

Raleigh Area Masters Swim Team

November 2001 Newsletter

A word from the president ...

Because this is my first official public message since the annual general meeting in September, I feel compelled to make some formal welcome. So here goes:

Greetings from RAM's newest team president! By the time this is published, I will have been in the role for about two months, and if things go according to plan, we'll all still be swimming.

I sat on the team board for the past two years before willingly stepping into this position. The first year I was a member at large; the next year I served as vice president. That was a tougher job. As vice president you're responsible for keeping the president on track. Remember that next time Cathy Davis seems a little cranky on deck.

Seriously, I serve on the board because I want to contribute to an organization I get so much from. I've been swimming with RAM for almost four years, and being part of the team has really made a difference in my life. I'm in better shape than I've ever been. The mental discipline involved in practice helps my mind let go of work-related thoughts. Participating in meets has shown me I can

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

Registrar's Note

Registration for 2002 begins in November. I will mail a 2002 renewal invoice to all registered North Carolina Masters Swimming during the week of Thanksgiving. The invoice will include the swimmer's current information for verification and a return envelope to mail the signed and dated form to me.

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

Registration is required to participate in any USMS event, including team practice swims. All swimmers must be registered for USMS's 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, 2001. Any swimmer who does not renew his or her membership by that date cannot practice with the team starting January 1, 2002.

If you don't receive a renewal form in the mail, the forms are available on the North Carolina Masters Swimming web site at: www.ncmasters.org/regforms.html or <http://www.ncmasters.org/forms/2002ram.pdf>

George Simon, Registrar

Coming soon ... a team logo

Suffering from an identity crisis? Perhaps you need a logo to identify yourself as a RAM member.

Board member **Adrienne Waterston** is working on a logo for use on caps, suits and other printed materials. She made a presentation to the RAM board in November and will present additional designs at the next board meeting.

Calendar of Events

RAM's holiday party

6:30 p.m. Saturday, Dec. 8, 2001
Sue Haugh's house

Celebrate the season with your RAM teammates. RAM will provide the beverages. You bring a snack or dessert to share and a gift for the famous White Elephant gift exchange. Directions will be available by e-mail and in the RAM folders at Optimist and Pullen pools.

Charlotte Sunbelt Championships

Saturday-Sunday, Jan. 26-27, 2002
*Mecklenberg County Aquatic Center
Charlotte, NC*

Beat the winter blahs with a road trip to Charlotte. Entry deadline is Jan. 17. Entry forms are available at www.ncmasters.org/#meets.

North Carolina Short-Course State

Championship Meet

Saturday-Sunday, April 13-14, 2002
*Pullen Park pool
Raleigh, NC*

Meet directors **Cathy Davis**, **Sue Haugh** and **Fritz Lehman** are working to stage RAM's own short-course meet. Compete in RAM's practice pool or spend the weekend timing and cheering on your teammates. Watch for registration information

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

Coach's Corner ... By Coach Sue Haugh

During practice, we tend to be so focused on keeping the yardage up and our heart rates at an acceptable level that we may not take the time to slow down and work on technique. But we still need to think of how we are swimming and continuously work on stroke deficiencies. Here are common deficiencies and suggestions of how to correct them:

FREESTYLE:

Problem: Dropped elbow at the catch

Solutions:

- Always keep the fingertips below the elbow. Create a wide-open armpit, leading to a high elbow and fingertips anchored perpendicular to the direction of travel. This type of catch will allow use of the latissimus and generate a strong pull.
- Change the angle of your hand at the top of your stroke from your fingertips pointing to the end of the pool, to having them extending toward the bottom of the pool at an angle. Again, you should feel your armpit hollow out with your arm extended.

BACKSTROKE:

Problem: Hips riding too low

Solutions:

- Focus on balance and head positioning. To improve balance, press the nape of your neck down toward the bottom of the pool; this helps round your shoulders slightly. To improve the head position, slightly tuck your head to make a double chin.
- Rotate pelvis bone out of the water each stroke. You can do this by kicking with one arm behind your head, body rolled on one side, head facing the ceiling. Progress to six-kick switch drill, six kick three stroke drill, etc.
- Use fins to stress body alignment. When not using fins, make sure you point your toes when kicking and keep the knees below the surface of the water.

BREASTSTROKE:

Problem: Lack of propulsion from kick

Solutions:

- Breaststroke is the only stroke where you can only go as fast as the kick and most of the motivation through the water is performed by the kick. Keep your heels up high toward the butt and your relatively narrow with a crisp, snappy kicking motion.
- Imagine holding a basketball between your legs as you kick to keep your legs closer; emphasize the stretch at the end of each stroke cycle; tap your ankles together before you come out of your streamline position for the next stroke cycle.

