

RAM.

Raleigh Area Masters Newsletter

May 2000

From the president's lane

Thanks to all participating RAM swimmers for making this year's state meet such a success. Our meet at Pullen Aquatic Center on April 1-2 drew 212 swimmers, making it one of our biggest meets ever. RAM's results from the meet are on page 4-5.

Hats off to the volunteers. Many RAM swimmers volunteered to make sure the meet ran smoothly. Particular thanks go to meet director **Tim Sexauer**, whose work started months before the meet was held. Thanks also to **Steve Weatherman** (registration desk, announcements and other duties); **Margie Springer** (hospitality room); **Will Monroe** and **Helen Thomas** (head timers); **Ceil Blackwell** and **Dawn Stroupe** (awards); **George Simon** and **Tim McGinnis** (stroke and turn judging); **Sue Haugh**, **Jay Holshouser** and **Grant Johnston** (registration desk); and **Cheryl Braunstein**, **Sue Haugh** and **Margie Springer** (social). And thanks to all RAM swimmers who worked as timers, brought food for the hospitality room and helped out when asked.

East beats West. The state meet was the second event in this year's new East-West challenge. The challenge pits North Carolina swimmers on teams east of Greensboro against those from Greensboro west. The West swimmers took the lead in the first event – the Charlotte meet in January. But the East swimmers roared back in Raleigh to surpass the West and claim this year's bragging rights. Thanks to **Fritz Lehman** for putting together the East relays.

RAM's long-course meet. RAM will host a one-day long-course meet on Saturday, July 15 at Optimist pool in Raleigh. This will be a great chance to test yourself in a long-course pool and/or tune up for long-course nationals in August. Meet director **Alan Godfrey** is finalizing the order of events; watch for entry information on the North Carolina Masters' Swimming Web site: www.ncmasters.org. Like all meets, this one needs VOLUNTEERS! Whether you compete, volunteer or both, we look forward to seeing you at Optimist in July.

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A star is born

Saturday, April 1 – THE STATE MEET

It's 6 a.m. and I wake to fear clogging my arteries. My first Masters swim meet is today and I'm petrified to the core. Battling waves of nausea, I search desperately for a reason not to head to the pool: "I don't like competition." ... "This anxiety can't be healthy for a person." ... "I don't swim very fast." Instead, I find fortification in a bowl of oatmeal and a cup of coffee, pour myself into a skin-tight bathing suit, and stumble my way out to the car.

I'm numb with dread and my car veers off the path to the pool. Still, I somehow manage to find the pool, park the car and sign in. My co-swimmers greet me at the door, chipper and riding high on the euphoria that only real swimmers can know. I am not a real swimmer. This I know. I try not to let them see the fear in my eyes as they chat with me, encourage me, attempt to cajole me into their spirited way of thinking: "This is fun." My head bobs in all the right places but I know that this is anything but fun. I escape their animated enthusiasm with the excuse of warm-up.

This first swim of the day is anything but encouraging: The leading 50 is a struggle and it goes downhill from there. This is confirmation that the 1000 will be too much for me to handle. I warm up with a 200 and drag myself out of the pool. Exhaustion has set in and I haven't even begun to swim.

But before I know it, the mile is over and the 1000 is up. Dazed, I climb up on the block and wait for the gun. As the gun goes off, I do what everyone else does – I tuck my head and dive. I can't tell you what happens those first 500 or so yards; the numbness

... Continued on page 2

NEW!

Coach's Corner column by Coach Sue Haugh.

See page 3.

CALENDAR OF EVENTS

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 May meeting will be held on the 11th.

VIRGINIA MASTERS SUMMER INVITATIONAL MEET

JUNE 24, 2000

One-day long-course meters meet in Newport News, VA. Entry information available on the USMS Web site, www.usms.org, or contact meet director Charles Cockrell (757/865-6250 or cockrell@usms.org). Entry deadline is June 16.

