

# Across The Lanes

## SUE WALSH SETS 6 WORLD RECORDS, AND MITCH MITCHELL TIES 1 WORLD RECORD, AT THE 2007 USMS LCM NATIONALS!

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Sue Walsh, who swims for North Carolina Aquatic Masters in Chapel Hill set World and National Records in all six individual events she swam at the USMS LCM Nationals Meet held this past August 10th - 13th at The Woodlands, Texas. Sue, swimming in the Womens 45-49 Age Group shattered the previous records in the 50 Free (new time 27.44), the 100 Free (1:00.16), the 50 Back (31.85), the 100 Back (1:09.66), the 200 Back (2:34.80), and the 50 Fly (29.84).

The International Swimming Hall of Fame website has a podcast that features an interview with Susan that was conducted at the meet. You can and should check it out at: [http://ishof.org/inside\\_ishof/index.htm](http://ishof.org/inside_ishof/index.htm). Sue is an amazing athlete who represents herself, her family and teammates, our organizations and our sport remarkably well!

At the same meet, Mitch Mitchell, a member of the Asheville Masters Swimming who was the 2006 Male Swimmer of the Year for North Carolina Master's Swimming, set National Records in the 50 Back (38.08) and the 100 Back (1:26.00). His 100 Back time ties the existing World Record for that event.

The following list contains the names, events and results (both times and places) for the other NCMS swimmers who competed in the meet at The Woodlands.

### North Carolina LMSC Results from 2007 USMS Long Course Championships

#### NCMS North Carolina Masters Swimming

Battle, Ruth M	F45
50 Breast	38.09 1
100 Free	1:05.04 5
50 Free	NS 0
100 Fly	NS 0
50 Fly	NS 0

Bober, Richard S	M56
50 Back	32.27 2
200 Back	2:37.38 2
100 Back	1:11.94 2

Brenner, Bill	M49
50 Breast	34.75 2
100 Free	1:01.65 13
50 Back	36.15 18
50 Free	27.71 14
50 Fly	29.96 7

Clark, Jerry	M70
400 Free	5:41.73 2
50 Breast	44.33 2
100 Free	1:09.00 1
50 Free	31.04 2
200 Free	2:35.56 2
800 Free	11:57.10 2

Cook, Matthew H M37  
50 Breast 35.05 5  
50 Back 32.89 7  
100 Breast 1:20.02 4  
100 Fly 1:11.09 10  
50 Fly 29.25 9  
100 Back 1:12.49 8

Coxhead, George L M55  
400 Free 5:12.57 5  
100 Free 1:05.27 8  
200 IM 2:45.16 3  
100 Fly 1:13.97 7  
50 Fly 31.93 7  
200 Free 2:26.25 6

Deal, Elisabeth Elliott F43  
200 Fly 3:04.83 3  
100 Free 1:06.85 4  
50 Free 29.94 1  
100 Fly 1:15.77 2  
50 Fly 32.46 2

Farrell, Andrew J M37  
400 Free 4:29.81 1  
100 Free 57.10 4  
50 Free 26.29 9  
200 Free 2:04.04 1  
100 Back 1:07.58 7  
1500 Free 18:24.49 1

Klein, Jonathan E M50  
100 Free 58.41 7  
50 Back 31.09 1  
200 Back 2:28.74 3  
50 Free 26.38 7  
50 Fly 28.31 3  
100 Back 1:06.95 2

Mangrum, John W M44  
200 Fly 3:33.58 6  
50 Back 38.11 12  
200 Back 3:01.31 11  
200 IM NS 0  
400 IM 6:34.76 9  
100 Back 1:23.82 12

Mitchell, Mitch M75  
50 Back 38.08 1  
200 Back 3:21.08 1  
50 Free 32.77 1  
100 Fly 1:42.07 1  
50 Fly 36.01 1  
100 Back 1:26.00 1

Murphy, Dan R M65  
200 Back 3:18.11 4  
200 IM 3:22.12 4  
400 IM 6:59.58 1  
100 Back 1:35.20 6  
800 Free 12:36.33 2  
1500 Free 24:24.08 2

Newell, Sally F70  
50 Breast 51.37 1  
50 Back 51.69 3  
200 Back 3:51.69 2  
100 Breast 1:53.87 2  
100 Back 1:51.79 3  
200 Breast 4:09.56 2

Robbins-Bonitz, Suzanne E F74  
50 Breast 1:08.07 4  
50 Back 56.64 6  
200 Back 4:28.53 6  
50 Free 53.19 6  
100 Breast 2:27.43 3  
100 Back 2:06.08 7

