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Raleigh Area Masters
P.O. Box 19845
Raleigh, N.C. 27619

Raleigh Area Masters

From the president's lane

By Kevin Facchine

It's been another great year for Raleigh Area Masters swimming. As this term draws to a close, I would like to thank the team members, coaches and board whose participation, energy and support have helped make RAM a better organization for Masters swimmers. We have hosted two successful Masters meets and a much-needed stroke clinic. We organized road trips to swim meets near and far. We led the NCMS East team to claim the inaugural East-West Challenge Cup. A number of our swimmers earned national top 10 rankings. We have welcomed many new swimmers to our club. And we have shared great times and friendship every week in the pool and after practice. Thanks to your support, our program continues to thrive. Now, if only we could get more pool time ...

Capping off the year is RAM's annual general meeting, which will be held at 6 p.m. Sunday, August 27 at Ri-Ra, 126 N. West St. Officers will give their year-end reports, and we'll hold elections for all 11 board positions. The agenda and a proxy ballot (if you can't attend) are on pages 4-5.

RAM held a long-course meet this summer for the first time in a number of years. Thanks to meet

director Alan Godfrey for handling the many logistics of this meet and to all the volunteers who helped with the meet. We attracted more than 60 swimmers to North Carolina's only Masters long-course meet this year. (Unfortunately, RAM's Smoky Mountain chapter has canceled its long-course meet in September.)

RAM also hosted the State Games of North Carolina age-group meet in June. It was a great opportunity to help out future Masters swimmers and to promote swimming in North Carolina. Thanks to all the RAM volunteers for making this happen. We did such a good job that they want us back next year – and they're considering adding Masters competition to the program.

Members of RAM's Smoky Mountain chapter have endowed a fund to be used to encourage folks 75 and over to swim and compete with us. They believe, and we all know, that safe, enjoyable exercise for senior citizens is a hallmark of quality of life. We'll let you know when details have been worked out. The generosity in endowing the fund exemplifies the character and spirit of this team and Masters swimming. Thank you.

Until the annual meeting and social on August 27, I'll see you in the water.

Extra sets

Coming soon to a TV near you: Catch TV coverage of the U.S. Olympic swimming trials. It's scheduled for 4-6 p.m. Sunday, Aug. 13 on NBC; 4-6 p.m. Saturday, Aug. 19 on NBC; and 9-11 p.m. Saturday, Aug. 26 on PAX. (Check your local listings so you won't miss it!)

Need a suit?: Sue Haugh says Noi Bland makes great swimsuits for a reasonable price (about \$30 for women). The suits are fully lined and are available in about 30 patterns. To find out more, contact Noi Bland at Noibland@worldnet.att.net or call 844-0931.

Where are we swimming?: If you swim with the Pullen-Optimist workout group, be prepared for some schedule changes. Pullen will be closed from Aug. 14-27. Optimist closes for repairs on Aug. 28, and the city isn't sure when the pool will reopen. From Aug. 14-27, all practices will be held at Optimist. M-Th practices will be held from 6:45-8 p.m. Saturday practices will be held from 8-9:30 a.m. Practice on Sunday, Aug. 20 is from 8-9:30 a.m.; practice on Sunday, Aug. 27 is from 4-5:30 p.m. Check your e-mail or the North Carolina Masters Swimming Web site (www.ncmasters.org) for the complete revised workout schedule.

Baltimore bound: Twelve of your teammates will be in Baltimore to compete in the USMS Long-Course Nationals from Aug. 17-20. We'll be part of a 41-member contingent at the meet. This will be a great chance to show off the strength of our team!

Dr. Simon-in-training: Noelle Simon starts medical school at the University of North Carolina on August 14. We'll miss her at the pool – and we wish her the best in med school!