RALEIGH AREA MASTERS MEET

JULY 15, 2000

RAM-sponsored long-course meters meet, held at Optimist pool in Raleigh. Compete in one of RAM's home pools or volunteer to help run the meet.

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. Entry information is in the May-June 2000 issue of Swim magazine or on the USMS Web site, www.usms.org. For more information, contact meet director Barb Protzman at swimbarb@hotmail.com. Entries must be postmarked by July 6 or received by July 13.

RAM'S ANNUAL MEMBERSHIP MEETING

AUGUST 26, 2000

The RAM membership holds an annual meeting to elect the board of directors and to consider any other team business. This year's agenda will include proposed revisions to the RAM bylaws. Time and place will be announced.

SMOKY MOUNTAIN LAST CHANCE MEET

SEPTEMBER 9-10, 2000

Step up on the blocks for one last long-course meet. This one's in Hendersonville and is sponsored by the Smoky Mountain Chapter of RAM. Entry information is available on the North Carolina Masters Web site: www.ncmasters.org.

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

Long-course meet: RAM will host a one-day long course meet at Optimist Pool in Raleigh on July 15. We'll need swimmers and volunteers. For more information, contact meet director **Alan Godfrey** at Alan.Godfrey@reichhold.com.

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Virginia swims: More than two dozen swimmers from Virginia participated in our state meet this year. Let's return the show of support by swimming at the Virginia Masters Summer Invitational Meet on June 24 in Newport News, VA.

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New dues: RAM swimmers voted at a special meeting on March 30 to increase the monthly dues for the Optimist-Pullen group to \$40 per month. The board had recommended the increase to cover costs after the city of Raleigh raised its lane-rental fees. Dues must be paid by the 5th of each month.

*From page 1 ... **A star is born***

doesn't wear off until then. But I know I am aware for the second half of that race and am amazed that my goggles are still on, my oatmeal and coffee are still with me, and I am more than halfway through this race. For the first time I can hear my teammates from the side coaching, encouraging, urging me on. "Stretch it out," "You can do it," "go, go, GO!!!" – and I do. I go, go, GO!!!!

And, much to my surprise, I finish, not with the fastest of times ... but I finish. I am elated. I finished! Hanging on to the side of the pool and looking up into those faces that just moments ago seemed to belong to maniacal zealots, I realize how fortunate I am to have them there with me. I am amazed that I made it; they are not. I haul myself out of the pool and bask in their compliments of my performance. I am elated at my accomplishment.

The other events of the meet pass quickly (the 50 free, the 50 back, the 100 IM, the relays, etc.) but I am enthusiastic and – yes – euphoric throughout. This is fun!! And, this I know, I AM A SWIMMER!!!

So ... when's the next meet?

**Cathy Davis,
RAM Swimmer**

Editor's Note: Not only did Cathy Davis compete successfully in her first Masters meet, she also won a top door prize – a Speedo swim backpack – at the meet social on Saturday night.

Coach's Corner

By Coach Sue Haugh

With the summer season fast approaching, take a few moments to think about your swimming goal or goals for this new season.

Whether the goals are big (entering your first swim meet) or small (not breathing off freestyle turns), these objectives can help motivate you to keep wet and have fun. Be creative; a challenging goal will ask you to step out of your comfort zone to accomplish it.

- *Be more consistent.* This is as simple as just getting in the pool and swimming consistently a certain number of days per week.
- *Improve your time.* The clock offers us an objective method of measuring our progress and level of fitness. Pay attention to it and use it!
- *Increase your distance per stroke.* Instead of singing the song you heard while driving to practice, count your strokes per length. Are you getting the most distance per stroke (D.P.S.)?
- *Learn a new stroke.* Add variety to your workout. When the coach says "S.O.C." (stroke of choice), don't do freestyle! The change of muscle groups will make you stronger in all strokes.
- *Venture into open water.* Participate in an "open water" swim at the beach or a lake. Do the swim leg of a triathlon relay.
- *Enter a swim meet.* Just talk to Cathy Davis! If you've never participated in a swim meet, find a low-key competitive opportunity in the area.