Rogers, Eugenia (Jennie) A F55  
200 Fly 4:31.50 2  
200 Back 3:25.81 4  
200 IM 3:31.30 5  
400 IM 7:39.60 5  
50 Fly 45.80 7

Sacerio, Carlos M33  
100 Free 58.56 3  
50 Free 26.68 6  
50 Fly NS 0  
200 Free 2:08.74 3

Schmitz, Robert M55  
50 Breast 35.31 1  
100 Free 1:02.60 3  
50 Back 35.38 6  
50 Free 28.15 5  
100 Breast 1:19.69 2  
200 Breast 2:59.25 3

Siegel, Craig O M49  
400 Free 5:12.82 16  
100 Free 1:04.46 23

Wade, Zoe M F23  
100 Free 1:08.41 3  
50 Back 35.27 2  
50 Free 30.12 2  
100 Back 1:19.99 3

Walsh, Susan	F45	Schmitz, Robert	M55
100 Free	1:00.16 1	Coxhead, George L	M55
50 Back	31.85 1	Farrell, Andrew J	M37
200 Back	2:34.80 1	Men 200 Medley Relay	2:07.51 8
50 Free	27.44 1	Klein, Jonathan E	M50
50 Fly	29.84 1	Cook, Matthew H	M37
100 Back	1:09.66 1	Sacerio, Carlos	M33
		Mangrum, John W	M44
Mixed 200 Free Relay	2:37.77 2	Women 200 Medley Relay	2:35.65 4
Newell, Sally	F70	Walsh, Susan	F45
Robbins-Bonitz, Suzanne E	F74	Newell, Sally	F70
Clark, Jerry	M70	Deal, Elisabeth Elliott	F43
Mitchell, Clarke E	M75	Rogers, Eugenia (Jennie) A	F55
Mixed 200 Free Relay	1:51.16 1	Mixed 200 Medley Relay	NS 0
Bober, Richard S	M56	Robbins-Bonitz, Suzanne E	F74
Battle, Ruth M	F45	Newell, Sally	F70
Walsh, Susan	F45	Sacerio, Carlos	M33
Schmitz, Robert	M55	Clark, Jerry	M70
Mixed 200 Free Relay	DQ 0	Men 200 Free Relay	1:59.47 1
Coxhead, George L	M55	Klein, Jonathan E	M50
Deal, Elisabeth Elliott	F43	Schmitz, Robert	M55
Rogers, Eugenia (Jennie) A	F55	Murphy, Dan R	M65
Klein, Jonathan E	M50	Clark, Jerry	M70
Men 200 Medley Relay	2:28.79 6	Men 200 Free Relay	1:48.97 4
Murphy, Dan R	M65	Bober, Richard S	M56
Brenner, Bill	M49	Sacerio, Carlos	M33
Mitchell, Clarke E	M75	Cook, Matthew H	M37
Clark, Jerry	M70	Farrell, Andrew J	M37
Men 200 Medley Relay	DQ 0		
Bober, Richard S	M56		

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**There's nothing quite like competing in USMS National or International Championship events (both pool and open water—see Dan Murphy's report of 2007's Open Water National Championship results on page 9). Just ask any of the individuals above. Information about National and International Championship Events can be found under the 'Competitions' tab at [usms.org](http://usms.org). Information regarding upcoming events in North Carolina can regularly be found at the end of this edition of Across the Lanes.**

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Mel's visit to the Twin Rivers YMCA Masters, July 26, 2007

## **REKNOWNED COACH MEL GOLDSTEIN VIS- ITS NORTH CAROLINA MASTERS...**

**Representing USMS's new 'Club in a Box' program for promoting chapter growth, Mel takes his message to chapters across the state, including Asheville, Greensboro, and New Bern.**

**LMSC for NC mover and shaker** (and USMS Board Member) Jerry Clark arranged for Mel Goldstein, former USMS President and well-known author and coach of the YMCA Indy Swimfit Masters team to visit the Tar Heel state over three days in late July. Here are reports from his various stops along the way.

### **MEL'S VISIT TO NEW BERN** **Reported by Greta Van Meeteren**

We had an absolutely wonderful visit from Mel to our New Bern area.

Mel breezed into New Bern on Wednesday late afternoon. Within about an hour of his arrival Hans and I picked him up at the Bed and Breakfast where he was staying, and we were on our way to the YMCA for Mel's presentation. Because our situation is different from that of many other teams, due to our being an integral part of our YMCA, I had posted flyers throughout our building to get the attention of our adult swimmers. This turned out to be a good thing, as about 20 people attended Mel's presentation, which was motivating and gave good ideas on how to get more members to join our group.

