



Raleigh Area Masters Newsletter

From the President's Lane

Season's Greetings from the newest RAM President! While I'm not the fastest swimmer in the pool (no comments, please), I can often be accused of being the most vocal. So, if you can get a word in edgewise, let me know how things are going for you ... both positive and negative. It's nice to hear what's working – and if something is not working, I'll get with the coaching staff and board to see if we can/should make a change.

In the meantime, let me make a few suggestions:

- Please stop and take a minute to recognize all the hard work from our coaches. **Sean Stringer, Sue Haugh, and Fritz Lehman** work together to ensure that RAM swimmers are getting the best of workouts for all. This isn't easy when you consider the different swimmers and their own needs and goals. So, any encouragement to let them know what a great job they're doing would go a long way. THANKS Sean, Sue, and Fritz!
- Please make the effort to pay your dues on time. **Jay Holshouser**, RAM's treasurer, works hard to process dues,

pay bills, and track our financial trends. In fact, it was his diligent crunching of numbers that showed us we could have a dues reduction for Optimist-Pullen swimmers and stay in the black. He can only do this type of work if we all show him the money.

- Make that extra effort to swim well with the other swimmers in your lane. I know this isn't always the easiest thing to do, but it sure does make for a more productive practice – for you, the others in your lane, and the coaches.
- Please make sure you submit your 2003 registration prior to Dec. 10 to ensure you receive your new card before Jan. 1.

Thanksgiving is just around the corner, and of course, then Christmas. But, between the two comes the annual RAM Christmas Party. Make sure you mark Dec. 7 on your calendar and plan to attend the party at Jay's house. I'm already scoping junk stores in search of the perfect "white elephant" gift. Look out!

Until the next practice,

Cathy Davis

2003 USMS Registration Under Way

By now, everyone should have received a 2003 US Masters Swimming Renewal Invoice. I am sure you noticed a registration fee increase of \$5 over last year's \$35 fee. If you haven't received your renewal invoice, 2003 registration forms are available on the NC Master Swimming web site, <http://www.ncmasters.org>.

United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, USMS experienced a substantial increase in services for its members. These services include communications information and resources, such as the USMS web site and the USMS national publication, SWIM magazine – plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment, and it has been 12 years since USMS last increased dues. In 2000, the LMSC for North Carolina had a \$2 increase.

Therefore, delegates at the annual USMS convention, held in Dallas on Sept. 11-15, approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues, and it represents only the USMS portion of membership dues.

The matter was given careful consideration, and the resolution was unanimous. USMS is perhaps the best-kept secret in adult fitness, and it also continues to be the best bargain. USMS appreciates your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment.

Please remember to renew your registration as soon as possible - and before Dec. 10 to allow your registrar to process your registration. ***Without obtaining your 2003 membership, you will not be allowed to swim with RAM at team practice sessions after Dec. 31.***

See Registration, page 3

Calendar

Saturday, Dec. 7, 2002
Annual Holiday Party
Jay Holshouser's home

Please bring an hors d'oeuvres or dessert to share and a gift under \$10 for the famous white elephant gift exchange. Party starts at 6 p.m.

**Saturday-Sunday,
Jan. 25-26, 2003**
Charlotte meet
Charlotte, NC

It's the annual road trip to Charlotte, where we can watch coaches **Sean Stringer** and **Fritz Lehman** face off in the 50-yard breaststroke. Sean claimed bragging rights last year: 29.98 to Fritz's 30.34.

**Saturday-Sunday,
May 3-4, 2002**
RAM meet
Pullen Park, Raleigh, NC

All swimmers on deck to compete or volunteer at RAM's annual short-course meet. Be a part of the action. Personal bests and state records are sure to fall! No practice for the Optimist-Pullen group that weekend.

Every week ...

Join your teammates from the Optimist-Pullen group for dinner after Thursday practices and breakfast after Saturday practices. Locations vary.

Extra sets

RAM swimmers pace NCMS to national title

RAM swimmers helped lead NCMS to the Combined-Medium Teams title at the USMS Long-Course Nationals in Cleveland on Aug. 15-18. The NCMS women won the Women-Medium Teams title, and the NCMS finished third in the Men-Medium Teams division. RAM swimmers compete for NCMS when swimming out of state.

