



## Raleigh Area Masters Newsletter

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**Raleigh Area Masters**  
P.O. Box 19845  
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### *A letter from the President, March 2002*

Dear Teammate:

I'm intentionally addressing this letter to you as a teammate and not just a fellow club member because I want to focus on the team aspect of our club. While Masters swimming is about the general sport of swimming and building community through aquatics, one aspect of that is team and individual competition. Producing and participating in meets and open water events is one of the primary ways Masters swimming stays vibrant and attractive to many pool pals across the country. It helps build the community by bringing people together, it furthers the sport of swimming, and it gives a hard-core group of Masters participants a good excuse for drinking beer. (Right, Jay?)

Next month we all have the opportunity to participate in some way in a great annual meet that occurs right in our own home lanes! I hope most of you know we will host our annual short-course meet on April 13-14 at Pullen Aquatic Center. This is one of the largest and best annual meets in the Dixie Zone, and every year the RAM board tries to make it a little bigger and better than the year before. My objective in this letter is to convince you that there is a way for you to participate in this event and have fun doing it!

Some of our lane mates are very competitive swimmers (just ask anyone who swims in a lane with Alan); they have specific meet goals that they train for year round. The informal majority of us, though, show up routinely for the fitness benefit of the workouts Sue and Scott put together but don't think of ourselves as meet swimmers. Only a handful of the regular workout crowd is thinking

... See *Letter*, page 4

## A new look

RAM member **Adrienne Waterston** recently created a new logo for the team:



Watch for it on swim caps (**Sue Haugh** has already placed an order) and on t-shirts (coming for the meet in April)!

### Extra sets

The North Carolina LMSC honored RAM swimmers **Sally Newell** and **Boyd Campbell** at the Charlotte meet. **Sally**, 64, was named the Outstanding Female Swimmer for 2001. **Boyd**, 92, was named the Inspirational Swimmer for 2001. Congratulations!

\* \* \*

Note to Optimist-Pullen swimmers: The pools' lifeguards have asked that swimmers enter the water feet first. No diving! Also, swim only in the lanes RAM has contracted for. If you're unsure about the number of lanes available, ask the coach on deck.

\* \* \*

Summer is just around the corner – and that means the bubble will come down at Optimist, and we'll be swimming long-course. Watch for information about the summer schedule by e-mail and in the RAM folders at Optimist and Pullen.

\* \* \*

RAM Bord of Directors: David Shamlin, President; Cathy Davis, Vice President; George Simon, Registrar; Jay Holshouser, Treasurer; Kim Stott, Secretary; and Ceil Blackwell, Hill Carrow, Rynda Chappell, Sue Haugh, Fritz Lehman and Adrienne Waterston, at-large members.

## Calendar

### **North Carolina Short-Course State Championship Meet**

Saturday-Sunday, April 13-14  
*Pullen Aquatic Center, Raleigh, NC*

Meet directors **Cathy Davis**, **Sue Haugh** and **Fritz Lehman** are planning RAM's annual short-course meet. Entry deadline is April 6. Information is available in the RAM folders at Pullen and Optimist pools or on the North Carolina Masters Swimming web site: [www.ncmasters.org/#meets](http://www.ncmasters.org/#meets) Don't want to compete? Come volunteer – and cheer on your teammates.

### **USMS Short-Course Nationals**

May 14-17  
*Honolulu, Hawaii*

Aloha! Want to combine a top-flight competition with a vacation? Short-course nationals will be held in Hawaii this year. Entry deadline is April 9. For information, visit [www.usms.org/comp/scnats02](http://www.usms.org/comp/scnats02)

### **RAM's Long-Course Invitational**

Saturday, July 27  
*Optimist Pool, Raleigh, NC*

Back on the blocks for RAM's one-day long-course meet! Entry information will be available this summer.

### **Every week**

Join your teammates for dinner after practice at Pullen every Thursday. Still hungry? Join us for breakfast after practice at Optimist every Saturday. Locations vary.

### **Every month**

The RAM Board of Directors meets on the second Thursday evening of each month. Locations vary.