BUTTERFLY:

Problem: Breathing too late; head still up when the hands enter

Solutions:

- Keep the head down! Do not look at the end of the pool when breathing. As the arms pass the head during recovery, the head should be on its way down back into the water. Try breathing to the side when you can see your arm even with your head on the recovery, start back into the glide phase by "pressing the T" and getting the head back underwater.
- Bad breathing habits can be corrected by practicing the stroke without breathing. Once you have perfected the stroke without breathing (yes, you would be doing 25's!), begin adding a breathing pattern, making your head enters the water before your hands.

Getting to know you...

In one of his first official suggestions as president, David proposed asking teammates a few questions about RAM. We naturally gave David the first turn in the spotlight, then invited Scott Allen, Rynda Chappell and Margie Springer to introduce themselves:

DAVID SHAMLIN:

How long have you been swimming? My mom taught me to swim when I was 5 or 6. It was very important to her that her kids know basic water skills. I started swimming with RAM about 4 years ago now.

What motivates you to come to practice? All the hotties on deck. That and challenging workouts.

What's your favorite practice set? Can you say "freestyle"? I can enjoy a good sprint set (lots of short distances with long rest intervals), but sometimes also enjoy the distance sets. How can you not feel good about yourself after you swam a 2400-yard set?

What's the best thing about RAM? The supportive environment. I love the encouragement I get at practice and events. I look forward to seeing my friends on deck; it always brightens my day. I've also made some lifelong friends through RAM. That's a double bonus.

MARGIE SPRINGER:

How long have you been swimming? I have been swimming my whole life, but with RAM the past five years. I competed as a kid until I was 14 and didn't compete again until four years ago.

What motivates you to come to practice? The main thing that motivates me to swim is the great feeling after a good workout. I swim primarily for fitness.

What's your favorite practice set? The perfect practice set to me would be a mixture of stroke work with free. I prefer shorter distance workouts, i.e., under 200-yard sets, but like a combined long workout of over 4000 yards.

What's the best thing about RAM? The best thing about RAM is the camaraderie. I really like an organized workout and to be able to participate in a sport with other people. Working out with a team give me a much better workout than when I swim alone.

RYNDA CHAPPELL:

How long have you been swimming? I have been swimming since I was 14 months old. I have been REALLY swimming for one year and 4 months.

What motivates you to come to practice? The thought of seeing all of your shining faces and pushing myself to be the best I can be motivates me to come to practice. (Actually, I just blindly plan it into my day and don't think about it until I am at the pool at which time there is very little chance of me going home un-wet.)

What's your favorite practice set? My favorite practice set is IM because I get to do free the whole time and not actually get behind.

What's the best thing about RAM? The best thing about RAM ... It's got to be either the classic egg sandwich or the Woodchuck pear cider.

SCOTT ALLEN:

How long have you been swimming? I've been swimming about since I was 5, starting on the neighborhood summer league team and later year around. I took a pretty hefty break from it during the college and grad school years. I was at Pullen a few years back and recognized Kevin Facchine from work. He told me what the deal was and that got me started in RAM.

What motivates you to come to practice? I'm basically motivated to come to practice to stay in shape. To me, it's a lot more fun than the gym and I think you get a better overall workout (and I enjoy the company a lot more). It's also a nice way to wind down after a day of work. There's something surreal about the sound of the world around you when you're swimming and (don't laugh) I find it

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push my limits and do new things. I've made some great friendships through the team. For all these reasons, I want RAM to continue to thrive, so I'm willing to contribute to the team's longevity with my time and effort.

As the new board begins its term, we've started to look at the year ahead and plan a few things. We've already picked dates for our two annual meets and are thinking about the spring practice schedule.

What would you like to see the team do in the next year? As team president I welcome your input and suggestions on the direction you'd like to see RAM go. After all, it is your team, too.

Over the past several years, I've clearly seen that the ideas that get implemented belong to the people that make them known. If you have some idea you'd like to see pursued, my best advice is that you share it with the other board members and me.

Finally, for this newsletter I thought I'd share some survival tips for the upcoming holidays. It seems common every year about this time to find strategies for making it through the holidays in magazines and newsletters. Why not in our newsletter as well? So, after

intense research and careful analysis, here are my holiday survival tips for you:

Common tip: To avoid holiday weight gain, eat a balanced meal before attending a party where there will be hors d'oeuvres and sweets.

