



ACROSS THE LANES

The Newsletter of North Carolina Masters Swimming



Published quarterly by the Local Masters Swimming Committee for North Carolina
 Spring/April 2009
 WEBSITE: www.ncmasters.org

From the Chairman's Lane...

Hello fellow North Carolina Masters Swimmers. A new and more compact board of directors for our Local Masters Swim Committee is now in place. Three new at-large directors have been elected to serve with the current officers. They are Andrea Stevenson from Durham, Don Gilchrist from Greensboro and Chris Bowker from Winston-Salem. This means our board will now have nine members, the others being Jerry Clark (Charlotte - Chairman), Ruth Battle (Asheville - Vice Chairman), Greta van Meeteren (Merritt - Secretary), Elizabeth Nowak (Durham - Treasurer), George Simon (Raleigh - Registrar) and Joe Gosha (Concord - Past Chairman and also our newsletter editor). We will establish a rotation system that will allow new people to become directors as current directors move out.

We also have a new Top 10 person who will be updating the NCMS records. He is John Mangrum in Raleigh and he has already commenced his work. Those of you who have inquired about your NCMS record swims should send the information about your swims to John at John.Mangrum@ci.raleigh.nc.us For meet direc-

tors, please have the person running the Meet Manager scoring system send John a backup file of your meet as soon as the meet is over.

Our membership is at an all-time high at this point in the year. New coaches are in place in Durham, Raleigh, Greensboro and Winston-Salem, and the likelihood of attracting new members in these cities is very good. Thus far this year, meets in Charlotte, Greensboro, Durham and Raleigh have been well attended.

We welcome any ideas anyone might have about fun events our LMSC might do during the remainder of the year. Let us hear from you!

Jerry



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To switch from receiving a paper copy of the Across the Lanes Newsletter to an electronic copy, please email the NC Registrar, George Simon at ncregistrar@usms.org.

From the Editor...

Last month the **Seattle Post Intelligencer** became the latest in a growing line of newspapers – many of which have been venerated in their communities for more than a century – that have abandoned publishing their newsprint, ‘hard copy’ edition in favor of an online only format. The pundits (most of whom are now also available only online) tell us that the publishers in Seattle will certainly not be the last ones to make this decision relative to their papers.

In the Harry Potter movies we marveled at the magic of the ‘**Daily Prophet**’ newspaper with its animated pictures that enhanced the stories they accompanied. I remember thinking it would be so cool if our newspapers could publish moving pictures like those. Well, with streaming video and flash animations, our online papers now do.

In this ‘information age’, even though we actually use more paper than we ever did before, ‘hard copy’ is rapidly going the way of the IBM Selectric, the cassette tape, and the floppy disk drive. The amount of information available online to anyone with a monitor, a mouse, and a modem makes the future of printed newsletters like our ‘Across the Lanes’ tenuous at best. Most of us reading ‘Across the Lanes’ have actually been reading a digital version for the past several quarters, and the day is coming soon that we will no longer publish and mail a hard copy version. This is because the necessarily inferior quality (who ever printed a newsletter in HD?) and decreased demand for the printed version of the newsletter, coupled with the increased mailing costs related to the hard copies that do get mailed, have made it imperative for us to reconsider our operation. For example, you probably noticed that the Winter edition of the newsletter was reduced in size to 8 total pages. The same is true of this edition.

Based on our not being able to directly provide you with as much content in a smaller edition of the newsletter, you will note specific references and links throughout the newsletter to materials and resources you can find online. While you are clicking on these, know that we will continue to spotlight articles, pictures and information specific to North Carolina Masters Swimming and swimmers.

Joe Gosha



USMS EXECUTIVE DIRECTOR ROB BUTCHER and LMSC FOR NC MALE SWIMMER OF THE YEAR FOR 2007 OLE LARSON AT THE RAM-SPONSORED 2009 STATE SCY CHAMPIONSHIPS AT RALEIGH'S PULLEN POOL.

Meets...Meets...Meets...Meets...Meets...Meets

We've had meets, with more to come!