RAM BOARD OF DIRECTORS

- Kevin Facchine, *President:* kf18589@glaxowellcome.com
- Alan Godfrey, *Vice President:* alan.godfrey@reichhold.com
- George Simon, *Registrar:* george.simon@mindspring.com
- Jay Holshouser, *Treasurer:* boycejay@mindpsring.com
- LeeAnne Britt, *Secretary:* leeanne4@aol.com
- Ceil Blackwell, *At-Large Member:* ceilb@aol.com
- Sue Haugh, *At-Large Member*
- Fritz Lehman, *At-Large Member:* fritz.lehman@sas.com
- David Shamlin, *At-Large Member:* david.shamlin@sas.com
- Margie Springer, *At-Large Member:* margiemoto@aol.com
- Kim Stott, *At-Large Member:* kastott1@cs.com

Calendar

Sunday, Aug. 27, 2000

6 p.m. Ri-Ra (833-3305)

Annual general meeting and elections

Join your teammates at RAM's annual general meeting and vote for the 11-member Board of Directors. We'll meet at Ri-Ra, 126 N. West Street – and RAM will buy the first round of drinks. For details, see page 4. If you can't attend, be sure to return the proxy ballot on page 5.

Saturday, Oct. 21, 2000

Hillsborough, N.C.

Hillsborough SCM meet

One-day meet tentatively set for Oct 21. Check the North Carolina Masters Swimming Web site (www.ncmasters.org). Details will be posted there when available.

Saturday & Sunday, Nov. 4-5, 2000

Anderson, S.C.

Dixie Zone SCM Championships

Short-course meters meet – and likely a RAM team road trip. Contact Steve Wycoff, Anderson Swim Centers, 1115 Cornelia Road, Anderson, SC 29621 or wycoff@carol.net.

Coming in 2001 ...

- ... A RAM team road trip to the Charlotte meet in January.
- ... RAM's annual short-course meet at Pullen Park.

A standing invitation

RAM members from Pullen and Optimist get together after practice each Thursday for dinner and after practice each Saturday for breakfast. Join us!

RAM RESULTS

USMS Top 10

Ten RAM swimmer earned USMS Top 10 rankings for short-course yards in 2000. **Dick Webber** (men's 70-74) led the way, finishing first in the 50 fly at 33.37. RAM's other Top 10 finishers are:

Women 19-24 - Jennifer Mancini: 50 free – 24.64 (3rd); 100 free – 53.42 (2nd); 200 free – 2:00.95 (5th); 500 free – 5:24.57 (5th); 100 IM – 1:02.32 (4th); 200 IM – 2:00.95 (5th)

Women 60-64 - Sally Newell: 50 free – 32.42 (3rd); 50 back – 41.21 (6th); 50 breast – 40.01 (2nd); 100 breast – 1:30.54 (3rd); 200 breast – 3:20.80 (3rd); 100 IM – 1:23.90 (3rd); 200 IM – 3:19.94 (10th)

Men 19-24 - Sean Stringer: 50 back – 25.87 (6th); 100 back – 54.78 (4th); 200 back – 2:01.96 (6th)

Men 25-29 - Grant Johnston: 400 IM – 4:32.83 (7th)

Men 30-34 - John Sloyan: 200 fly – 2:00.24 (6th)

Men 40-44 - Alan Godfrey: 200 back – 2:09.21 (10th)

Fritz Lehman: 50 back – 24.96 (2nd); 100 back – 53.98 (2nd); 200 back – 1:58.32 (2nd); 100 IM – 57.65 (8th)

Tim McGinnis: 50 free – 22.54 (9th)

Men 70-74 - Dick Webber: 50 free – 28.15 (2nd); 100 free – 1:07.11 (2nd); 200 free – 2:42.16 (6th); 100 IM – 1:20.77 (6th); 200 IM – 3:14.49 (10th)

Men 90-94 - Harold Hoffmann: 50 free – 1:17.70 (3rd); 100 free – 4:00.19 (3rd)

Swimming with the sharks: RAM swimmers **Jennifer Mancini** and **Kevin Facchine** braved the shark-infested waters off the coast of North Carolina on July 8 to swim in the first annual XMEN Wrightsville Beach Inlet-to-Inlet 5 mile Open Water Swim. Jenn won the women's division outright and finished sixth overall. Kevin finished second in the men's 40-44 age group and placed fifth overall.