Aquatic alternative: *Eat whatever you want and attend an extra practice for every party you attend.*

Common tip: Eliminate unnecessary anxiety by completing your gift shopping early.

Aquatic alternative: *Every five-year-old enjoys playing dress-up. Give yours old swimsuits and goggles so they can dress up like their favorite Olympian.*

Common tip: Reduce holiday stress by limiting visits with relatives.

Aquatic alternative: *Give you and your in-laws a break by going to practice. After practice review the workout with your mother-in-law. In detail. Make sure she appreciates just how much you were able to descend during those ten 100s. I promise you her bags will be packed before you can attend practice three days in a row.*

Have a great holiday season.

-- David Shamlin

RAM Results

Raleigh Area Masters Long-Course Invitational

Raleigh, NC
July 21, 2001 (50-meter pool)

Todd Desorbo, 24, stepped up to his lanemates' challenge and swam the 200 fly. His time of 2:16.96 ranked first in the country in the men's 19-24 age group in the 2001 long-course season.

Women 19-24

Megan Andrews: 50 free – 30.21 (1st); 50 fly – 32.85 (1st); 100 fly – 1:15.70 (1st)
Sharon Eckert: 100 free – 1:11.74 (1st); 50 fly – 36.02 (2nd)

Women 25-29

Adrienne Tello: 50 back – 36.48 (1st); 100 back – 1:24.00 (2nd)

Women 30-34

Mary DeMilia: 100 back – 1:23.56 (1st); 100 breast – 1:28.51* (1st); 100 fly – 1:15.54 (1st); 200 IM – 2:47.31 (1st)

Michelle Duval: 200 free – 2:50.55 (2nd); 400 free – 5:58.82 (2nd); 1500 free – 23:20.06 (2nd)

Women 40-44

Margie Springer: 50 free – 35.38 (1st); 100 free – 1:19.47 (1st); 50 back – 41.66 (1st); 50 breast – 45.44 (1st)

Kim Stott: 100 back – 1:28.38 (1st); 200 back – 3:10.63 (1st); 100 breast – 1:41.22 (1st); 200 IM – 3:12.03 (1st)

Women 45-49

Patricia Sargent: 50 free – 32.01* (1st); 100 free – 1:16.48 (2nd); 200 free – 2:44.45 (2nd); 50 fly – 36.10 (2nd); 200 IM – 3:07.84 (2nd)

Women 60-64

Ceil Blackwell: 50 free – 40.87 (1st); 50 back – 49.63 (1st); 100 back – 1:50.40 (2nd)
Dawn Stroupe: 50 breast – 53.74 (1st); 100 breast – 1:59.82 (1st); 200 breast – 4:19.21 (2nd); 200 IM – 4:24.27 (1st)

Men 19-24

Todd Desorbo: 200 free – 2:07.60* (1st); 200 back – 2:23.48* (1st); 200 fly – 2:16.96* (1st)

Men 25-29

Patrick Govan: 50 free – 27.20 (2nd); 200 free – 2:27.02 (2nd); 400 free – 5:31.65 (1st); 50 back – 32.76 (1st)

Edison Watson: 50 free – 31.31 (4th); 100 free – 1:07.56 (3rd); 1500 free – 23:02.19 (1st); 100 fly – 1:23.71 (1st)

Men 30-34

Scott Allen: 100 free – 1:06.91 (1st); 400 free – 5:30.79 (2nd); 50 fly – 32.79 (2nd)

Brian Doan: 50 back – 35.60 (2nd); 50 breast – 32.44 (1st); 100 breast – 1:13.79 (1st)

Men 35-39

Michael Celli: 50 free – 30.81 (3rd); 100 free – 1:12.34 (5th); 50 breast – 36.63 (1st); 100 breast – 1:22.48 (2nd); 200 breast – 2:59.82 (1st)

Mike DeMilia: 1500 free – 32:16.34 (3rd)

David Shamlin: 50 free – 30.08 (2nd); 100 free – 1:07.45 (4th); 500 free – 5:30.98 (1st); 1500 free – 23:14.29 (2nd); 400 IM – 6:38.50 (1st)

Men 40-44

Fritz Lehman: 50 back – 30.14 (1st); 100 back – 1:08.17 (1st)

Eric Waldbauer: 50 breast – 39.83 (1st); 100 breast – 1:25.23 (1st); 200 breast – 3:02.65 (1st); 200 IM – 3:04.25 (1st)

