



Across The Lanes



USMS CONVENTION ISSUE



The Chairman's Lane By Joe Gosha

As I write these words, five of our number have just returned from the USMS annual convention which as always has been held as part of the United States Aquatic Sports annual event. This year's convention was staged in Detroit, MI. Two of our members, Rhea Wilkins from RAM, and North Carolina LMSC Secretary Elizabeth Nowak from THAT, specifically represented our LMSC, while Jerry Clark, George Simon and Hill Carrow participated in the annual gathering in their various capacities as Directors and Committee Chairs/Vice Chairs of USMS.

Even though this year's gathering, like every year's gathering, focused on a broad range of issues affecting our organization and our sport, a special focus in the run up to and at the meetings is the question of how we can increase membership and participation in our LMSCs. This is a hot button issue, and one that is certainly germane to our program here in North Carolina. This concern is based on the fact that our total statewide LMSC membership was down in 2006 from 2005. I want to assure you that your LMSC Board and I are all paying acute attention to this issue. We are looking at some of the new ways other LMSCs around the country have been both broadening their membership bases and increasing the value of their LMSC's members memberships.

As I consider this issue, I can't help but thinking of a gentleman I work with who has recently taken to the pool for the first time in his life. The benefits of this new fitness-swimming regimen for this individual, who is in his early sixties, have been, as I am sure all of you have already guessed, really quite remarkable. He has lost weight and increased his general fitness and energy levels. This is an individual who will most

likely never compete in any of our events. However, he would greatly benefit from the training information and assistance we would provide him through our various LMSC and USMS national publishing resources and from the fellowship, encouragement, and social resources he could enjoy through a vibrant local club chapter.

I am also thinking about a young man who was on the high school swimming team I coached last year. Having graduated, this young man is attending a community college that does not have a swimming program. He works as a lifeguard at the local YMCA, but has stopped swimming regularly not seeing any opportunities to continue competing. While many kids who started young as age group swimmers burn out by the time they graduate from high school, this young man didn't start swimming until his ninth grade. As such, he has never experienced the burn out that precludes many of his peers from even considering our program.

Some of the LMSC's around the country who have weighed in on the membership development question have discussed specific program outreaches they have developed to target individuals like these. I'd like to encourage our local chapters to consider approaches to reach out to such individuals – e.g. making a concerted effort to get with YMCA aquatics directors to identify fitness swimmers or with high school coaches to identify graduating seniors who might be inclined to continue competing, etc. As you do so, we'll continue to consider the means the LMSC can help in the process by providing new and/or enhanced resources that will increase membership value for our members.

Finally, thanks to all whose thoughts and prayers have been with me during my recent knee surgery. My recovery is coming along well, and I hope to be back in the pool soon!



**2006 United States Aquatic Sports Convention
Dearborn Michigan
September 13-17, 2006**

By Jerry Clark
USMS Dixie Zone At-Large Director

This convention is held annually at different hotels across the country. United States Aquatic Sports is an organization headquartered in Indianapolis. It is an umbrella organization under which fall USA Swimming, United States Masters Swimming, US Diving, US Water Polo and US Synchronized Swimming. It is also the Federation for the United States in the world wide organization that governs all swimming – which is Lausanne, Switzerland-based FINA (Federation Internationale de Natation). There are too many Federations in FINA for me to count now – take a look at www.fina.org to grasp the size of it.

As far as some of the goals accomplished at the USMS level, there is good news to report. Our search for an Executive Director seems to be nearing a conclusion. I hope our President will be making an announcement soon on www.usms.org. When this position is finally filled, the many programs now led by volunteers should progress much more rapidly. The board has committed \$50,000 toward club (we call these ‘chapters’ in our Local Masters Swim Committee for North Carolina) and LMSC development.

For the 2008 Short Course Nationals (Apr 24-27), we chose the pool at the University of Texas at Austin, TX, and for Long Course Nationals (Aug 12-17), we chose the Mt. Hood Community College pool at Gresham, OR (just east of Portland OR). NOTE: the 2007 Short Course Nationals will be held May 17-20 in Federal Way, WA and Long Course Nationals will be held Aug 10-13 (distance events on Mon 13th) at The Woodlands, TX (a suburb on the north side of Houston).

After years of talking, a full scale effort was mounted this year toward having an online registration program to go into effect by November 1st. This will enable us to renew our USMS registrations online, thus substantially streamlining the process we’ve used for years. A long list of electronic objectives have been compiled, but for

the moment, those working on the software are focused on having online registration ready for 2007 renewals. Our George Simon has been instrumental as he has been the Chairman of the Registration Committee throughout the year.

A comprehensive (and very informative) survey of our membership was conducted, and the summary of that survey is quite impressive – have a look at it by going to <http://www.usms.org/admin/surveys>. There is no doubt that the study can be used in multiple ways by USMS in the immediate future.

I’ve saved the dues increase as the last item to mention. A committee wrestled with this matter for several months before recommending a \$5.00 increase in our annual dues. After debate in the House of Delegates (mostly in favor), the delegates approved it by a wide margin.

As the at-large board member from the Dixie Zone, I’ve now been to three meetings of the directors and am learning the methodology and politics of the USMS. I’ve never seen so many volunteers who genuinely care about adult swimming for fitness work so conscientiously toward advancing the program for all.

Earning the Dorothy Donnelly USMS Service Award are RAM’s Sue Haugh and Fritz Lehman. The Raleigh Area Masters National Championship Meets Award was presented to Michael Moore for his leadership at the FINA World Masters Championships.

I know that first-time delegates from NC Rhea Wilkins (Clemmons) and Elizabeth Nowak (Durham) enjoyed being there and gained an appreciation of the convention’s mission and procedures. George has worked hard improving Registration, and I spent time on both Championship Committee matters and Board matters, particularly the Executive Director search. It’s fun work in which to be involved.

Selections from the USMS Convention Minutes
The below represent just a few of the very important actions and decisions the committees and delegates carried out to advance Masters Swimming. You are encouraged
(Continued on page 3)

(Continued from page 2)

to access the US Masters website, <http://www.usms.org/admin/minutes>, for an insight into the significant work the leadership and delegates undertake on our behalf as they establish the general direction of USMS for the years ahead.

NOTE: In the following reports “MSA” means “Motion made, Seconded, and Approved.”