Since Christmas we have had meets in Charlotte, Greensboro, Durham and Raleigh. Detailed meet results can be found online at www.ncmasters.org. Information regarding other meets that some of our North Carolina Masters Swimmers have participated in—including the South Carolina SCY State Meet, and the upcoming 2009 USMS SCY Nationals meet to be held May 7–10th in Clovis (Fresno area) California can be found at www.usms.org. Finally, for information regarding the upcoming North Carolina Swimming Open Water Swim Championships go to <http://www.ncmasters.org/forms/139-1ow.pdf>.



North Carolina Masters Swimming's registrar George Simon checking the heat sheets at the State SCY Championships in Raleigh.

Want to see Michael Phelps's new freestyle stroke up close and in person? Then log on to www.charlotteultraswim.com and put in your ticket order right away. In order to guarantee that you'll get to see the events and the swimmers you want, you'll need to ante up \$450.00 for a "Gold Medal Reserved Seating All Sessions (ticket) Package." Check out Swim MAC's recent press release relative to this upcoming Charlotte mega-event .

[Michael Phelps to Help Charlotte Celebrate 25 Years of UltraSwim](#)

SwimMAC Carolina, a USA Swim club located in Charlotte, North Carolina will host the 25th annual Charlotte UltraSwim Thursday, May 14th through Sunday, May 17th at the Mecklenburg County Aquatic Center located at 800 East Martin Luther King Boulevard.

Over the past 25 years more than 122 Olympians have competed in the Charlotte UltraSwim and one of this years highlights will be the return of Michael Phelps to the Queen City, bringing a heightened level of excitement and all of the worlds eyes to this event as well.

According to Phelps coach, Bob Bowman "Michael is focused on practicing and regaining the mental and physical momentum that he had achieved going into the Beijing Olympics. He is committed to a very demanding and rigorous training schedule as he prepares for upcoming meets and the FINA World Championships."

Mr. Phelps will be joined by other 2008 USA Olympic Team Members and other Gold Medalist such as Charlotte's own Mark Gangloff and Cullen Jones as well as Ryan Lochte. Mary DeScenza will look to keep expanding her lead as the highest scorer in the USA Swimming Grand Prix Series, having just earned five (5) gold medals at the Missouri Grand Prix. Many more world class swimmers and National Team Members will be on deck to join these champions as well, and we will keep you posted as the competition draws near.

David Marsh, Director of Coaching and CEO of SwimMAC stated, "This is a wonderful and rare opportunity for Charlotte to experience world class swimming up close. Coming off of the unprecedented excitement of the 2008 Olympics, to be able to have so many recent Gold Medalists together again is simply outstanding." SwimMAC is looking forward to working with the community and business leaders to assure that this event is all that it can be for the competitors, coaches, and fans.

Mark your calendars and prepare to join SwimMAC as it host the World's best swimmers as they compete and prepare for the 13th FINA World Championships to be held Rome, Italy from July 18th to August 2nd 2009 in Italy.

The Competition will start on Thursday, May 14th at 4pm with the Championship Finals in the Women's 800 meter freestyle and the Men's 1,500 meter freestyle. Competition continues with preliminaries on Friday, Saturday, and Sunday starting at 9am each morning. The fastest swimmers in each morning event will advance to the evening Championship Finals. The Championship Finals for Friday, Saturday, and Sunday will begin each evening at 6pm.

Admission information, a full schedule of events, and competitors will be available on the official 2009 Charlotte UltraSwim website, www.charlotteultraswim.com. More information regarding SwimMAC Carolina can be found at www.swimmaccarolina.org.



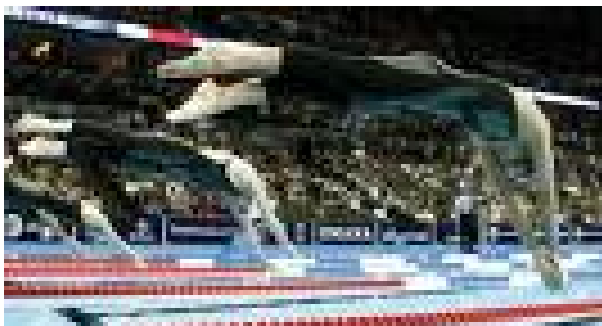
CONFESSIONS OF A 'RE-NEWBIE'

Remember your first Master's Meet, and all of the excitement, and anxiety that you walked through before it? Wren Davisson of Duke Aquatics reminds us all what those feelings were like in this great contribution to the quarter's newsletter. Thank you Wren for reminding us!