RAM swimmer **Sally Newell** won four events in the Women's 65-69 age group. She finished first in the 50 back (45.83), 100 back (1:38.56), 50 breast (46.00) and 100 breast (1:43.16). Sally also swam with RAM's **Dick Webber** and two other NCMS swimmers on the winning 240-279 mixed 200 medley relay (2:29.82). RAM swimmers **Kevin Facchine**, **Fritz Lehman** and **Henry Stewart** swam on the winning 160-169 men's 200 medley relay (1:56.56). Henry also scored another relay win in the 120-159 mixed 200 medley relay (2:04.59). For complete results, see www.usms.org.

Monthly dues decrease for Optimist-Pullen group

RAM members voted at the annual meeting in September to lower monthly dues for the Optimist-Pullen group by \$5 (from \$40 to \$35). Please pay your dues by the 5th of each month. You can give your check to any coach or board member, or mail it to RAM, P.O. Box 19845, Raleigh, NC 27619.

RAM swim caps, t-shirts available

Looking for a Christmas gift for a RAM teammate? How about a swim cap or t-shirt with the RAM logo? Caps are \$5; t-shirts are \$10. See **Coach Sue Haugh**.

Registration, from page 2

The breakdown of the \$40 RAM annual fee is:

- \$10 for RAM and its operating expenses for all RAM members (not just the Optimist/Pullen group);
- \$10 to the LMSC (Local Masters Swimming Committee) for North Carolina, primarily to pay expenses for delegates to the USMS convention, newsletter publications, and registration expenses;
- \$20 to USMS, \$8 of which pays for the SWIM magazine subscription, and the remaining \$12 to cover insurance and many other items mentioned above.

Thank you,

George S. Simon,

Registrar, RAM and Local Masters Swimming Committee for North Carolina

Setting goals

By Fritz Lehman

Goals. Should everyone have them? You bet. Fitness swimmers, lap swimmers, competitive swimmers of all levels should have them. There are no exceptions. Everyone should have some goal they are trying to accomplish by coming out to the pool.

Long-term workout goals

Let's start by talking about long-term workout goals. Whether you compete or not, you should have them. Ever wished you could make hundreds on the 1:20? 1:30? 1:40? Ever wish you could consistently kick a 400 IM without walking on the bottom (I might be talking about Jen and Kelly)? Make it a long-term goal. Setting a long-term training goal gives you something to aim for over an entire season – or it could even span multiple seasons. I love working with people with long-term workout goals. They have such focus. They have something they really want and are willing to work to get there. I can tell you from experience that this type of goal is an extremely rewarding experience for a swimmer. It is for the coach as well. Workouts in October can have a lot more meaning if you have a workout goal you want to achieve by May.

Short-term goals

Goals can also be very short-term. They may even just be for a single set in a single workout. At times, coaches will ask you to set a goal for a set in a workout. Why? Because it makes you think about what you are doing and hopefully motivates you to get out of your comfort zone. It's the dreaded comfort zone that allows us to get into drone mode. What's drone mode? You see it every day watching lap swimmers chug up and down the pool doing nothing but staring at the black line. We're guilty too. We come to workout, we do the sets, and we go

home. Sometimes drone mode is OK. We all need it now and then but in the long haul, you've got break the habit and get out of your comfort zone.

When you hear the set, ask yourself what you can handle. Be honest with yourself and set a reasonable goal. What will give you a feeling of accomplishment when the set is complete? If you set the goal and accomplish it you'll feel that much better about your workout. If you don't quite get there then hopefully that will help motivate you to get back in the water and try again next time. Oh, you don't have wait for a coach to ask you to set a goal. Take the initiative and set them yourself. You may find it makes workouts more interesting.

Competition goals

What about competition goals? Your big meet is in May and it's just December. Should you set your goals now? Yes. Early in the season is exactly when you need to be thinking about where you want to be at the end of the season. Setting competition goals will impact all aspects of your training. They give you something to think about during the inevitable peaks and valleys that occur during a long season.

Speaking of valleys. ... We all have times when we struggle during a long season. Remember your end-of-season goals are to be accomplished at the end of the season. Not during that bad day, week, or even month. Use your goals to help you get through the tough times. Don't give up on them; use them to help get you to the next peak.

Always be reasonable in your goal setting and be careful not to let your goals consume you. It

See Goals, page 5

Goals, from page 4

happens quite often with young swimmers but it doesn't have to happen to us. Your goals should add to your enjoyment. If they aren't

then step back and re-evaluate them and change them if you need to. Talk to one of the coaches; we'll be glad to help.