Hey, I know of one! July 15th at Optimist Pool. It's a one-day meet sponsored by yours truly - RAM. You will be welcomed by many new faces and will be inspired by your teammates.

- *Swim new events.* If you're a seasoned swimming veteran, set a goal to swim new and different events. 200 fly anyone? 400 IM?
- *Make new friends.* This comes almost naturally when you are involved in Masters swimming. Make a conscious effort to reach out and meet a few new faces at the pool. The camaraderie with fellow swimmers will help inspire and motivate you.
- *Consult the coach.* Don't always wait for the coach to come to you. The coach can advise you on how to design workouts and increase yardage safely. The coach can also consult on stroke technique.
- *Keep a log.* A good training logbook adds a personal touch over the simple documentation of workout notes. Record how you feel, both physically and mentally. This will allow you to understand your training better.

Once you've defined some goals, work toward them! Celebrate the small victories along the way. Share your achievements with your coach, friends and family. Enjoy the journey.

Editor's Note: Sue Haugh has been a competitive swimmer for most of her life. She is one of two coaches for RAM's Optimist-Pullen workout group.

From page 1 ... ***From the president's lane***

Long-course nationals. The USMS Long-Course Nationals will be held Aug. 17-20 at the University of Maryland-Baltimore County. Several RAM swimmers are planning to attend; please think entering the meet, too. You'll have the chance to see some of the fastest swimmers in the country (or perhaps be one yourself), and lots of records are sure to fall. With the meet in Baltimore, it's practically in our backyard. Entry information is available on the USMS Web site: www.usms.org.

Head for the mountains. Wrapping up the long-course season is the meet in Hendersonville on Sept. 9-10, sponsored by RAM's Smoky Mountain Chapter. As summer draws to a close, plan a trip to the mountains for some swimming and perhaps some sightseeing. Entry information is available at www.ncmasters.org.

See you in the water.

-- Kevin Facchine

Results

USMS Short-Course Nationals

Four RAM swimmers traveled to Indianapolis for the USMS short-course nationals held from April 27-30.

Congratulations to **Jennifer Mancini** (Women 19-24), **Sally Newell** (Women 60-64), **Sean Stringer** (Men 19-24) and **Dick Webber** (Men 70-74) for great swims.

National champions: Dick won a national championship by finishing first in the 50 fly in his 70-74 age group at 33.37. Jen swam on two first-place relays in the women's 19+ age group – including one that broke the national record by nearly 2 seconds. Jen teamed with North

Carolina swimmers Rebecca Bruch, Heather Hageman and Liz Sullivan to win the 200 medley relay in a record-setting 1:50.50. The same team won the 200 free relay with a time of 1:39.61. (In out-of-state meets, all swimmers from North Carolina swim for the "North Carolina Masters Swimming" team.)

Other individual results:

Jennifer Mancini: 50 free – 24.79 (2nd); 100 free – 53.42 (2nd); 200 free – 2:00.95 (3rd); 100 IM – 1:02.32 (3rd); 200 IM – 2:17.22 (4th)

Sally Newell: 50 free – 32.42 (3rd); 100 free – 1:16.64 (6th); 50 breast – 40.01 (2nd); 100 breast – 1:30.54 (3rd); 200 breast – 3:20.80 (2nd); 100 IM – 1:23.90 (2nd)

Sean Stringer: 100 back – 54.78 (2nd); 200 back – 2:01.96 (3rd)

Dick Webber: 50 free – 28.50 (2nd); 100 free – 1:07.11 (2nd); 200 free – 2:42.16 (3rd); 100 IM – 1:20.77 (3rd)

RAM BOARD OF DIRECTORS

Kevin Facchine, President: klf8589@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
Sue Haugh: sue.haugh@neoforma.com
Fritz Lehman: fritz.lehman@sas.com
David Shamlin: David.Shamlin@sas.com
Margie Springer: MargieMoto@aol.com
Kim Stott: kastott1@cs.com

