

Raleigh Area Masters

March 2001 Newsletter

In this issue

- 1 From the president's lane
- 2 Extra sets
- 2 Calendar
- 3 Road trip to Charlotte
- 6 Cool pool rules
- 8 A chat with Coach Scott Hinckley

Raleigh Area Masters
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From the President's Lane

RAM had a good turnout for the Sunbelt Championships meet in Charlotte on Jan. 27-28. Thirty-two RAM swimmers made the trip – short of the 38 who competed last year and well shy of the 70+ swimmers from the Charlotte club. As a team, RAM scored 1,449 points, with the women outpacing the men 658-637. Compared to last year, we scored more points with fewer swimmers, so congratulations to everyone for good swims. Team spirit honors go to **Adrienne Waterston, Margie Springer** and **Jennifer Riley** for their winning attitudes. And welcome to all swimmers who competed with RAM for the first time! These included **Kelly Doan**, whose account of her first Masters meet is on pages 3-4. RAM results are on pages 4-5.

When we had all dried off, the West claimed the first stage of this year's East-West Challenge by more than 1,300 points. The challenge, inaugurated last year, pits swimmers from Greensboro and east against swimmers from west of Greensboro. The winner after the RAM meet on April 21-22 claims bragging rights for the year. RAM helped lead the East to victory last year. With the West out to an early lead this year, the stage is set for the main event in Raleigh in April. To successfully defend the East-West Challenge Cup, we need any and all RAM swimmers to sign up for the meet. If you're not sure what to swim, ask one of the coaches or your teammates. The entry deadline is April 15. (You can always get an extension to file your taxes.) And don't forget the great party at the Warehouse on Saturday night; last year's social drew 120 swimmers.

If you're bashful about swimming in the April meet, we could use your support as a volunteer or sponsor to make this RAM's best meet ever. Contact meet organizers **Tim Sexauer** or **Cathy Davis** if you would like to sponsor an event. Contact **David Shamlin** or **Kim Stott** if you, your family or friends would like to time on Saturday afternoon or Sunday morning. We would like everyone to be involved in some way. It's the Main Event and the site of the Royal Smack Down when East meets West again for the title. Don't miss out on the fun! See you at the meet.

– *Kevin Facchine*

Extra sets

Volunteers needed

RAM will host the State Games age-group meet at Pullen Aquatic Center on June 23-24. This will be a great opportunity to help out North Carolina's age-group swimming program and RAM. We need lots of volunteers, so contact **Kevin Facchine** and sign up now!

Dancin' shoes

RAM swimmer **Loraine Wood** competed in the Worlds IX Country Western Dance Championship held in Edmonton, Canada, on Jan. 3-7. She competed with Sam Miller, a Master Level dancer, and placed 6th overall in the Pro-Am Intermediate Open Category. Pro-Am is a partnering of a professional and an amateur. The amateur is judged on her ability to follow the lead (male amateurs are judged on their ability to lead), demonstrate proper foot technique and interpret the dance with styling. The "open" age-group category is open to all ages. Loraine competed in six dances (four are required to place overall): Polka, Cha Cha, Waltz, Two-Step, East Coast and West Coast Swing.

Aquatics center proposed

The Cary Town Council is considering a proposal for an aquatics center. RAM member **Hill Carrow**, who is president of Capitol Sports Management, is spearheading the effort to bring the center to Cary. Carrow told the council in February that the project would use both public and private money. He will report to the council this spring on his efforts to recruit private partners for the center. Scenarios for the proposed center call for competition and recreation pools, spectator seating, an ice rink and a wellness center. Earlier in February, Carrow asked the RAM board to contribute to an expanded feasibility study of the complex. The board voted to contribute \$1,500 to the study.

Team caps for sale

Team caps – a black latex cap with white "RAM" lettering – are for sale at \$4 each. See **Sue Haugh**.

Don't forget ...

Entries for the RAM meet are due April 15. The meet will be held at Pullen Aquatic Center. Entry forms are available at: www.ncmasters.org.

Calendar

Saturday, April 7, 2001

Newport News, VA
Virginia Masters Short-Course Championship Meet

Tune up for the RAM meet later in April with a one-day meet in Virginia. Entry form is available at www.vaswim.org. Entry deadline is March 30.