***Getting to know you . . .*** Who are these people we swim with day after day, lap after lap? Meet **Michelle Duval, Carla Hill, Fritz Lehman and George Simon.**

**MICHELLE DUVAL**

**How long have you been swimming?** I fell into a pool when I was 6 months old, and I have been swimming ever since. I swam competitively in high school, then took a major hiatus from the pool in college. . . . I started swimming again in grad school with some motivated friends, then joined RAM when I moved to Raleigh 4½ years ago.

**What motivates you to come to practice?** Besides the underwater views?! Just kidding. . . . Seriously, I like the motivation of swimming with other people (the bonus being that they are also my friends), and the workouts are more creative and challenging than anything I could manage to come up with myself on a daily basis. I also just like the feeling of moving through the water – especially when I'm having a "good" practice. Finally, I really love that sort of wiped-out feeling you have after a good, tough workout!

**What's your favorite practice set?** That would DEFINITELY be an 800-yarrd breaststroke pull with paddles and a buoy . . . HA! Really, my favorite practice set is a long, freestyle pull set; something like a ladder descending by 100s or 200s that focuses on keeping a steady pace. I am definitely a distance person – I have very little finesse in my swimming technique, so I try to make up for it with endurance.

**What's the best thing about RAM?** Definitely the people – I have a lot of close friends in RAM, and I certainly wouldn't make the effort to get to practice if I wasn't having fun with the people I swim with. Especially on those breaststroke pull sets....

**GEORGE SIMON**

**How long have you been swimming?** I've been swimming with RAM since 1982. Ceil Blackwell and I joined RAM about the same time. Hill Carrow and Shirley Beetham were our coaches. Before joining RAM, I was swimming on my own at the YWCA (RAM used to practice there prior to Optimist Park opening) or

*. . . See George, page 6*

**CARLA HILL**

**How long have you been swimming?** I started swimming as a kid and competed in synchronized swimming for several years. I switched to competitive swimming in high school. After a break during college, I joined RAM last summer when I moved to Raleigh.

**What motivates you to come to practice?** Knowing that I'll feel great after pushing myself through a hard practice. I also enjoy the opportunity to chat with friends.

**What's your favorite practice set?** Crazy as it may sound, I like distance freestyle ladder sets. I like pace work but also need variety to keep my mind involved. Sets that mix distances between 200 to 500 are good for me.

**What's the best thing about RAM?** It's a great way to meet new people and get a good workout.

**FRITZ LEHMAN**

**How long have you been swimming?** I started competitive swimming around 1966 and "retired" in 1980. At that time Masters swimming wasn't available for younger swimmers. I started again around 1985 and have been in and out of it ever since. My latest swimming career started about 4 years ago.

**What motivates you to come to practice?** Many different things. Bagels and coffee on Saturdays. Getting a chance to coach every now and then. Talking to people and of course an occasional good swim. A great deal of the time the actual swimming part isn't very high up on the list.

**What's your favorite practice set?** Anything kicking or where I get to hold my breath.

**What's the best thing about RAM?** The diversity of its people. I enjoy being around the different ages of people on our team. Some of the younger swimmers are old enough to be my children, and some of the older swimmers are about my parents' age, but because we share a common interest we can forget the age and just be friends. We are all just swimmers. I think that's really neat.

## *Letter . . . continued from page 1*

about the next meet, setting sights on achieving a certain time, and structuring their workout routine to achieve those goals. If you're not a seasoned competitive swimmer it's easy to be intimidated by the elite group of RAM swimmers that are. I know I was before I swam in my first Masters meet four years ago in Charlotte. I was pretty sure I would look like a big idiot. And I'll tell you a secret: I'm pretty sure I did look like a big idiot. When I swam the 200 free I lost count and started a fifth 50, and during the 100 free I took on more water than air. But before I got on the block for the 50 free, a more experienced and patient teammate stopped me for a second to see if I was ready.

"Go get 'em, tiger!" he said as he patted me on the shoulder and sent me on my way. (Really, he said that.) And while I knew I still wasn't going to set any records with this one, that little encouragement made me feel like a "real" swimmer too. Then as I was pulling my weary carcass out of the water after the 100 IM, a stranger rushed up to me and said, "That was great! You swam great!" Before I could catch enough breath to thank him, he was gone. Even though that may have been a hallucination due to oxygen deprivation, again the support of fellow swimmers made me feel great.