Board of Directors

Committee Chair: Rob Copeland

Committee members present: Rob Copeland, **Jerry Clark**, Nancy Ridout, Jeanne Ensign, Betsy Durrant, Michael Moore, Mark Gill, Nadine Day, Anna Lea Roof, Leo Letendre, Ted Haartz, Patty Miller, June Krauser, Jim Miller, Mike Laux, Julie Heather, Michael Heather, Carolyn Boak, Tom Boak, Laura Winslow, Meg Smath, Rob Copeland.

Action Items:

MSA to affirm the actions of the Executive Committee.
MSA the paid time-off policy for USMS employees proposed by the subcommittee chaired by Laura Winslow.
MSA the benefits policy for USMS employees proposed by the subcommittee chaired by Laura Winslow.

Minutes

Rob welcomed the directors and guests to the meeting, and noted that our theme for this convention, **“Thinking Outside the Pool,”** is particularly appropriate in this first year of our restructured governance. He asked for comments on the performance of the Board and the Executive Committee this year. Rob’s own comment was that both bodies need to continue to improve communication. Other comments were that the Board of Directors works well together, the minutes are informative, and adding the BOD to various mailing lists has helped keep everyone informed. Conference calls have been very effective, as well as *Streamlines*. Maintaining lines of communications with committee chairs has also been helpful. Nancy Ridout requested that the BOD be kept up to date in decision-making, so that they can answer questions as they arise.

Action items from the Executive Committee’s meeting earlier in the convention were presented to the Board:

- a. Create a task force, budgeted at \$500, to explore creating a technology services department.
- b. Create a club development initiative for servicing, staffing, enhancing and developing a support system for our clubs, with a budget of \$50,000.
- c. Appoint a task force to manage and develop the club development initiative.

The budget in action item (a) is primarily for conference

calls. The task force, which will be led by Jim Miller, will determine a technology structure to meet USMS’s needs. The focus will be on technology management, not content management. A step already being taken is that committee chairs will need to fill out forms in order to request work by the webmaster/IT director or other USMS employees/contractors. The task force is not necessarily focused on hiring more people, but on making recommendations. Any new hires would have to follow PMG. Jim said he would like to have proposals ready to present at the BOD’s mid-year meeting. The proposals would cover structure, job descriptions, requirements and financial requirements.

Action item (b) is intended to make good on our long-held desire to invest in our clubs. The \$50,000 would be used for a staff or contract position, if the task force referenced in action item (c) recommends going forward. Nancy Ridout recommended contacting Scott Rabalais, who had a similar proposal out of the Coaches Committee several years ago. Rob clarified that the budget for the task force referenced in action item (c) would be an overbudget expense for 2006, but the club development initiative itself would operate with funds from the 2007 budget.

Controller Margaret Bayless presented a financial report. Our auditors reviewed our accounts in 2005 and also prepared our tax return. For the first time, USMS paid unrelated business income tax, as a result of income from *USMS Swimmer*. Membership for 2005 was 42,674, an increase of 1.5 percent over 2004. She noted that 80 percent of our revenue comes from dues. She asked for input on the amount of reserves to maintain. Treasurer Tom Boak added that we have a team involved in USMS’s financial affairs, which includes National Office staff, Margaret Bayless, himself, and Finance Committee Chair Jeff Moxie and the remainder of the Finance Committee.

Laura Winslow presented two policies for the BOD to approve: one for paid time off for employees, and the other for benefits for employees. The time-off policies are the same as those discussed at the last BOD conference call, and the benefits policies are in line with the BOD’s previously agreed-upon benefits philosophy. Jeanne Ensign recommended that we be consistent in terminology, rather than using the terms “time off” and “leave of absence” interchangeably, and Laura agreed to make those changes, along with some spelling corrections. MSA to adopt the two policies, as amended. Rob noted that we will also soon have a confidentiality policy for the organization.

Michael Moore summarized the FINA World Masters Championships. He felt the championship achieved its goals of

(Continued on page 4)

(Continued from page 3)

providing the best competitive conditions for the competitors, leaving a legacy for the next organizing committee and fostering enthusiasm for our sport. He thanked USMS for the trust placed in him and the rest of the local organizing committee. Rob announced that it appears the meet will not be profitable, and not all of the loan USMS made to the local organizing committee will be repaid. He noted that we knew that this was a possibility when we decided to make the loan, and several in the audience commented that dollars and cents are not the only way to measure the success of such an undertaking.

Rob mentioned several potential hot topics for this convention, including:

- The repayment of the loan for the World Championships;
- Possible dues increase; as a point of information, Tom Boak announced that the Executive Committee has directed the Finance Committee to present a balanced budget to the House of Delegates, and that there is substantial pressure on this year's budget;
- Online registration;
- Web/IT projects;
- Lingering issues with last year's LATyCAR meet; and
- The executive director search; Laura Winslow announced that the search committee is still interviewing candidates. It will be the first item on the agenda for Sunday morning's BOD meeting.

Dixie Zone

Committee Chair: Debbie Cavanaugh

Committee members present: Debbie Cavanaugh, Barb Protzman, Margie Hutinger, Sue Moucha, **Elizabeth Nowak**, **George Simon**, Marty Hendrick, Jeff Stafford, June Krauser, Randy Nutt, Mary Lee Watson, Jean Fox, Ed Saltzman, Karol Welling, Joannie Campbell, Stu Marvin, Vicki Buccino, Sean Fitzgerald, Bill Cleveland, Ed Nessel, Tom Bliss, Meegan Wilson, **Jerry Clark**, **Rhea Wilkins**, Lisa Watson

ACTION ITEMS:

1. MSA to create a position of Dixie Zone Newsletter Editor.
 2. MSA to elect Barb Protzman as the Dixie Zone Newsletter Editor.
 3. MSA to change our Dixie Zone policy to reflect that the distribution of the Dixie Zone newsletter will only be done electronically.
- MSA to award the 2007 Dixie Zone Championships to the

following venues: Auburn, Alabama on Feb 17&18 for SCY, and Cleveland, Mississippi on Nov 30-Dec 2 for SCM. LC Championships will be held as a Virtual Championship, combining the results of all the Dixie Zone meets.

Financial Report. Debbie reports that our current balance is \$1207.12. Expenses included sending out four Dixie Zone newsletters to approximately 100 people each time.

Dixie Zone Top 10. We currently do not have Dixie Zone Top 10 Records at this time. Andy Dyer from South Carolina has volunteered for this position. Ed Saltzman will work with Andy to make sure he has the proper guidelines in which the meet results should be submitted. Barb Protzman will put a list of guidelines in the next Dixie Zone newsletter to assist meet directors in submitting their results to Andy in the proper format and manner.

Dixie Zone Records. Ed Saltzman reported that he is currently updating the Dixie Zone records.