BACK ON THE BLOCKS by Wren Davisson (Duke Aquatics)

Four years ago I had said "goodbye" to the pool after I swam my last college meet and did not look back, so coming back to swimming was not easy for me. But, with a back injury and encouragement from my doctor, I found DUKE Aquatics Masters Team and decided that I would give it a shot. At first I was pretty hesitant. I was worried that it would be difficult to get back in shape, that I would not be able to keep up with the rest of the team, and that I wouldn't love swimming the way I used to. Fortunately, my worries were not warranted. After the first month I fell back into the routine of going to practice and my coach and teammates were fantastic. One Friday morning practice we did a set of 100's from the blocks for time. Maybe it was the adrenalin rush, or the excitement of going off the blocks, or perhaps it was being timed again, but it was after this practice that I realized I wanted to race again. Coincidentally, our team was hosting an upcoming meet (Duke Aquatics Spring Splash), so I signed up.

As I stood behind the blocks and waited for my first event, I was overcome by a wave of thoughts, emotions, and nerves. I looked down the pool preparing myself for the upcoming 200 IM and realized that these feelings were surprisingly familiar. In fact, I remember feeling this way many times over my fifteen years of competitive swimming. Funny thing was, I had completely forgotten all about it; the sights, sounds, smells, and emotions. I would have never thought it would be so natural to fall back into all the old habits that came along with a swim meet. I was listening to my favorite music on my headphones, chewing on my goggle straps, listening to the starter's horn and the splash of the water, and battling a constant case of butterflies in my stomach. Realizing this made me smile and appreciate all the years I had spent competing. The light-hearted, friendly feel of masters swim meets creates the perfect environment for returning to competition. Whether it has been four years or twenty-four years since your last race, I would encourage anyone to go out and try one more meet. I promise it will at least make you smile!!



Going Forward or Why We Go Forward

By Harry DeLong

We swim through the water turning when needed at the wall then finish. Done. Right? Uh, what happened and how did we get there? All I remember is how I feel right now, so it must have been tough. I've been there. Most likely you've been there. So what are we doing?

Lot's of people have looked at swimming and offered their best description of why we move forward when we swim. First, we were told to throw water back, the more and the faster you throw water the more and faster you will go because of the opposite and equal action thing. Nice thought and again there is some truth to its use in swimming, but it cannot account for enough movement.

Next, for a long time we were told that like airplanes wings have lift because of air moving over their wings, we move forward because of water flowing over our wings, umh our hands and fore-arms. Well, when the tests were done and the math settled, we found out that yep we do get lift but not enough. Hmmm.

Then the resistance people came out. Well, we all know about the resistance to moving through the water. It seems to want to resist my movement every time I swim. In fact, the faster I try to move the more it seems to resist. Is that it, and if so, how does it help? Let's focus on how our arms and hands grab the water. We apply pressure, moving these parts in an ever-accelerating way and we move against water. Well, just like resistance to our forward motion, water offers resistance to our arm movement. This allows us to push against the water and we pull ourselves forward. What!, we pull ourselves forward? Yep, it's true. The next time you are at the pool, watch a swimmer go through the water and look where the hand is put into the water. If a lane line is close by, look versus the lane line colors change. What will you see? The hands go into the water, the body goes forward and the hand leaves the water at the same place it was put into the water. Actually in a very good swimmer, it comes out ever further forward of where it was put into the water. It's that momentum thing and kicking and lift and throwing stuff helping. If you have never seen this before, try it. It's actually exciting to watch.

When we swim, we need to press our arms and hands against the water to get maximum resistance for as long as possible. Then we need to let go of the resistance at the end of the stroke. That's why we say, ease the hand in, start and keep the palm pushing against the water, keep the elbow high for maximum leverage. Accelerate the more you get into the stroke. Feel what's happening. Know when we lose it. If we pay attention we can learn from what the water says.

