



# Across The Lanes

## LMSC for North Carolina's Newsletter

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***From The Chairman's Lane***- by Jerry Clark

Hello from Charlotte. This is my first "official" article as the Chairman of our LMSC for NC, and I'm looking forward to a rewarding experience in statewide swimming for all of you and myself as well over the next couple of years.

Thank each of you if, during the next few weeks, you will endeavor to have one new swimmer in North Carolina register with USMS. Since 77% of the 465 NC swimmers registered to date (Jan 16, 2000) have e-mail, the easiest way to obtain a registration form is to access [www.ncmasters.org/regforms.html](http://www.ncmasters.org/regforms.html). You also can call our registrar George Simon at (919) 846-2423 in the evenings, and he will send a form to you. Maybe we can get over 1,000 people registered in NC!

I've learned a lot about our sport this past year, having been a delegate to the USMS portion of the US Aquatic Convention as well as having attended the four day swim camp at the US Olympic Training Center in Colorado Springs, CO. There is so much involved in both the political and the physical sides of Masters swimming. The two activities I participated in were packed with people advancing Masters swimming. I hope to contribute to that end as well. Politically, I've been appointed to both the Rules committee and the Championship committee. That's going to be fun, as the Rules people perform a detailed rules review every other year (2000 will be one of those years). The Championship people select host cities for future national championship meets. Physically, we'll see if I can apply what I learned at OTC when the chips go down in Indianapolis. I am trying hard to do the things that our coaches suggested in every training session. Whatever happens will be ok, as I'd never trade those four days for anything.

For those going to short course nationals in Indianapolis, I've still got some hotel rooms reserved under my name at the Hampton downtown and the Courtyard on Capitol Blvd. There is a convention there the same weekend, so rooms are scarce. Call or email me at the number/address shown in this newsletter.

I hope the East - West Challenge we've started in NC will be fun when the meet in Charlotte takes place February 19 & 20, and the second half of the competition for 2000 takes place in Raleigh April 1-2 of this year. We'll see which side of the state gets to keep the prize for the rest of 2000. Whatever the case, lets all have fun at this great sport this year.



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## IMPORTANT ANNOUNCEMENT REGARDING INDIANAPOLIS, IN SCY NATIONALS

There was an inadvertent omission by SWIM Magazine in the Jan/Feb issue. The Men's qualifying times for the 400 IM were left off of the National Qualifying Times Table. Here are the correct times:

### Men's 400 IM Qualifying Times

AGE	TIME	AGE	TIME
19-24	5:19.07	55-59	6:03.64
25-29	4:50.98	60-64	6:45.14
30-34	4:54.54	65-69	7:25.93
35-39	5:00.27	70-74	8:36.81
40-44	5:06.53	75-79	12:14.26
45-49	5:16.43	80-84	No Time
50-54	5:37.21	85-89	No Time



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### *From The Registrar's Lane* by George Simon

#### ***The Information Age***

Based on the information placed on the 2000 registration forms, over 77 percent of our members have e-mail addresses. Our internet web site, <http://www.ncmasters.org> has 4 MB of information. The web pages consist of the current and old issues of the *Across the Lanes* newsletter dating back to 1996. Swim meet descriptions, entry forms and year 2000 registration forms are available both in "html" and "pdf" format. The bylaws of the LMSC and of Raleigh Area Masters, the records of North Carolina Swimmers, and results of several State Championships and other swim meets can be found on the web site there. There is even a Meet Manager's Manual for how to conduct a swim meet.

Each North Carolina team has a page that describes their pool and lists contacts and swim practice times. This data is an advertisement to bring in new members to each of your teams. Each team may have more information about their programs placed on the website if they contact me and provide it in a form such as a Word document or html code. Even team lists of the member's name and registration number (no other information about the member is on the site) can be found on our web site.

Stroke and Turns rules are also available. Our national organization, United States Masters Swimming, has an excellent web site, <http://www.usms.org> with even more information, including the entire Rules Book, and discussion forms about various facets of Masters Swimming (year 2000 rules changes will be posted soon on both sites). All of these items are available without the advertisements and graphics seen on most web sites.

The information is there, easy to find, fast to download; just point your browser to <http://www.ncmasters.org> to find out almost everything you need to know about what is happening in North Carolina Masters Swimming. New and updated

information is frequently added, with a page to tell *What is New* on the site to save you time in not reviewing pages you have already seen. Happy Swimming and Surfing.