2005/2006 Dixie Zone Championships. Clearwater, Florida was the venue for the 2006 Dixie Zone SCY Championships. Joanie Campbell reported that the meet ran very well, with a meet attendance of 250 swimmers. Debbie Cavanaugh reported that, unfortunately, the LC Championships, scheduled to be held in Raleigh, NC, were cancelled due to the lack of entries. Bill Cleveland also reported that the 2005 Dixie Zone SCM Championships, originally scheduled for New Orleans, had a change of venue due to the damage from Hurricane Katrina. The meet was relocated to Cleveland, Mississippi, and was attended by 30 swimmers.

Dixie Zone patches. Ed Saltzman reported that there has been no need to order Top 10 patches since we have not been doing Dixie Zone Top 10 records. However, one person did order 30 patches, which leaves us with a supply of about 20 patches. Ed will order more patches, since we are reinstating the Dixie Zone Top 10.

Hot Convention Topics □

- ◆ The Florida Mavericks are sponsoring the 2007 1 Hour Postal Championship, and encourage everyone to participate
- ◆ Drafting restrictions have been dropped for open water swims
- ◆ Ed Nessel and Tom Bliss offer stroke clinics and encourage the LMSCs to promote these among their members.

(Continued on page 5)

(Continued from page 4)

Registration

Committee Chair: George S. Simon

Committee members present: George Simon (Chair), Babs Larsen (Recorder), Donna Schubkegel, Anna Lea Roof, Jean Fox, Nancy Ridout, Leo Letendre (ex-officio), Tracy Grilli (ex-officio), Julie Heather (ex-officio), Esther Lyman (ex-officio) via speaker phone.

Action Items

MSA: Ask BOD for a policy to allow registrars and Top 10 officers ability to access the secured area of the national database, which contains current membership information, including DOB, email, and full address.

MSA: Ask BOD for a policy to allow all LMSCs to post name, club, age, city, and gender of its members on a nonsecured location on LMSC website.

MSA: Amended #2: Ask BOD for a policy to allow all LMSCs to post name, club, age, city, and gender as it applies to membership lists of its members on a nonsecured location on LMSC website.

Minutes

A telephone call was made to Esther Lyman, USMS Database Administrator, who participated by phone. Esther was recognized for her excellent efforts as our database administrator. Esther reported that as of September 13, 2006, there were 41,759 registered USMS swimmers. This is 97.6% of the number registered last year. It is expected that USMS may have 43,000 members at the close of the 2006 registration year. Of the members registered so far, 23% are new members, 67% are renewal members, and 4% are returnees – swimmers who have been previously registered, but let their membership lapse for at least a year.

GENERIC USMS REGISTRATION FORM: George led a discussion on the design of the generic USMS registration form in the LMSC Handbook. There was a consensus of persons attending that showing dates of when reduced rates became effective were confusing. This causes swimmers to overpay and underpay when submitting their registration forms, causing extra work for the LMSC registrar and LMSC treasurer. Julie Heather showed a coupon that her LMSC sent to swimmers who overpaid that could be applied to the next registration year. The coupon noted that lost coupons could not be photocopied, transferred or replaced if lost, as well as having an expiration date.

George passed out a sample of wording for the 2007 generic registration forms. In an informal vote, Suggestion #2 seemed to be the most popular with a slight modification to the ending date.

OTHER DISCUSSION

The registration form must state the price of the USMS magazine to meet USPS postal rate requirements. George promised to send out updated generic form by the end of the month. George offered to convert LMSC registration forms to PDF format for those LMSCs who do not have access to a PDF program.

Rolling Year Memberships: This will be addressed in the future. The main focus is to get online registration up and running. It was mentioned that US Triathlon Association has rolling year registrations, but insurance issues were not a factor. USA Swimming does not have rolling year memberships. One problem for USMS is that the responsibility of making sure that all swimmers are registered at all practices would probably fall on the coaches. Esther noted that the number of people in college and universities habitually register at the same time every year.

LEO WARE Online Registration: Leo reported that he was close to finishing the "requirement document." The World Championships pushed online deadline behind schedule. Mark was proofreading what Leo has written so far.

Confirmation/Receipt Number for online registration: Swimmers using online registration will be given a confirmation/receipt number at time of online registration so that they can enter meets before receiving their USMS card with permanent ID number. It was suggested that the state abbreviation be used rather than the LMSC number. When the permanent card is issued, the confirmation/receipt would no longer be valid.

Leo reported that there has been discussion with HyTek about being able to import USMS swimmer's name and permanent ID numbers from a database to ensure correct name spellings, ID numbers and birth dates.

Version 10 of Leo Ware will be available by the end of the month. There will be new updates as the process for online registration is finalized. Registrars should regularly check for updates.

Championship

Committee Chair: Mark Moore

Committee members present: Mark Moore, Lisa Watson, Sandi Rousseau, Mel Goldstein, Barb Protzman, Debbie Cavanaugh, Steve Newman, Diane Stowell, Michael Moore, **Jerry Clark**, Leianne Crittenden, Jim Matysek, Erroll Graham, Jane Moore, CJ Rushman, Barry Fasbender, Heather Hagadorn, Jeff Roddin, Elizabeth Johnson, Mark Gill

(Continued on page 6)

(Continued from page 5)

Action Items:

1. MSA to increase the meet surcharge for the 2007 SC Nationals in Federal Way by \$5.
2. MSA to approve the logo and medal design for the Federal Way meet.
3. MSA to raise the NQTs for 2007 SC Nationals in Federal Way to Top 10 + 15% for 50 and 100 yard events.
4. MSA to approve the logo and medal design for 2007 LC Nationals in Woodlands, Texas.
5. MSA to form a subcommittee to look into the possibility of establishing a Championship policy that the meet bidders include their proposed surcharge and per event fees in their bid proposal with a rationale included to support these figures.
6. MSA to support the rule proposal for which would require a minimum of two buttons and one watch per lane, while maintaining a Championship policy to require two watches and two buttons.

Minutes

1. Representatives from Federal Way and Woodlands presented their proposed logos and awards for the 2007 SC and LC Championships. Jane Moore presented the proposed logo and awards for Federal Way. She also addressed the concern that with a potentially low turnout, their meet might lose money since they are paying such an enormous pool rental fee. She stated that at 1300 swimmers they would only break even.

This brought up discussion on ways to possibly increase attendance and revenue for Federal Way. Carolyn Boak made a motion to raise the meet surcharge for this meet by \$5. The motion was seconded by Sandi Rousseau. MSA to increase the meet surcharge for the 2007 SC Nationals in Federal Way by \$5.

