

Across the Lanes

LMSC for North Carolina's Newsletter



In this November, 1997 Issue

[From The President's Lane](#)

[USMS Convention 1997](#)

[From The Registrar's Lane](#)

[LMSC for NC Officers and Staff](#)

[From The Secretary's Lane](#)

[WEB Sites](#)

[Working Out](#)

[The Breaststroke Turn](#)

[Most Common DQs](#)

[NC Swimmers Capture 3rd and 4th Places at LC Nationals](#)

[Winter Meets to Consider](#)



From The President's Lane by Don Gilchrist

JOBS WELL DONE

On behalf of all North Carolina Masters Swimming, I extend our thanks to Ceil Blackwell and Krista Phillips, our out going president and vice president. As many know Ceil has made substantial contributions to the LMSC of NC and Raleigh Area Masters. Through Ceil's leadership, a framework was established that allows a "state" team to be formed which enables NC Masters to swim for North Carolina at out-of-state meets while maintaining local team identity for in-state meets. Ceil also headed the modernization of the "Across The Lanes" newsletter and development of the NCMS Logo. Krista, a champion for the fitness, as well as the competitive, NC Masters swimmer capped her tenure by orchestrating an excellent short course meters meet at Hillsborough. Her on-going generous support of NCMS was exhibited by her contributing a portion of the meet's net proceeds that will be earmarked for a clinic which will be announced in our next newsletter.

Also, thanks to George Simon, Chuck Irwin, and Jeannie Mitchell for returning for another term as registrar, treasurer and secretary of the LMSC. Their efforts are truly appreciated. If you see them on the deck or in the pool give them a pull on the leg and thank them for their efforts. They have done great service for Masters Swimming and for you!

NORTH CAROLINA MASTERS SWIMMING GOALS

Masters Swimming should provide a fitness regimen for adults of all ages as well as a venue for the more serious competitive swimmer and triathlete. The climate also should be fun and social. North Carolina Masters needs new participants, young and old, from the novice fitness swimmers to the veterans who aspire to perform like they once did. Wherever there is water Masters should be i.e., at the lakes, rivers, oceans, channels, as well as the pools.

Triathletes do not swim 1k butterfly nor are they likely to swim a 50 or 100 yard race in a pool. We can attract them by providing long distance events such as open water races. Local programs can offer open-water technique instruction especially for them.

Similarly, we are missing out on seniors and those who have been out of the water for some time. One good reason to recruit the seniors is they generally have a better sense of humor and perspective than the younger more serious athletes. Frankly, we forget sometimes how social this sport really is and what fun it can be. We need seniors not only for their swimming contribution but also their social perspective. It makes for a healthy association. Many programs center their work outs around the fast swimmers, while the rest are left to do their own workouts. LMSC of NC and local teams should encourage senior participation by tailoring workouts and instructions for this group. Raleigh Area Masters is a model of how a team can foster senior involvement. Meets could offer 25 yard races, and developmental meets should be staged at the club level to help the newcomers or timid ones to "get their feet wet" again. Since many prospective Masters swimmers are already members of YMCAs, athletic and triathlete clubs, the LMSC needs to market its programs and events to these associations.

Do not forget the younger former collegiate swimmers. It was terrific to see Rick Fox, 1996 Olympian, and his wife Michelle compete at last year's state meet in spite of Rick being disqualified in his first race. A swimming career need not end after college; just look at the state and national records as proof that serious swimmers are competing. Masters competition is fast, and many college swimmers are no longer waiting until they are thirty plus and overweight to swim. North Carolina Masters and local teams should appeal to these swimmers. Experienced competitive swimmers encourage more competition and draw members into the Masters fold.

One last note, if you think you are too old to compete again, then read the article on Tom Lane in the recent issue of SWIM MAGAZINE. Tom, the oldest competitor in Masters swimming history, died in August at 103. What an inspiration and legend. Thanks for taking Masters swimming where no one has gone before.

MAKE MASTERS SWIMMING WORK.

SWIM, LAUGH AND GET WET!



To return to *Across The Lanes* Table of Contents



USMS CONVENTION 1997

Ceil Blackwell, George Simon and Hill Carrow represented North Carolina at the United States Aquatic Sports Convention September 24-28 in Burlingame, California. At this convention the following new USMS Officers were elected:

- President- Nancy Rideout (California)
- VP - Jack Geoghan (New York)
- Secretary - Betsy Durrant (Virginia)
- Treasurer - Jeanne Ensign (Washington)

Other items of interest included:

- A proposal for a postage stamp to commemorate Masters swimming and the awarding of national meets for 1999.
- The USMS Short Course Yard National Championships will be in Santa Clara, California.
- The USMS Long Course Meters _Championships will be in Minneapolis, Minnesota.
- The 1997 Ransom Arthur Award went to the out-going president of USMS, Mel Golstein.
- June Krauser of Ft. Lauderdale, Florida was re-elected Dixie Zone Chair.
- USMS fees will remain unchanged for the upcoming year.