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## DIXIE ZONE DATA

### USMS ITEMS OF INTEREST

The 1999 registration totals for USMS showed 37,443 swimmers and over 440 clubs. The largest of our 53 LMSCs registered 8,794 swimmers and the smallest totaled 22. 57% of our members are male and 43% are female. Our largest age group for men was 40-44 and for our women it was 35-39. Our oldest male and our oldest female swimmers were both 99 years young.



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### 17TH ANNUAL ELECTRIC CITY MASTERS SWIM MEET by Steve Wycoff

The 17<sup>th</sup> annual Electric City Masters Swim Meet was held on November 13-14, 1999 at the Sheppard Swim Center in Anderson SC. Two hundred eleven swimmers -(a new record) from 13 teams entered this 25-meter competition. Paris Island Masters was able to defend by winning the Team Championship. Second through sixth places went to the North Carolina Masters, Georgia Masters, Team Greenville, Gamecock Aquatics, and the host Anderson Masters. **A world record was set by the North Carolina Masters 280-319 year old team of John Murphy (75), John Kortheuer (68), Clarke Mitchell (67), and Dick Webber (70) in the 200 meter medley relay with a time of 2:28.34.** **Congratulations guys!** Many state records, Dixie Zone Top Ten and National Top Ten were established as well.



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### DIXIE ZONE SCY CHAMPIONSHIPS

The 2000 Dixie Zone SCY Championships will be competed March 18-19 in northeast Metro Atlanta at the Dynamo Community Center. The facility has a 10-lane, 25-yard competition pool with state-of-the-art equipment to minimize water turbulence and is one of the fastest pools in the Southeast. Additional meet information and the entry form may be accessed on the "Meets Page" of the Dixie Zone Website (<http://home.att.net/~dixiezone>).

For those of us with an excellent, but short, memory, the following is the Spring 1999 "Across The Lanes" report of last year's Dynamo meet:

### NORTH CAROLINA MASTERS WIN IN ATLANTA by Don Gilchrist

Twenty-four NCMS swimmers journeyed to the St. Patrick's Day Invitational to bring home the gold. NCMS captured the out-of-state team high point trophy scoring 703 points, fourth overall behind the Georgia Masters Killer Whales, Atlanta Rainbow Trout, and Dynamo Masters. The trophy now resides at Sally Newell's (someone had to take the trophy home since we do not yet have a "Hall of Fame" location). The St. Patrick's Day Invitational has always been a well run meet. Thirty-seven teams with 260 swimmers from all over the southeast participated. Individual performances were

outstanding with many NC Masters winning their age groups' high point awards. They included Jeannie Mitchell, Beverly Amick, Sally Newell, Don Gilchrist, and Jerry Clark. Two Olympic gold medallists, Jon Olsen and Angel Martinez added a lot of excitement. I believe they won their events!! Olsen's freestyle was perfect and a sight to behold, long and easy with seven to eight strokes per length. All should plan to participate next year in order to topple the Georgia Killer Whales on their home turf.



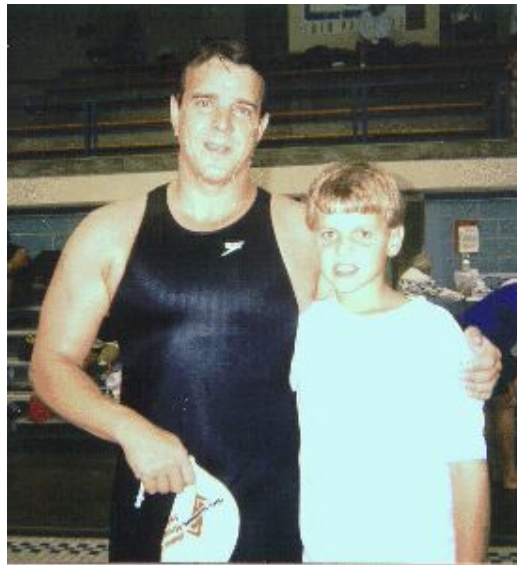
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## **NORTH CAROLINA MASTERS PROFILE:**

### **JOE RHYNE**

#### **From Chunky to World Champion**



Joe with son Christopher at the LCM Nationals

Joe's profile is included only in the Winter 2000 issue of *Across The Lanes*. The profile has been reprinted, with permission, from the Winston-Salem Journal. The Journal's Copyright policy precludes the electronic presentation of their articles.