Jim Matysek proposed that the Championship Committee establish a policy of requiring the meet bidders to include a proposed meet surcharge and per event fee in their bid with a rationale to support their proposal. After some debate, this proposal was tabled.

2. Julie Heather addressed the Championship Committee regarding the policy manual that will hopefully be submitted at next year's convention. Julie asked this committee to decide what policies we have to submit. Mark stated that we will form a subcommittee to look into this.

3. Next item on the agenda were the rules proposals that affect National Championships. Charlie Cockrell, Vice Chair of the Rules Committee, addressed this committee and asked for our opinion on the rule proposal which would

require two buttons and one watch per lane as opposed to two watches and one button. The rationale for this rule is that it would give flexibility in the event of a national meet that uses multiple courses and has difficulty in getting the adequate number of timers.

4. Jerry Clark received a fabulous award for guessing the right amount of online entries for the 2006 SC Nationals in Coral Springs, which was 76%. The meeting was adjourned at 12 PM.

Records and Tabulation

Committee Chair: Mary Beth Windrath

Committee members present: John Bauman, Vicki Bucino, Trisha Commons, Barbara Dunbar, Laszlo Eger, Milton French, Cheryl Gettelfinger, Julie Heather, EC Liaison, Bruce Hopson, Margie Hutinger, Ginger Pierson, Walt Reid, Nancy Ridout, Ed Saltzman, Joan Smith, Ed Tsuzuki, Karen Tucker, Mary Beth Windrath

Minutes

1. Roles
 - a. Mary Beth Windrath
 - b. Walt Reid – USMS Records and World Records
 - c. Ed Tsuzuki – Uploads Top 10 data to web and makes corrections
 - d. Ginger Pierson – Sends out Relay All-American certificates
 - e. Jeff Roddin – Calculates NQTs from Top 10 data

2. Rule Discussion

- a. Discussed request from Registration Committee to allow access for Top 10 recorders to the national registration database. Julie Heather indicated that a future issue may include signing a privacy form for all those who have access to this data. MSA to request access for all LMSC Top 10 recorders to the online national USMS registration database for the purpose of verifying USMS IDs (via restricted access to www.usms.org administration site)
- b. Discussed request to extend waiver to accommodate National Senior Games (SCY to be held June 27-July 2, 2007) meet results in Top 10 for 2007. Other past exemptions were noted. MSA to deny the request to allow an exception for the National Senior Games 2007 to be included in the 2007 SCY Top 10 even though the meet occurs after the SCY season cut off for Top 10.

3. Pool Measurement Subcommittee – Karen Tucker

- a. 53 LMSCs surveyed; 31 responded, 22 no response
- b. Of responses – 21 have bulkheads; 24 not certified
 - i. Milton French uses a laser (\$370) that he claims is within 3mm of accuracy to measure pools. Ed

(Continued on page 7)

(Continued from page 6)

Saltzman has a list of websites where these types of lasers can be purchased, as well as steel tapes.

ii. Vicky Buccino has suggested that Milton write up a summary of how he measures pools with the laser. Milton has agreed to distribute his procedure to this committee for review by October 1, 2006.

The purpose of this document is to help educate those who are responsible for certifying pools.

iii. Deb Cavanaugh has suggested that this committee pursue publishing a list of pools that have been measured (and listing those that have moveable bulkheads that must be measured for each session of each meet).

iv. Jeff Roddin suggested that the record application form be modified to indicate that the pool certification must be included with the record application.

v. A.J. Block recommended that meet information indicate if a pool has been measured.

vi. This subcommittee will continue this discussion and will consider creating a database of pools that have been certified (and listing those which have moveable bulkheads).

4. Top 10 Procedures Subcommittee – Barbara Dunbar for Dennis Tesch

a. 53 LMSCs surveyed: 28 LMSCs responded

b. Many “new” (half of respondents have been doing this for less than four years) Top 10 recorders

c. 70% receive meet results in HyTek format

d. 25% are using Mary Beth’s software

e. The most time-consuming part is verifying information.

f. No recommendations for improving procedures were given at this point. The subcommittee will continue to follow up with some possible recommendations.

5. Handling of swims from foreign meets

a. According to USMS rule book, foreign meets can be recognized.

b. Responsibility of getting times submitted for Top 10 is up to the swimmer – swimmer should submit results to their LMSC Top 10 recorder and to the National Records and Tabulation Chair.

c. For recognized meets in the U.S., pool length certification and official meet results are required for all Top 10 submissions.

d. For recognized meets outside of the U.S., official meet results either via web or hardcopy are required for all Top 10 submissions.

e. Task force to clarify situation when a USMS-registered swimmer swims for another team within the same “federation” (e.g. two countries within FINA).

Communications

Committee Chair: Hugh Moore

Committee members present: Tom Boyd, Daniel Cox, Kelly Crandell, Susan Ehringer, Tracy Grilli, Lynn Hazlewood, Raena Latina, Tom Lyndon, Jim Matysek, Hugh Moore, Ray Novitske, and Bill Volckening.

Action Items

MSA to request the Executive Committee to set up a task force to develop the requirements for a sanction database no later than the end of this year.

Minutes

Communications Plan. Tom Lyndon outlined the Communication Plan.

Three issues must apply to the Communications approach of solving/creating better forms of communication.

Focus all USMS communications on what is wanted and the most receptive ways.

Expand the use of our Internet resources, and make better use of it.

Maintain *realistic* and accountable goals and timelines. Establish goals and achieve them.

Current sources of communication were reviewed and evaluated, including the website, national publication, newsletters, the quarterly administration publication, and email. Revisions need to be made to the USMS Calendar of Events, the USMS listing of Places to Swim, and contact information.

New resources of communication were discussed, including email list serves for the membership/coaches/LMSCs, podcasts, blogs, rss (Really Simple Syndication), material for direct application, a national meet sanctions database, and video libraries.

Combine the mini-rule book and the USMS Calendar publications to create a catch-all, user-friendly publication for swimmers and officials to write in important dates and be able to reference important rules in a portable book.

It is advisable to determine the membership's preferred method of communication for different types of information (i.e. – newsletters delivered via email versus postal mail).

Survey Results and Application

Of the 20,000 people asked to participate in the Communications Committee survey, 7,200 people participated. The responses divided the target audience into five distinct types of swimmers: serious competitors, serious noncompetitors,

(Continued on page 8)

(Continued from page 7)

nonserious competitors, triathletes and all-event/open-water swimmers. Reasons for swimming included improved fitness, competition, and social aspects. The benefits of swimming amounted to health and fitness returns.