A portion of the presentation was geared towards larger teams where people are dealing with several different pools, renting pool space, etc., and we are fortunate enough not to

have to deal with that problem because Masters swimming is part of the swimming program that the YMCA offers to members. (This might be something to consider in future presentations to smaller groups.) Mel is a great motivator and committed to the USMS cause, and he conveys that well. The presentation was very well received. *One very exciting note:* this morning a new swimmer joined our group. She was not there on Wednesday evening, but she had seen the flyers, found out when practice times are, and there she was. She will be joining USMS!! One person at a time :->

Mel attended our Thursday morning practice and he and coach Frank had a chance to talk about different things. A small group went out for breakfast with Mel, and we discussed several ideas that would help us grow. Mel then visited for the better part of an hour with Todd Shuart, the CEO of our YMCA, Mary Dwyer, our aquatics director, and Frank McGrath, our coach.

They, too, were enthused about several of Mel's ideas. This fall, our YMCA will be displaying the big USMS display in the foyer. We will be printing out USMS flyers to go along with the flyer we already had made up for our group. Todd is open to having people come in just for masters' practice for a separate fee.

From our (team) standpoint, these are some of the things we

can do to promote more involvement in our programs:

- Announce throughout the YMCA when we are having one-hour swims, postal events, etc., so that more people can participate, it might attract some of the triathletes.
- Conducting stroke clinics (which would mostly come down to our coach, although we could certainly help out as a group).
- Be more visible at the kids' meets (we will have a banner made and have handouts ready, I'm sure that there are parents of young swimmers who are "used-to-be" swimmers and who might be interested in getting into a structured workout).
- Spread USMS information and team flyer throughout various sporting goods stores and other places.
- Have more social gatherings than we have been having - put some more emphasis on the fun aspect of being part of our group.

Mel braved the trek out to Oriental, together with one of our team mates and his wife, to have dinner at the harbor. (No bbq, but good seafood!!). It was a great gift to all of us to have him here, and we have come away with some renewed energy

## **MEL'S VISIT TO GREENSBORO**

**Reported by Andrew Richelson**

Upon Mel's arrival in Greensboro, he contacted me and we made plans for him to have dinner before our team meeting/practice at my house. Our treasurer also joined us. At dinner he spoke about revising the team organizational structure and how that could build more team spirit. He also spoke about insuring that the coaching staff presented themselves in a professional manner so as to lend more credence to our program. As to increasing numbers, he suggested handing out fliers, and advertising, such as having a booth at triathlons, connecting with local sponsors such as sporting good stores, etc. His main thrust was essentially, "If you build it they will come".

After dinner we left my house and went over to practice where we were joined by 10 TMS members as well as Sally Newell, Rick Bober, and the Sykes, who, I think swim for, but not with,

TMS. Mel mostly reiterated what he had told me personally and answered question from the group.

Thereafter, he lead a practice for the 10 of us in the pool. His approach at the practice was animated and lively. Everyone enjoyed it and we hope to incorporate some of his techniques into our workouts.

It was good to meet Mel and to have him share his ideas and enthusiasm for the sport with us.

## **MEL'S VISIT TO ASHEVILLE**

**Reported by Kemp Battle to Tracy Grilli  
USMS National Office Administrator**

Thank you for sponsoring Mel Goldstein's visit to Asheville, North Carolina 7/23-7/24 The value of his visit is not measurable. Mel gave an informative presentation followed by a lengthy question and answer period. Subsequently my wife and I had a pleasant but invaluable dinner alone with him. The next morning he "ran" a well attended practice in a slow downpour. He had me singing "It don't rain in Indianapolis in the summertime" all day until I remembered who wrote it. All was enthusiastically received. The fact that he made the trip....for us impressed us all.

My wife Ruth and I are volunteer coaches for a small group of highly motivated age-group swimmers in addition to Asheville Masters Swimming, a chapter of North Carolina Masters Swimming. Our past history with swimming groups has been dominated by elitism and passivity toward membership with a strong motivation toward preservation of pool time and space, thereby avoiding confrontation with the compulsive, territorial YMCA lap swimmer.....how ironic ?!!! We have no organization, no paid staff, and all equipment needs are met by "donations" by Ruth and myself to the various facilities we use. A non-profit formed by a local group which included us with the vague mission of "supporting and promoting area swimming" pays our pool rentals with excess funds going toward the dream of a swimming facility. "Fees" are passively collected but are actually donations to the non-profit organization. Everything but practices are very casual.

