

RAM.

Raleigh Area Masters Newsletter

March 2000

From the president's lane

What a century it's been – and it's not yet three months old! We kicked off the new millennium with a New Year's Day workout at the Pullen Aquatic Center. (Thanks to coach Sue Haugh for a more-yardage-than-usual practice!)

Charlotte meet. The coaches' plan to fine-tune us for the Sunbelt Championships, originally scheduled in Charlotte on January 29-30, were derailed by North Carolina's record snowfall on January 25 and a follow-up ice storm. A number of practices were canceled, and the meet was rescheduled for February 19-20. Once we got to Charlotte, we saw the inauguration of the format pitting teams from eastern North Carolina against teams from the western part of the state. RAM results can be found on pages 6-7; complete results are on the Internet at www.ncmasters.org (click on the "What's New" link, then on the "Sunbelt Championships results" link). When the results were tabulated, the East trailed the West by a score of 3,047-2,295. The second half of the East-West challenge will be held at RAM's own meet on April 1-2. We hope to overtake the West team.

Crimefighters. After the Charlotte meet ended on Sunday, the weekend took an unexpected turn at lunch when several RAM swimmers saw someone break the window of a car parked outside a restaurant where team members were eating. Swimmers including Cheryl Braunstein and Sean Stringer helped Charlotte police identify a suspect. Police made an arrest and said the suspect gave a full confession. Police also recovered stolen property.

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Raleigh Area Masters Invitational North Carolina's premier Masters meet

RAM will host the Raleigh Area Masters Invitational swim meet on April 1-2, 2000, at Pullen Aquatic Center. This is the premier Masters swimming event in the state, and it requires considerable input and participation from the membership to be successful. The regular Saturday and Sunday practices at Optimist and Pullen have been canceled for the weekend of our meet.

The Board has been working with meet director Tim Sexauer for several months to prepare for the meet, but much help is still needed. With 160 members, RAM has the strength to stage the best meet this state has ever seen – but the team needs your help. We need competitors, volunteers and sponsors for the meet.

Competition. We need swimmers of all ages and abilities to show the strength of our program – and to help defeat the NCMS West team. Nearly 70 percent of the Charlotte Swim Masters team was involved in the Charlotte meet in February. Let's try to better that percentage! If you're not sure which events to enter, ask a coach or teammate. They will be glad to help. Entry forms are available on the Internet at www.ncmasters.org, in the LMSC newsletter or at the pools. The entry deadline to avoid late fees is March 25. Deck entries will also be accepted.

Volunteers. Volunteers are key to the success of our meet. In addition to your volunteer efforts, recruit

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Special meeting of the RAM general membership
6 p.m. Thursday, March 30 at Pullen Aquatic Center

See pages 4-5 for details.

CALENDAR OF EVENTS

MEET THE OPTIMIST-PULLEN SWIMMERS

MARCH 25, 2000

RAM swimmers and coaches from all practice groups are invited to join the Optimist-Pullen group for practice from 8-9:30 a.m. Saturday, March 25 at the Optimist pool in Raleigh. Please join us after practice for breakfast.

SPECIAL MEETING OF RAM MEMBERSHIP

MARCH 30, 2000

RAM will hold a special meeting of the general membership at 6 p.m. at Pullen Aquatic Center. Two items are on the agenda: a vote on a dues proposal for the Pullen-Optimist practice group and a vote on a nomination to fill a board vacancy. See details on pages 4-5.

RALEIGH AREA MASTERS INVITATIONAL

APRIL 1-2, 2000

RAM-sponsored short-course yards meet, held at Pullen Aquatic Center in Raleigh. Compete in one of RAM's home pools or volunteer to help run the meet.

RAM BOARD MEETINGS

The RAM Board meets at 8:30 p.m. on the second Thursday of each month. All RAM members are welcome to attend. The April meeting will be held on the 13th.

USMS SHORT-COURSE NATIONALS

APRIL 27-30, 2000

Compete in Indianapolis in one of the country's best pools. See www.usms.org for details and entry forms. Entries must be postmarked by March 17 or received by March 24.