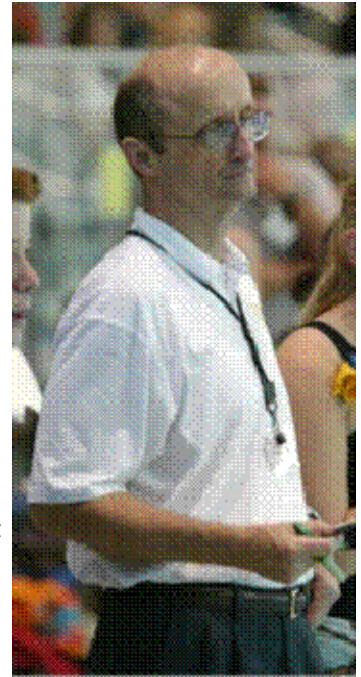
"Stroke was OK there - nope you let me slip - OK, got it back and so on."

Stroke is just another conversation with the water. We have one for body position, now one for stroke. Actually we have lots of little conversations with the water. Listening and participating in the conversation can help us keep the most efficient position for our hand and arm position and movements. The coach gives the basics and describes the way, we have to try and get the feel and listen to what we are being told by the water.

I've had high school swimmers respond when told they must swim the "DREADED 500FR" in the next meet, that it's BOORING! Well, from what I've described above, it should be anything but boring. With all that conversation and planning on picking up speed and when and where and it becomes a crowd of conversations and thoughts. Oh yeah, and remember to turn at the wall!

If you don't buy any of the above, maybe the best explanation was offered by Johnny Weissmuller, Olympic Gold medalist in swimming and better known as Tarzan in old Black and White movies. When asked how he swam so fast he answered,

"I don't know, I just grab a handful of water and don't let go".



NC LMSC Meeting
March 2, 2009 – 8:00 PM
Meeting Minutes Excerpts (Edited for sake of space—see Editor's note below)

Attendees: Jerry Clark – Chairman, Ruth Battle – Vice Chair, Greta van Meeteren – Secretary, George Simon – Registrar, Joe Gosha – Previous Chairman and Newsletter Editor, Andrea Stevens – team rep. for DAMA, Kate Hawley – team rep. for RAM, Mark Doyle – team rep. for TRYM.

Registrar's Report

As of the end of February 2009, the LMSC has 851 registered swimmers; this is an increase of 22% compared to 696 registered swimmers at the end of February 2008. October 31, 2008, saw our highest number of members at 961 swimmers. George compared these numbers with past years, and if the trend holds, the LMSC should have 1000 members by the end of June.

This year, 87% of our members registered online. The Officers chose this year to mail cards to only those registering online who requested paper cards, and all paper registrations. 45.9% of swimmers registering online requested cards. A total of 53.2% of our members received cards by mail.

Members have the choice to request their newsletter to be printed and mailed to them, 184 members have requested hard copies, or 21.6% – the default for anyone not indicating their choice is to receive notice of the newsletter's availability online via email.

Mailing the newsletter is one of the major expenses of the LMCS. It has turned out that using bulk mail is as expensive for this amount of newsletters as is first class mailing. The added advantage of mailing the letters first class is that George would receive non-deliverable newsletters back, so that he is aware that an address has changed. Not everyone remembers to inform the LMSC if they are moving.

There are 28 workout groups in the North Carolina Masters Swimming Club with at least 1 member; the largest is SwimMac in Charlotte, with 140 swimmers. 10 of the workout groups have fewer than 4 members. A current list of members can be found on the website by viewing the members link.

Treasurer's Report

The LMSC currently has \$11,640.51 in the checking account, and \$ 6,591.97 in a money market account (CD). The total amount of money currently in the accounts is: \$19,232.48.

Registration is normally at its highest from November through January. This is why we have these monies at this time. The budget shows \$35.00 per registration. \$25.00 of this will go to USMS, \$10.00 is for NCMS.