Raleigh Area Masters meet - Raleigh, NC

Short-course yards meet on April 1-2, 2000

Women 19-24

Jennifer Mancini: 50 free - 25.81 (1st); 100 free - 54.31 (1st); 200 free - 2:03.51 (1st); 500 free - 5:24.57 (1st); 100 IM - 1:03.40 (1st); 200 IM - 2:18.12 (1st)

Mary Beth Petters: 50 free - 27.76 (2nd); 50 back - 32.20 (1st); 50 fly - 28.57 (1st); 100 fly - 1:05.36 (2nd); 100 IM - 1:09.37 (2nd)

Noelle Simon: 50 free - 30.06 (5th); 100 free - 1:03.54 (4th); 200 free - 2:20.86 (5th); 50 back - 34.44 (2nd); 100 back - 1:13.67 (1st); 200 back - 2:36.84 (1st); 100 IM - 1:13.34 (4th); 200 IM - 2:37.86 (4th)

Women 25-29

Lee Anne Britt: 100 back - 1:10.46 (2nd); 50 breast - 38.41 (2nd); 200 breast - 3:02.42 (1st); 100 IM - 1:11.41 (4th)

Silica Larkin: 100 breast - 1:19.73 (2nd); 100 fly - 1:16.71 (1st); 200 fly - 3:12.35 (2nd); 100 IM - 1:18.20 (6th); 200 IM - 2:43.37 (2nd); 400 IM - 5:52.23 (2nd)

Myrna Pagan: 50 free - 32.83 (6th); 200 free - 2:43.32 (3rd); 100 breast - 1:35.42 (3rd); 200 IM - 3:00.58 (5th)

Jennifer Riley: 50 free - 28.06 (2nd); 100 free - 1:01.25 (3rd); 50 breast - 35.94 (1st); 100 breast - 1:19.47 (1st); 100 IM - 1:10.75 (3rd)

Women 30-34

Cheryl Braunstein: 50 free - 29.71 (4th); 100 free - 1:08.51 (4th); 500 free - 6:50.01 (5th); 1000 free - 14:12.45 (4th); 50 back - 38.19 (3rd); 100 IM - 1:22.01 (7th)

Michelle Duval: 100 free - 1:08.99 (5th); 200 free - 2:32.84 (3rd); 500 free - 6:46.14 (4th); 100 fly - 1:24.73 (3rd); 100 IM - 1:20.57 (6th); 200 IM - 2:51.89 (5th)

Women 35-39

Sharon Barrell: 50 free - 28.48 (2nd); 50 back - 34.60 (1st); **Cathy Davis:** 50 free - 32.97 (6th); 1000 free - 17:05.23 (2nd); 50 back - 38.98 (5th); 100 IM - 1:29.97 (7th)

Sue Haugh: 200 free - 2:09.63 (1st); 500 free - 5:45.89 (1st); 1000 free - 11:48.56 (1st); 50 breast - 36.34 (2nd); 100 IM - 1:07.29 (1st); 200 IM - 2:25.79 (1st)

Margie Springer: 50 free - 30.33 (5th); 50 back - 35.92 (3rd); 100 back - 1:17.00 (1st); 50 breast - 39.90 (3rd); 100 IM - 1:15.61 (3rd); 200 IM - 2:43.73 (3rd)

Women 40-44

Lisa Duffy: 1650 free - 28:57.94 (4th)

Kim Stott: 1650 free - 23:19.16 (1st); 50 back - 36.30 (1st); 50 breast - 40.83 (1st); 100 breast - 1:28.79 (1st); 200 breast - 3:12.80 (1st); 100 IM - 1:16.80 (1st)

Women 45-49

Barbara Braswell: 50 free - 31.10 (2nd); 100 free - 1:09.65 (2nd); 100 back - 1:25.47 (2nd); 50 fly - 38.53 (2nd); 100 IM - 1:25.94 (2nd)

Jennie Malcolm: 100 free - 1:17.14 (3rd); 200 free - 2:51.62 (2nd); 500 free - 7:45.72 (2nd); 50 breast - 48.49 (2nd)