Mel Goldstein's visit, presentation, and coaching had primary value in provoking thought: how and why did we get into this; how has the local program evolved; do we want to switch from a passive to an active mode; what should our personal roles be in the continuing evolution of the local program. I know we're not alone with these thoughts. Ruth and I both put in 60 hour work weeks outside of any swimming related activity.

As an officer in our LMSC I quickly became disillusioned by the emphasis placed on competition and competitors. Despite being a life-long competitor myself, (in virtually all undertakings), I knew this emphasis was misplaced. It did not reflect our membership.....only the most vocal.....and did not reflect the mission of USMS. Thankfully, Mel's resume and vision support my current view. His words and physical presence are inspirational.

Specifically Mel told us:

- 1) We have the building blocks in place
- 2) Membership must be actively pursued. Promote yourself
- 3) In and out-of-the-pool team building events have great value (Ruth organizes quite a few of these now but our eyes have been opened)
- 4) A transparent organization with at least some paid staff, formal accounting, etc., is mandatory
- 5) Placement of value on work is mandatory and to be respected
- 6) Employee incentives based on membership are mandatory
- 7) Pursue and retain multisport athletes
- 8) Start at the beginning.....learn-to-swim programs
- 9) Community involvement including financial support
- 10) Awareness of resources available through USMS for promotion
- 11) Realism
- 12) A group has no chance without a coach on deck

Future thoughts for us include:

- 1) Multiple practice times and sites
- 2) Inclusion of other water sports and interests

including water polo (has a rich history in Asheville), synchronized swimming, etc..

3) How willing are we to share our passion.....and our lanes???

Suggestions:

I strongly agree with Mel that "Masters" implies an exclusivity that is not intended.

Our local effort will likely use terminology associated with health and fitness, shared family activity, skill development, and water safety. I'm presently developing a questionnaire directed toward our current group and another toward those with more watersport interests. We will follow up with a meeting about the future of the adult water athlete in Asheville. We've been inspired. We're committed. Now we have to get organized.

We appreciate Mel's thoughts based on long experience. We appreciate your support as well

## **AND HERE'S WHAT MEL HIMSELF THOUGHT**

### **North Carolina LMSC Report**

The USMS Club in the Box program was an idea promulgated to help USMS Clubs and LMSC's who were seeking assistance to promote Masters Swimming in their area. This assistance could come in the form of needing help to talk to facilities, talk to local aquatic directors, help coaches coach a diverse group (*triathletes, fitness swimmers and competitive masters swimmers*), and or educate local leadership on the use of marketing tools already provided by USMS to promote their programs. By offering this assistance, USMS is taking a pro-active approach rather than a re-active approach to the clubs and or LMSC's needs. Sending a representative into an area in need of assistance will be an added benefit provided by USMS. It demonstrates the National Organization is concerned about local problems and is willing to help local clubs and LMSC overcome them.

The North Carolina LMSC has been a very active

LMSC in USMS; however, over the past couple of years, their USMS membership has remained the same or started to decline. The North Carolina Masters Swimming is a registered USMS Club. They have 20 “workout groups” which they call chapters in North Carolina. In each of the “workout groups” attended all of the swimmers participating in the workout were registered USMS swimmers. The North Carolina LMSC leadership and various groups throughout the state were encouraged by the “USMS Club in the Box” pilot program and requested help in formulating a plan to encourage an increase in membership in their LMSC. The first pilot program to assist an LMSC was organized, and a USMS representative was sent to North Carolina to visit three areas who were seeking such assistance (*Asheville, Greensboro, and New Bern*).

The one common thread throughout the visit to North Carolina and my other travels throughout the US, with strong leadership and on deck coaching, there will be growth in our USMS membership. USMS must formulate a plan to educate coaches and local leadership on the basics of what Masters Swimming is all about. We must go to them and work with them on their turf, not wait until conven-

tion to run various workshops. As we go forward with the “Club in the Box” program, the one underlying perception, which must change, is that Masters Swimming is for the elite and all about competition. We must promote the health benefits of Masters Swimming, we have to continue to work with LMSC’s like North Carolina, work with clubs that have no coach, and to insure the non-competitive swimmer is welcomed into workouts so they are not intimidated. In order to measure the success of the North Carolina visit we will have to monitor their growth over the next year. If these three “chapters” increase their membership then it’s a “win-win” for USMS and the club. A follow up in 3 months is planned to see where they are in their planning.