The virtual dual meet project was discussed. Ray Novitske, Hugh Moore and Bob Bruce are working on the project. The basis includes a time-handicap for swimmers to compete on a common age-group level. The idea is to apply this handicap to swimmers' times, such that each person competes as the same age and all swimmers can be scored against each other for a proper distribution of team points.

Special thanks to Jeanne Seidler for continuing Mel Dyck's efforts to create a comprehensive meet database. The process would be more easily accomplished if little reminders were often posted in newsletters, the website and emails to LMSC board members. Consider adding to the requirements of the Sanctions Chair in the Legislation Handbook, to follow up meet correspondence by sending in meet results to the meet database developer.

Coaches

Committee Chair: Bob Bruce

Committee members present: Bob Bruce (Chair), Mo Chambers (Vice Chair), Lee Carlson, Bill Cleveland, Doug Garcia, Jacki Hirsty, Wayne McCauley, Don Mehl, Ed Nessel, Scott Williams, Mark Gill (EC Liaison)

Minutes

Review of ongoing projects:

- National Coaches Conference at the ASCA Convention was successful – six speakers, panel discussion, Masters School, and great networking. ASCA and USMS Coaches Committee working well together.
- Coach of the Year. Winner will be announced at the banquet. Only four nominations were received this year, prompting discussion about how to get more nominations.
- Video library – Emmett Hines recently purchased many new DVDs.
- On-deck coaching. We're looking for a new coordinator for this program, and Chris Colburn is considering taking on this role. Tom Boak collected emails of coaches planning to attend the Woodlands to begin a dialogue with them about team attendance and on-deck coaching at the USMS LCM Championships in 2007.
- Snooper rental program – Thank you to Lee Carlson for his wonderful job with this for the past four years. We're looking for a new coordinator for this program.

Review of major projects:

- Coaches Manual – A working meeting was held at lunch to relaunch this crucial but stalled program.
- Camps and Clinics – There was no OTC camp this year at the request of USA Swimming, but Nancy Ridout is working to re-establish the program. What kind of camps and clinics shall we be pursuing that will touch many more of our members? Will future clinics also be for training coaches at the grass roots level? Subcommittee formed to create a plan.
- *USMS Swimmer* – Bill Volckening, USMS Editor, is asking for more contributions from coaches. The "Technique and Training" section is growing by another page to three pages. Congratulations to Jacki Hirsty for her great work in this area.
- Triathlon – Ongoing conversation with USAT.
- LMSC Coaches Reps – Bob's personal project for the year. This will also address the issue of a better database of coaches and communication to coaches to the local level.
- Member Survey: Tom Boyd spoke to us about the results. Key finding—surprise, surprise—USMS's best marketing for recruitment and retention of members is *the coaches!*. Tom encouraged coaches to read the Coaches Report, which was created from the survey results in order that we better understand the members.
- Communication – Mo Chambers will create an email to all USMS coaches to report to them on the many things that were discussed at this meeting.

Editorial

Committee Chair: Lynn Hazlewood

Committee members present: Lynn Hazlewood, Maria Anderson, Tom Boyd, Nadine Day, Raena Latina, Heather Hagadorn, Jim Matysek (ex-officio), Bill Volckening (ex-officio), Mark Gill (ex-officio).

Minutes

Marketing report—Tom Boyd

Member survey

Tom reported on the survey project. His written report is available on USMS/Admin website. He stated that he is willing to do custom survey results upon request. He also noted that USMS has a branding problem in that our name is inconsistent with our mission. The magazine will be a significant part of addressing that branding issue.

USMS SWIMMER long-term development

The survey was utilized in annual planning. Lynn stated that what we do with our publication must relate to the long-term goals of USMS and must be supportive of the

(Continued on page 9)

(Continued from page 8)

marketing effort. During the next year, the committee will undertake a study of development of the magazine, which would likely require additional financial resources. When we know where the magazine fits into USMS development plans, we can then determine the manner of that development and when it could occur.

Business report—Maria Anderson

LMSC Newsletter Publication in the Magazine

Currently two LMSCs have their newsletters inserted into their members' copies of USMS SWIMMER under a contractual arrangement with the publisher. The committee and the publication staff have discussed offering this service to other newsletters. We have been told that for LMSCs of at least 500 members this may be a more cost-effective way to deliver their newsletter. Thus we are extending the offer to LMSCs of this size or larger. Any LMSC looking to pursue this option would have to meet the production timelines of the printer though for the duration of the DMC contract. The cost of postage would be covered by USMS. However, we will revisit the postage issue after the expiration of the current contract. Concerns over the postage cost being covered by USMS to subsidize the additional postage required to mail these magazines were assuaged when the figures showed that the additional cost of postage worked out to less than one cent per issue per USMS member.

USMS SWIMMER report—Bill Volckening

Bill discussed the publication year, including some remarks of the annual planning meeting that took place in June. He stated that everyone's input on ideas are collected to assist with annual planning and discussed during the meeting. There was a discussion on holding the magazine publication for important issues, as we did for the World Championships this year. Julie requested that the newsletter editors be notified if the magazine will be delayed and Doug Garcia cautioned against appearing to be too focused on competition. All agreed that holding publication for Worlds and National Championships are acceptable exceptions in order to report news in a timely manner. Bill's theme this year will be to educate people how to contribute to the magazine by deadline and that their ideas are welcomed and will be used.

Development of ideas and resources: Bill reported that the survey confirmed that the USMS SWIMMER is on target with editorial content. The members did express the desire to have more training and technique and fit-

ness information in the magazine. For the 2007 publication year, there will be some minor changes in the magazine structure to address the members' desires as well as solve some editorial problems. We will add a page of content to the training and technique department. Swimming Life and Inside USMS departments will be combined, since they cover the same content. Bill will be working on achieving more coordination with certain committees and discussed content development and making deadlines.

Website report

Jim Matysek reported that we have two websites—usmsswimmer.com (magazine website) and usms.org (USMS website). There is work that needs to be done for both websites that relates to publications.

usmsswimmer.com development report—Jim Matysek reported on plans to complete the functionality of usmsswimmer.com, the national publication's website. His written report is available on USMS/Admin website.