Saturday & Sunday, April 21-22, 2001

Pullen Aquatic Center
Raleigh, NC
North Carolina Short-Course Championship Meet

This is it! RAM will host its annual short-course yards meet at Pullen Aquatic Center. Last year's meet drew more than 200 swimmers, and meet directors Tim Sexauer and Cathy Davis are planning a successful meet in 2001. RAM needs your participation – either as a swimmer or a volunteer. Entry form is available at www.ncmasters.org. Entry deadline is April 15.

Thursday-Sunday, May 17-20, 2001

Santa Clara, Calif.
USMS Short-Course Championships

Compete against the top swimmers in the country! Entry information is available at www.usms.org. Entries must be postmarked by April 5 or received by April 12.

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!

Road trip to Charlotte

*Thirty-two RAM swimmers competed at the Sunbelt Championships in Charlotte on Jan. 27-28. These swimmers included **Kelly Doan**, who started swimming with RAM last summer. Here is her account of her first-ever Masters meet:*

My first swim meet

I've always been a competitive person: basketball, volleyball, softball, schoolwork, etc. I think that whenever I am participating in something I have this urge to know how well I am doing; I need some kind of metric value. Originally, that is what the Charlotte meet was to me – concrete numbers to tell me where I stood as a swimmer! Wow, “a swimmer.” I’ve never used those words to describe myself.

The morning of the meet I felt pumped. I had the same adrenalin rush I’ve experienced so many times before a game, a match, a final exam – but never around a pool. It was a good sign; the butterflies in my stomach meant that I was mentally prepared. What I did not expect was how many bio-breaks were needed! It must have been the orange Gatorade I drank on the trip to Charlotte. Shortly after my 13th trip to the ladies’ room, they announced my first event: 25-yard backstroke to meet at the bulkhead.

Because the touch pads were at the other end of the pool, we beginners had to start our first-ever Masters swimming event at the bulkhead. I plopped in the water, waited for the horn and away I swam! Once I finished, I noted my time and climbed out of the pool. The RAM swimmers in the bleachers cheered for me and gave me wonderful support. I felt great and was ready for the next event: 25-yard butterfly.

Now I was starting to get nervous. I had only learned how to dive a few days before the meet. (Thanks, Sean!) I was petrified that my goggles would not remain secure. I wore two caps with my goggles sandwiched in between to try to prevent such a situation. Unfortunately, the two-cap trick was unsuccessful. I dove in and water

was sloshing around in my goggles, the chlorine burning my eyes. “I definitely need more diving practice,” I thought as I did all I could to see the touch pad and end my race. As I got out of the pool, the judge muttered something to me about no flutter kick during butterfly, but what does he know? I ran to the bathroom about five more times and was ready for the next event: the 100-yard IM.

I only decided to swim this event a few hours before. My theory was that this would be the only event I could truly track my swimming progress. Because this meet would be my one and only time to swim 25-yard events, the competitor in me wanted to do something I can (hopefully) see improve with time. The IM would be the big event, four times the distance of all the other events I would swim. I was ready – and also worried about the goggle situation. But after my butterfly incident, I was informed that in Masters swimming you can hang on the wall if needed. I dove into the water after hearing the horn and you guessed it, goggles full of water! I was so stressed out that I started doing a butterfly-breaststroke before remembering what event I was in. Once I reached the wall, I fixed my goggles to finish the event. To my surprise, I was not the last one in the pool. I actually beat someone in my first 100-yard IM! A fun relay ended the first day of my first swim meet.

After a good night’s rest and an early breakfast, I was looking forward to my last two events of the meet. When I got to the aquatic center, I jumped into the warm-down pool and started to get my muscles moving. My favorite event was today:

Continued on page 4

Continued from page 3

breaststroke! However, first on my agenda was the 25-yard freestyle. I wanted to swim less tense today so I decided to do something different: NO GOGGLES! I figured I could deal with chlorine in my eyes for a measly 25 yards. I was glad I did this because I was able to concentrate on my stroke and not worry about my dive. I finished the freestyle event as my best event time-wise and was looking forward to the breaststroke event.

Goggle-less again, I stood on the bulkhead for the last time. This was it – my favorite event and my last 25-yard swim. Off I went and finished strong (at least I thought so). My time was slower than I had hoped for but again, another personal best! I had five in all this weekend and received four first-place ribbons in my age group for the 25-yard events.* Now it was time to hit the showers and use the bathroom – again!