Fritz Lehman coaches Sunday practices for the Optimist-Pullen workout group.

RAM RESULTS

North Carolina Fall Invitational Short-Course Meters Meet Hillsborough, NC, Saturday, Nov. 9, 2002

RAM swimmer **Brian Weischedel** lined up the pool, referee and other officials for the Hillsborough short-course meters meet. Co-meet director **Fritz Lehman** assisted in staging a meet that drew about 50 swimmers and saw a number of North Carolina records fall. (New state records are marked with an asterisk *).

Women 25-29

Emily Brelsford: 50 free – 28.92 (1st); 50 breast – 35.98* (1st); 100 breast – 1:18.42* (1st); 50 fly – 32.25 (1st); 100 IM – 1:13.22 (1st)

Christy Hall: 400 free – 4:52.88* (1st); 200 back – 2:46.55 (1st); 100 breast – 1:24.09 (2nd); 50 fly – 25.13 (2nd)

Jennifer Stringer: 50 back – 35.16 (1st); 50 breast – 38.87 (2nd)

Women 30-34

Mary DeMilia: 100 free – 1:08.59 (1st); 100 back – 1:22.78 (2nd); 100 breast – 1:26.56 (1st); 100 fly – 1:15.94 (1st); 200 IM – 2:49.74 (1st)

Michelle Duval: 800 free – 12:02.97 (3rd)

Jennifer Riley: 100 free – 1:07.55 (1st); 400 free – 5:45.11 (3rd)

Women 35-39

Danielle Pender: 50 free – 32.20 (1st); 50 breast – 40.62 (1st); 100 breast – 1:30.96 (1st)

Janie Rosen: 50 free – 37.69 (3rd); 100 free – 1:23.17 (2nd); 100 IM – 1:35.31 (2nd)

Women 40-44

Margie Springer: 200 free – 2:44.90* (1st); 400 free – 5:50.98 (1st)

Kim Stott: 100 back – 1:24.01 (1st); 200 back – 2:56.14* (1st); 100 IM – 1:28.33 (1st)

Women 60-64

Ceil Blackwell: 50 back – 49.01 (1st); 100 back – 1:47.21 (1st); 50 fly – 51.20 (1st); 100 IM – 1:45.29 (1st)

Men 25-29

Sean Stringer: 50 free – 26.63 (1st); 50 back – 29.81 (1st); 50 breast – 35.31 (1st)

Billy Su: 400 free – 5:05.60 (1st); 50 breast – 40.07 (4th); 100 fly – 1:09.48 (1st); 100 IM – 1:14.35 (1st)

Men 30-34

Tomasz Wilk: 50 free – 30.52 (1st); 100 free – 1:10.64 (1st); 50 breast – 39.63 (1st); 100 breast – 1:26.15

Men 35-39

Mike Celii: 50 free – 30.28 (2nd); 400 free – 5:25.78 (1st); 50 breast – 36.84 (1st); 100 breast – 1:21.67 (1st); 100 IM – 1:19.70 (1st)

Mike DeMilia: 800 free – 16:02.17 (1st)

John Mangrum: 100 free – 1:03.08 (2nd); 100 back – 1:15.29 (1st); 200 back – 2:42.21 (1st); 100 fly – 1:14.78 (2nd); 200 IM – 2:43.44 (1st)

Henry Stewart: 50 free – 25.47 (1st); 100 free – 56.67* (1st); 100 fly – 1:04.45* (1st); 200 fly – 2:29.54* (1st)

Men 40-44

Fritz Lehman: 50 back – 29.11 (1st); 100 back – 1:05.57 (1st); 200 breast – 2:51.41 (1st)

Eric Waldbauer: 50 breast – 38.43 (2nd); 100 breast – 1:24.21 (1st); 200 breast – 3:06.33 (2nd); 100 IM – 1:21.11 (1st); 200 IM – 3:04.53 (1st)

Brian Weischedel: 50 free – 28.40 (1st); 50 breast – 36.60 (1st); 200 fly – 30.50 (1st); 100 fly – 1:06.07 (1st); 200 fly – 2:27.38* (1st)

Men 45-49

Kevin Facchine: 800 free – 10:26.19 (1st); 50 breast – 38.21 (1st); 50 fly – 31.03 (2nd)



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