Women 55-59

Ceil Blackwell: 50 free - 34.56 (1st); 50 back - 40.73 (1st); 100 back - 1:28.34 (1st); 200 back - 3:11.11 (1st); 100 IM - 1:27.80 (2nd)

Women 60-64

Sally Newell: 50 free - 33.69 (1st); 100 free - 1:18.10 (1st); 50 back - 41.21 (1st); 50 breast - 42.03 (1st); 100 breast - 1:34.36 (1st); 100 IM - 1:28.74 (1st); 200 IM - 3:19.94 (1st)

Dawn Stroupe: 500 free - 8:53.06 (1st); 1000 free - 18:15.61 (1st); 50 breast - 46.74 (2nd); 100 breast - 1:39.36 (2nd); 200 breast - 3:40.56 (1st); 100 IM - 1:40.61 (2nd); 200 IM - 3:36.39 (2nd)

Men 19-24

Charles Britt: 50 free - 25.39 (3rd); 100 free - 57.76 (4th); 100 back - 1:14.89 (3rd); 100 breast - 1:19.65 (1st); 100 IM - 1:07.57 (4th); 200 IM - 2:36.21 (2nd)

Sean Stringer: 500 free - 5:18.85 (1st); 50 back - 25.87 (1st); 100 back - 58.38 (1st); 200 back - 2:03.70 (1st); 100 IM - 57.80 (1st)

Edison Watson: 100 free - 56.76 (2nd); 200 free - 2:08.89 (1st); 1000 free - 12:25.33 (2nd); 100 back - 1:09.25 (2nd); 100 fly - 1:06.32 (1st)

Men 25-29

Grant Johnston: 1000 free - 11:04.90 (1st); 100 back - 58.65 (3rd); 200 back - 2:07.91 (2nd); 50 fly - 25.50 (3rd); 100 fly - 55.40 (1st); 100 IM - 58.64 (2nd); 200 IM - 2:06.09 (2nd); 400 IM - 4:32.83 (2nd)

Warren Samberg: 1650 free - 25:23.73 (2nd)

Thomas Wilk: 50 free - 26.50 (4th); 100 free - 1:00.05 (2nd); 50 breast - 34.42 (5th); 100 breast - 1:16.05 (4th)

Men 30-34

David Shamlin: 50 free - 26.32 (6th); 100 free - 58.78 (4th); 200 free - 2:11.11 (5th); 500 free - 6:27.85 (4th); 100 fly - 1:08.27 (4th); 100 IM - 1:08.00 (5th); 200 IM - 2:39.76 (3rd); 400 IM - 5:55.84 (1st)

John Sloyan: 200 free - 1:53.26 (1st); 100 fly - 55.43 (1st); 200 fly - 2:00.24 (1st)

Men 35-39

Gary Bolton: 50 free - 25.65 (5th); 100 free - 57.13 (5th); 1650 free - 21:30.39 (2nd); 50 fly - 28.66 (5th); 100 IM - 1:08.71 (6th); 200 IM - 2:30.90 (6th)

Robert Bolton: 1000 free - 13:06.97 (3rd); 100 back - 1:10.87 (3rd); 100 IM - 1:09.18 (7th)

Michael Celii: 50 free - 26.25 (6th); 100 free - 58.19 (7th); 200 free - 2:11.85 (4th); 50 breast - 31.60 (3rd); 100 breast - 1:08.51 (2nd); 200 breast - 2:37.55 (2nd)

Shawn Duffy: 100 free - 52.62 (3rd); 200 free - 1:58.78 (2nd); 500 free - 5:34.66 (3rd); 1000 free - 11:33.03 (1st); 50 breast - 30.00 (1st); 50 fly - 26.21 (2nd); 100 fly - 58.49 (3rd); 100 IM - 59.82 (1st); 200 IM - 2:12.06 (1st); 400 IM - 4:55.41 (1st)