USMS LONG-COURSE NATIONALS

AUGUST 17-20, 2000

This year's long-course nationals will be held in Baltimore – just a short drive or quick flight from Raleigh! Let's make this meet a team effort. Watch the newsletter or the USMS Web site, www.usms.org, for details, or contact Barb Protzman at swimbarb@hotmail.com.

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!

Extra sets

Did you know? RAM has 160 registered swimmers. Of these, 65 swim with the Optimist-Pullen practice group, 45 swim with Raleigh-area YMCAs and 12 swim at the Candler pool. The other 37 members did not specify where they train.

Our governing bylaws: The RAM Board has appointed a three-member committee to analyze the team's bylaws. The committee will recommend revisions for the membership to consider at its annual meeting in August 2000. If you have any suggestions, please contact any of the committee members: Alan Godfrey (Alan.Godfrey@reichhold.com), Fritz Lehman (fritz.lehman@sas.com) or Kim Stott (kastott1@cs.com).

A matter of timing: For those RAM swimmers who train with the Optimist-Pullen group, please be on time for practice. It disrupts everyone's workout if the coaches need to shift swimmers from lane to lane to accommodate the stragglers.

For sale: Coach and board member Sue Haugh has *RAM swim caps* for sale for \$3 each. It's just what you need to show your team spirit at the RAM meet on April 1-2. Also, registrar George Simon has *North Carolina Masters Swimming t-shirts* for sale. The cost is \$10 for sizes M-L-XL and \$11.50 for size XXL. They'll be on sale at the RAM meet or, for another \$3, George can mail the shirt.

Swim camps: If you're looking for an intense course in stroke technique or swim conditioning, think about attending a Masters swim camp. Stanford will hold an Adult Camp from May 28-June 2. For details, check the Web site at www.stanfordswimcamp.com or e-mail swimfast@sprintmail.com. In addition, the University of San Diego is planning two Masters camps this summer, both in San Diego. The Stroke Technique Camp is scheduled for June 25-30. A Conditioning Camp is scheduled for July 2-7. For details about these camps, check the Web site at www.acusd.edu.

Got news? Send news to kastott1@cs.com.

From Page 1: From the President's Lane

On the road again. Seventeen RAM swimmers traveled to Greensboro for a meet on Saturday, March 4. We didn't solve any crimes, but we had a great time. When the waves finally settled, RAM came away with a 36-point victory over host team TMS. Our thanks to TMS for hosting a good meet.

In local news. Coming up on April 1-2 is our own Raleigh Area Masters Invitational at the Pullen Park pool. This will be a great chance for RAM team members to get involved -- by competing or by volunteering to help meet director Tim Sexauer. I hope to see everyone at the meet! And don't forget the social on Saturday night, April 1 at the Warehouse. The cost of \$15 per person includes dinner and one beverage.

RAM meeting. Please check pages 4-5 of this newsletter for some important information about the club. A special meeting of the RAM general membership is scheduled for 6 p.m. Thursday, March 30 at the Pullen Aquatic Center. On the agenda: (1) a vote on dues for the Optimist-Pullen practice group and (2) a vote to fill a vacancy on the RAM Board. Please try to attend this important meeting.

See you in the water.

-- Kevin Facchine

RAM BOARD OF DIRECTORS

Kevin Facchine, President: kfl8589@glaxowellcome.com
Alan Godfrey, Vice President: Alan.Godfrey@reichhold.com
Jay Holshouser, Treasurer: boycejay@mindspring.com
George Simon, Registrar: george.simon@mindspring.com
Lee Anne Britt, Secretary: LeeAnne4@aol.com
Cheryl Braunstein: Cheryl.Braunstein@ncmail.net
Sue Haugh: sue.haugh@neoforma.com
Fritz Lehman: fritz.lehman@sas.com
David Shamlin: David.Shamlin@sas.com
Margie Springer: MargieMoto@aol.com

From Page 1: RAM Invitational

spouses, friends, relatives and children 12 or older to help. We need volunteers to:

- Count laps during the 1650 free and 1000 free races on Saturday morning;
- Time on Saturday and/or Sunday;
- Provide food and drinks – coffee, sodas, snacks – for the meet volunteers;
- Staff the hospitality room at the pool.