Our biggest expenses are convention costs and the newsletter. The projected income for 2009 is \$18,610 and the projected expenses: \$16,325. The year-end surplus would be \$2,285.

Bylaw Changes

All attendees had received a copy of the proposed bylaw changes.

Jerry explained the reasoning behind these proposed changes:

- Over the past dozen or so years, team representatives have done little work and/or shown little interest in participating in the LMSC's business.
- Telephone calls, Emails, proxies, etc., have largely been ignored.
- The LMSC would be best served if a smaller group of interested people would manage it. It is vital to have board members who are genuinely interested in seeing more activities for our NC swimmers and who want to see the membership grow. This group should be as geographically diverse as possible. The continuous change of team representatives makes it very difficult to keep track of them.

There was discussion about the danger of excluding interested people from having a vote in matters of importance. This is very clearly not the intention of the board. Also, the bylaw changes are not just done as a matter of convenience. The board will still announce its meetings to the entire LMSC well in advance, and anyone interested would be welcome to join the meeting. It is, however, important to have the board be active and grow the LMSC's program and membership, and the thinking at this point is that the LMSC would be better served if it is not too cumbersome for the board members to meet either in person or via phone conferences.

After some more discussion Greta made a motion to accept the proposed bylaws, and Joe seconded the motion. It was passed unanimously.

A separate meeting will be held soon (within several weeks) to appoint the three at-large members. Everyone attending was requested to think about candidates and we will try to get as large a diversity as possible. Jerry will work more on the rotation schedule for board members, and he and Greta will work on the final version of the bylaws, so all of this can be sent out to the board members as soon as possible.

The board would like to have a large person-to-person meeting in the fall, perhaps in Greensboro, to discuss important matters for the LMSC. Membership would be invited.

Respectfully submitted,
Greta van Meeteren Secretary

Newsletter Editor's note: These meeting minutes have been condensed for reasons of space. No significant items of discussion of the Board at the meeting have been left out of this edited document.

CAN YOU HELP ??

USMS History & Archives Committee needs results from the 1992 Short Course Yards Nationals May 21–24, 1992 Chapel Hill, NC

Dear LMSC Chair, LMSC Newsletter Editor, and LMSC Webmaster

The History & Archives committee is in the final stages of locating all of the results for the SCY and LCM National Championship events held from 1970 onward. When necessary, the located results are scanned into a pdf file before being submitted for posting onto the USMS web site. The results need to be complete (all places), as legible as possible, and preferably in age group order. We need to locate only five more results and one of them took place in your LMSC. USMS VPLO Julie Heather suggested that we contact each individual LMSCs in which the event took place for some help in locating the results.

Would it be possible for you to post a notice on your website and/or in your LMSC newsletter or get the word out in some other manner? I have an incomplete 10 place version, however I need a complete set of results for posting onto the USMS web site.

The notice could state that the History and Archives committee is searching for a complete set of results from the 1992 Short Course Yards Nationals, held on May 21–24, 1992, in Chapel Hill, NC. If anyone has a copy, please contact the USMS H&A Chair Barbara Dunbar at Archives@usms.org.

Thank you for any help that you can give us,

Barbara Dunbar
H&A Chair



ONE OF THE BENEFITS OF YOUR USMS MEMBERSHIP

About U.S. Masters Swimming Featured Articles

U.S. Masters Swimming Featured Articles are written weekly by the U.S. Masters Swimming marketing staff. Other articles are written by experts from various fields related to swimming. Articles and Features are posted on www.usms.org.

One set of articles recently posted on the website included the following:

HYDRATION

JIM MILLER, MD, past president of US Masters Swimming, has written a series of articles on swimming hydration. It is very important to keep hydrated and he reviews how you should take water and what happens if you don't keep hydrated"

<http://www.usms.org/articles/articledisplay.php?a=174>

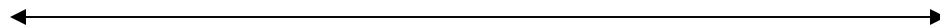
<http://www.usms.org/articles/articledisplay.php?a=175>

<http://www.usms.org/articles/articledisplay.php?a=181> (this one is on sleep)

If you have a story or topic of interest that you would like to see featured by U.S. Masters Swimming, please email us at press@usms.org.



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