LMSC-NC OFFICERS ELECTED

At the LMSC-NC meeting on October 11th, the following officers were elected for a two-year term:

President - Don Gilchrist (Wilmington)
Vice President - Jerry Clark (Charlotte)
Secretary - Jeannie Mitchell (Banner Elk)
Treasurer - Chuck Irwin (Franklin)
Continuing as our state registrar is George Simon (Raleigh).



To return to *Across The Lanes* Table of Contents



From The Registrar's Lane by George Simon

In last issue of ATL, I wrote that we requested the USMS executive committee to reduce the fee for those members who did not receive two issues of *SWIM Magazine*. We partially won; there will be a prepaid telephone card mailed to each of those members. The reason that I think the executive committee did not allow the reduction in fees is because there were two other LMSCs that had the same error made on their registrations, and to be fair, since the other two LMSCs did not request a reduction nor may not have been able to handle the invoicing, the Executive Committee made a decision that could apply to all of those USMS members that did not receive their two issues.

You will notice that on your renewal forms there is a box to check for donations to the International Swimmers Hall of Fame Foundation and the United States Masters Foundation. Thanks to those who have already donated on their renewals. If you haven't renewed yet, please consider a donation.

_I had the first time privilege of being the referee at the swim meet held in Hillsborough on October 11th. Krista Phillips did a great job of organizing the meet, especially since she did it without the support of a team (she belongs to the State team unattached). Krista reports that the first year meet hosted 63 entrants from 6 states, setting 31 SCM records in the 25 yd x 25 m, 2 1/2yr. old pool. There were refreshments for all, and the participants seemed to have a very good time. Thanks Krista.

There seems to be a lot of excitement about Masters Swimming in North Carolina. A new combined team in Charlotte with ATOM, MAC Masters, and Lake Norman Y Masters forming the Charlotte SwimMasters, with PEAK Swimming forming in Asheville, and new members and restructuring in Wilmington. Please make sure you get on the band wagon and renew your membership in time to make sure that you get all issues of *SWIM* magazine, this news letter, and keep your registration active so that you can participate in all USMS events (*that is before December 31st*). There are already five meets in the plan for the first half of 1998. It should be a good year for swimming in North Carolina.



To return to *Across The Lanes* Table of Contents



LMSC for NC - Officers and Staff

| | | | |
|--|---|--|---|
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| <i>Registrar / Webmaster</i> George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 george.simon@mindspring.com | <i>Past President</i> Ceil Blackwell, RAM 4305 John Rencher Wynd Raleigh, NC 27612 (919) 787-8324 ceilb@aol.com | <i>Newsletter Editor</i> Jim Enyart, WYM 2840 Marsh Point Rd #199 Southport, NC 28461 (910) 253-3333 theenyarts@usms.org | <i>Top Ten Chairperson</i> Ceil Blackwell, RAM 4305 John Rencher Wynd Raleigh, NC 27612 (919) 787-8324 ceilb@aol.com |



To return to *Across The Lanes* Table of Contents



From The Secretary's Lane

by Jeannie Mitchell

LMSC-NC MEETING HIGHLIGHTS

October 11, 1997

George Simon distributed the most recent team rosters. Currently there are 582 NC registered Masters swimmers.

George would like to continue the One Event Swimmer registrations. The swimmers have to swim unattached. The "One Event" membership fee is \$9.00. The swimmer must convert to full USMS membership within 30 days for the \$9.00 to count towards their \$23.00 USMS fees. Following a meet, meet managers need to provide the "One Event Swimmer" information to George within two days.

Ceil Blackwell introduced Jim Enyart as the new editor for the newsletter. Jim is the administrator of the Wilmington Y Masters. Don Gilchrist suggested that several people write different sections: profiles, health and fitness, workouts, and upcoming meet entries.

Ceil expressed the need for a new State Records Chairman. Dennis Watson is to step down. He has all the records on the Excel program. Meet Managers of North Carolina meets should send their results to the records chairman. Swimmers should submit their own results from out of state meets. If anyone would like to become the Records Chairman, please contact Don Gilchrist.