The visit by a USMS representative to North Carolina to promote Masters Swimming was a great first step in the educational process of educating leadership and coaches. To those who may read this report this may seem like a simple task, but to the clubs and LMSC’s who have problems this is no simple task. Through ongoing education growth will come. I am pleased to have been a part of this first initiative



Mel Goldstein and members of the New Bern chapter of LMSC for NC enjoy dinner together

# MORE MEET RESULTS FOR NCMS'SWIMMERS

## 2007 Colony Zone LC Championship Meet Results—reported by Jon Klein

The 2007 Colony Zone LC Championships were held the weekend of Aug 18-19 at the University of Maryland in College Park. 6 NC swimmers attended and all did well!

Erica Braun continues to drop times each year. As usual she won all 6 of her races in her new age group, 35-39. Several of her swims were lifetime bests. Her swims would have won several events at the recent USMS LC Championships.

Andrew Richelson took 4th in the 50 and 2nd in the 100 Freestyle events in the 60-64 age group.

Jon Klein, Bob Schmitz, Joe Rhyne and Peter Hollett teamed up to set **NATIONAL RECORDS** in the Men's 200-239 400 Medley and 800 Free Relays. The highlights of the swims were Joe's 1:02+ 100 Fly leg in the Medley relay and Peter's anchor leg of 2:08+ in the 800 Free Relay. The times for the relays were 4:28.50 in the 400 Medley which eclipsed the previous record by 8 seconds and 8:53.73 in the 800 Free which bettered the old record by nearly 2 seconds. For complete results of the meet here is the link: [www.terrapinmasters.org/colonies-zone-lcm-results-07.htm](http://www.terrapinmasters.org/colonies-zone-lcm-results-07.htm)



Jon Klein, Bob Schmitz, Joe Rhyne, and Peter Hollett pose together after setting two Men's 200-239 LC National Relay Records in College Park, Maryland.

### LCMS for NC LC Records set at the 2007 Colony Zone Championships...

45-49 Joe Rhyne 400 Free 4:35.32  
45-49 Joe Rhyne 800 Free 9:45.19  
50-54 Jon Klein 50 Back 30.97  
50-54 Jon Klein 100 Back 1:06.83 (leading off the 400 Medley relay)  
50-54 Jon Klein 200 Free 2:12.10 (leading off the 800 Free relay)  
35-39 Erika Braun set records in all 6 of her swims, including 50 Free 28.30, 100 Free 1:01.50, 50 Back 33.56, 100 Back 1:13.87, 50 Breast 38.46, and 50 Fly 31.66.

Have you clicked on [www.usms.org](http://www.usms.org) or [www.ncmasters.org](http://www.ncmasters.org) lately?



## **REPORT ON 2007 USMS OPEN WATER NATIONAL CHAMPIONSHIPS**

**By Dan Murphy**

North Carolina was well represented in this years USMS Open Water National Championships, winning 8 titles. Before the detailed results, here is a description of the annual USMS National Championship meets schedule. The broader category is called **Long Distance Swimming**. That includes 5 **Postal Championships** swum in pools, and 5 **ocean or lake swims**. 4 of the latter are pure **Open Water Championships** and one is a **Cable Championship** (a visible cable gives the swimmers a straight guide for the entire race).

This year, Open Water National Championships were held for the following distances: 1 mile, 1.76 miles, 5K and 10K. The Cable meet was 2 miles. Below are the 2007 meets/results.

May 19, 5K Nationals, Gulf of Mexico, Ft Myers Beach, Florida: Great conditions included clear weather, smooth water, no noticeable currents, the buoyancy benefits of salt water and an exciting 3 day open water festival that the USMS event was part of. And the only shark bite was the day before the swim! North Carolina swimmers Andy Farrell and Dan Murphy won their age groups and Eric Crankshaw took a 2nd.

May 27, 1 Mile Nationals, Lake Audubon, Reston, Va: Back to fresh water, and not the clearest water around, but no extreme conditions. Billy Su, Heidi Williams and Dan Murphy won National Championships. Filippo Porco took a 4th.