All in all, I had a great meet. I was able to be a participant instead of a spectator and it felt really good to officially don the suit, cap and goggles for the first time. As the meet progressed, I realized that my times really didn't mean anything. Although they were a measure of how fast I swam, the numbers didn't matter. What mattered was that I had a great time as a competitor and I now have a greater respect for the true swimmers out there. Swimming is a tough sport – although we have many RAM swimmers who make it seem otherwise – and I plan to compete again. Next meet: 50-yard events. I want my swimming to improve, not to win ribbons but to be able to hold my head high when I say that yes, I am a SWIMMER!

** During a recent web search, I learned that I was DQ'd for the butterfly event! Maybe it had something to do with that flutter kick?!?*

RAM's results from Charlotte

New state records are marked with an asterisk*.

Congratulations to **Boyd Campbell**, who set four records in the men's 90-94 age group!

Women 19-24

Jennifer Mancini: 50 free – 24.66 (1st); 100 free – 54.78 (1st); 50 breast – 34.59 (1st); 100 IM – 1:03.13 (1st); 200 IM - 2:18.36 (1st)

Women 25-29

Mary DeMilia: 100 back – 1:10.45 (1st); 100 breast – 1:15.63 (2nd); 100 fly – 1:04.17 (1st); 200 fly – 2:26.28 (1st); 100 IM – 1:06.58 (2nd); 200 IM – 2:29.82 (2nd)

Kelly Doan: 25 free – 20.54 (1st); 25 back – 23.72 (1st); 25 breast – 23.52 (1st); 100 IM – 1:57.50 (6th)

Jennifer Riley: 50 free – 27.68 (2nd); 100 free – 59.02 (2nd); 200 free – 2:10.47 (1st); 50 breast – 35.22 (2nd); 100 IM – 1:09.73 (3rd)

Women 30-34

Lisa Angel: 50 free – 34.42 (6th); 100 free – 1:12.90 (5th); 25 back – 17.97 (1st); 100 back – 1:28.18 (4th); 25 fly – 17.77 (1st); 100 IM – 1:27.96 (6th)

Michelle Duval: 100 free – 1:09.74 (4th); 200 free – 2:26.98 (2nd); 500 free – 6:40.64 (2nd); 1000 free –

13:42.74 (2nd); 50 fly – 39.29 (4th); 100 IM - 1:21.33 (4th)

Sandra McBride: 100 free – 1:19.06 (7th); 200 free – 3:04.56 (5th); 25 back – 24.71 (2nd); 50 breast – 47.24 (5th)

Adrienne Waterston: 1000 free – 13:02.79 (1st); 50 back – 36.78 (2nd); 50 breast – 35.06 (1st); 100 breast – 1:18.36 (1st); 50 fly – 31.35 (2nd); 100 IM – 1:11.91 (1st)

Women 35-59

Margie Springer: 50 free – 30.83 (5th); 50 back – 36.73 (2nd); 100 back – 1:20.49 (2nd); 50 breast – 41.34 (5th); 100 breast – 1:28.01 (2nd); 200 breast – 3:08.15 (2nd); 200 IM – 2:50.52 (3rd); 400 IM – 6:06.62 (1st)

Women 40-44

Lisa Duffy: 1650 free – 28:13.37 (1st)

Kim Stott: 50 back – 35.46 (2nd); 100 back – 1:14.73 (1st); 200 back – 2:41.33* (1st); 50 breast – 39.28 (2nd); 50 fly – 34.46 (1st); 100 IM – 1:15.14 (1st); 400 IM – 6:04.31 (1st)

Women 45-49

Pat Sargeant: 50 free – 28.06* (1st); 100 free – 1:02.83 (1st); 200 free – 2:20.05 (1st); 100 back – 1:17.40 (2nd); 50 breast – 40.14 (3rd); 50 fly – 32.37 (2nd); 100 fly – 1:13.62 (2nd); 100 IM – 1:13.68 (2nd); 200 IM – 2:40.78 (2nd)

Women 60-64

Ceil Blackwell: 50 free – 36.26 (2nd); 50 back – 41.82 (2nd); 100 back – 1:32.80 (1st); 200 back – 3:19.85 (1st); 100 IM – 1:29.54 (2nd); 200 IM – 3:25.77 (1st)

Sandra Kremer: 50 free – 42.80 (3rd); 50 breast – 48.38 (2nd)