Scott Hinckley: 50 fly - 29.66 (6th); 400 IM - 6:03.33 (3rd)

Jay Holshouser: 50 free - 29.61 (7th); 1000 free - 15:11.27 (4th); 50 back - 40.24 (4th); 50 breast - 35.06 (5th); 100 breast - 1:19.97 (5th); 100 IM - 1:17.34 (8th); 200 IM - 2:54.34 (7th)

Jeff Reece: 1650 free - 22:08.92 (3rd)

Men 40-44

Kevin Facchine: 100 free - 54.62 (5th); 200 free - 1:59.96 (4th); 500 free - 5:42.32 (2nd); 1000 free - 11:42.50 (2nd); 50 breast - 34.66 (4th); 50 fly - 27.25 (4th); 100 fly - 1:02.22 (2nd); 100 IM - 1:03.47 (4th); 200 IM - 2:20.15 (4th); 400 IM - 5:14.00 (3rd)

Alan Godfrey: 100 free - 52.26 (2nd); 200 free - 1:56.16 (1st); 500 free - 5:33.93 (1st); 100 back - 1:00.42 (3rd); 200 back - 2:09.21 (2nd); 100 IM - 1:01.00 (2nd); 200 IM - 2:15.59 (2nd); 400 IM - 4:55.62 (2nd)

Randal Hoke: 50 free - 28.97 (8th); 50 back - 35.46 (7th)

Fritz Lehman: 1000 free - 11:37.56 (1st); 50 back - 24.96 (1st); 100 back - 53.98 (1st); 200 back - 1:58.32 (1st); 50 fly - 24.94 (1st)

Timothy McGinnis: 50 free - 22.54 (1st); 100 free - 51.18 (1st); 200 free - 1:59.07 (3rd); 500 free - 5:56.46 (3rd); 50 back - 30.47 (5th); 100 back - 1:06.07 (6th); 50 fly - 28.38 (6th)

David Simpson: 50 free - 25.99 (6th); 50 back - 31.13 (6th)

Men 45-49

Mike Barnhouse: 50 free - 41.78 (6th)

Rob Glotzer: 50 free - 26.58 (3rd); 50 breast - 35.00 (1st); 50 fly - 30.58 (2nd); 100 fly - 1:09.47 (1st); 100 IM - 1:09.17 (1st); 400 IM - 6:09.20 (2nd)

Men 50-54

James Slaughter: 100 free - 1:09.53 (6th); 200 free - 2:29.83 (3rd); 500 free - 6:51.23 (2nd); 1000 free - 13:54.48 (2nd); 50 breast - 36.35 (3rd); 100 breast - 1:23.79 (3rd); 200 breast - 3:06.03 (4th); 100 IM - 1:20.68 (5th); 200 IM - 3:06.02 (5th)

Men 55-59

Larry Fowler: 1650 free - 24:05.27 (1st)

Peter McGrain: 1000 free - 13:00.83 (1st)

Charles Simmons: 100 breast - 1:23.42 (3rd); 200 breast - 3:12.88 (3rd); 100 IM - 1:19.33 (3rd)

Men 60-64

Mike Stroupe: 50 free - 47.05 (3rd); 500 free - 11:46.79 (2nd); 1000 free - 23:03.82 (2nd); 50 back - 1:10.21 (3rd); 50 breast - 1:16.97 (3rd); 50 fly - 1:10.38 (2nd)

Men 65-69

John Marsil: 200 free - 3:15.85 (1st); 50 back - 47.04 (1st)

Men 70-74

Dick Webber: 50 free - 28.98 (1st); 100 free - 1:07.70 (1st); 200 free - 2:50.63 (1st); 50 fly - 35.69 (1st); 100 IM - 1:21.31 (1st); 200 IM - 3:14.49 (1st)

Men 75-79

Jim Scherbarth: 50 free - 43.93 (2nd)

FEELING ARTISTIC?

RAM is looking for a volunteer to design a team logo.

If you're interested, contact Kevin Facchine at kf8589@glaxowellcome.com.

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