

R.A.M.

Raleigh Area Masters

Newsletter

October 1999

From the president's lane

Thank you for "electing" me president of RAM. I will find some way to get even with you!

I am excited about swimming and helping out with the club this year. We have a great program - with great facilities, great coaching and reasonable dues. We have a diverse group that includes triathletes and fitness, recreational and competitive swimmers. I welcome your input on the club and how the club can best meet the needs of its members. The board members and I want to do what we can to keep RAM a pre-eminent Masters swim club.

RAM had a great turnout at the NC Fall Invitational meet in Hillsborough on October 9. We had 16 swimmers compete – and lots of good swims and exciting relays! Our continued support of these events is crucial to their success. Thanks to Cheryl Braunstein for coaching the Saturday morning practice while the coaches attended the meet.

For those of you who want to swim in a meet, RAM will take at least one van to the Electric City Masters Swim Meet in Anderson, SC, on November 13-14. Pick up entry forms at the pool; entry deadline is November 1.

See you in the water.

-- Kevin Facchine ©

RAM BOARD OF DIRECTORS

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Training tips

Lane Etiquette

Lane etiquette can make or break your practice. This is especially important when we have four, five or six swimmers to a lane. To keep our practices running smoothly, remember these tips:

- Arrive on time. The lane assignments will vary depending on who shows up at practice. To minimize reorganization once the workout begins, try to be on time.
- Watch your warmup. If you're late, you may not be able to finish the entire warmup. Pay attention to others in your lane. When they finish warming up, stop! Don't make your lane wait while you finish the warmup you missed by arriving late.
- Order in the lane. Arrange your lane from fastest to slowest. Remember that the order may change depending on the set. You may be the fastest freestyler in your lane, but someone else might need to lead a kick set.
- Sendoffs. Once the person ahead of you leaves, wait **five seconds** before you push off. If you have just a few people in your lane – or the repeat is short, such as 25 or 50 yards – you can wait **ten seconds** before your sendoff.
- Courtesy counts. Sometimes, despite your lane's best organizational efforts, the order still isn't right. If you feel someone tapping your heels from behind, stop at the end of the lap and let that person pass. If you're riding someone's heels and that person doesn't notice, ask at the end of the repeat to move up.

CALENDAR OF EVENTS

RAM SPOOKY SOCIAL

OCTOBER 23, 1999

Join your teammates at 10 a.m. for a post-practice Halloween brunch at Sue Haugh's house. Map and directions at the Pullen and Optimist pools.

RAM BOARD MEETING

NOVEMBER 11, 1999

The RAM Board meets at 8:30 p.m. on the second Thursday of each month. All RAM members are welcome to attend.

ELECTRIC CITY MASTERS MEET

NOVEMBER 11-13, 1999

Short-course meters meet in Anderson, SC. Entries due November 1, 1999. Entry forms are in the RAM folder at the Pullen and Optimist pools or contact Steve Wycoff, Anderson Swim Centers, 1115 Cornelia Rd., Anderson, SC 29621 or 864-260-5170.

RAM HOLIDAY SOCIAL

DECEMBER 11, 1999

The team will hold its annual holiday social at the home of Jay Holshauser. Watch your e-mail or the RAM folders for details.

SUNBELT CHAMPIONSHIPS

JANUARY 29-30, 2000

Short-course yards meet in Charlotte. Watch the North Carolina Masters Swimming website, www.ncmasters.org, for entry information. RAM will likely take at least one van.

RAM - NC MASTERS CHAMPIONSHIPS

APRIL 1-2, 2000

RAM-sponsored short-course yards meet, held at Pullen Park in Raleigh.

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

\$\$\$ Money matters \$\$\$

Dues are the lifeblood of RAM. At Pullen and Optimist, dues are \$30 for every month you swim. Beginning in January, the team will strictly enforce the bylaw that requires payment of dues by the 5th of the month. Under our bylaws, any member whose dues are 60 days late may be removed from the team. Please make every effort to pay on time! Any coach or board member will accept your check.

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Sign me up!

It's almost time to renew your USMS registration. Every swimmer who practices with RAM *must* be registered. Effective in 2000, the RAM/LMSC-NC annual registration fee for an individual membership will increase from \$33 to \$35. Registrar George Simon will soon mail out the 2000 registration forms.

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For sale

Coach and board member Sue Haugh has *RAM swim caps* for sale for \$3 each.

Registrar George Simon has *North Carolina Masters Swimming t-shirts* for sale. The cost is \$10, plus \$3 if you want George to mail the shirt.

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Stop the presses: It's your newsletter! Please let Kim Stott, kastott1@cs.com, know if there's anything you'd like to see in the newsletter. We want to hear from swimmers in all of the RAM chapters. Also, we'd like to send future issues of the newsletter by e-mail only. Please e-mail Kim if you'd like to skip "snail mail" and get your newsletter by e-mail only. In addition, we plan to post the newsletter at www.ncmasters.org. ●

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