Krista Phillips and Chuck Irwin have contacted T-shirt printers for more NCMS shirts. New T-shirts will be ordered for the upcoming year. They will have a larger logo and may be available in a color other than white. Please make your check out to LMSC for NC and mail to Krista Phillips, 9408 Hester Rd., Hurdle Mills, NC 27541. Prices include shipping/handling charges: S-XL \$10.00, XXL \$13.00 (remember to include your size and color/white along with your name/address/zip code). Krista will take responsibility for storing the shirts and bringing them to meets for sale.

USMS National Relay fees: LMSC-NC will pay for all National Championship Relays with an initial check. The actual relay members will reimburse the LMSC. Jerry Clark will be in charge of keeping track of the actual relay participants and the billing. Chuck Irwin, treasurer, will collect the fees.



To return to *Across The Lanes* Table of Contents



WEB Sites

| | |
|---|---|
| NCMS / LMSC for NC | http://www.NCmasters.org (club & chapter info, meet schedule, USMS rules, records) |
| US Masters Swimming | http://www.usms.org (meet results, places to swim, articles on fitness, training, competition) |
| USMS Top Ten | http://www.swimgold.org/tt (database of Top Ten list) |
| The World of Masters Swimming | http://www.hk.super.net/~kff/wms.html (World Masters Records and swimming humor) |
| Swimmers's Guide On-Line | http://205.159.83.130.:80/~SGOL (year-round pools in US and Masters workouts) |
| WebSwim | http://www.isg.cs.tcd.ie/tdinneen/swim/header.html (listing of books and publications) |
| FINA Index | http://www.unb.ca/web/Masters_swimming/FINAindex.html (FINA rules, world info) |
| Swimming Science Journal | http://www.rohan.sdsu.edu/dept/coachsci/swimming/index.html (analytical approach to swimming) |
| <i>Swimming World</i> / <i>SWIM</i> / <i>Swimming Technique</i> | http://www.swiminfo.com (magazines on line, Olympic info, on-line catalog of books and videos) |
| Clinics / Camps / CD-ROM | http://www.worldwideswim.com (Peak Performance Clinics/Camps info, video stroke tips) |
| Terry Laughlin's Total Immersion | http://www.totalimmersion.pair.com (swim articles & equipment / books / videos for sale) |

Webmasters Note: If you click on any of the above, you will to to those sites and leave North Carolina's Site, use your Browsers BACK button to return. Also, as websites change, some addresses may no longer be valid.



To return to *Across The Lanes* Table of Contents



WORKING OUT

WINTER WORK-OUT by Krista Phillips

(* Master's Rule: Swimmers may add/deduct yardage and change strokes/intervals as needed/desired to make their work-outs more fun/challenging.)

WARM-UP: 400 FR PBp (breathe 3,4,5,6 per 100)
8 x 50 FR on :45/ri=5
200 ft.flutt.
Stretch

MAIN SET: 400 FR P (faster pace)
4 x 100 FR on 1:25/ri=5
200 dolphin
400 BK
8 x 50 (25 FL/25 BR) on :55/ri=10
200 BK flutt.
4 x 100 (im order) on 1:45/ri=5
8 x 25 choice sprints ri=10
200 whip

COOL-DOWN: : : 200 FR stretched out
* 4000



To return to *Across The Lanes* Table of Contents



THE BREASTSTROKE TURN

The following technique on the breaststroke turn is provided by Jill Ann Dillner, assistant coach, Davidson College Swimming and Diving.

When swimming breaststroke there are many elements to consider. One way to achieve a faster time immediately is through developing a faster breaststroke turn. When approaching the wall, swim in with great force, concentrating on getting in and out of the wall as quickly as possible. To do this, touch the wall with two hands at the same time while keeping your shoulders square and level. Drop back either your right or left arm/elbow with a jabbing motion as if someone was bugging you from behind, and you were hitting them with your elbow. Slide the opposite hand, while staying low in the water, past the side of your cheek and cap as if you were combing greasy "Fonzie" style hair. While falling straight back in the water, have your eyes follow a straight line looking up at the ceiling until it is time to turn on your side and then stomach for the pullout. Your feet at this point should be touching the wall ready to push off with great force. Your arms should be ready to quickly thrust into a strong, tight streamline position getting ready to make the breaststroke underwater pullout.

With all of this information in mind, remember to stay low in the water while turning and to touch and get off the wall as quickly as possible. Good luck and swim fast!



