like to plan ahead circle January 24 and 25 on your 2004 calendar.

## The TMS Frank Clark Meet

by Callie Stuhler

TMS hosted the 29<sup>th</sup> annual Frank Clark Masters Open on Saturday, March 1, in Greensboro. Two days before the meet, an ice storm pummeled the Triad region, knocking out power to thousands of homes, businesses, and schools in Greensboro. Luckily, the facility where the meet was held didn't lose power. TMS is glad so many Masters swimmers from around the state braved the aftermath of the latest bout of nasty weather and joined us in Greensboro to participate in the meet.

In addition to the faithful contingent of swimmers from RAM and CMS, we hosted swimmers from all around the western and eastern parts of NC, and a few out-of-towners, too. It was great to see such a wide turnout from so many teams from near and far in NC. TMS hopes that you'll come back next year with even more swimmers.

Many who came to the meet were probably wondering, "Who the heck is this Frank Clark fella?" A little background: The meet is named in honor of TMS founder and former coach Frank Clark, who with his wife Nancy formed a Masters swim club in Greensboro in 1974. This fledgling team hosted a meet that same year. By 1978 the team's official moniker was Triad Masters Swimmers, and after Frank Clark retired from coaching the team in 1988, TMS named the meet in his honor. And if you were at the meet this year you probably saw Frank Clark, who comes by every year and says hello to old friends and strikes up friendships new.

Thanks to all who came to Greensboro to swim in the Frank Clark Masters Open. And yes, we promise we'll have plenty of blue ribbons to go around next year.

### LMSC - NC Officers and Staff

<i>Chairman</i>	<i>Vice-Chairman</i>	<i>Past Chairman</i>	<i>Secretary</i>	<i>Treasurer</i>
Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 NCchairman@usms.org	Clarke (Mitch) Mitchell, WNCY Box 19768 Asheville, NC 28805 (828) 299-1410 NCswimrcem@juno.com	Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 jerryclark@bellsouth.net	Sally Newell, RAM 1812 Swannanoa Drive Greensboro, NC 27410-3934 (336) 299-1456 Swimsally@aol.com	Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
<i>Registrar / Webmaster</i> George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCregistrar@usms.org	<i>Top Ten Chairperson</i> Ceil Blackwell, RAM 4305 John Rencher Wynd Raleigh, NC 27612 (919) 787-8324 ceilb@aol.com	<i>Newsletter Editor</i> Jim Enyart, SAC 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCEditor@usms.org	<i>Records</i> Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 fritzlehman@nc.rr.com	

# LMSC—NC 2002 AWARDS PRESENTED AT CHARLOTTE SUNBELT CHAMPIONSHIPS



### Outstanding Swimmer – Female

Jeannie Mitchell had a total of 19 top ten swims. Six were in short course yards, five in long course meters and eight in short course meters. Her rankings were 5 at #2, 1 at #3, 2 at #4, 1 at #5, 1 at #6, 2 at #7, 4 at #8, and 2 at #9. Her rankings are in all four strokes, an outstanding achievement on its own, and the IM.



### Outstanding Swimmer – Male

Boyd Campbell had a total of 18 top ten swims. Eight were in short course yards, four in long course meters, and seven in short course meters. He had an incredible 14 at #1 and 4 at #2. Many of the #1 rankings were also world number #1 rankings. Boyd was an All American in his age group for 2001 and will almost certainly repeat in 2002.



### Newcomers of the Year

Billy Su and Christy Hall (not present) of RAM were nominated as co-winners of the newcomer of the year awards. They both started at the same time, carpool to workout, agreed to be nominated for the RAM board and currently serve on the RAM board. They both stepped in and participated fully in meets as well as all other Masters activities.



### Inspirational Swimmer

Milton Gee, age 65, has had hips replaced, a shoulder replaced and a pacemaker installed, but he doesn't complain. In fact you'll almost never see him without a smile on his face. After each of his surgeries, he gets back in the water, re-tools and starts over. Think about that next time you feel too tired to go to workout. You've probably seen Milton at the Charlotte meet. He's the permanent clerk of course. If you've never met he's easy to find. Just look for the happiest guy at the meet.



### Volunteer of the Year

Fritz Lehman earned this Award for his considerable efforts as Chairman of the LMSC — NC to advance USMS and NC programs and services for North Carolina Masters.