Sally Newell: 50 free – 35.41 (1st); 50 back – 41.70 (1st); 50 breast – 42.46 (1st); 100 breast – 1:36.25 (1st); 50 fly – 45.07 (1st); 100 IM – 1:29.38 (1st)

Women 75-59

Judy Kelly: 50 back – 1:16.74 (2nd); 100 back – 2:41.19 (2nd); 200 back – 5:44.18 (1st); 50 breast – 1:10.79 (2nd); 100 breast – 2:49.86 (1st); 200 breast – 5:47.35* (1st)

Men 25-29

Scott Allen: 50 free – 24.86 (3rd); 100 free – 56.08 (3rd); 50 fly – 28.87 (4th); 100 IM – 1:04.25 (4th)

Sean Stringer: 100 back – 57.47 (1st); 50 breast – 29.96 (3rd); 50 fly – 23.98 (1st); 100 IM – 57.08 (2nd); 200 IM – 2:07.50 (2nd)

Men 30-34

Brian Doan: 50 breast – 28.67 (1st); 100 breast – 1:03.24 (1st); 200 breast – 2:25.84 (1st)

Men 35-39

Jay Holshouser: 50 free – 29.17 (8th); 1000 free – 14:46.46 (4th); 200 back – 3:06.49 (2nd); 50 breast – 34.68 (2nd); 100 breast – 1:18.69 (1st); 200 breast – 2:53.13 (1st); 50 fly – 37.65 (4th); 100 IM – 1:15.55 (5th); 200 IM – 2:54.34 (3rd)

Tim Sexauer: 50 free – 29.15 (7th); 100 free – 1:05.10 (6th); 1000 free – 14:23.03 (3rd); 50 breast – 37.24 (3rd);

100 breast – 1:21.72 (2nd); 100 IM – 1:14.94 (4th); 200 IM – 2:45.88 (2nd); 400 IM – 6:11.86 (2nd)

David Shamlin: 50 free – 27.09 (4th); 100 free – 57.39 (4th); 200 free – 2:11.12 (3rd); 500 free – 6:03.87 (3rd); 1000 free – 13:14.37 (2nd); 200 IM – 2:58.82 (4th); 400 IM – 5:38.74 (1st)

Men 40-44

Scott Hinckley: 50 free – 26.00 (4th); 50 fly – 29.33 (6th)

Fritz Lehman: 50 free – 23.40 (1st); 50 back – 25.89 (1st); 100 back – 55.81 (1st); 200 back – 2:07.28 (1st); 50 breast – 30.39 (1st); 50 fly – 26.06 (1st); 100 IM – 57.62 (1st)

Men 45-49

Hill Carrow: 50 free – 25.01 (1st); 200 fly – 2:29.19 (1st); 100 IM – 1:06.94 (4th)

Kevin Facchine: 50 free – 25.09 (2nd); 100 free – 53.88 (1st); 200 free – 2:01.46 (1st); 500 free – 5:41.59 (1st); 1000 free – 11:38.84 (1st); 50 breast – 33.55 (4th); 50 fly – 27.12 (1st); 100 fly – 59.97 (1st); 100 IM – 1:04.09 (2nd); 200 IM – 2:22.74 (1st)

Men 50-54

Rob Glotzer: 50 free – 27.04 (4th); 100 free – 1:00.09 (1st); 50 breast – 34.88 (2nd); 50 fly – 31.00 (3rd); 100 fly – 1:14.17 (2nd); 100 IM – 1:10.70 (3rd)

Bob Payne: 50 free – 31.97 (8th); 50 breast – 33.17 (1st); 100 IM – 1:17.48 (4th)

Men 70-74

Dick Webber: 50 free – 28.43 (1st); 50 breast – 45.38 (2nd); 50 fly – 34.57 (1st); 100 IM – 1:24.50 (1st); 200 IM – 3:22.03 (2nd)

Men 75-79

Jim Scherbarth: 50 free – 46.99 (1st); 50 back – 1:05.46 (1st); 100 back – 2:27.82 (1st); 50 breast – 1:03.44 (1st); 100 breast – 2:24.13 (1st)

Men 90-94

Boyd Campbell: 50 free – 1:04.82* (1st); 100 free – 2:28.69* (1st); 200 free – 5:56.31* (1st); 50 back – 1:22.73* (1st)

DID YOU KNOW?