July 14, 10K Nationals, Long Island Sound, Hunt-

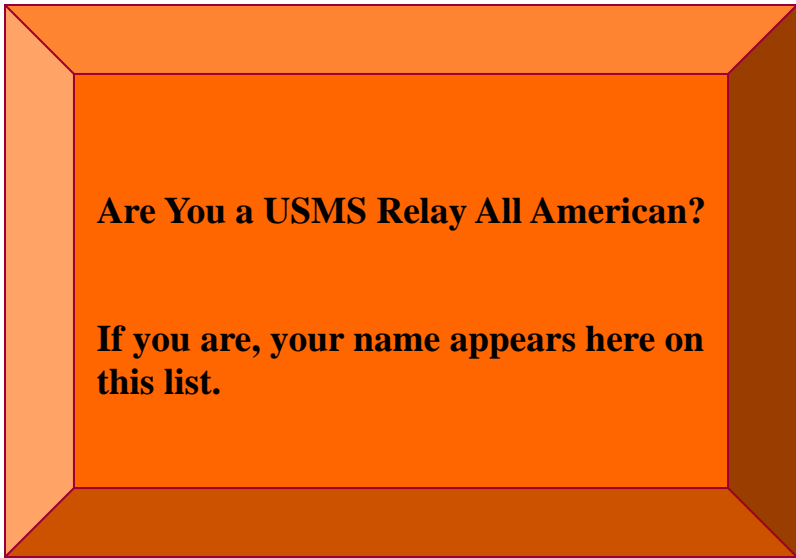
ington Bay, NY: Wow. This was unbelievable. A beautiful sunny day, smooth water and salt water buoyancy.....but lookout.....currents. Combine that with a poorly marked course and the result was major trouble. 17% of the field failed to finish. Those that did figured the conditions added between 45 minutes and 2 hours to their swim time. Only one swimmer got under 3 hours. With good conditions, most of the field goes under 3 hours. Common comments heard from swimmers after the swim....."the course beat me today." Filippo Porco and Dan Murphy won National Championships.

August 4, 1.76 Mile National Championship, Lake Pend Oreille, Sandpoint, Idaho: This meet was a wonderful pleasant surprise. But first, why 1.76 miles. USMS runs a 1 to 3 mile championship each year, and the exact distance depends on the course swum. Sandpoint holds an annual swim, the Long Bridge Swim, .....with over 500 people in it. An exhilarating, inspiring event. This year, they added the USMS Nationals to it, putting over 600 swimmers in the water at once. Beautiful area, smooth water, a bridge to sight off of, clear day. Conditions couldn't get much better. Dan Murphy, the only NC entry, won another National Championship.

There were no NC swimmers in the 2 mile Cable meet in Lake Placid, NY in August.

In case any of you want to experience the thrill of open water nationals next year, the 10 K is nearby, Hartwell Lake, Clemson, SC. The water there is generally smooth and the course is well marked. And the 2 mile Cable Nationals are in Charlottesville, Va. Go for it!





**NORTH CAROLINA MASTERS  
RELAY ALL AMERICANS FOR  
2005-2006**

- Jon W Blank 45**
- Jerry Clark 69**
- Donald Gilchrist 52**
- Richard Kitchell 66**
- Jonathan E Klein 48**
- John Kortheuer 75**
- Clarke Mitchell 74**
- Robert Schmitz 53**

New **RELAY ALL AMERICAN** certificates have been created (beginning with 2006) to capture the memory of your great swim in achieving a **NUMBER ONE TIME**. When requesting a patch and a certificate, the following information should be included:

FIRST AND LAST NAMES OF ALL FOUR MEMBERS OF THE RELAY:

- 1) -- \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

- RELAY EVENT: MEN or WOMEN or MIXED (Circle one)
  - RELAY DISTANCE: 200 400 800 (Circle one)
  - FREE or MEDLEY (Circle one)
  - TIME OF RELAY: If you want a specific record (national/world/zone) printed on the certificate, identify the type of record broken and the time of the swim: \_\_\_\_\_
  - COURSE: SCY or SCM or LCM (Circle one)
  - AGE GROUP: For yards, the age of the youngest member shall determine the age group. For all meters, the aggregate age of the four relay team members shall determine the age group. (Example: 120-159): \_\_\_\_\_
  - LMSC or TEAM: \_\_\_\_\_
- YEAR/Date on which the ALL AMERICAN swim was achieved: \_\_\_\_\_

Send Patch and Certificate to:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

Mail Payment (\$5.00 for each member) to:

USMS  
P.O. Box 185  
Londonderry, NH 03053-0185

The following article, and the picture below, spotlighting NCMS RAM swimmer John Mangrum, are reprinted from the *Australasian Masters Games Community Ambassador Newsletter*, available in full online at [www.australasianmasters.com](http://www.australasianmasters.com).

## **Games Community Ambassador Newsletter Community Ambassador John Mangrum, USA**

John Mangrum will make his second trip to Adelaide to compete in the Australasian Masters's Games when the event is held in October again this year. Originally from Clearwater, Florida, John says he keeps coming back to the Games because Australia "is such a beautiful country. I love the way of life and people in Australia."

Some highlights of the Games have been meeting Dawn Fraser in Alice Springs, being able to travel the world doing what he enjoys most, and making new friends along the way. His latest achievement was winning nine medals at the last Master's Games in Adelaide in 2005. John contributes his stamina in swimming to the support of his friends, family and coaches, but says what also motivates him is the World Record holders and swimming champions with whom he competes.