RAM's long-course meet – July 15, 2000

Women 19-24 - Jennifer Mancini: 50 free – 29.10; 100 free – 1:03.07; 200 free – 2:18.82; 50 fly – 32.29; 200 IM – 2:39.16 (all 1^{sts})

Women 25-29 - LeeAnne Britt: 100 free – 1:13.81 (3rd); 100 back – 1:24.35 (2nd); 200 back – 2:59.20 (2nd); 50 breast – 45.00 (2nd)

Jennifer Riley: 50 free – 31.04; 100 free – 1:08.48; 200 free – 2:35.33; 50 breast – 41.06; 100 breast – 1:33.42 (all 1^{sts})

Women 35-39 - Sue Haugh: 400 free – 5:18.10 (2nd); 50 breast – 42.36 (1st); 50 fly – 34.91 (1st)

Margie Springer: 50 breast – 46.12; 100 free – 1:17.38; 50 back – 41.37 (all 2^{nds})

Women 40-44 - Kim Stott: 100 back – 1:29.00 (2nd); 200 back – 3:12.37 (2nd); 50 breast – 47.22 (1st)

Lorraine Wood: 100 free – 1:20.89 (5th); 400 free – 6:07.73 (2nd); 50 back – 45.79 (3rd)

Women 45-49 - Barbara Braswell: 50 free – 35.94 (3rd); 100 free – 1:20.00 (1st); 200 free – 3:02.25 (1st); 50 fly – 43.32 (2nd)

Pat Sargeant: 50 free – 32.66; 50 fly – 37.80; 200 fly – 3:22.35; 200 IM – 3:07.83 (all 1^{sts})

Women 50-54 - Elizabeth Bunting: 1500 free – 24:34.29 (1st)

Women 60-64 - Sally Newell: 50 free – 39.03; 100 free – 1:36.33; 100 breast – 1:48.01; 200 breast – 3:58.56; 200 IM – 3:50.99 (all 1^{sts})

Dawn Stroupe: 50 breast – 52.60 (1st); 100 breast – 1:53.19 (2nd); 200 breast – 4:04.41 (2nd); 200 IM – 4:11.59 (2nd)

Men 19-24 - Edison Watson: 50 free – 28.75 (2nd); 100 free – 1:05.44 (2nd); 50 back – 38.03 (1st); 50 fly – 33.86 (2nd); 100 fly – 1:18.07 (1st)

Men 25-29 - Scott Allen: 50 free – 29.29 (1st); 400 free – 5:39.82 (1st); 100 breast – 1:28.60 (1st); 50 fly – 33.67 (3rd); 200 IM – 2:58.93 (2nd)

Sean Stringer: 100 free – 1:01.29; 100 back – 1:08.77; 200 back – 2:36.35; 50 fly – 28.49; 2:35.86 (all 1^{sts})

Men 30-34 - John Sloyan: 50 fly – 29.06; 100 fly – 1:05.75; 200 fly – 2:31.25 (all 1^{sts})

Men 35-39 - Jay Holshouser: 50 free – 35.07 (4th); 50 breast – 41.58 (1st); 100 breast – 1:32.80 (1st)

Men 40-44 - Alan Godfrey: 50 free – 27.66 (1st); 200 free – 2:18.17 (1st); 50 back – 33.78 (2nd); 200 back – 2:37.47 (1st); 200 IM – 2:35.00 (2nd)

Randal Hoke: 1500 free – 26:20.33 (1st)

Fritz Lehman: 50 back – 30.69; 100 back – 1:07.34; 100 fly – 1:08.03 (all 1^{sts})

Men 45-49 - Kevin Facchine: 100 free – 1:03.13; 200 free – 2:19.81; 400 free – 5:07.22; 50 fly – 31.46; 200 IM – 2:43.09 (all 1^{sts})

Men 60-64 - Mike Stroupe: 50 free – 54.78 (2nd); 1500 free – 40:41.63 (1st); 50 back – 1:27.92 (1st); 50 breast – 1:32.53 (2nd); 50 fly – 1:26.55 (1st)

Men 65-69 - John Marsil: 50 free – 44.85 (1st); 100 free – 1:43.21 (1st); 200 free – 3:50.00 (1st); 50 back – 1:01.40 (1st); 100 back – 2:11.78 (all 1^{sts})

RAM's Annual Meeting

6 p.m. Sunday, August 27, 2000
Ri-Ra, 126 N. West St., Raleigh

Join your teammates after practice at Optimist (4-5:30 p.m.) for RAM's annual meeting!