To volunteer, contact meet director Tim Sexauer at Pullen or Optimist practices, via e-mail at tsexauer@angiosonics.com or by phone at 266-6315. If you'd like to provide food and/or drink, look for sign-up sheets at the Optimist and Pullen pools.

Sponsors. We need sponsors for the meet. We're asking sponsors to contribute \$50 in cash or suitable merchandise in exchange for a quarter-page acknowledgment in the meet program and acknowledgment for an event of their choice. Individuals or organizations may become sponsors. Please consider asking your employer or local business to become a sponsor or sponsoring an event yourself. Contact Margie Springer (MargieMoto@aol.com) or any Board member to coordinate sponsorships.

You ought to be in pictures. We'll be taking a RAM team picture during the Saturday afternoon session of the meet. Don't miss it!

Saturday night social. RAM will host a meet social on Saturday evening, April 1 at the Warehouse in downtown Raleigh. The cost per person is \$15, which includes dinner and a drink.

We're looking forward to a great time and a fantastic meet -- and we hope you'll be a part of it!

TEAM SUITS ARE HERE

See Sue Haugh at the Optimist or Pullen pools

-- or contact her at sue.haugh@neoforma.com

Special meeting of RAM membership scheduled for Thursday, March 30

A message from the Board:

The main purposes of RAM include providing its members with facilities and equipment needed for training, coaching that develops swimming skills and encourages swimmers to maximize their swimming potential, and a year-round swimming and fitness program.

Our efforts to meet these objectives include the establishment and maintenance of the Optimist-Pullen practice group. This requires RAM to contract with the City of Raleigh for pool time and to pay coaches to provide workouts and help us improve our swimming. RAM meets these expenses by collecting monthly dues from club members who participate in the Optimist-Pullen practice group. If you have participated in other Masters swimming programs around the country, you have no doubt recognized that we have an outstanding program with great facilities, great coaching and modest dues.

Over the past year we have been carefully managing this program, but it has continued to operate with a small deficit -- despite our efforts to collect dues in a timely manner and ensure that member accounts are up to date. (See budget below.)

To make matters worse, the city has recently approved a substantial increase in the lane rental fees charged to all swim programs. When these fees take effect in May, lane rental will increase from \$5 to \$6 per hour per lane for short course and from \$6 to \$8 per hour per lane for long course.

The RAM Board of Directors has therefore recommended that a monthly dues increase to \$40 per month be put to a vote of the membership at a special meeting to be held at 6 p.m. Thursday, March 30, 2000, at Pullen Aquatic Center on the balcony overlooking the pool.

This dues increase is required to meet the nearly \$20,000 annual operating budget for the Optimist-Pullen practice group based on the average number of regular dues-paying members over the past year. Without the dues increase, we will be forced to significantly reduce the amount of practice time we can provide to the membership -- either by cutting down on the number of lanes per session or eliminating one or more session during the week.

We need your support to continue this program. We also need to resolve this issue before entering into any more contracts with the city of Raleigh.

Please contact any Board member if you have any questions. Thank you for your support in this matter -- and for making ours one of the best Masters swimming programs in the country.

RALEIGH AREA MASTERS OPERATING BUDGET 1998-2001

INCOME	1998*	1999*	2000**	2001**
LMSC Fees	2,467	476	1,800	1,800
Interest	553	524	500	500
Meet Entry Fees	3,884	4,826	6,000	6,000
Monthly Dues	9,101	13,493	17,600	19,200
TOTAL INCOME	\$ 16,005	\$ 19,319	\$ 25,900	\$ 27,500
EXPENSES	1998*	1999*	2000**	2001**
Newsletter	395	226	500	500
Meetings/Socials	333	590	500	500
Awards/Miscellaneous	770	1,215	200	200
Meet Expenses	1,645	3,265	4,500	4,500
Relay Entry Fees	198	153	350	350
Pool Rental	8,361	8,464	11,680	12,480
Coaching	3,788	5,631	6,859	7,290
Equipment	580	761	150	150
TOTAL EXPENSES	\$ 16,070	\$ 20,305	\$ 24,739	\$ 25,970
RAM TOTAL	\$ (65)	\$ (986)	\$ 1,161	\$ 1,570