John, who started swimming in high school to stay in shape, has never looked back on his decision to swim in the Masters Games, which he has been competing in now for 21 years. John's long-term goal of being able to continue swimming in competitions when he is in his 70's ensures that he will keep coming back to Australia for many more years, much to the delight of his friends who have affectionately labeled him "that American." John says he is "as fit as can be (and) looking forward to coming back in October."

### **MOVE OVER HOLLYWOOD...**

Community Ambassadors star in Games Video.  
Available for download from the Games website at  
[www.AustralasianMasters.com](http://www.AustralasianMasters.com).



**The Chairman's Lane**  
**By Joe Gosha**

In this issue of our Across The Lanes newsletter I would like to talk briefly about our organization's governance. As most of you know, North Carolina Masters Swimming is constituted as a Masters Swimming Club organized through the 'Local Masters Swimming Committee' (LMSC) for NC of United States Masters Swimming, Inc. The LMSC for NC provides the administrative structure (including membership registration and support for individuals, chapters, and clubs; competition sanctioning; insurance coverage; record keeping communications, etc.) for Masters Swimming in this state.

As an LMSC of United States Master's Swimming, we are not separately incorporated but are rather a supported unit of USMS, Inc. Nevertheless, we are governed in our affairs by our own Bylaws. Those Bylaws vest leadership authority and responsibility for our LMSC in a Board of Directors. One of the primary endeavors undertaken by our Board over the past eighteen months has been the updating of our Bylaws. That task (as has been previously reported) was completed with the adoption of our Amended and Restated Bylaws on April 1, 2007.

One of the significant issues that has been discussed many times over the years with respect to our Bylaws is the representation afforded our local chapters and clubs in those Bylaws. While other LMSCs around the country have gone to a governance structure where all Board members effectively serve in an at large capacity, we have steadfastly determined not to do so here in North Carolina. Rather, we have chosen to continue enfranchising our various clubs and chapters around the state with Board membership, representation, and authority through designated Chapter Representatives.

Per Article IV of our Bylaws each club or chapter in the state is entitled to designate Chapter Representatives to the Board with voting authority given in accordance with the following table:

- Less than 5 members have no votes

- 5 - 35 members shall have one (1) vote
- 36-60 members shall have two (2) votes
- Over 60 members shall have three (3) votes

Some of our Chapters have designated Representatives to the Board and have as such participated in our decision making processes. They have been an integral part of Board decisions related, for example, to how we spend our funds, who gets elected as LMSC officers, and who represents us at the U.S. Aquatics Sports annual national convention.

Article III.3 of our Bylaws reads:

*Club and Chapter Members are strongly encouraged to have representation at all meetings of the LMSC Board of Directors in any particular year, either in person or by proxy. Individual Members may attend all meetings of the LMSC with voice, but no vote.*

I want to echo the words of our Bylaws, speaking both to our Chapters, and to the individual members of our Chapters. **We will be having a meeting of the Board of Directors of the LMSC for NC this coming October 27th at 4:30 PM at the Satisfaction Restaurant & Bar in Durham, NC , right after the NC Masters Autumn Splash Short Course Meters Meet that takes place up the street in Hillsborough that day.**

**I STRONGLY URGE ALL OF OUR CHAPTERS ACROSS THE STATE TO DESIGNATE A CHAPTER REP WHO CAN THEN REPRESENT THE CHAPTER AT THAT MEETING, AND AT FUTURE MEETINGS IN THE COMING YEAR.**

Chapter officers who are authorized to do so should provide the name of their designated 'Chapter Rep to the Board' to our registrar George Simon, at the email address for him listed below.

I want to thank you all in advance for your participation in the governance of our organization!

**LMSC - NC Officers and Staff**

<b>Chairman</b> Joe Gosha, NCMS 140 Lake Concord Rd Concord, NC 28025 704-294-2021 NCchairman@usms.org	<b>Vice-Chairman</b> Kemp Battle, AMS 10 Parkside Ave Ashville, NC 28804 828.251.0596 vicechairman@ncmasters.org	<b>Past Chairman</b> Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 fritzlehman@nc.rr.com	<b>Secretary</b> Elizabeth Nowak, THAT 2734 Sevier St. Durham, NC 27705 919.489.8328 Secretary@ncmasters.org	<b>Treasurer</b> Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
<b>Registrar / Webmaster</b> George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCregistrar@usms.org	<b>Top Ten Chairperson</b> Henry Stewart, RAM 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@strategicbenefitsolutions.net	<b>Newsletter Editor</b> Joe Gosha 140 Lake Concord Rd NE Concord, NC 28025 (704) 294-2021 jophesgo@juno.com	<b>Records</b> Henry Stewart, RAM 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@strategicbenefitsolutions.net	