Men 45-49

Hill Carrow: 50 free – 28.97 (1st); 100 free – 1:07.95 (3rd); 50 fly – 31.67 (2nd); 100 fly – 1:12.38 (1st); 200 IM – 2:49.76 (2nd)

Kevin Facchine: 100 free – 1:01.72* (1st); 200 free – 2:22.89 (1st); 50 fly – 30.89 (1st); 100 fly – 1:15.67 (2nd); 400 IM – 5:54.02 (1st)

2001 XMEN's Wrightsville Beach Open Water Swim

Wrightsville Beach, NC
August 2001

5-mile swim

Women Division 5

Michelle Duval: 1:51.28 (1st; 3rd overall)

Women Division 7

Margie Springer: 1:51.32 (2nd; 4th overall)

Men Division 4

Scott Allen: 1:55.27 (3rd; 14th overall)

Men Division 6

Bob Bolton: 1:50.24 (2nd; 9th overall)

2-mile swim

Women Division 5

Christine Hanning: 1:23.02 (2nd; 10th overall)

Women Division 7

Kim Stott: 1:08.05 (1st; 1st overall)

Men Division 7

Fritz Lehman: 1:00.48 (1st; 2nd overall)

Men Division 8

Stan Cox: 1:17.32 (1st; 5th overall)

Men Division 9

Tarlton Long: 1:39.07 (2nd; 7th overall)

USMS Long-Course Nationals

Federal Way, Wash.

Aug. 16-19, 2001 (50-meter pool)

Fritz Lehman, 43, repeated his nationals victories of last summer with wins this year in the 50 back (29.11) and the 100 back (1:02.61). His 50 back split on a relay – 28.81 – was even faster than his individual swim. His relay split and his 100 back were the fastest times in the country for the men's 40-44 age group in the 2001 long-course season. The women's 200-239 medley relay also took first. RAM swimmers **Sally Newell** and **Kim Stott** joined NCMS teammates Beverly Amick and Jeannie Mitchell for the win in 2:35.68.

Women 40-44

Kim Stott: 50 back – 40.46 (8th); 100 back – 1:25.56 (8th); 200 back – 3:05.31 (6th); 50 breast – 44.29 (7th); 50 fly – 37.76 (11th); 200 IM – 3:09.08 (8th)

Women 60-64

Ceil Blackwell: 50 free – 40.58 (6th); 100 free – 1:36.46 (7th); 50 back – 47.25 (6th); 100 back – 1:43.57 (5th); 200 back – 3:49.23 (4th); 200 IM – 3:57.47 (6th)

Sally Newell: 50 free – 38.49 (3rd); 50 back – 45.54 (2nd); 50 breast – 47.66 (3rd); 100 breast – 1:45.82 (4th); 200 breast – 3:50.09 (5th); 200 IM – 3:43.34 (5th)

Men 40-44

Fritz Lehman: 50 back – 29.11 (1st); 100 back – 1:02.61* (1st); 200 back – 2:23.06 (3rd); 50 fly – 28.18 (7th)

Men 45-49

Hill Carrow: 50 free – 28.53 (12th); 50 fly – 31.61 (11th); 100 fly – 1:09.39 (7th); 200 fly – 2:46.62* (4th)

Kevin Facchine: 200 free – 2:14.61* (7th); 400 free – 4:50.27* (5th); 800 free – 10:18.57 (3rd); 50 fly – 29.61* (5th); 200 fly – 2:48.08 (5th); 400 IM – 5:43.29 (6th)

Men 70-74

Dick Webber: 50 free – 32.25 (4th); 100 free – 1:17.40 (5th); 200 free – 3:09.26 (5th); 50 back – 46.60 (6th); 50 fly – 40.46 (5th); 200 IM – 3:43.39 (5th)

North Carolina Fall Invitational

Hillsborough, NC

Oct. 20, 2001 (25-meter pool)

Kevin Facchine continued his record-setting ways in the men's 45-49 age group, setting new state records in the 1500 free, 100 fly, 100 IM and 400 IM. Since Kevin aged up last year, only a few records have escaped his grasp in short-course meters events.