I walked away from my first meet feeling great not because I set any records or won any individual events (I was on one winning relay because I made Scott seed me with three other ringers), but for two other reasons: I challenged myself and pushed my own limits, and I discovered some new-found support among my group of friends.

So if you're hesitating to enter this year's meet because you think you're not accomplished enough, forget about it! That's one of the things Masters swimming is for: the opportunity to stretch your limits in a supportive environment. Or if you think you're not "meet ready," you're fooling yourself. Everybody who's been coming to practice can at least swim down and back at least once. Turns out that's all you need to be able to do. If you're worried about not looking as pretty and sleek in the water as someone like Jen, remember we let Kevin enter meets too.

If I still haven't convinced you that you can race in the April meet and live to tell about it (and trust me, you can), there are other ways to support the team at this event. You can volunteer! You can be a timer, stock the hospitality room, run the registration table, rub my shoulders between events, help Sue host the Saturday evening social, or staff the merchandise booth we're having this year.

No matter how you participate, I promise you'll be making a contribution to RAM and Masters swimming – and that's something you can feel good and proud about. And when you do, know you have the gratitude and admiration of at least one team member: me.

See you on the blocks,

*– David Shamlin, RAM President*

P.S. Don't miss my letter in the next issue of our newsletter when I share advice on determining when it's time to retire that bathing suit and how to pick a new one that's both fashionable and affordable!

# Charlotte SunBelt Short Course Championships

January 26-27, 2002

RAM swimmers made their annual trek to Charlotte for the SunBelt Short Course Championships in January. The team finished second overall, and first among the out-of-town teams. We saw **Jen Stringer**, 25, swim her first-ever, sub-2:00 200 free in 1:57.17. (And how about those splits: 27.57, 29.79, 30.51, 29.30!) RAM fielded *three* swimmers in the 90-94 age group: **Bette Hoffmann**, 92, **Boyd Campbell**, 92, and **Harold Hoffmann**, 94.

These are RAM's individual results. New North Carolina records are marked with an asterisk \*.

## Women 19-24

**Jennifer McWilliams:** 50 free – 31.83 (3<sup>rd</sup>); 100 free – 1:11.20 (3<sup>rd</sup>); 50 back – 36.20 (2<sup>nd</sup>); 100 back – 1:19.18 (2<sup>nd</sup>); 50 fly – 33.16 (2<sup>nd</sup>); 100 IM – 1:18.45 (2<sup>nd</sup>)

## Women 25-29

**Jennifer Stringer:** 50 free – 24.33 (1<sup>st</sup>); 200 free – 1:57.17\* (1<sup>st</sup>) 27.57 29.79 30.51 29.30

## Women 30-34

**Lisa Angel:** 50 free – 35.10 (7<sup>th</sup>); 50 breast – 45.46 (1<sup>st</sup>)

**Mary DeMilia:** 100 back – 1:11.27 (2<sup>nd</sup>); 100 breast – 1:16.89 (1<sup>st</sup>); 200 breast – 2:43.23 (1<sup>st</sup>); 100 fly – 1:04.21 (1<sup>st</sup>); 200 IM – 2:26.01 (1<sup>st</sup>)

**Michelle Duval:** 200 free – 2:27.26 (4<sup>th</sup>); 1000 free – 13:37.51 (1<sup>st</sup>)

## Women 35-39

**Adrienne Waterston:** 50 free – 28.45 (7<sup>th</sup>); 1000 free – 13:24.32 (2<sup>nd</sup>); 50 breast – 35.33 (1<sup>st</sup>)

## Women 40-44

**Margie Springer:** 50 free – 30.29 (3<sup>rd</sup>); 50 back – 36.26 (2<sup>nd</sup>); 50 breast – 40.59 (4<sup>th</sup>); 100 IM – 1:17.19 (5<sup>th</sup>)

**Kim Stott:** 50 back – 36.14 (1<sup>st</sup>); 100 back – 1:16.70 (2<sup>nd</sup>); 200 back – 2:42.77 (1<sup>st</sup>); 50 breast – 39.68 (2<sup>nd</sup>); 50 fly – 35.87 (2<sup>nd</sup>); 100 IM – 1:16.46 (4<sup>th</sup>)

