

Raleigh Area Masters

November 2000 Newsletter

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Raleigh Area Masters
P.O. Box 19845
Raleigh, N.C. 27619

Learn from the champs!

RAM will hold a breaststroke and backstroke clinic from 2-4 p.m. Sunday, November 12 at Pullen Aquatic Center.

Brian Doan,

2000 USMS national champion
in the 50-meter breaststroke (men's 30-34)

and

Fritz Lehman,

2000 USMS national champion
in the 50- and 100-meter backstroke (men's 40-44)
will lead the clinic.

The clinic will include 30 minutes of discussion and 1.5 hours in the water. Don't miss this chance to get the latest backstroke and breaststroke technique tips, drills and stroke pointers!

Whether you're new to swimming or you've been swimming for years, you don't want to miss learning from these champs!

Other stroke clinics are tentatively scheduled for December 10, January 14, February 11, March 11 and April 8.

Registrar's Note

It's almost time to renew your USMS registration

Registration for 2001 begins November 1. In early November, the registrar will send each registered North Carolina Masters Swimming member an invoice for renewal. The invoice will include the swimmer's current information for verification and a return envelope to mail the signed and dated form to the LMSC registrar.

The annual registration fee is \$35: Of this, \$15 goes to United States Masters Swimming, \$10 goes to the LMSC for NC and \$10 goes to RAM.

Why register? Registration is required to participate in any USMS event, including team practice swims. All swimmers must be registered for the USMS secondary insurance to be in effect – and insurance is required for RAM to practice at the Optimist, Pullen Park and Candler pools.

The deadline to renew your annual registration is December 31, 2000. Any swimmer who does not renew his or her membership by that deadline cannot practice with the team in 2001.

In addition to the renewal forms mailed to each registered swimmer, forms will be available November 1 on the North Carolina Masters Swimming Web site:

<http://www.ncmasters.org/regforms.html>

-- George Simon

Hendersonville swimmers create scholarship fund

The RAM swimmers of Hendersonville have created a scholarship fund in the name of Buz Catlin to promote swimming with the Raleigh Area Masters.

RAM invites all seniors in the Raleigh-Durham area to register with USMS and join our swim practices for health. Through the scholarship fund, RAM will pay the USMS registration fees for seniors age 75 and over.

For more information, contact Jay Holshouser at 1-800-446-8053, ext.2595 or Dick Webber in Hendersonville at 1-828-891-2580

Calendar

Sunday, Nov. 12, 2000

2-4 p.m. Pullen Aquatic Center
Raleigh, NC

Stroke Clinic

Join USMS champs Brian Doan and Fritz Lehman for breaststroke and backstroke clinic.

Saturday, Dec. 2, 2000

RAM Holiday Party

RAM's annual holiday party is tentatively scheduled for Dec. 2. Watch for details!

Saturday & Sunday, Jan. 27-28, 2001

Charlotte, NC

Charlotte SwimMasters Meet

Take a road trip to Charlotte for this short-course yards meet. Watch for entry information in the RAM folder at Pullen and Optimist pools and on the NC Masters Web site: www.ncmasters.org

April 21-22, 2001

Pullen Aquatic Center
Raleigh, NC

RAM's state meet

RAM will host its annual short-course yards meet at Pullen Aquatic Center. Last year's meet drew more than 200 swimmers, and meet director Tim Sexauer (with Cathy Davis' assistance) is planning a successful meet in 2001. RAM needs your participation – either as a swimmer or a volunteer.

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!

Meet the Board ...

RAM is governed by an 11-member board. Who are these board members, anyway?

Kevin Facchine has served as RAM's president since 1999. He works tirelessly on behalf of the team and can be seen in lane 1 – with an omnipresent pull buoy. *E-mail: klfacchine@aol.com*

David Shamlin has been swimming with RAM since the spring of 1998. In his role as team vice president, he primarily tries to keep the president in line. In the pool, David enjoys freestyle and good lane etiquette. Outside of the pool, he is not married to Cathy Davis but says he sometimes pretends he is just to keep her happy. *E-mail: david.shamlin@sas.com*

Jay Holshouser has been swimming with RAM since 1996 and serves as the board's treasurer. Jay says his claim to fame is starting the Thursday night social. *E-mail: boycejay@mindspring.com*

George Simon has been a RAM member since 1982. He began serving on the board in 1990 and became registrar in 1991. Even if you haven't met George, it's a good bet that George knows your name from processing your USMS registration! *E-mail: george.simon@mindspring.com*