Meet co-director Bernie White is present to recognize Fritz's accomplishments.

# PERFORMANCE APTITUDES AND ATTITUDES

## Swimming is a Simple Sport

*By Wayne Goldsmith*

Swimming is a simple sport. Jump in at one end and get to the other end before anyone else.

In the most basic analysis, it's a game of speed. Speed is the most crucial element in the sport. It's fundamental. The swimmer, who swims fastest, wins the race.

But is it really that simple? We know from biomechanical analysis of champions at major swimming competitions that the fastest swimmer doesn't always win. Sometimes the fastest swimmer (i.e. the person with the highest pool speed) loses the race because of inferior skills, turns, starts and finishes. We know sometimes the fastest swimmer doesn't win because they weren't mentally focused in on the task.

In the end however, skills, fitness, mental attitude, flexibility and all the other elements of the sport come down to one question.... How fast can you swim?

What is swimming speed? Technically it is the velocity that your body moves through the water.

If you ask a little kid to swim as fast as they can, they throw their arms and legs as fast as possible with lots of effort, but without much speed. They grit their teeth, tighten their arms, hold their breath and generally fight the water. They make lots of splash, but not much dash!

There is a difference between effort and speed.

Great swimmers often report that when they experience REAL SPEED, it seems to come from little EFFORT.

The great South African breaststroke swimmer Penny Heyns recently broke the world record for 100 and 200 metres. She commented: "When I touched the wall I thought, maybe a 2:30, and this felt too easy for that," Heyns said. "I really don't know what happened."

Australia's own Grant Hackett interviewed after his amazing world record effort over 200 metres freestyle said: "I certainly hadn't prepared to break the world record- I was having pillow fights with Ky Hurst and the rest of the team before the race". And it goes on.

"The swim itself just happened, just like Gennadi (coach) said it would, without really forcing it". (Michael Klim's

comments after his world record 100 butterfly swim). When it all comes together, and swimmers feel real speed, it seems to come with little effort.

On other occasions, swimmers have reported feeling heavy, slow and sluggish, busting their guts and giving 100% effort, but have swum slow times.

What is the difference between EFFORT and SPEED?

Speed and relaxation appear to be somehow linked. It seems weird, but in many sports where excellence is measured in terms of how fast an athlete can move, the champions consistently say their best performances have come when they were at their most relaxed.

When at his peak, multiple Olympic Gold Medallist sprinter Carl Lewis was an unbeatable athlete who understood speed as much as anyone. When asked about Lewis' success, his coach remarked, "the faster you want to go, the more relaxed you have to be."

The question then is can you learn to relax when trying to go fast?

1. Long, easy even-paced, in tempo swimming helps to develop a sense of rhythm. Being in a swim rhythm is a comfortable feeling that helps develop relaxation. When arm stroke, kick and breathing are in a coordinated rhythm, real relaxation in the water is possible. From there, it is possible over time to learn to stay relaxed at faster speeds. Learning to relax at slow speeds first is the crucial step.

2. Swim techniques and drills have been developed to decrease the resistance your body experiences when swimming. Developing technical excellence means you move through the water with less effort.

3. Work on M.D.S. or D.P.S. (Maximum Distance per Stroke or Distance per Stroke) skill as a priority. The best swimmers in the world are able to maintain long strokes at top speed, when tired and under pressure. It all starts with learning to swim with less strokes in training. In warm up, try counting strokes on the first lap. Then aim to take one stroke less on the next lap and so on.

4. Try MIN-MAX workout (MINIMUM STROKES, MAXIMUM SPEED) used to great effect by Bill Sweeten-

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ham. Count your strokes on the first 50 meters. Accurately note your time. Next, add the number of strokes to your time. For example, if you take 50 strokes and swim 45 seconds for the lap, your lap score is 95. Aim to swim a lap score of 94 on the second lap, which means you need to either swim a little faster, or stroke a little longer. Continue the process 6 times. Fewer strokes is good. Faster speed is great. Fewer strokes and faster speed is best.

5. Work on keeping strokes long and strong at training. In every effort ask yourself "Could I do this with fewer strokes?" When doing skills work like drills aim for technical perfection with a minimum number of strokes at maximum speed.