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## **Sunbelt Championships Rescheduled As Icy Lanes Pose Travel Risk**

Concern that the roads throughout the region could put traveling Masters at risk prompted the Charlotte Meet committee to postpone the Sun(ice)belt Championships. Because of the already existing diminished road conditions and the icy winter precipitation forecast for the Meet weekend, the committee rescheduled the Championships for February 19 and 20.

Jerry Clark notes, "We hope everyone who has entered will decide to attend that weekend, but if they do not, we will refund their entry fee, any prepaid t-shirt and/or social charges, but we will retain the \$8.00 surcharge to help defray the

many expenses we've incurred regardless of how many participants we may have in February. We sincerely hope this will not offend anyone who elects not to come in February; that they will understand that we're simply trying to mitigate our expenses."



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## PERFORMANCE APTITUDES AND ATTITUDES

### *No Last Swims Here*

Judy Wagner

Master's swimmer and coach

Fellow swimmers and friends this is part of a speech I made at the Texas Swim Coaches Convention in April. I thought I would share it with you.

This is the story about the young high school swimmer I talked to at the high school regional meet I helped run in College Station last February. I was officiating the meet, and during the break I began to talk to a young man who was waiting to swim. He was very upset and in a true state of panic. He told me he was a senior and that this was his "last swim". That was a red flag for me. I talked to him a little while, and after he swam, his coach came up to me and said: "What the heck did you say to that young man? He just did a performance of a life time." I told the coach I had asked the young man why he swam and got him to admit he swam because he liked it, and that swimming was fun. I told him to look at me. I said I am older than dirt, and I still swim and compete on a regular basis. I reminded him he could swim for the rest of his life. I told the young man this was just one more swim and to go out there and have fun!!! I said look to the right and to the left, smile at the competition, and Kick Butt!!!

I did my best at the coaches' convention to encourage all the coaches to quit talking to their swimmers about training for that "Last Swim": Tags, junior cut, state meet, Olympics, whatever... There is no such thing as a Last Swim until you die. I told them about Fred Wiggins who died swimming the 400 IM at nationals a few years ago. I reminded them that Fred's wife said that was the way he would have wanted to go. I encouraged the coaches at all levels to recognize the most important thing they are doing is teaching a way of life, a healthy life, and that is more important to any kid than winning any particular race. I figure it is more important to add 10 years to someone's life than to win a race. I encouraged them to keep it fun. After all "Swimming is a Lifetime Sport".

I would like to challenge all coaches to help their swimmers learn one of the most important lessons swimming has to offer. The lesson is that no matter what your goals may be there is no such thing as your last swim. The beauty of the sport is that swimming goes on providing new challenges, new goals, new rewards that are ever changing. Happy Laps!

### *Universal Laws affecting Competitive Swimmers*

*Reprinted from ASCA Newsletter Volume #98, Issue #8*

#### **Law of Competitive Gravity:**

When left unattended, a swimmer will gravitate to the worst technique possible.

#### **Law of Inertia:**

A swimmer at rest will tend to remain at rest unless acted upon by an outside force. A swimmer in motion will tend to rest as soon as possible unless acted upon by an outside force.

#### **Opposition Principle:**

When asked to kick rapidly, swimmers tend not to; when told not to kick, swimmers tend to kick rapidly.

### **Space, Time Continuum:**

When swimming breaststroke or butterfly in practice, swimmer hands are attracted to the turning wall, each hand at a different speed, at different times, at different points not in the same plane.

### **Laws of Acceleration & Momentum:**

The law of Acceleration may only apply for 3 minutes after coach reminds swimmer it is important, then the law of Momentum becomes dominant soon to be replaced by the law of Inertia.

### **Law of Static Levels:**

Swimmers will automatically seek their own comfort level and tend to attract others around them to do the same.

### **Mind over Matter:**

The mind can overcome many obstacles during competition, but the same does not usually apply during practices.



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## **USMS 1999 NATIONAL LONG COURSE METERS TOP TEN**

-by Ceil Blackwell, NC Top Ten Chairperson

Listed below are North Carolina swimmers who were ranked among the USMS TOP TEN for the 1999 long course meters season. Please contact Ceil Blackwell (919) 787-8324 or e-mail [ceilb@aol.com](mailto:ceilb@aol.com) if your name or an event has been omitted from the following list. Also, please note that copies of USMS Top Ten and Records are available from the USMS National Office, PO Box 185, Londonderry, NH 03053. A year's subscription is \$15 (SC Yards, SC Meters and LC Meters). Individual issues, as well as back issues, are available for \$7 each.