Kim Stott has been swimming with RAM since 1999. She serves as the board's

secretary and edits the newsletter. *E-mail: kastott1@cs.com*

Ceil Blackwell, an at-large member, began swimming with RAM in 1982. She was elected RAM's secretary in 1983 and has served on the board in some capacity for 17 years. She served as RAM president from 1986-90. She holds state records and has placed in the USMS Top Ten. *E-mail: ceilb@aol.com*

At-large member **Cathy Davis** has been swimming with RAM for just over two years. Never considered an athlete, she says she swims at a turtle's pace and often takes long breaks on the wall. She holds the record for the most bathroom breaks taken in one practice. She enjoys backstroke, kick sets, warm down and complaining. She absolutely hates pull sets and long distances. *E-mail: cathyda@us.ibm.com*

At meets, you'll often see **Rob Glotzer**, an at-large board member, behind a video camera. He loves to tape races! Rob competed in his first USMS nationals last summer in Baltimore. *E-mail: robglotz@aol.com*

At-large board member **Sue Haugh** has been a competitive swimmer since she was 7 years old. She swam for three years at NC State and

later coached age group swimming in Raleigh. She's been a swimmer, coach, board member – and reluctant meet participant – with RAM since 1988. *E-mail: haugsue@aol.com*

At-large member **Kent Lassman** joined RAM after moving to Raleigh in the summer of 2000. He has a lifelong love of the water. In addition to age-group and high school swimming in Illinois, he competed for The Catholic University of America in Washington, D.C. *E-mail: klassman@cse.org*

Fritz Lehman was first elected to the RAM board as an at-large member in 1999. He has been involved with RAM as a swimmer and a coach for about a dozen years. He swam collegiately at the University of Oklahoma and holds the Big Eight records for the 100- and 200-yard backstroke. (He'll likely hold those records forever because the conference no longer exists!) You can see him in lane 1 – still swimming on his back. *E-mail: fritz.lehman@sas.com*

Team caps for sale

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

RAM RESULTS

North Carolina Senior Games

September 30, 2000
Raleigh, North Carolina

Congratulations to the RAM swimmers who competed recently in the state Senior Games, a short-course yards meet. Ceil Blackwell and Dawn Stroupe each picked up five gold medals, while Arnie Formo and Alice Jones each won three golds. *Note:* Results were available only for Wake County participants. Results for RAM swimmers from other North Carolina counties will be published when available.

Women 55-59

Ceil Blackwell: 50 free – 37.67 (1st); 50 back – 43.20 (1st); 100 back – 1:33.57 (1st); 200 back – 3:24.28 (1st); 100 IM – 1:36.27 (1st)

Women 60-64

Dawn Stroupe: 200 free – 3:30.47 (1st); 200 fly – 4:11.89 (1st); 200 back – 4:00.17 (1st); 200 breast – 3:42.23 (1st); 200 IM – 3:44.55 (1st)

Alice Jones: 50 free – 38.57 (1st); 200 free – 3:30.74 (2nd); 50 fly – 46.91 (1st); 50 breast – 47.45 (1st); 200 breast – 3:53.66 (2nd)

Men 60-64

Mike Stroupe: 200 free – 4:06.28 (3rd); 100 fly – 3:22.16 (2nd); 200 back – 5:27.34 (3rd); 200 IM – 5:33.79 (3rd)

Men 65-69

John Marsil: 25 free – 16.6 (3rd); 500 free – 9:24.86 (2nd); 50 back – 48.77 (3rd); 200 back – 3:53.30 (3rd)

Men 70-74

Arnie Formo: 200 free – 3:21.05 (3rd); 500 free – 8:49.02 (2nd); 50 breast – 42.82 (1st); 100 breast – 1:37.02 (1st); 200 breast – 3:38.71 (1st)

North Carolina Fall Invitational

October 21, 2000
Hillsborough, North Carolina

Eighteen RAM swimmers competed at the North Carolina Fall Invitational, a short-course meters meet in Hillsborough. Some highlights:

- Ginger Castle, Mary DeMilia, Brian Doan and Adrienne Waterson made their debuts competing for RAM;
- Michelle Duval put on a race-pace clinic en route to posting her best time in the 1500 free. She posted even splits for 26 of the race's 30 50s.
- Kevin Facchine set five state records, Fritz Lehman set four, Brian Doan set two, and Mary DeMilia and Kim Stott each set one. (State records are marked with an asterisk.)