North Carolina Masters Swimming honored three RAM swimmers at the Charlotte meet:

- ?? **Fritz Lehman** was named Outstanding Male Swimmer for 2000. Fritz won the 50- and 100-meter back at last summer's USMS Long-Course Nationals in Baltimore. He trains with the Optimist-Pullen group in Raleigh.
- ?? **Sally Newell** was named Outstanding Female Swimmer for 1999. Sally lives and trains in Greensboro and is a perennial presence in USMS Top 10 lists.
- ?? **George Simon** was named Outstanding Volunteer for 1999. George is registrar for NCMS and RAM and is web master for the NCMS web site. He trains with the Optimist-Pullen group in Raleigh.

Cool Pool Rules

Avoid getting clobbered in a crowded lane

By Fritz Lehman and David Shamlin

Judith Martin wrote *Miss Manners' Guide to Excruciatingly Correct Behavior: The Ultimate Handbook on Modern Etiquette*. The book has an amusing title, but the title conveys the idea many of us have about etiquette: It's painful. The truth is this: Etiquette (otherwise known as "damn good manners") is not about confining or restricting, but about giving us a set of guidelines so everyone involved is comfortable and can participate equally in a social event. In addition to helping provide an enjoyable experience, pool etiquette promotes a safe team workout environment.

Here, then, are Fritz and David's Commandments of Excruciatingly Correct Lane Etiquette:

1. **Everyone** must circle swim. (It's not really circle swimming, but more like swimming in the shape of a canoe.) As viewed from above, the convention is to swim in a counterclockwise direction.
2. **Never** execute a turn to the right of the cross on the wall. The people behind you will appreciate it. At a minimum, turn on the center of the cross, then push off toward the opposite side of the lane from your approach.
3. Be aware of who's in front of and behind you. If you're about to get lapped, move to the right of the cross the next time you reach a wall (don't try this in the middle of the lane!) and wait for the person behind you to go by. If you stay to the right and the person passing executes a turn as described in Rule #2, no one should get hurt.

If you're not getting lapped but the person behind you is constantly on your feet, politely ask the person if he or she would like to go ahead of you on the next repeat. If the person says no and it doesn't bother you to have the person on your feet, you tried and that person has no complaint about you slowing them down. If it does bother you, it's time to be a bit more forceful: Tell that person you aren't going any faster and it's time for him or her to go ahead of you.

Keep your ego in check. We all pass, and we all get passed. It's part of the circle of life. You may not want someone to move ahead of you or lap you, but unless you're planning to

pick up your pace, allowing someone who is swimming faster to move up is the correct thing to do.

4. The companion to Rule #3 applies when you find yourself behind a swimmer who's moving at a pace slower than yours: If you're keeping a faster pace than the swimmer ahead of you, wait until that swimmer is safely out of the way before passing him or her.

If the interval is relatively short, be patient; wait until you have completed the interval, then politely ask the slower swimmer if you can move ahead. If it's a long interval and there are more than a couple of laps remaining, signal the swimmer in front of you by carefully touching his or her toes. This will clue that person that he or she should pull over at the next wall (see Rule #2) so you can pass.

Never attempt to pass by moving into the middle of the lane and sprinting, and **never** do a mid-lane turn to jump ahead of one or more swimmers.

5. Learn how to use the pace clock. The entire workout revolves around the clock. It is at the heart of practically everything we do. When you make a mistake and leave at the wrong time, it probably will have an effect on everyone behind you. If you are leading the lane, people are depending on you to keep the lane moving on the correct interval and at

Continued on page 7

Continued from page 6

the correct pace. If you can't work with the clock, you probably shouldn't lead – even if you're the fastest swimmer in the lane.

- 6. Give people their space. Normally, you should leave the wall five seconds after the person in front of you. If you leave early, you're going to be crowding the person in front of you. If you leave late, you're causing those behind you to adjust to your mistake. Be prepared to go when it's your turn.

In cases where the lane is too crowded to allow a five-second gap between swimmers, you may need to cut the send-off intervals to three seconds. It depends on the number of swimmers, the difference in the speed between the swimmers and the distance of the repeat. Talk it over in the lane and have a plan. Don't just make the decision yourself. Communicate with your lane mates!

"I can't see the clock" isn't a legitimate excuse for not leaving the wall on time. If the pace clock isn't clearly visible, just count seconds – "one-mississippi," "two-mississippi," etc. – before leaving. Your count will be close enough to avoid crowding the swimmer in front of you or holding up the swimmer behind you.