## Women 60-64

**Ceil Blackwell:** 50 free – 36.77 (2<sup>nd</sup>); 50 back – 42.11 (1<sup>st</sup>); 100 back – 1:33.52 (2<sup>nd</sup>); 100 IM – 1:32.03 (2<sup>nd</sup>)

## Women 75-79

**Judy Kelly:** 50 back – 1:20.08 (1<sup>st</sup>); 100 back – 2:49.45 (1<sup>st</sup>); 200 back – 5:46.87 (1<sup>st</sup>); 50 breast – 1:10.43 (1<sup>st</sup>); 100 breast – 2:49.06 (2<sup>nd</sup>); 200 breast – 5:59.38\* (1<sup>st</sup>)

## Women 90-94

**Bette Hoffmann:** 50 back – 1:52.55\* (1<sup>st</sup>); 100 back – 4:03.04\* (1<sup>st</sup>)

## Men 19-24

**Ed Kurlander:** 50 free – 23.89 (5<sup>th</sup>); 100 breast – 1:09.06 (2<sup>nd</sup>); 50 fly – 25.82 (4<sup>th</sup>); 100 IM – 59.88 (2<sup>nd</sup>)

## Men 25-29

**Sean Stringer:** 200 free – 1:53.59 (1<sup>st</sup>); 50 breast – 29.98 (3<sup>rd</sup>)

**Tomasz Wilk:** 50 free – 26.43 (6<sup>th</sup>); 200 breast – 2:46.62 (2<sup>nd</sup>)

## Men 30-34

**Scott Allen:** 50 free – 25.40 (4<sup>th</sup>); 50 fly – 27.88 (4<sup>th</sup>); 100 IM – 1:05.16 (2<sup>nd</sup>)

## Men 35-39

**Mike DeMilia:** 1000 free – 17:45.74 (4<sup>th</sup>)

Jay Holshouser: 100 free – 1:10.75 (7<sup>th</sup>); 100 back – 1:29.66 (4<sup>th</sup>); 50 breast – 33.70 (2<sup>nd</sup>); 100 IM – 1:18.90 (7<sup>th</sup>)

**John Mangrum:** 50 free – 26.36 (3<sup>rd</sup>); 100 free – 58.30 (4<sup>th</sup>); 200 free – 2:11.24 (3<sup>rd</sup>); 100 back – 1:10.54; (2<sup>nd</sup>); 200 back – 2:29.66 (1<sup>st</sup>); 50 fly – 29.03 (5<sup>th</sup>); 100 fly – 1:12.96 (4<sup>th</sup>); 200 fly – 2:44.88 (2<sup>nd</sup>); 100 IM – 1:08.16 (3<sup>rd</sup>); 200 IM – 2:28.04 (2<sup>nd</sup>)

**Tim Sexauer:** 50 free – 29.90 (8<sup>th</sup>); 100 free – 1:04.42 (6<sup>th</sup>); 1000 free – 14:24.01 (3<sup>rd</sup>); 50 breast – 37.10 (4<sup>th</sup>); 100 breast – 1:20.83 (2<sup>nd</sup>); 100 IM – 1:13.76 (6<sup>th</sup>); 200 IM – 2:46.22 (3<sup>rd</sup>); 400 IM – 5:40.82 (3<sup>rd</sup>)

**David Shamlin:** 50 free – 26.48 (5<sup>th</sup>); 200 free – 2:10.49 (2<sup>nd</sup>); 1000 free – 12:51.98 (2<sup>nd</sup>); 400 IM – 5:40.83 (2<sup>nd</sup>)

**Henry Stewart:** 50 free – 22.74 (1<sup>st</sup>); 100 free – 50.48 (1<sup>st</sup>); 200 free – 1:55.12 (1<sup>st</sup>); 50 back – 28.76 (1<sup>st</sup>); 50 fly – 25.20 (1<sup>st</sup>); 100 fly – 56.31 (1<sup>st</sup>); 100 IM – 1:01.51 (1<sup>st</sup>)