Web Managing Editor position

Jim Matysek reported on a project for next year to develop a position of Web Managing Editor. This position will be the functional equivalent of the magazine's Managing Editor. His written report is available on USMS/Admin website. Hugh Moore suggested we write an action item to create the position. This action item was postponed until next year's convention. The committee had previously brought this proposal to the attention of the EC, and Mark Gill suggested that development of this position may be folded into the work of the IT Task Force. It was agreed that the Web Managing Editor and the magazine's USMS Editor would work closely together to avoid duplication of effort and poaching of content from one media to the other.

Web Content Management project—Heather Hagadorn came onto the committee to be the web content manager. She reported on the first stage of this project, which is to improve the accuracy and timeliness of editorial content on the website. Her written report is available on USMS/Admin website. This project was facilitated by the work of a Communications Committee subcommittee, led by Ray Novitske, to audit the full contents of usms.org. Heather will begin to contact committee chairs after convention. Julie requested that the appropriate vice presidents be copied on all emails.

2006 XI FINA Masters World Championships - A HUGE SUCCESS!!!

By Elizabeth Nowak Twenty-eight NCMS swimmers journeyed across country to Palo Alto, CA for fun, friends, and fast swimming at the XI FINA Masters World Championships held August 4-10, 2006. There were over 5,200 swimmers from seventy-two countries competing in the swimming competition alone with another 2,000 athletes competing in water polo, diving, synchronized swimming and/or the open water swim. The 70-80 degree temperatures were a great break from the 100+ degrees we had all been experiencing for the previous 3-4 weeks in North Carolina. Not only was the weather superb the entire week, the Stanford University outdoor swimming venue was the envy to all with two 50-meter competition pools and two 25-meter warm-up pools at perfectly set temperatures for plenty of very fast swimming.

Both veterans and newcomers to the Masters World Championships alike powered us all. NCMS garnered seven first-place finishes by Richard Bober (55-59) in the 50 back (31.22-meet record!) and 200 back (2:24.85); Richard Kitchell (65-69) in the 100 fly (1:16.72-meet record!) and 200 fly (2:58.38-meet record!); John Kortheuer (75-79) in the 50 breast (41.36) and 100 breast (1:35.62-meet re-

cord!); and the 280-319 age group 200 Mens Medley Relay of Clarke Mitchell, John Kotheuer, Richard Kitchall and Jerry Clark (2:21.46) who broke their **WORLD** record from a year ago by 0.2 seconds -- an amazing feat for a group of "young men"!!! You should have seen these four men after their record setting swim – they were like a bunch of ten year olds in a candy shop!! We were all really glad to be there to witness their record swim!!

Two NCMS swimmers, Fillipo Porco and John Mangrum, also competed in the open water swim at the Robert Crown State Beach on the San Francisco Bay. Rumor has it the water was a bit nippy at 63 degrees—yikes!! Frances McEachran also participated on the 40+ women's USMS Flying Flamingo's water polo team that finished third!! Congrats Frances!!

The best part of these types of events is the meeting of new and reacquainting with old friends from all corners of the world. Hanging out with everybody between swims under the tent and going out in the evenings was fun for all. I look forward to seeing everybody down-under in Perth, Australia in 2008!!



200 Womens 160-99 FR



200 Mixed 160-99 MR



200 Mens 160-99 MR



200 Womens 240-79 MR

By Sandra Kremer. In my early teen years, I spent summers at a camp on Moss Lake in the Adirondacks. That young woman never dreamed that fifty-seven years later, she'd be swimming FINA World Championships in Palo Alto, Calif. As we used kickboards made from 2x12s drilling from dock to dock in cold, cold water under the watchful eye of Coach Zimnoch, I just hoped I'd live to see another day. Even this summer as I prepared for the meet, I could not have anticipated my quickened heartbeat at the sight of the entry lined with flags of the competing nations – seventy-three in all.

As a treat to myself, I flew two of my grandchildren in to share some time with me. At the NC meets or Nationals, it tickles me to hear “Go, Grandpa” or “Go, Grandma” reverberating around the pool. I wanted to have that experience. My nephew and his wife flew in from Dallas, giving added meaning to family time. Bunny Cederland, perennial world record holder from Florida, said eleven of her family flew in. Bunny spent many summers in our mountains in Hendersonville and worked out at Patton Pool with us. Swimming builds friendships nationally and internationally.

While in the SRO stands awaiting the opening ceremonies, several circuits of The Wave provided warm-up! The opening ceremonies featured talented Palo Alto performers acknowledging each of the five water sports represented at the Championships. Dancers from several parts of the world drew appreciative applause with their colorful costumes and quick feet. My favorite part was the drumming group and their two numbers. The stands vibrated with the energy. Sitting as national teams and waving their flags, everyone was in the spirit of competing, meeting old friends, and making new ones.

You might wonder what makes a “back of the pack” runner, slow heat and outside lane swimmer, and devoted but average tennis player aspire to World Championships? Good question! Because I made cutoff times in all of my events, and I love relays. The connection of belonging to a team goes way back to those days at Moss Lake. Because it's fun. Nothing quite like getting out of the pool after a swim and seeing a teammate greet you with “good swim”.



Elizabeth Nowak was our relay coordinator. Though it was a lot like herding cats, she did an outstanding job. John Mangrum provided team shirts, and they are really cool -- white complete with red and blue banding, US flag, FINA World Championships, and an NC logo. Oh, and there was trading of pins, caps, T-shirts or other memorabilia related to teams and meets. With relays, shirts, and pins, what other motivation does a swimmer need?

Sitting in the marshalling area, a swimmer could absorb the sounds of many voices, many languages. We asked the usual questions: Where do you swim?

Have you been to World's before? Clearly, swimming bridged the language barriers. When the starter pressed the start button, we all gave our best effort. Some set world records, some bettered personal records, and all had the satisfaction of “leaving it in the pool”.

The meet was well run, the location was ideal, and the Californians put on their best Chamber of Commerce weather. Throw in a tour of Alcatraz, shopping in Chinatown or The Cannery, or attending a Giants game, and a good time was had by all. Anyone for Perth in '08?



280+ year old World Champs



200 Womens 160-99 FR

By John Mangrum. I am a fairly big fellow; my coach always told me, "I was a football player who could swim and not a swimmer who could play football". So I tend to muscle through the water. Well I like the butterfly stroke, but it just doesn't like me as much. No fair, what did I ever do to it??? Terry Conrad and I compete in the same age group, and we also compete in the same stroke. You guessed it – the BUTTERFLY! The butterfly, such a lovely creature, floating through on the slightest breath of air, but what a power hungry one when you let your guard down.