*Actual unaudited data and **estimate based on 40 regular dues-paying swimmers at \$40/month from May 1, 2000

NOTICE OF SPECIAL GENERAL MEETING OF THE RAM MEMBERSHIP

6 P.M. THURSDAY, MARCH 30, 2000, AT PULLEN AQUATIC CENTER

In accordance with articles 10 and 11 of the Bylaws, notice is given that a Special General Meeting of the membership of Raleigh Area Masters will be held at 6 p.m. Thursday, March 30, 2000, at Pullen Aquatic Center in the balcony area overlooking the pool.

There are two purposes for this meeting: (1) to vote on a proposed monthly dues increase for the Optimist-Pullen practice group and (2) to vote on the Board's nomination of Kim Stott to fill a vacancy on the Board.

Each individual member has one vote on all matters subject to a vote of the membership, provided that he or she is in good standing. Article 8 of the RAM bylaws defines "good standing" as having paid in full the current annual membership fees and having paid monthly dues through the previous month.

Voting will be by ballot. If you cannot attend the meeting, you may send a signed and dated ballot (see below) to: Raleigh Area Masters, ATTN: RAM Membership Meeting, P.O. Box 19845, Raleigh, NC 27619 or you may give your signed and dated ballot to any Board member. Proxy ballots must be received before 6 p.m. Thursday, March 30, 2000.

Thank you for your consideration and support of these matters.

The Bylaws can be found on the Raleigh Area Masters Web page -- www.ncmasters.org/ram.html -- along with the Policies of the Optimist-Pullen Practice Group. If you can not access the Web page, a copy will be provided to you on request.

-- The Board

ISSUES FOR SPECIAL MEETING OF THE RAM MEMBERSHIP ON MARCH 30, 2000

(1) Proposed dues increase for the Optimist-Pullen practice group:

Do you favor increasing monthly dues to \$40 per month to ensure the continued success of the Optimist-Pullen RAM swimming program?

_____ YES

_____ NO

(2) Do you approve the appointment of Kim Stott to fill the current vacancy on the Board of Directors of RAM?

_____ YES

_____ NO

Signature _____ Date _____

Name _____ USMS number _____

If you are unable to attend the meeting, this form will serve as your proxy ballot. Send your signed and dated ballot to: Raleigh Area Masters, ATTN: RAM Membership Meeting, P.O. Box 19845, Raleigh, NC 27619 or give your signed and dated ballot to any Board member. Proxy ballots must be received before 6 p.m. Thursday, March 30.

RAM RESULTS

On the national scene: Three RAM swimmers and four relays that included RAM swimmers finished first in the country in the USMS short-course meters rankings for 1999. Top individual swimmers were **Jennifer Mancini** (Women 19-24; 1st, 200 m. IM – 2:36.02); **Sally Newell** (Women 60-64; 1st, 50 m. breast – 46.97) and **Harold Hoffmann** (Men 90-94; 1st, 50 m. free – 1:35.05 and 1st, 100 m. free – 4:21.96).

RAM swimmer **Alan Godfrey** swam with a Washington, D.C., team last summer on a Men's 160+

400 m. free relay that set a national record of 3:46.15. Alan joined the D.C. team on another first-place relay, the Men's 160+ 200 free relay (1:42.65). Alan and RAM swimmer **Fritz Lehman** teamed with North Carolina swimmers Beverly Amick and Laurie Watson to finish first in the Mixed 160+ 200 m. free relay (1:57.69). RAM swimmers **Sally Newell and Dick Webber** joined North Carolina swimmers Jeannie Mitchell and John Kortheuer for first place in the Mixed 240+ 200 m. medley relay (2:35.03).