Special congratulations to our swimmers who ranked 1<sup>st</sup> in the nation for their age group – Joe Rhyne, who place 1<sup>st</sup> in 5 events!, Jeff Murray and John Kortheuer. Also, special recognition to our 1<sup>st</sup> place 120+ men's free relay team, consisting of Jeff Murray, Fritz Lehman, Grant Johnston and Jonathan Klein.

#### **Women**

19-24	Mandy Shrum	10th 800M FREE (13:14.13)
25-29	Heather Hageman	5 <sup>th</sup> 50M FREE (29.29); 8 <sup>th</sup> FLY (32.88)
30-34	Patricia Hogan	8 <sup>th</sup> 200M BACK (2:59.93)
45-49	Beverly Amick	8 <sup>th</sup> 400M FREE (5:34.47); 9 <sup>th</sup> 200M BACK (3:04.84)
50-54	Sandra Cathey	5 <sup>th</sup> 200M Fly (3:42.08); 5 <sup>th</sup> 400M IM; 7 <sup>th</sup> 200M BREAST (3:43.42)
	Jeannie Mitchell	6 <sup>th</sup> 100 LCM BACK (1:31.31); 7 <sup>th</sup> 50M BACK (41.50); 7 <sup>th</sup> 200M BACK (3:17.19); 9 <sup>th</sup> 400M IM (7:30.08)
60-64	Sally Newell	2 <sup>nd</sup> 50M BREAST (46.49); 2 <sup>nd</sup> 100M BREAST (1:42.83); 3 <sup>rd</sup> 200M BREAST (3:53.01); 7 <sup>th</sup> 50M FREE (37.17); 8 <sup>th</sup> 100M FREE (1:27.60); 10 <sup>th</sup> 50M BACK (50.10)
65-69	Suzanne Robbins-Bonitz	2 <sup>nd</sup> 50M BACK (48.69); 4th 100M BACK (1:50.11);

5<sup>th</sup> 200M BACK (4:06.95)

Nancy McPhee

4<sup>th</sup> 400M IM (11:16.93); 9<sup>th</sup> 100M FLY (2:36.40)

## Men

30-34	Jeff Murray	<b>1<sup>st</sup> 50M FREE (23.78); 1<sup>st</sup> 100 LCM FREE (52.77);</b> <b>1<sup>st</sup> 100M BACK (1:02.66);</b> 5 <sup>th</sup> 50M FLY (26.92)
40-44	Jonathan Klein	5 <sup>th</sup> 100M BACK (1:05.91); 4 <sup>th</sup> 200M BACK (2:27.87); 6 <sup>th</sup> 50M BACK (30.48); 7 <sup>th</sup> 50M FLY (28.20); 10 <sup>th</sup> 100M FREE (58.94)
	Fritz Lehman	2 <sup>nd</sup> 100M BACK (1:03.51); 2 <sup>nd</sup> 200M IM (2:26.55); 4 <sup>th</sup> 50M BACK (29.38); 7 <sup>th</sup> 50M FREE (25.91); 7 <sup>th</sup> 50M BREAST (34.17); 9 <sup>th</sup> 50M FLY (28.58)
	Joseph Rhyne	<b>1<sup>st</sup> 200M FREE (2:01.07); 1<sup>st</sup> 400M FREE (4:15.86);</b> <b>1<sup>st</sup> 800M FREE (8:48.69); 1<sup>st</sup> 1500M FREE (17:05.53);</b> <b>1<sup>st</sup> 200 LCM FLY (2:12.66);</b> 3 <sup>rd</sup> 200M BACK (2:19.13)
45-49	Richard Bober	8 <sup>th</sup> 100M BACK (1:10.82); 9 <sup>th</sup> 50M BACK (31.95)
60-64	Jerry Clark	2 <sup>nd</sup> 50M FREE (28.03); 3 <sup>rd</sup> 100M FREE (1:03.55); 3 <sup>rd</sup> 200M FREE (2:25.51); 4 <sup>th</sup> 400M FREE (5:19.75); 4 <sup>th</sup> 800M FREE (11:23.72)
	Rolffs Pinkerton	3 <sup>rd</sup> 200M BACK (3:08.68); 5 <sup>th</sup> 50M BACK (37.31); 6 <sup>th</sup> 50M FREE (29.99); 8 <sup>th</sup> 200M FREE (2:44.47); 9 <sup>th</sup> 100M FREE (1:11.22)
	Milton Gee	7 <sup>th</sup> 50M BREAST (39.55); 10 <sup>th</sup> 200M BRST (3:27.62)
65-69	John Kortheuer	<b>1st 50M BREAST (38.23);</b> 2 <sup>nd</sup> 100M BREAST (1:30.78); 4 <sup>th</sup> 50M FLY (35.36)
	Clarke Mitchell	3 <sup>rd</sup> 100M BACK (1:20.87); 4 <sup>th</sup> 50M BACK (37.83); 6 <sup>th</sup> 50M FLY (37.88); 7 <sup>th</sup> 200M BACK (3:18.69)
70-74	Dick Webber	3 <sup>rd</sup> 100M FREE (1:16.22); 4 <sup>th</sup> 50M FREE (31.96); 4 <sup>th</sup> 50M FLY (39.42); 8 <sup>th</sup> 200M FREE (3:12.10); 9 <sup>th</sup> 200M IM (3:42.97); 10 <sup>th</sup> 50M BACK (45.60)
	Lewis Patrie	10 <sup>th</sup> 400M IM (8:58.71)
85-89	Boyd Campbell	8 <sup>th</sup> 100M BACK (3:11.43); 8 <sup>th</sup> 50M BACK (1:26.99); 9 <sup>th</sup> 50M FREE (1:12.67); 10 <sup>th</sup> 200M FREE (6:10.76)
90-94	Harold Hoffman	2 <sup>nd</sup> 50M FREE (1:34.30); 2 <sup>ND</sup> 100M FREE (4:34.38)