Terry and I have earned the following titles, "Master of How Not to Swim the 100 Fly" by John Mangrum and "Master of the How Not to Swim the 200 Fly" by Terry Conrad. So I can safely say, "Dam, it hurt"!!!! Who would have thought that such a gentle creature could cause so much pain?

While I was competing in the 2005 Australian Masters Games this lovely little creature displayed its true colors. In the 100 fly I was seated in the fast heat in lane six. I thought I would give it my all. I stayed with the competition for two-thirds of the distance. My gas tank ran dry, and I was gasping for air. The gentle creature that floats on a breath of air had sucked all the oxygen from that pool deck. I could not get my arms to move. I kicked all the rest of the way and was able to take one last stroke at the wall. What an embarrassment. I made it in, but I hurt so badly.

It happened again in Stanford. That Australian Devil contacted its American cousins at Stanford and told them we were coming. Knowing I had just beat my seat time for the 100 Butterfly during my 400 IM race I was feeling pretty good. Terry coached me before the swim. Unknown to Terry the American Butterfly got the call from Australia

and put a hit on me, and later, on Terry. I felt really good in the water until the last thirty-seven meters. I took one more stroke and exclaimed "Oh Noooooo!" Oxygen depleted, that sting in my arms, the hit was successful. I could not get the forward motion going. I was panting very badly, and my feet developed cement shoes. Hit men, you have to hate them. I looked like a fishing pole float, just bobbing up and down.

I was thinking that with twenty-five meters to swim I am going to have to quit. I went out too fast and was paying for it now. Then I heard some encouragement, and that provided a little boost. Just inside the flags I was praying that my arms would come out of the water just a couple more times. I am sure Jon Blank had my Nitro pills ready, and Elizabeth was on her way to the EMT for an oxygen tank. Let me tell you it is hell when the well runs dry, and you still have twenty-five meters or so to go to finish your race.

Terry, in contrast, swam a great 100 Butterfly. His "hit" deflector shields were fully charged for that swim. Terry's strokes were long, strong, and graceful as a Butterfly.

Meanwhile, the 200 fly starts playing mind games with you. My deflector shields finally received a full charge, but poor Terry, the hit was put on him this time. My butterfly bug infected Terry with a vengeance. His first 150 was long and strong like his 100 butterfly, but then the meltdown happened. That little breath of air was sucked dry. Cement shoes emerged from the pool, and the hit was on. In a last stitch effort Terry kicked his way to the wall. Terry, I must say, looks great on videotape. You can read our Best Seller, "The Diary of the "Dying Butterfly" by co authors John Mangrum and Terry Conrad. We will be available for signings at the next meet.

MALE		
25-29	Pavlov, Ivo B	28th / 100 Free / 56.53; 18th / 200 Free / 2:08.82; 25th / 50 Fly / 27.62; 32nd / 50 Free / 25.97
	Porco, Filipino	28 th / 100 Brst / 1:27.27; 28 th / 50 Brst / 35.46; 20 th / 200 Brst / 2:58.94
35-39	Merino, Jose I	14th / 100 Breast / 1:11.91; 2nd / 50 Fly / 26.10; 6th / 100 Fly / 59.01; 16th / 50 Breast / 33.11; 3rd / 200 Fly / 2:18.22
	Farrell, Andrew J	11th / 800 Free / 9:23.59; 26th / 100 Free / 57.09; 13th / 200 Free / 2:04.42; 11th / 100 Back / 1:05.22; 6th / 400 Free / 4:30.11
40-44	Goldman, Brian	47th / 100 Free / 59.44; 39th / 200 Free / 2:14.92; 75th / 50 Fly / 30.01; 45th / 50 Free / 27.02; 45th / 50 Breast / 35.33
	Conrad, Terry J	36th / 400 IM / 5:54.09; 71st / 200 Free / 2:22.88; 57th / 200 IM / 2:42.60; 48th / 100 Fly / 1:10.16
	Mangrum, John	49th / 200 Back / 2:48.08; 41st / 400 IM / 6:11.78; 39th / 100 Back / 1:18.40
	Stewart, Henry	17 th / 100 Free / 56.97; 23 rd / 50 Fly / 28.0; 27 th / 50 Free / 26.23
45-49	Blank, Jon W	3rd / 100 Breast / 1:10.23; 10th / 50 Fly / 27.61; 7th / 200 IM / 2:24.26; 2nd / 50 Breast / 31.03; 3rd / 200 Breast / 2:36.36
50-54	Ferroggiaro, Fred	7th / 800 Free / 9:45.09; 14th / 200 Free / 2:14.30; 5th / 100 Back / 1:08.65; 20th / 50 Back / 33.38; 14th / 400 Free / 4:50.43
55-59	Bober, Richard S	1st / 200 Back / 2:34.85; 2nd / 100 Back / 1:08.55; 1st / 50 Back / 31.22
65-69	Kitchell, Richard	1st / 100 Fly / 1:16.72; 1st / 200 Fly / 2:58.38
	Weiss, Edward J	29th / 100 Breast / 1:52.70; 33rd / 50 Breast / 48.58; 23rd / 200 Breast / 4:04.08
	Clark, Jerry	5th / 800 Free / 11:51.57; 2nd / 100 Free / 1:07.81; 4th / 200 Free / 2:33.85; 6th / 50 Free / 30.21; 4th / 400 Free / 5:30.08
70-74	Mitchell, Clarke	7th / 200 Back / 3:24.13; 5th / 50 Fly / 35.93; 8th / 100 Fly / 1:40.91; 2nd / 100 Back / 1:27.20; 4th / 50 Back / 39.00
75-79	Kortheuer, John	1st / 100 Breast / 1:35.62; 4th / 50 Free / 33.63; 1st / 50 Breast / 41.36
	Webber, Dick N	6th / 100 Free / 1:19.46; 3rd / 50 Fly / 40.92; 7th / 50 Free / 34.71; 7th / 200 IM / 4:04.03