RAM's other Top Ten individual finishes were:

Women 19-24

Jennifer Mancini: 100 free – 1:01.29 (2nd); 100 IM – 1:11.44 (2nd)

Women 55-59

Ceil Blackwell: 50 back – 48.96 (8th); 100 back – 1:42.43 (5th); 100 IM – 1:41.91 (9th)

Women 60-64

Alice Jones: 50 breast – 52.94 (9th)

Sandra Kremer: 50 breast – 54.15 (10th); 100 breast – 1:58.12 (10th)

Sally Newell: 50 free – 38.20 (7th); 100 breast – 1:45.66 (3rd); 200 breast – 3:52.80 (6th); 100 IM – 1:43.60 (7th)

Women 65-69

Nancy McPhee: 100 fly – 2:31.90 (10th); 400 IM – 10:15.18 (6th)

Women 75-79

Judy Kelly: 50 breast – 1:18.85 (9th); 100 breast –

2:52.42 (6th)

Men 30-34

John Sloyan: 200 fly – 2:21.43 (8th)

Men 35-39

Will Monroe: 50 breast – 33.60 (8th)

Men 40-44

Alan Godfrey: 100 free – 58.16 (9th); 200 free – 2:07.99 (7th); 400 free – 4:40.23 (8th); 100 back – 1:07.61 (9th); 200 back – 2:25.00 (5th); 100 IM – 1:05.56 (7th); 200 IM – 2:26.64 (7th)

Fritz Lehman: 50 free – 25.90 (7th); 100 free – 57.35 (6th); 50 back – 29.04 (2nd); 100 back – 1:03.08 (3rd); 200 IM – 2:25.44 (2nd)

Men 70-74

Dick Webber: 50 free – 32.31 (3rd); 50 fly – 39.55 (4th); 100 IM – 1:34.04 (7th)

On the state scene. RAM swimmers have competed in meets in Charlotte and Greensboro this winter.

Sunbelt Championships – Charlotte, NC (Feb. 19-20, 2000)

Women 19-24

Jennifer Mancini: 50 free – 24.64 (1st); 100 free – 55.85 (1st); 200 free – 2:01.06 (1st); 100 IM – 1:04.58 (1st); 200 IM – 2:17.29 (1st)

Noelle Simon: 50 free – 29.37 (1st); 100 free – 1:04.17 (1st); 200 free – 2:23.52 (2nd); 50 back – 34.39 (1st); 100 back – 1:13.16 (1st); 200 back – 2:40.63 (1st); 100 IM – 1:13.81 (2nd); 200 IM – 2:41.99 (2nd)

Women 25-29

Lee Anne Britt: 50 free – 28.34 (3rd); 200 free – 2:20.08 (1st); 50 back – 32.18 (2nd); 100 back – 1:08.29 (1st); 200 back – 2:29.98 (2nd); 100 IM – 1:09.88 (1st); 200 IM – 2:33.84 (2nd); 400 IM – 5:47.07 (1st)

Women 30-34

Cheryl Braunstein: 50 free – 30.03 (2nd); 100 free – 1:08.56 (3rd); 500 free – 7:03.80 (3rd); 1000 free – 14:43.89 (2nd); 50 back – 36.40 (1st); 100 IM – 1:23.72 (3rd)

Michelle Duval: 500 free – 6:53.40 (2nd); 50 breast – 45.98 (3rd); 100 IM – 1:23.89 (4th); 200 IM – 2:55.27 (2nd)

Women 35-39

Sue Haugh: 50 free – 28.18 (4th); 100 free – 1:01.11 (1st); 200 free – 2:12.45 (2nd); 500 free – 5:55.40 (1st); 1000 free – 12:11.39 (1st); 50 breast – 36.72 (2nd); 100 breast – 1:19.05 (2nd); 100 IM – 1:09.83 (2nd)

Margie Springer: 50 back – 36.22 (2nd); 100 back – 1:18.91 (3rd); 100 IM – 1:17.88 (5th); 200 IM – 2:45.22 (1st); 400 IM – 5:58.63 (1st)