To return to *Across The Lanes* Table of Contents



MOST COMMON DQs

The following article was written by Hugh Moore the USMS Officials Committee Chariman for the Committee's September 1997 Newsletter. Ceil Blackwell has provided it for our awareness and practice.

Michael Moore wrote an excellent article called "the Dreaded DQ" which appeared in the May/June 1997 SWIM Magazine. I recommend that all swimmers and coaches read the article. I hope that the article can help reduce the number of DQs by educating swimmers.

The article made me curious as to how many DQs of each type would occur in a typical meet. I felt that the results of such a compilation might reveal areas that swimmers and coaches can concentrate on to reduce the number of disqualifications.

Following the SC nationals, I realized that I had a large meet to use for such a study. However, I was concerned that using only a National Championship might bias the data. It would be useful to include a local meet to see if different types of DQs occurred. My wife Jane and I had been meet directors for our recent Pacific Northwest LMSC Championships, so I included that meet in the data base. I also had access to the results from the Pan Pacific Championships in Maui. I was curious if international meets had a different bias.

The 1997 Pacific Northwest LMSC Championships had 350 swimmers and 34 DQs. The 1997 USMS Short Course National Championships had 1438 swimmers and 122 DQs. The 1997 Pan Pacific Championships in Maui had approximately 1200 swimmers and 59 DQs. The total of the three meets is approximately 3000 swimmers, 14,000 splashes, and 215 disqualifications. This amounts to about 1.5% DQs or about one every 8 heats in an eight lane pool. The types of DQs were very similar at all three meets. The vast majority of these DQs can be eliminated if the swimmers practice all aspects of the race more often.

The following table shows the DQs that occurred more than twice.

| | |
|--|----|
| Early take off on relay | 35 |
| False start | 22 |
| Fly kick during breast | 22 |
| Did not finish | 21 |
| Past vertical during back | 18 |
| Shoulders not level during breast turn or finish | 16 |
| Non-continuous back turn | 15 |
| One-hand touch (fly or breast) | 12 |
| Underwater recovery during fly | 10 |
| Non-simultaneous touch fly or breast | 8 |
| Alternating kick during fly | 6 |
| Double pull during breast start or turn | 6 |
| Wrong stroke or out of sequence IM | 4 |
| Alternating kick during breast | 4 |
| No touch on back turn | 3 |

The results of my compilation generally agree with Michael Moore's article with a few surprises. Michael's number one DQ was false start. Slightly over one fourth of the DQs were due to either false starts or early take offs on relays.

The most common DQ, with 35, was an early take off on relays. Since the number of relay entries is relatively low compared to popular events such as the 50 free. This indicates an area that coaches and swimmers should pay special attention to, especially since a DQ of a relay has extra significance since it effects four swimmers and double points. I suspect that most relays never have the opportunity to swim together prior to the meet. My advice to swimmers and coaches is to practice take offs with the correct swimmers prior to the meet so that everyone is used to the approach of the previous swimmer. If this isn't possible, be conservative during the race. Fast exchanges will probably only add up to a few tenths of a second for the entire relay. This will usually not change the team's place in the relay. Even a loss of two or three places is better than a disqualification.

The second most common DQ is the individual false start with 22. Surprisingly, these false starts were often not in sprints. In fact, there were no false starts at nationals in either the 50 or 100 free. Again practice pays off. Learning a stable stance and to wait for the gun will reduce the likelihood of false starting.

I feel that the USMS Officials Committee would be proactive in sharing this information with coaches and swimmers. Michael Moore's article was the first step in this process.



To return to *Across The Lanes* Table of Contents



NC SWIMMERS CAPTURE 3RD AND 4TH PLACES AT LC NATIONALS

Sixteen swimmers swam for North Carolina at the 1997 USMS Nationals in Orlando, Florida August 16-18th. The North Carolina men's team placed 3rd for the small team division, the women's team placed 4th, and the combined men's and women's team placed 4th. John Korthauer swam a world's best in the 50m breaststroke. The following swimmers set new state records for their age groups: Beverly Amick, Ceil Blackwell, Jerry Clark, John Korthauer, Sandra Kremer, Jeannie Mitchell, John Murphy, Sally Newell and Rolffs Pinkerton. Thanks and congratulations to all the swimmers who represented our state at this meet! CB