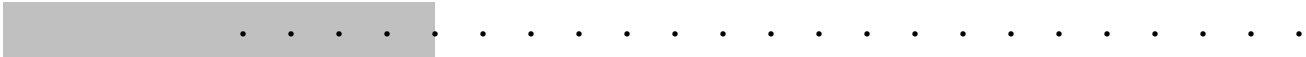
We'll meet at Ri-Ra's for dinner (dutch treat). RAM will buy the first beverage of your choice.

- AGENDA:**
- Registrar's report
 - Treasurer's report
 - President's report
 - Old business
 - New business:
 - Approval of the RAM budget for 2000-01
 - Election of the Board of Directors and new officers

RALEIGH AREA MASTERS OPERATING BUDGET FOR 1999-2000 AND 2000-01

INCOME	99/00 Budget	99/00 Actual*	00/01 Budget
LMSC Fees	1,800	1,925	1,800
Interest	500	608	600
Monthly Dues	17,600	17,128	19,200
Swim Meets	6,000	9,601	9,000
Miscellaneous	-	190	-
TOTAL INCOME	\$ 25,900	\$ 29,452	\$ 30,600
EXPENSES	99/00 Budget	99/00 Actual*	00/01 Budget
General Operations	1,200	1,303	1,400
Pool Rental	11,680	12,641	12,900
Coaching	6,859	4,919	7,300
Equipment	150	487	150
Swim Meet Expenses	4,500	8,716	7,900
Relay Entry Fees Paid	350	229	350
TOTAL EXPENSES	\$ 24,739	\$ 28,295	\$ 30,000
BALANCE	\$ 1,161	\$ 1,157	\$ 600

*Unaudited data from August 1, 1999, through July 31, 2000



PROXY BALLOT

If you can't join us at the annual meeting on August 27, please fill out this proxy ballot and return it to any board member or mail it to: Raleigh Area Masters, ATTN: Elections, P.O. Box 19845, Raleigh, NC 27619 for receipt by Friday, Aug. 25, 2000. Only RAM members in good standing are eligible to vote.

Name of RAM member voting: _____

1. BUDGET (vote for one):

- _____ I approve the RAM budget for 2000-01.
- _____ I do not approve the RAM budget for 2000-01.

2. BOARD OF DIRECTORS:

All positions are unopposed. The nominees are: President – *Kevin Facchine*; Vice President – *David Shamlin*; Treasurer – *Jay Holshouser*; Registrar – *George Simon*; Secretary – *Kim Stott*; At-large members (6): *Ceil Blackwell, Cathy Davis, Rob Glotzer, Sue Haugh, Kent Lassman, Fritz Lehman*.

Vote here for the entire slate:

- _____ I approve the nominees for the Board of Directors.
- _____ I do not approve the nominees for the Board of Directors.

OR

Vote here to cast your ballot for each nominee individually:

President: Kevin Facchine	yes ___ no ___	At-large members:	
Vice President: David Shamlin	yes ___ no ___	Ceil Blackwell	yes ___ no ___
Treasurer: Jay Holshouser	yes ___ no ___	Cathy Davis	yes ___ no ___
Registrar: George Simon	yes ___ no ___	Rob Glotzer	yes ___ no ___
Secretary: Kim Stott	yes ___ no ___	Sue Haugh	yes ___ no ___
		Kent Lassman	yes ___ no ___
		Fritz Lehman	yes ___ no ___

PROXY BALLOTS MUST BE RECEIVED BY FRIDAY, AUG. 25.

Raleigh Area Masters
P.O. Box 19845
Raleigh, NC 27619