- 7. Know your limitations. If you're having a bad day and it's showing in your workout, swallow your pride and let others move ahead of you. Lane order is dynamic. We all have good days and bad days. Moving back – or up – is not a permanent thing.
- 8. There are two kinds of swimmers: Those who *have* been clobbered in practice and those who *will* be clobbered in practice. It's a fact of swimmers' lives. The most common thing is when two swimmers moving in opposite directions smack hands. Ouch, it hurts! Sometimes it happens when everyone has done everything correctly, so it's usually a no-

fault accident. If you feel like you need to stop, see Rule #2. Otherwise try to find out who you smacked and laugh about it.

Sometimes accidents happen because someone loses focus. It doesn't happen often, but it does happen. People crack heads or lock arms. If you have to stop, again see Rule #2. If you're at fault, apologize – profusely if necessary. If you just got clobbered, try not to get angry – although that may be easier said than done. It probably was an accident – and remember that you'll be sharing a lane with these people again. If the same people are continually causing accidents, it's time for them to read these rules! It's also time for the coach to observe what's causing these things to happen. If you feel like someone is a source of mayhem in the lane, calmly talk to that person about it. If that doesn't improve the situation, talk to the coach so he or she can see what's going on. While it's unlikely anyone will get seriously injured, there's no reason to keep getting clobbered by someone for the same reasons.

These rules should help accommodate a smooth, even flow of traffic – even in a crowded lane. As you grapple with lane etiquette, remember that the people in your lane are your friends. If you come to practice on a regular basis (and who doesn't?), you're going to share many things with your lane mates. In fact, you may share more emotions with your lane mates than with almost anyone except possibly your immediate family. We stand in front of each other with barely any clothes on and hardly notice. We see each other at our best and at our worst. We see happiness and triumph because someone just swam faster than they thought possible. We see anger and disappointment because someone just swam slower than they thought possible. In any given practice people laugh and cry. People fight like brothers and sisters. People push each other, compete with each other and help each other. And what we're trying to say with these "commandments" is:

Y'all play nice now!

A chat with Coach Scott Hinckley

By Cathy Davis

I recently sat down with Scott Hinckley, one of the coaches for RAM's Optimist-Pullen group, to ask him a couple of questions I've been dying to know the answers to. I thought I'd share the conversation with you:

When did you first start teaching swimming?

I started helping my dad when I was 10. I assisted him at the Genesee Valley Aquatic Club, a club he helped to start years ago. In high school I worked for the city teaching swimming and life guarding.

What did you do after high school?

I headed down to Jacksonville University to get a degree in marine science. I chose Jacksonville because it was the only school in the country that had Navy ROTC and an undergraduate program in marine science. After I got my degree, I joined the Navy and spent six years in active duty.

What do you find challenging about teaching RAM swimmers?

Figuring out how to make as many people happy as possible. What I mean is, I try to create an environment that makes a swimmer want to come back.

How do you do that?

I try to put myself in each swimmer's shoes (or fins) and blend what they want with the needs of others. Any number of times I've changed a practice once I've seen the swimmers' faces when they walk through the door. Usually, I can tell by the looks on their faces that the set I intended won't work for them on that night.

What do you mean? Do you change it to make it easier?

I don't think it's a matter of making it easier, rather I focus on the intensity level. People look physically tired, emotionally tired - I try to gauge the group as a whole and design a set that will push them within their comfort zone.

What advice would you give RAM swimmers?

First and foremost, this is a social club. It's important to remember that we're all here to swim together. I think it's really important for swimmers to remember to be flexible. Your agenda is not the only agenda in the pool. By choosing to come swim

together people need to remember that the social aspect is of utmost importance.

How many types of swimmer does RAM have?

I see four types of swimmers: fitness, competitive, triathlete and beginning masters.

How do you coach for all these different types of swimmers?

We have a high percentage of swimmers that compete, but I believe fitness takes precedence. I mean this in that fitness serves everybody.

When I first came to you about this interview what was your thought? What did you want to convey?

Well, I was really hoping that the interview wasn't going to happen.

Would you like to add anything else?

It was Steve Weatherman's idea for me to coach the team and I'd really like to thank him for the opportunity to work with RAM.

***Who will Cathy chat with next?
Find out in the next RAM newsletter!***