## Relays

### Women

240+ 4<sup>th</sup> 200M Free (Nancy McPhee, Beverly Tucker, Judy Kelly, Sandra Kremer)

### Men

120+ **1<sup>st</sup> 200M Free (Jeff Murray, Fritz Lehman, Grant Johnston, Jonathan Klein)**



4<sup>th</sup> 200M Medley (Jonathan Klein, Fritz Lehman, Grant Johnston, Jeff Murray)

240+ 4<sup>th</sup> 200M Medley (Rolffs Pinkerton, Milton Gee, Dick Webber, Jerry Clark)

Mixed

200+ 6<sup>th</sup> 200M Medley (Jeannie Mitchell, Milton Gee, Beverly Amick, Jerry Clark)

240+ 3<sup>rd</sup> 200M Free (Sandra Cathey, Sally Newell, Dick Webber, Jerry Clark)

7<sup>th</sup> 200M Medley (S. Robbins-Bonitz, Sally Newell, Dick Webber, Jerry Clark)



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### UPCOMING 2000 MASTERS SWIMMING EVENTS

Feb	12,13	VA Winter Invitational	Midlothian, VA	Nancy Miller; (804) 320-2143
	19, 20	Sunbelt Championships	Charlotte, NC	Jerry Clark (704) 366-2045
	19, 20	Palmetto SCY Meet	Mt Pleasant, SC	Ben Nigro / Gretchen Woods-Seif; (843) 886-5326
	19, 20	MD Winter Meet	Catonsville, MD	Barbara Protzman; (410) 788-2964
Mar	4	Frank Clark Meet	Greensboro, NC	Jennifer Rock (336) 279-8973
	18, 19	Dixie Zone SCY Championships	Atlanta, GA	Lisa Watson (770) 497-1901
	25	VA SCY Championships	Newport News, VA	Charles Cockrell; (757) 865-6250
	25,26	Wildcat Invitational	Lexington, KY	Meg Smath; (606) 885-9184
Apr	1,2	RAM NC Masters Championships	Raleigh, NC	Tim Sexaurer (919) 266-6315
	27, 30	USMS National SCY Championships	Indianapolis, IN	Judy & Mel Goldstein; (317) 253-8289
May	18-21	YMCA Nationals	Augusta, GA	
Jul / Aug	27 / 7	FINA Masters World Championships	Munich, Germany	
Aug	17 / 20	USMS National LCM Championships	Baltimore, MD	Barbara Protzman; (410) 788-2964



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<http://www.NCmasters.org/atlfeb00.html>