**NC Autumn Splash  
October 27, 2007**

Sponsored by: Tar Heel Aquatic Team (THAT)  
Sanctioned by: LMSC for NC for USMS, Sanction # 137-06  
Meet Director: Robin Robinson  
Meet Referees: Pending

**LOCATION:** Triangle Sportsplex, Hwy 70 East (Bus), Hillsborough, NC  
<http://www.trianglesportsplex.com> (919) 644-0339. Ten lane 25m x 25y pool with six lanes used for racing.

**RULES:** USMS rules govern the meet. You must attach a copy of your 2007 USMS registration card to the entry form. No one-event USMS registrations. You must sign a waiver. Your age as of 12/31/07 determines your age group in the meet. **Except for sprint lanes in warm-up and when competing, ANY ENTRIES IN WATER MUST BE FEET FIRST.**

**DEADLINE:** Entries must be **received** before 5:00 p.m. Saturday, October 20, 2007. No faxes accepted. Send e-mail to [robinsr@nc.rr.com](mailto:robinsr@nc.rr.com) if you have any questions. Deck entries will be accepted as space allows but we strongly encourage everyone to sign up in advance.

**FEES:** Single fee of \$30.00 covers entry fee and facilities charge. Late entries are \$35.00. Make checks payable to Tar Heel Aquatic Team. Meet fees are non-refundable.

**ENTRIES:** Swimmers are limited to 5 individual events. Mail entry form and fee to Robin Robinson, 90 Cedar Hills Circle, Chapel Hill, NC 27514.

**AWARDS:** Customized awards.

**SCORING:** Individual events will be scored 7-5-4-3-2-1, relays 14-10-8-6-4-2. Meet results will be posted on [ncmasters.org](http://ncmasters.org) and will be sent to team representatives and the NCMS records chairperson.

**WARM-UP:** The pool will be open for warm-up from 10:00 – 10:50 a.m. Sprint lanes will be designated with diving allowed from 10:35 – 10:50 (25m, one-way). Continuous warm-up/cool down lanes will be available throughout the meet.

**SEEDING:** All events will be preseeded with the exception of the relays, which will be deck seeded by time. Deck entries will be added as space allows. Men and women may be combined if needed. All events will be swim slow to fast. Relays will follow USMS age groupings 76-99, 100-119, 120-159, etc. Relay teams may be women, men or mixed.

**DIRECTIONS TO POOL:** From I-85 (Exit 165), I-40 (Exit 166), and Chapel Hill, take Hwy. 86N towards Hillsborough. Turn right onto Hwy. 70 East (Bus.). Go about ¼ mile and make a right onto Meadowlands Drive. Make a left into the Triangle Sportsplex.

**OTHER:** There are snack and drink machines and a snack bar. No food or drinks may be brought into the facility.

## NC Autumn Splash October 27, 2007

Warm-up at 10:00 a.m., events begin at 10:50 a.m.

Name: \_\_\_\_\_ Street: \_\_\_\_\_  
 City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_  
 Age as of 12/31/07: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_  
 USMS Registration #: \_\_\_\_\_ Team Initials: \_\_\_\_\_

Please circle event numbers, and specify stroke for 200 Open event:

<u>Women's</u> <u>Event #</u>	<u>Entry</u> <u>Time</u>	<u>Event</u>	<u>Men's</u> <u>Event #</u>	<u>Entry</u> <u>Time</u>
1	_____	400 M Free	2	_____
3	_____	200 M IM	4	_____
5	_____	50 M Fly	6	_____
7	_____	800 M Free Relay (W, M, Mixed)	7	_____
10 minute break				
9	_____	100 M Breast	10	_____
11	_____	50 M Back	12	_____
13	_____	100 M Free	14	_____
10 minute break				
15	_____	100 M Fly	16	_____
17	_____	50 M Breast	18	_____
19	_____	100 M IM	20	_____
21	_____	200 M Free Relay (W, M, Mixed)	21	_____
10 minute break				
23	_____	100 M Back	24	_____
25	_____	50 M Free	26	_____
27	_____	200 M Open (please specify stroke)	28	_____
10 minute break				
29	_____	200 M Free	30	_____
31	_____	400 M IM	32	_____
33	_____	200 M Medley Relay (W, M, Mixed)	33	_____

Please read and sign:

I, undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Name (print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Entry Fee (make check payable to Tar Heel Aquatic Team): \_\_\_\_\_