6. Develop real speed by thinking about swimming FAST rather than trying too hard and increasing effort during your speed. Train fast to Race fast.

7. Every turn in training is a race turn. Every dive is a race dive. Every finish should be completed on the wall with power and controlled aggression. Train as you would like to race.

8. Drills should be completed with precision and with 100% concentration. Think technique first at all times.

9. Challenge yourself to swim fast when tired. In training challenge yourself to jump up at the end of the session and swim fast. When racing, challenge yourself to swim fast when tired, to swim fast heats in the morning then faster finals at night, to swim as fast on the last day of the meet as you did on the first day etc.

10. Learn to enjoy pressure situations. Being nervous is a sign that something great is about to happen. Your body is getting ready to do something brilliant. Learn to enjoy the pressure of competition.

Part of the process of understanding the difference between effort and speed comes during TAPER- that period of time when you are freshening up and resting in preparation for a competition. Swimmers will often say that during a taper they feel "light," that training efforts "felt easy," that they feel like they are swimming "on top of the water." This feeling, where speed comes with little effort, is an indication that you are ready to race and that your taper has worked well.

It also comes from listening to your coach and working with him or her in your fast work. If your coach uses the expression "MAXIMUM EFFORT," your swimming response should be "I WILL DO THIS AT MAXIMUM SPEED, WHILE STAYING RELAXED AND LOOSE, WITH MINIMUM STROKES, GREAT SKILLS AND TECHNICAL EXCELLENCE."

**If it's speed you need, you need speed indeed, and you need some dash, without splash or trash, just keep your cool, in the swimming pool, stay relaxed and loose, and you'll make the news.**

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## Coach's Corner:

### The Best Freestyle Drill

By Dave Samuelsohn

Take it from me: Swimming is all in your head.

One of the most difficult things to do during a tough workout is to think, think about your stroke, your efficiency, your fine points. You're tired, you know you're swimming just to get through it and all you can really think about is "*How much more?*" and "*Maybe I can get my goggle strap to break!*"

Building good stroke habits takes time ... and discipline. Anything you can do to better focus yourself on thinking is going to help you. That's why many coaches advocate the use of stroke drills. I advocate the use of stroke drills early in workout, before I'm so tired I can't think straight. In fact, I think a good time to do stroke drills is in warm-up, every warm-up. Why not start the work-out thinking and patterning good stroke habits and improving efficiency while you're fresh? Hey, there's an idea!

One of my favorite drills, and about the best Freestyle drill I've come across, I call "Half Catch-Up." It's kind of like "Catch - Up" but instead of completing one stroke before beginning the next - and actually touching one hand with the other - you only "Catch - Up" halfway. Doesn't seem like much of a difference but where you go from there can give you opportunities to focus on many aspects of improving your stroke.

The first thing you notice is that unlike "regular" catch-up, your body roll is not arrested. It's smooth and comfortable and can easily be accentuated with a little thought. Grab a pull buoy for starters and let's see what we can learn by using this drill to focus ourselves on different components - one at a time - of your Freestyle.

We'll start with a pull buoy because it floats your legs, helps you maintain your balance and therefore your momentum, and ... hell, it's just plain easier. It's OK, you can admit it: a pull buoy makes Freestyle easier if you're not swimming very hard. But for the purposes of this stroke drill, it's helpful to eliminate certain worries to help keep focused on others. (*But don't plan on keeping it*)

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Swim a couple of laps with the pull buoy keeping your "catch" hand out in front longer while your opposite arm completes an entire pull phase and begins its recovery. Don't start your next pull until you're halfway through the recovery – until you "Half Catch –Up." Get it?

Now let's go to a four-pattern with our breathing and try and balance our body roll. Get away from the constant leaning to one side – the Freestyle "limp" we develop when we breathe every stroke.

Swim a little farther and let's play a game: Think of your body as a canoe. The longer you can make that canoe, the more efficiently it will glide over the water. We're going to paddle our canoe – first one side, then the other – and as we go, we're going to try to make each sweep longer and more efficient. We're going to get our paddle way out in front as we glide over the water on the strength of the previous stroke. Then begin a slow carve which will accelerate faster and faster through the stroke until it pops out of the water behind us and begins its recovery. With each stroke, the bow of our canoe (our catch hand stretched out in front) is going to glide longer and farther as we learn to hold more and more water and accelerate each stroke. Stroke and glide, stroke and glide.