Women 40-44

Lisa Duffy: 1650 free – 29:12.20 (1st)

Kim Stott: 100 back – 1:19.19 (1st)

Women 50-54

Elaine Kelly: 50 free – 39.09 (3rd); 200 free – 3:31.54 (2nd); 50 breast – 59.72 (4th); 100 IM – 1:52.13 (3rd)

Women 55-59

Ceil Blackwell: 50 free – 34.94 (1st); 50 back – 41.28 (1st); 100 back – 1:31.30 (1st); 200 back – 3:15.56 (1st); 100 IM – 1:28.41 (1st)

Women 60-64

Sandra Kremer: 1000 free – 17:50.90 (1st)

Sally Newell: 50 free – 34.86 (1st); 100 free – 1:22.07 (1st); 200 free – 3:08.07 (1st); 50 back – 43.26 (1st); 50 breast – 41.99 (1st); 100 breast – 1:35.73 (1st); 100 IM – 1:33.87 (1st); 200 IM – 3:29.24 (1st)

Men 19-24

Clell Britt: 50 free – 25.71 (3rd); 100 free – 1:00.10 (3rd); 100 back – 1:10.74 (3rd); 100 breast – 1:20.51 (1st); 100 IM – 1:09.63 (1st); 200 IM – 2:35.67 (2nd)

Sean Stringer: 100 free – 51.58 (1st); 200 free – 1:57.94 (1st); 100 back – 55.79 (1st); 200 back – 2:04.13 (1st); 100 fly – 59.43 (1st); 400 IM – 5:08.97 (1st)

Men 30-34

Tim Sexauer: 200 free – 2:31.83 (6th); 1000 free – 14:21.43 (1st); 100 fly – 1:27.58 (5th); 100 IM – 1:14.59 (5th); 200 IM – 2:49.81 (3rd); 400 IM – 6:13.66 (1st)

David Shamlin: 50 free – 27.43 (8th); 100 free – 59.24 (7th); 200 free – 2:12.06 (4th); 500 free – 6:24.46 (2nd); 50 back – 34.43 (5th); 100 back – 1:12.09 (4th); 50 breast – 34.46 (2nd); 100 breast – 1:20.43 (3rd); 200 IM – 2:32.69 (2nd)

Men 35-39

Shawn Duffy: 50 free – 24.66 (3rd); 100 free – 53.52 (2nd); 200 free – 2:01.65 (1st); 500 free – 5:43.63 (1st); 50 breast – 30.96 (2nd); 50 fly – 26.95 (2nd); 100 fly – 1:00.42 (2nd); 100 IM – 1:01.63 (3rd); 200 IM – 2:15.50

Scott Hinckley: 500 free – 7:05.47 (5th); 200 breast – 3:11.86 (4th); 50 fly – 29.05 (4th); 200 fly – 3:10.79 (2nd); 200 IM – 2:37.96 (8th); 400 IM – 6:08.35 (3rd)

Jay Holshouser: 50 free – 30.20 (14th); 100 free – 1:10.48 (10th); 50 back – 40.36 (6th); 100 back – 1:27.33 (8th); 50 breast – 33.66 (7th); 100 IM – 1:17.04 (15th); 200 IM – 2:55.12 (10th)

Jeff Reece: 500 free – 6:10.32 (4th); 1000 free – 12:58.31 (3rd); 50 breast – 29.94 (1st); 100 breast – 1:06.30 (1st); 200 breast – 2:30.43 (1st); 50 fly – 31.15 (8th); 100 IM – 1:09.73 (9th); 200 IM – 2:32.22 (6th)

Men 40-44

Stanford Cox Jr.: 50 breast – 32.90 (2nd)

Kevin Facchine: 100 free – 57.11 (4th); 200 free – 2:02.69 (3rd); 500 free – 5:46.99 (2nd); 1000 free – 11:55.82 (1st); 50 fly – 28.39 (4th); 100 fly – 1:01.99 (2nd); 100 IM – 1:03.80 (4th); 200 IM – 2:22.05 (1st); 400 IM – 5:16.05 (1st)