## Men 40-44

**Fritz Lehman:** 50 free – 23.35 (1<sup>st</sup>); 50 back – 25.55 (1<sup>st</sup>); 100 back – 55.21 (1<sup>st</sup>); 200 back – 2:03.10 (1<sup>st</sup>); 50 breast – 30.37 (2<sup>nd</sup>); 50 fly – 25.31 (1<sup>st</sup>); 100 IM – 56.87 (1<sup>st</sup>)

**Eric Waldbauer:** 50 breast – 34.55 (6<sup>th</sup>); 200 breast – 2:39.88 (2<sup>nd</sup>); 100 IM – 1:10.20 (10<sup>th</sup>)

## Men 45-49

**Alan Godfrey:** 50 free – 24.18 (1<sup>st</sup>); 100 free – 52.39 (1<sup>st</sup>); 200 free – 1:56.61 (1<sup>st</sup>); 50 back – 28.85 (1<sup>st</sup>); 100 back – 1:01.75 (2<sup>nd</sup>); 200 back – 2:08.47\* (1<sup>st</sup>); 50 breast – 32.68 (3<sup>rd</sup>); 50 fly – 27.45 (1<sup>st</sup>); 100 IM – 1:03.80 (1<sup>st</sup>)

## Men 50-54

**Bob Payne:** 50 breast – 32.89 (2<sup>nd</sup>); 100 breast – 1:17.93 (1<sup>st</sup>); 200 breast – 2:58.14 (1<sup>st</sup>); 50 fly – 32.40 (6<sup>th</sup>); 100 IM – 1:15.20 (4<sup>th</sup>)

Michael Yoakam: 200 free – 2:23.35 (4<sup>th</sup>); 50 breast – 36.91 (4<sup>th</sup>); 100 IM – 1:16.52 (5<sup>th</sup>)

Men 70-74

**Dick Webber:** 50 free – 28.53 (1<sup>st</sup>); 50 breast – 46.14 (3<sup>rd</sup>); 50 fly – 34.43 (2<sup>nd</sup>); 100 IM – 1:23.84 (2<sup>nd</sup>); 200 IM – 3:17.30 (1<sup>st</sup>)

Men 90-94

**Boyd Campbell:** 50 free – 1:07.78 (1<sup>st</sup>); 100 free – 2:46.54 (1<sup>st</sup>); 200 free – 5:39.00\* (1<sup>st</sup>); 50 back – 1:16.62\* (1<sup>st</sup>); 100 back – 2:42.80\* (1<sup>st</sup>)  
**Harold Hoffmann:** 50 free – 1:39.22 (2<sup>nd</sup>)

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*In the creative corner* ... By Adrienne Waterson

*A watery Haiku or 2*

*Bubbles floating up  
Swirling around my body  
From where do they come?*

*Turning, turning, 'round  
Stopping briefly at the end  
Only to begin*

*Praise be to the coaches*

*There once was a swim coach named Scott  
Whose practices made us swim lots  
Of laps in the pool--  
We thought we were cool  
But he showed us that we are not!*

*Owing to a lack of pools*

*There once was a swimmer named Molly  
Who made the incredible folly  
Of trying to swim  
To get fitter and trim  
But discovered that she lived in Raleigh!*

*There once was a practice that Sue made  
Which turned all the swimmers a red shade  
They swam up and back  
They couldn't keep track  
And then plopped on the pool deck with feet  
splayed*

***George ... continued from page 3***

during the summer at my neighborhood pool (Medfield Estates) for about 3 years.

**What motivates you to come to practice?** I enjoy the workouts, and swimming with people that are about the same speed as me. Having a coach is extremely important. I can tell the difference in my speed and stroke technique when I swim with friends during the summer at my neighborhood pool. Times get worse and strokes suffer, and I don't work as hard even though I give myself hard workouts.

**What's your favorite practice set?** A workout with a lot of variety. I can say I really like almost all of the workouts that Scott or Sue give us. The only thing I don't like is the 5 by 5 drill, but I am getting used to it.

**What's the best thing about RAM?** Of course, the many friends that I have made over 20 years, as well as having two very good coaches who motivate and provide good workouts and care about the swimmers.



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