Very quickly you'll get the feel for your Half Catch – Up. You'll settle into a long gliding stroke with a balanced hip roll. You'll soon find an easy rocking rhythm, which will make your Freestyle comfortable and efficient. But don't stop there. Now is the time to get some feedback on just how efficient you are: Count your strokes for each lap, and try to decrease their number without breaking your rhythm. A good number for 25 yards would be 12 or 13; you may be able to do better. Focusing on a deliberate "carving" catch and full accelerating push-through will help you glide faster and faster and get that stroke count down.

There's a lot to think about here and I suggest you focus on one thing at a time until it starts to feel really good. Then start counting strokes!

What follows is a few more ideas which I suggest you work on only after you've gotten comfortable with the basic Half Catch – Up drill. Remember: the drill remains essentially the same. What changes is what you're thinking and focusing on.

One of the things we old timers have trouble with is learning to alternate breathe. Half Catch – Up can help by giving you time to think about each breath: take a breath on your "good" side and think about what happened. Then use the next three

strokes (and the long Half Catch – Up glides) to apply to what you felt and did to your "off" side. One thing you'll find is that you won't be turning your head until late in your pull. The extra long glide helps you get the feel for that. Try alternate breathing after you've settled into your regular four – pattern rhythm. (And don't quit! You'll get it if you stick with it.)

Start to roll more – from the hips – in a smooth rocking motion. As you go, you can accentuate that body roll by spinning your hips as each stroke digs in. We actually do our swimming on our sides – first on one then the other – and we can use our body roll – or spin – to develop power. Try to feel how the torque from that body spin works to develop power in your stroke.

OK, you've been working on this drill for a couple months. Now take the pull buoy off (*Bummer!*) and start working on a three-beat kick (*that is kick, kick, kick-and-pull*). It's a little tougher to keep it going but you're going to need to know this! Try to use your kick to start that hip rotation before you start your pull. Very soon you'll see how your kick is what initiates the hip and body roll that develops the torque and power for your whole stroke. (*This is important but more difficult. Don't start working on this until you've spent some time with your pull buoy and really get the Half Catch Up drill down.*)

One significant result of Half Catch-Up Freestyle is that, for perhaps the first time, you'll be working to strengthen your pull through the full range of motion, particularly the push-through at the back, where most Freestylers tend to get lazy. Work on this and other drills during warm-up, each time you get in the pool. Think and focus while you're fresh and build the patterns you want to become good stroke habits. Remember: thinking may be the toughest thing to do in workout so work hard on it.

Swimming really is mostly in your head and you can take it from me: My head's been swimming for years!

#### **About the author...**

**Dave Samuelsohn has coached for more than 25 years on all levels-college, club, USA Swimming. He coaches and swims with Connecticut Masters. Dave says "We practice quality control (lots of high-intensity race pace swimming) and stress management (we stress one thing very hard, then get off it for several days while we work on something else.) The goal of every day's work is to enjoy what we're doing ... and be real glad when it's over!"**

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## USMS 2002 SHORT COURSE METERS TOP 10

Congratulations to the North Carolina swimmers below who were listed in the Top Ten in the nation for their age group for the 2002 short course meters season. Placing **first** in the nation for their age group in one or more events were Melanie Deal, Jeannie Mitchell, Sally Newell and Clarke Mitchell and Boyd Campbell. It is interesting to note that for North Carolina, women age 65-69 had the most swims in the Top Ten, with a total of 22.

For more information on USMS Top Ten, visit the USMS web site at <http://www.usms.org>. Each person on this list is eligible to purchase a Top Ten patch with stroke segment. To order a patch send \$5 to Thomas Gorman at 3369 Desota Ave., Cleveland Heights, OH 44118. Stroke segments are \$1.25 each.

If your name or an event is missing from this list, please contact Ceil Blackwell at 4305 John Rencher Wynd, Raleigh, NC 27612 (919 787-8324) or email [ceilb@aol.com](mailto:ceilb@aol.com).