Women 25-29

Rynda Chappell: 50 free – 42.95 (1st); 400 free – 7:37.18 (2nd)

Carla Hill: 400 free – 5:48.32 (1st); 100 breast – 1:31.31 (1st); 100 IM – 1:28.01 (1st)

Women 30-34

Mary DeMilia: 100 back – 1:22.14 (1st); 100 breast – 1:24.74* (1st); 100 fly – 1:14.23 (1st); 200 fly – 2:58.81* (1st); 100 IM – 1:17.55 (1st)

Women 40-44

Kim Stott: 200 back – 3:02.19* (1st); 100 IM – 1:25.40 (1st); 200 IM – 3:07.03 (1st)

Women 60-64

Ceil Blackwell: 50 back – 47.20 (2nd); 100 back – 1:45.51 (1st); 200 back – 3:47.44 (1st); 100 IM – 1:42.40* (1st)

Sally Newell: 50 free – 40.37 (1st); 50 back – 46.29 (1st); 50 breast – 46.60 (1st); 50 fly – 53.35 (1st)

Men 25-29

Tomasz Wilk: 50 free – 31.04 (1st); 100 free – 1:11.29 (1st); 400 free – 5:45.80 (1st); 50 breast – 38.44 (1st); 100 breast – 1:24.31 (1st)

Men 35-39

Jay Holshouser: 100 free – 1:16.29 (2nd); 50 back – 45.62 (3rd)

John Mangrum: 100 free – 1:09.19 (1st); 50 back – 36.88 (2nd); 100 back – 1:23.22 (1st); 100 IM – 1:18.55 (1st); 200 IM – 2:51.13 (1st)

Henry Stewart: 50 free – 24.98* (1st); 50 back – 30.35 (1st); 50 fly – 27.36* (1st)

Men 40-44

Randal Hoke: 100 IM – 1:24.97 (6th); 200 IM – 3:13.48 (4th)

Fritz Lehman: 50 back – 28.77* (1st); 100 back –

1:02.57* (1st); 200 IM –
2:23.42 (1st)
Eric Waldbauer: 50 breast –
38.01 (1st); 100 breast –
1:23.93 (1st); 200 breast –
2:59.51 (1st); 100 IM –

1:18.04 (3rd); 200 IM –
2:52.58 (3rd)
Men 45-59
Hill Carrow: 50 free – 28.27
(1st); 200 back – 2:52.89 (1st);
50 fly – 31.24 (2nd); 100 fly –

1:11.41 (2nd); 200 IM –
2:46.26 (1st)
Kevin Facchine: 1500 free –
20:03.62* (1st); 50 fly – 30.80
(1st); 100 fly – 1:10.70* (1st);
100 IM – 1:10.85* (1st); 400
IM – 5:43.60* (1st)

Fall Masters Swim Meet

Virginia Beach, VA

Nov. 3, 2001 (25-meter pool)

Kevin Facchine swam five events and – you guessed it – set five North Carolina records.
Fritz Lehman, Jen Mancini, Kim Stott and Sean Stringer also set state records.

Women 25-29

Jennifer Mancini: 50 free – 27.29 (1st); 100 IM –
1:08.80* (1st)

Women 40-44

Kim Stott: 100 back – 1:26.08 (2nd); 200 back –
3:00.11* (2nd)

Men 25-29

Sean Stringer: 50 back – 29.04* (1st); 100 back
– 1:05.56* (1st); 50 fly – 27.89 (1st)

Men 35-39

John Mangrum: 50 free – 29.69 (1st); 50 back –
35.69 (1st); 200 back – 2:46.59 (1st); 50 breast –
40.17 (1st); 100 fly – 1:16.82 (1st)

Men 40-44

Fritz Lehman: 50 back – 28.05* (1st); 100 back –
1:00.85* (1st)

Men 45-49

Kevin Facchine: 100 free – 59.96* (1st); 800 free
– 10:00.97* (1st); 100 back – 1:14.74* (1st); 100
fly – 1:08.54* (1st); 200 fly – 2:38.84* (1st)

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really therapeutic. I'd also like to maintain my times, but that's secondary to me.

What's your favorite practice set? My favorite practice sets (big surprise) are short distance sprint sets. I like to push myself to the limit, then catch my breath and do it all over again. I have a general distaste for anything longer than a 200, even though my lanemates keep trying to convince me that distance is good for me. It's kind of like broccoli ... you eat it because someone says it's good for you and that warm fuzzy feeling of knowing you're doing something good for yourself keeps you doing it even though your first inclination is to spit it out. Plus it's fun to hear people whining on the wall during the sprint sets.

What's the best thing about RAM? The best thing about RAM is I wouldn't be able to do this without an organization like RAM. I feed off the competitiveness and drive of others. I've never been around a group of swimmers who wanted to reduce the interval time until RAM. The few times I've tried swimming alone, I haven't been able to motivate myself. That's usually not a problem when I'm at practice. Plus, without RAM I wouldn't know any other old farts like myself who still like to throw on the Speedo and hit the lanes.