Alan Godfrey: 50 free – 24.06 (3rd); 100 free – 52.32 (1st); 200 free – 2:02.67 (2nd); 500 free – 5:24.10 (1st); 50 back – 29.11 (3rd);

100 back – 1:01.60 (3rd); 50 fly – 27.70 (2nd); 100 IM – 1:00.04 (2nd)

Fritz Lehman: 50 free – 23.64 (1st); 50 back – 26.00 (1st); 100 back – 56.15 (1st); 200 back – 2:04.57 (1st); 50 fly – 25.52 (1st); 100 IM – 57.65 (1st)

Men 45-49

Michael Barnhouse: 25 free – 19.90 (1st)

Rob Glotzer: 50 free – 26.72 (1st); 100 free – 1:02.17 (1st); 200 free – 2:26.67 (1st); 50 breast – 34.96 (1st); 50 fly – 30.09 (2nd); 100 fly – 1:10.69 (1st); 100 IM – 1:10.09 (1st); 200 IM – 2:41.34 (2nd)

Men 70-74

Dick Webber: 50 free – 29.00 (1st); 100 back – 1:36.55 (1st); 50 breast – 45.62 (2nd); 100 IM – 1:22.81 (1st); 200 IM – 3:19.49 (2nd)

Men 75-79

Jim Scherbarth: 50 free – 42.46 (2nd); 50 back – 57.36 (2nd); 100 back – 2:16.68 (1st); 200 back – 5:17.99 (1st)

RAM was pleased that several members who train at other venues competed with us at the Charlotte and Greensboro meets. These swimmers included **Michael Barnhouse, Barbara Braswell, Stanford Cox Jr., Shawn Duffy, Jeff Reece, David Robinson and Jim Scherbarth.** We look forward to seeing even more of you at the Raleigh meet on April 1-2.

Frank Clark Masters Open – Greensboro, NC (March 4, 2000)

Women 25-29

Lee Anne Britt: 50 back – 31.94 (2nd); 100 back – 1:08.79 (2nd); 100 IM – 1:11.89 (1st); 200 IM – 2:33.30 (2nd)

Women 30-34

Cheryl Braunstein: 50 free – 30.16 (2nd); 100 free – 1:07.12 (2nd); 500 free – 6:50.11 (2nd); 50 back – 38.03 (2nd); 100 IM – 1:22.24 (3rd)

Women 40-44 (2nd);
Kim Stott: 200 breast – 3:14.41 (1st); 50 fly – 35.39 2:09 (1st); 100 IM – 1:18.80 (1st)

Women 45-49
Barbara Braswell: 50 free – 32.23 (1st); 100 free – 1:11.33 (2nd); 100 back – 1:26.09 (1st)

Women 55-59
Ceil Blackwell: 50 free – 35.03 (1st); 50 back – 41.79 (1st); 100 back – 1:32.19 (1st); 200 IM – 3:17.90 (1st)

Women 60-64
Alice Jones: 100 free – 1:31.42 (1st); 200 free – 3:26.58 (1st); 50 breast – 48.26 (2nd); 200 breast – 3:50.17 (2nd); 50 fly – 46.07 (1st)

Sally Newell: 50 free – 34.37 (1st); 500 free – 8:36.32 (1st); 50 breast – 41.96 (1st); 100 breast – 1:32.86 (1st); 200 breast – 3:26.95 (1st)

Women 75-79
Judy Kelly: 50 free – 1:05.86 (1st); 50 back – 1:07.41 (1st)

Men 25-29
Grant Johnston: 100 back – 59.55 (1st); 50 fly – 26.02

100 fly – 57.92 (1st); 100 IM – 59.50 (2nd); 200 IM – 2:09.04 (1st)

Men 30-34
David Robinson: 100 free – 1:04.60 (2nd); 50 breast – 33.46 (1st); 100 breast – 1:15.70 (1st); 50 fly – 32.10 (1st)