AGE GROUP	SWIMMER	PLACE / EVENT
Women		
19-24	Melanie Deal	<b>1st 400M IM (5:34.14)</b> , 2nd 800M FREE
	Cynthia Nagle	2nd 100M BRST, 8th 50M BRST
	Jennifer O'Reilly	6TH 100M FREE, 9TH 400M FREE, 9TH 200M IM
25-29	Christy Hall	6TH 400M FREE, 10TH 100M BRST
	Jennifer Stringer	8TH 50M BRST
30-34	Heather Hageman	6TH 50M FREE, 10TH 50M FLY
	Pat Hogan	8TH 200M BACK
	Heidi Williams	7TH 400M FREE, 7TH 800M FREE
35-39	Christine Vess	9TH 50M BACK
40-44	Ruth Battle	7TH 100M IM
45-49	Beverly Amick	5TH 100M FLY
	Debbie Wilson	7TH 1500M FREE
50-54	Sandra Cathey	7TH 200M BRST, 8TH 200M FLY, 9TH 400M IM, 10TH 1500M FREE
55-59	Jeannie Mitchell	<b>1ST 50M BACK (40.35)</b> , <b>1ST 100M BACK (1:30.02)</b> 3RD 200M BACK, 6TH 100M FREE, 6TH 200M IM, 7TH 50M FLY, 7TH 100M FLY, 8TH 200M FREE 8TH 100M IM, 8TH 400M IM, 10TH 50M BRST
60-64	Ceil Blackwell	7TH 100M BACK, 8TH 50 SCM BACK
65-69	Sandra Kremer	5th 100M BRST, 6th 20M BRST, 7th 100M IM 7th 400M FREE, 9th 100M FREE
	Nancy McPhee	7th 400M IM, 8th 100M FLY, 8th 200M BRST, 9th 1500M FREE
	Sally Newell	<b>1st 50M FREE(:37.20)</b> , <b>1st 50M BRST (:46.15)</b> <b>1st 100M BRST (1:42.77)</b> , <b>1st 200M BRST (3:43.97)</b> 2nd 100M BACK, 2nd 200M BACK, 2nd 100M IM, 2nd 200M IM, 3rd 50M BACK, 7th 50M FLY
	S Robbins-Bonitz	4th 100M BACK, 5th 50M BACK, 6th 200M BACK
75-79	Judy Kelly	10th 200M BRST

## USMS 2002 SHORT COURSE METERS TOP 10 (CONTINUED)

### Men

<b>19-24</b>	Craig Hertz	2nd 800M FREE
	Richard Hughes	3rd 50M BRST
<b>25-29</b>	Razvan Petcu	2nd 50M FLY, 2nd 100M FLY, 3rd 50M FREE 3rd 100M FREE
	Sean Stringer	5th 50M BACK
<b>35-39</b>	Henry Stewart	6th 200M FLY, 7th 100M FREE
<b>40-44</b>	Fritz E Lehman	2nd 50M BACK, 2nd 200M BACK, 7th 100M BACK 8th 100M FLY
	Brian Weischedel	6th 200M FLY
	Phil Marsom	3rd 50M BACK
<b>50-54</b>	Richard S Bober	4th 50M BACK, 8th 100M BACK 1:13.04
<b>65-69</b>	Jerry Clark	3rd 400M FREE, 3rd 800M FREE, 3rd 100M FREE, 5th 50M FREE, 5th 200M FREE, 7th 100M IM
	Simon Goldstein	10th 200M FLY
<b>70-74</b>	John Kortheuer	2nd 50M BRST, 2nd 100M BRST, 2nd 100M IM
	Clarke Mitchell	<b>1st 50M BACK (38.10), 1st 100M BACK (1:22.33)</b> <b>1st 200M BACK(3:08.25), 2nd 50M FLY, 2nd 100M FLY</b> 3rd 100M IM, 8th 50M FREE
	Dick Webber	5th 50M FLY, 6th 50M FREE, 10th 100M IM
<b>75-79</b>	Vester Boone	6th 1500M FREE
	Arnie Formo	6th 200M BRST, 7th 100M BRST, 8th 50M BRST
<b>90-94</b>	Boyd Campbell	<b>1st 50M FREE (1:17.93), 1st 100M FREE(3:09.72)</b> <b>1st 200M FREE (6:46.90), 1st 400M FREE (13:41.16)</b> <b>1st 50M BACK (1:35.98), 1st 100M BACK (3:30.59)</b>

### CORRECTIONS FOR 2002 LONG COURSE METERS TOP TEN

In our last newsletter, the following swimmers names were inadvertently omitted from the list of Top Ten for 2002 Long Course season. Ceil Blackwell apologizes for these errors.