Women 25-29

Ginger Castle: 50 free – 32.67 (2nd); 400 free - 5:39.32 (1st); 50 fly - 35.24 (2nd); 100 IM 1:21.16 – (1st)

Mary Demilia: 100 back – 1:20.39 (2nd); 100 fly - 1:14.14 (1st); 200 fly – 2:52.21* (1st)

Women 30-34

Michelle Duval: 400 free - 5:47.29 (3rd); 1500 free – 23:02.12 (1st); 100 fly – 1:34.31 (1st)

Adrienne Waterson: 50 free – 32.58 (2nd); 50 breast – 38.89 (1st); 100 IM – 1:20.70 (1st)

Women 35-59

Sharon Barrell: 50 free – 32.02 (3rd); 50 back – 38.88 (1st)

Women 40-44

Kim Stott: 50 fly – 37.89 (1st); 50 breast – 44.91 (1st); 100 IM – 1:25.03* (1st)

Women 60-64

Ceil Blackwell: 50 free – 41.46 (1st); 50 back – 48.10 (1st); 100 back – 1:44.75 (1st); 200 back – 3:46.43 (1st); 100 IM – 1:44.96 (1st)

Dawn Stroupe: 50 fly – 55.50 (1st); 50 breast – 53.82 (1st); 200 breast – 4:08.73 (1st); 100 IM – 1:58.55 (2nd); 400 IM – 8:58.00 (1st)

Men 25-29

Warren Samberg: 1500 free – 24:56.62 (1st)

Thomas Wilk: 50 free – 29.93 (2nd); 100 free – 1:11.14 (3rd); 400 free – 5:40.48 (1st); 50 breast – 39.30 (2nd); 100 breaststroke – 1:26.66 (3rd)

Men 30-34

Brian Doan: 100 free – 1:02.15 (2nd); 50 back – 31.26 (1st); 50 breast – 30.54* (1st); 100 breast – 1:07.23* (1st); 100 IM – 1:06.66 (1st)

Men 35-39

David Shamlin: 50 free – 30.24 (1st); 100 free – 1:08.02 (1st); 200 free – 2:31.46 (2nd); 400 free – 5:30.26 (2nd); 400 IM – 6:24.45 (1st)

Men 40-44

Alan Godfrey: 200 free – 2:08.82 (1st); 800 free – 9:57.31 (1st); 50 back – 31.25 (2nd); 100 back – 1:06.18 (1st); 200 IM – 2:27.48 (2nd)

Fritz Lehman: 50 free – 25.33* (1st); 50 back – 29.06 (1st); 200 back – 2:19.34* (1st); 100 IM – 1:03.46* (1st); 200 IM – 2:21.56* (1st)

Men 45-49

Kevin Facchine: 100 free – 1:00.99* (1st); 200 free – 2:17.51* (1st); 400 free - 5:03.96* (1st); 800 free – 10:32.79* (1st); 100 IM - 1:12.77* (1st)

Men 55-59

Larry Fowler: 400 free – 6:15.00 (2nd); 100 back – 1:34.29 (1st); 200 back – 3:27.81 (1st); 100 IM – 1:49.45 (2nd); 200 IM – 3:29.39 (1st)

James Slaughter: 200 free – 2:52.05 (1st); 400 free – 6:05.82 (1st); 800 free – 12:51.82 (1st) 50 breast – 41.11 (1st); 100 breast – 1:39.91 (1st)

Men 60-64

Mike Stroupe: 50 free – 58.12 (3rd); 50 fly - 1:28.88 (2nd); 50 back - 1:22.22 (2nd); 50 breast – 1:35.59 (3rd); 100 IM – 2:52.02 (2nd)

COACH'S CORNER:

Sue Haugh, one of RAM's coaches for the Pullen-Optimist group, offers these tips for more efficient swimming. The tips are from an article in Swimming Technique by Terry Laughlin. Laughlin teaches "fish-like" swimming – or focusing on slipping through the water with minimum effort and maximum efficiency.

- Swim silently. When practicing, focus not only on stroke mechanics, but also on the qualities of fluent swimming. These qualities are *ease* and *silence*. (Save the big splashes for the beach!) When you swim quietly, your stroke will become easier and more efficient.
- First things first. Instead of struggling to do something completely new or unnatural, practice the simplest part of a skill first. Begin with "mini-skills" – such as the entry of your hand into the water – and work up to more difficult skills – such as the pitch and sweep of your hand on the pull.
- Practice economy. Doing something new or difficult usually involves a degree of effort or strain. But when you're straining, you may try too hard. Instead of straining, do new skills more slowly and with greater awareness. Don't aim for an Olympic-caliber turn right away. Instead, practice your new skills slowly and with greater awareness. With repeated practice, you'll progress with greater economy.

Laughlin stresses learning to swim with grace, flow, economy, relaxation and ease before focusing on speed or effort. When flow becomes a habit, speed should follow.

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