| Age Group | Name | Events / Place |
|------------|------------------|--|
| Men | | |
| 25-29 | Andrew Farrell | 2nd-100m free; 2nd-200m free; 3rd-50m free, 100m fly & 50m fly; 4th-50m back |
| 30-34 | John Denison | 10th-200m IM; 14th-50 free |
| 55-59 | Jerry Clark | 2nd-100m free (1:03.85*) & 200m free (2:25.67*); 3rd-50m free & 400m free; 4th-800m free; 9th-50m breast |
| | Rolffs Pinkerton | 6th-50m free (29.54*, 6th-200m back (3:07.88*) 6th-50m back & 100m free; 7th-100m back |
| 60-64 | Milton Gee | 3rd-50m breast; 5th-100m breast |
| 65-69 | John Korthauer | 1st-50m breast (37.32**) & 100m breast (1:26.44) & 200m breast (3:19.86) |
| | Dick Webber | 2nd-50m free, 5th-50m fly, 6th-100m free |

70-74 John Murphy 2nd-100m free (1:21.94*); 4th-50m free; 5th-50m back; 6th-100m back, 6th-200m back

Women

40-44 Beverly Amick 5th-200m fly (3:15.28*), 9th-100m fly (1:27.48*), 9th-800m free (11:40.12*), 14th-400m free

Mary Sansbury 11th-100m breast; 14th-50m free & 50m breast; 17th-100m free

45-49 Barbara Braswell 6th-50m fly; 7th-100m free; 9th-100m back; 10th-50m back & 50m free

Sandra Cathey 8th-400m IM; 10th-800m free & 400m IM; 13th-200m IM

50-54 Jeannie Mitchell 1st-50m back (39.04*) & 100m back (1:26.08*); 3rd- 200m back (3:12.57*), 3rd-100m free; 5th-50m breast

55-59 Ceil Blackwell 4th -50m free & 100m back, 5th 200m IM, 50m fly(46.50*), 5th- 200m back; 6th-50m back

Sally Newell 1st-100m breast(1:38.00*), 2nd-50m breast(43.99*) 2nd-50m free & 200m breast, 4th-100m free; 7th-50m back

60-64 Sandra Kremer 2nd-100m breast (1:55.65*) & 200 m breast (4:11.09*); 3rd-200m IM 3rd-400m free; 4th-50m breast

* = New NC Masters State Record ** = New Masters World Record

Error in Summer Newsletter

Apologies to Norman Macartney. His name was mistakenly omitted from the list of North Carolina participants at the 1997 Senior National Games held in Tucson, Arizona in May.



To return to *Across The Lanes* Table of Contents



WINTER MEETS TO CONSIDER:

CHARLOTTE, CHARLESTON, GREENSBORO, ATLANTA

If you are trying to tune up before the state, zone or national meets, then going to the early season meets is the best way. There are three excellent two day meets North Carolina Masters swimmers should consider in the coming months. The Charlotte meet has always been a good meet to start with in January. The Mecklenburg Aquatic Facility is one of the best on the east coast with eight or ten wide lanes, deep water and a separate warm up area. Hotels are within walking distance. The participants are mostly from NC chapters, and some Georgia and South Carolina swimmers attend. It has always been a quick and enjoyable meet. Many novices do attend.

The South Charleston meet in February is an excellent meet. Attendance is usually 125 to 150, mostly from South Carolina clubs. The pool is hard to find, so get good directions. The pool consists of ten wide lanes with five to six feet of deep water, the temperature is perfect, and the pool is fast. There was an unusually large number of women swimmers of all ages last year, and there is always a large contingent of Navy/Marine men and women from Paris Island. It is worth the trip, especially if you stay in Old Charleston and make a short vacation of your stay. It is the off_season and rooms are reasonably priced. This is a fun, low stress meet open to all levels and ages. Competition is moderate for the seasoned swimmer. The people are very hospitable.

The Frank Clark Masters Open in Greensboro is a one day meet. Attendance is usually about 50 to 75 swimmers, mostly Triad and Raleigh / Durham teams, with some participants from the mountains and coast. The meet is very efficiently run, lasting only 4 to 5 hours, is low pressure, and an excellent meet for newcomers.

Atlanta's St. Patrick's Day Masters Meet in March is truly a regional meet that drew 350 swimmers last year from every state in the South. North Carolina is usually well represented with a strong showing from Charlotte and a few competitors from Wilmington, Morehead, and around the state. Eight of the ten wide lanes are used in competition, with a separate four lane pool for warm up and down. All ages and speeds are represented, including novices. The meet is held at the Dynamo Swim Club in North Atlanta where many great swimmers have competed. DG



To return to *Across The Lanes* Table of Contents



Return to Masters Swimming in North Carolina [home page](#).

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<http://www.NCmasters.org/atlnov97.html>