AGE GROUP	SWIMMERS	PLACE / EVENT
<b>60-64</b>	Richard Kitchell	1st 200M fly (2:54.72), 2nd 100 Fly, 6th 50M fly, 6th 400 IM, 8th 200 IM
<b>65-69</b>	Joel Jacobs	3rd 100M Breast, 3rd, 200M Breast, 4th 50M Breast, 5th 400M IM, 6th 200M IM, 10th 200M Back
EVENT	PLACE / TEAM	
<b>240+ Mixed Medley Relay</b>	2nd (Beverly Amick, Sally Newell, Richard Kitchell, DickWebber)	

## UPCOMING 2003 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
2003			
Apr	11-13 Colonies Zone SC Champs	George Mason Univ, Fairfax, VA	Cheryl Ward, 703-359-5366, <a href="mailto:cherylaward@yahoo.com">cherylaward@yahoo.com</a> ;
	24-27 YMCA Nationals SCY	Sarasota FL	
	26, 27 Dixie Zone SCY Championships	Savannah, GA	Scott Rabalais, 912-927-7016,
May	3, 4 NC State Championships SCY	Raleigh, NC	Fritz Lehman, 919-481-9767
	5-18 USMS National SCY Championships	Tempe AZ	Mark Gill, 480-775-1485, <a href="mailto:mark.gill@asu.edu">mark.gill@asu.edu</a> ;
Jun	1-7 National Senior Games SCY	Midtown Community Center, Newport News, VA	Scott Rabalais, 912-927-7016, <a href="mailto:scottrabalais@compuserve.com">scottrabalais@compuserve.com</a> ; <a href="http://www.nationalseniorgames.org">www.nationalseniorgames.org</a>
Aug	14-17 USMS National LCM Championships	Rutgers NJ	Edward Nessel, 908-561-5339, <a href="mailto:ednessel@aol.com">ednessel@aol.com</a>

### USMS CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
5/3/2003	2003 USMS 2-Mile Cable Championship OW	Decker Lake, Austin, TX	James Allen, 512-249-9297, <a href="mailto:austincableswim@yahoo.com">austincableswim@yahoo.com</a>
5/15/2003-5/18/2003	2003 USMS SC Championships	Mona Plummer Aquatic Complex, ASU, Tempe, AZ	Mark Gill, 202 E Baseline Rd #146, Tempe, AZ 85283, 480-775-1485, <a href="mailto:mark.gill@asu.edu">mark.gill@asu.edu</a> ;
5/15/2003-9/30/2003	2003 USMS 5K/10K Postal Championship	Your Pool	Mel Goldstein, 317-253-8289, <a href="mailto:goldstein@mindspring.com">goldstein@mindspring.com</a>
6/14/2003	2003 USMS 3K Open Water Championships	Hartwell Lake, Clemson, SC	Jacque Grossman, 864-654-4704, <a href="mailto:jelg@innova.net">jelg@innova.net</a>
6/21/2003	2003 USMS 1-Mile Open Water Championship	Eagle Creek Reservoir, Indianapolis, IN	Mel Goldstein, 317-253-8289, <a href="mailto:goldstein@mindspring.com">goldstein@mindspring.com</a>
7/27/2003	2003 USMS 5K Open Water Championship	Elk Lake, Bend, OR	Pam Himstreet, 541-385-7770, <a href="mailto:himstreet@bendcable.com">himstreet@bendcable.com</a>
8/3/2003	2003 USMS 10K Open Water Championship	Pacific Ocean, Santa Cruz, CA	Joel Wilson, 831-425-5762, , <a href="mailto:openwatr@got.net">openwatr@got.net</a>
8/14/2003-8/17/2003	2003 USMS LC Championships	Sonny Werblin Rec Center, Rutgers University, Piscataway, NJ	Edward Nessel, 908-561-5339, <a href="mailto:ednessel@aol.com">ednessel@aol.com</a>
9/1/2003-10/31/2003	2003 USMS 3000/6000 Yard Postal Championship	Your Pool	Doug Garcia, 509-332-1621(h), <a href="mailto:douggarcia@usms.org">douggarcia@usms.org</a>