David Shamlin: 100 free – 1:01.10 (1st); 200 free – 2:16.19 (1st); 500 free – 6:24.87 (1st); 200 breast – 2:57.42 (1st); 200 IM – 2:38.57 (1st)

Men 35-39
Jay Holshouser: 200 free – 2:41.38 (4th); 50 breast – 35.25 (1st); 200 IM – 3:02.03 (4th)

Men 40-44
Kevin Facchine: 100 free – 54.96 (2nd); 200 free – 2:02.05 (1st); 500 free – 5:41.47 (2nd); 100 fly – 1:04.16 (2nd)

Alan Godfrey: 500 free – 5:33.41 (1st); 200 back – 2:19.24 (1st); 100 breast – 1:13.62 (1st); 100 fly – 1:01.42 (1st); 100 IM – 1:01.78 (2nd)

Fritz Lehman: 100 free – 51.47 (1st); 50 back – 26.86 (1st); 100 IM – 59.11 (1st)

Men 45-49
Mike Barnhouse: 50 free – 41.18 (2nd)

RAM Y2K SURVEY RESULTS

The last issue of the newsletter included a survey about RAM members' participation levels and personal goals. Thanks to David Shamlin for compiling and tabulating the survey results. This is a summary of the results the RAM Board received:

1. Which type of Masters swimmer are you? (Choose all that apply)

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Competitive	7	63.6
Triathlete	2	18.2
Fitness/recreation	6	54.5
No response	0	00.0

2. Do you have personal swimming goals for 2000?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Fitness goals	5	45.5
Meet participation goals	5	45.5
Meet performance goals	5	45.5
Triathlon goals	2	18.2
No response	2	18.2

3. Do you regularly attend a coached practice?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	8	72.7
No	3	27.3
No response	0	00.0

If yes, what group do you train with?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Pullen/Optimist	8	72.7
Candler	0	00.0
Other	0	00.0
No response	3	27.3

If you train at Optimist/Pullen, which location do you prefer?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Pullen	4	36.4
Optimist	0	00.0
No preference	4	36.4
No response	3	27.3

Which of the following factors affect your preference? (Select all that apply.)

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Day of week	1	9.09
Time of day	3	27.3
Convenient location	1	9.09
State of the facility	2	18.2
Other	2	18.2
No response	5	45.5

4. Are you interested in improving in any of the following areas? (Select all that apply.)

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Stroke efficiency/technique	10	90.9
Freestyle	7	63.6
Backstroke	7	63.6
Breaststroke	7	63.6
Butterfly	6	54.5
Speed	8	72.7
Endurance/distance	3	27.3

5. Would you be interested in regular stroke clinics led by regular coaching staff during normal practice times?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	6	54.5
No	3	27.3
No response	2	18.2

6. Would you be interested in special stroke clinics led by guest coaches?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	8	72.70
No	2	18.20
No response	1	9.09

If yes, would you be willing to pay an additional cost to participate in such an event?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	8	72.70
No	1	9.09
No response	2	18.20

If yes, would you be willing to travel out of town for such an event?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	9	81.8
No	0	00.0
No response	2	18.2

7. Would you be interested in regular time trials during normal practice times?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	7	63.60
No	1	9.09
No response	3	27.30

8. Are you interested in competing in swim meets?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	7	63.6
No	4	36.4
No response	0	00.0

If yes, would you like coaching input on entering events and preparing for the meet?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	4	36.4
No	2	18.2
No response	5	45.5

9. Would you be willing to drive a rental van to out of town meets?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	2	18.2
No	7	63.6
No response	3	27.3

10. Are you interested in playing a support role (timer, hospitality, pre-event planning, etc. in swim meets)?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Yes	5	45.50
No	5	45.50
No response	1	9.09

11. How often would you like to participate in team-sponsored social events?

<u>Response</u>	<u>Count</u>	<u>Percent</u>
Monthly	1	9.09
Quarterly	6	54.50
Semi-annually	2	18.20
Annually	1	9.09
No interest	1	9.09
No response	0	00.00

Raleigh Area Masters

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