FEMALE	SWIMMER	PLACE / EVENT / TIME
25-29	Schreiner, Vironica M	24th / 100 Breast / 1:26.45; 32nd / 50 Fly / 34.40; 30th / 50 Free / 30.66; 27th / 50 Breast / 40.63; 9th / 200 Breast / 3:07.78
35-39	Greene, Dana M	61st / 50 Free / 34.85; 50th / 50 Breast / 46.38
40-44	Deal, Elisabeth Elliott	33rd / 100 Free / 1:07.19; 26th / 50 Fly / 32.66; 23rd / 50 Free / 29.90; 17th / 100 Fly / 1:15.69
	Nowak, Elizabeth A	12th / 200 Back / 2:46.98; 7th / 100 Breast / 1:23.95; 11th / 200 Free / 2:22.13; 15th / 200 IM / 2:43.71; 10th / 50 Breast / 38.35
	Battle, Ruth M	31st / 100 Free / 1:07.11; 21st / 50 Fly / 32.09; 17th / 50 Free / 29.40
	Walsh, Susan	3rd / 100 Free / 1:01.33; 2nd / 50 Fly / 29.79; 3rd / 50 Free / 27.93; 3rd / 100 Back / 1:11.23; 2nd / 50 Back / 32.53
45-49	McEachran, Frances T	29th / 200 Back / 3:01.57; 19th / 400 IM / 6:27.04; 16th / 100 Back / 1:21.01; 15th / 50 Back / 36.62
	Woodard, Alis Rojas	35th / 800 Free 11:53.54; 54th / 100 Free / 1:13.80; 38th / 200 Free / 2:41.67; 39th / 50 Free / 32.48
50-54	Rogers, Eugenia (Jennie)	28th / 200 Back / 3:25.88; 25th / 400 IM / 7:32.27; 51st / 50 Fly / 45.56; 26th / 200 IM / 3:29.85
60-64	Mitchell, Jeannie R	7th / 100 Back / 1:31.61; 6th / 50 Back / 42.92; 11th / 400 Free / 6:34.03
70-74	Kremer, Sandra L	12th / 800 Free 15:52.17; 9th / 100 Breast / 2:09.43; 11th / 200 Free / 3:37.46
	Robbins-Bonitz, Suzanne	21st / 200 Back / 4:39.11; 25th / 50 Free / 52.14; 20th / 50 Breast / 1:05.76; 15th / 100 Back / 2:04.50; 11th / 50 Back / 53.29

By Suzanne Robbins-Bonitz. What a meet! It was, at best, poorly organized chaos. The swimming was the most organized activity, but then the sheer weight of swimmers (all over 25) and the many language constraints certainly made the chaos understandable. My individual events were not momentous, but I had a run of luck with relays and the wonderful North Carolinians with whom I was entered. We swam to a tenth place in our Mixed Medley and a seventh place in our Women's Medley. I swam 50 back in both and had great times for me. The biggest thrill was watching our championship Men's Medley relay. When Jerry Clark simply exploded from the blocks for the final 50 meters, the whole crowd yelled encouragement, and he touched handily ahead of the next closest team. It looked like he had on electric fins he swam so fast! Just visiting with the few people I had known from the deep, dark past was also wonderful. I'll probably never attend another meet of that size; so it is good I have great memories of this one.

By Alis Rojas Woodard. I had the privilege to be part of the NC team at the FINA Worlds in Stanford. The trip to Palo Alto was a dream come true. Only six years ago I started practicing with MAC Masters. I dedicate my swims to my coaches and all of my swimmates who encourage me

with their discipline and determination at every practice. On the shuttle from the airport to the hotel I was lucky enough to meet three swimmers: from Canada, Guatemala and Peru. The swimmer from Peru had participated in three other World meets. For the other two and me this was going to be the first 'big' meet of our lives. The Peruvian told us that it was a lot of fun -- and he was right!

I enjoyed the opening ceremonies and walking around the pool trying to swap shirts and taking pictures. It was great to see the ninety-year-old woman swim the 800 meters. What an inspiration! Life is about doing your best and the reason I was there. Cheering and watching our own John K win the gold medal in the 100 breast was awesome.

The day I had the most fun was on Tuesday (relay day) when I was finally able to cheer for the wonderful swimmers of North Carolina and the World. A very memorable moment was to witness our own men's relay team that broke the World Record.

Thank you Elizabeth N for organizing the relays and for the chance to be faster in the great pools of Stanford. It was great to be part of the North Carolina team. See you in Perth, Australia in 2008! Keep swimming!!

Relays	Place / Time	Team Members
Men 200 Free Relay	13th / 1:44.62	Blank, Jon W; Goldman, Brian H; Conrad, Terry J; Pavlov, Ivo B
Men 200 Free Relay	2nd / 2:07.86	Clark, Jerry; Mitchell, Clarke E; Webber, Dick N; Kortheuer, John D
Men 200 Medley Relay	36th / 2:28.58	Ferroggiaro, Fred; Weiss, Edward J; Mangrum, John W; Webber, Dick N
Men 200 Medley Relay	27th / 2:00.81	Pavlov, Ivo B; Blank, Jon W; Goldman, Brian H; Conrad, Terry J
Men 200 Medley Relay	1st / 2:21.46	Mitchell, Clarke E; Kortheuer, John D; Kitchell, Richard W; Clark, Jerry
Mixed 200 Free Relay	7th / 1:50.47	Goldman, Brian H; Deal, Elisabeth Elliott; Battle, Ruth M; Merino, Jose I
Mixed 200 Free Relay	33rd / 2:47.88	Weiss, Edward J; Kremer, Sandra L; Robbins-Bonitz, Suzanne E; Mangrum, John W
Mixed 200 Free Relay	18th / 1:56.15	Ferroggiaro, Fred; Schreiner, Vironica M; Woodard, Alis Rojas; Farrell, Andrew J
Mixed 200 Medley Relay	10th / 3:13.53	Robbins-Bonitz, Suzanne E; Kremer, Sandra L; Webber, Dick N; Weiss, Edward J
Mixed 200 Medley Relay	2nd / 1:59.75	Walsh, Susan; Blank, Jon W; Merino, Jose I; Nowak, Elizabeth A
Women 200 Free Relay	2nr / 1:54.49	Nowak, Elizabeth A; Battle, Ruth M; Deal, Elisabeth Elliott; Walsh, Susan
Women 200 Free Relay	33rd / 2:19.42	Woodard, Alis Rojas; Mitchell, Jeannie R; Rogers, Eugenia (Jennie) A; Schreiner, Vironica M
Women 200 Medley Relay	7th / 3:09.77	Robbins-Bonitz, Suzanne E; Kremer, Sandra L; Rogers, Eugenia (Jennie) A; Mitchell, Jeannie R
Women 200 Medley Relay	3rd / 2:12.07	Walsh, Susan; Nowak, Elizabeth A; Deal, Elisabeth Elliott; Battle, Ruth M

USMS 2006 TOP TEN FOR SHORT COURSE YARDS

Forty-two swimmers from the North Carolina Local Masters Swim Chapter made the USMS Top Ten list for the 2006 SCY season. The number of swimmers from our LMSC making the Top Ten continues to grow every year. This is a testament of the growth of our sport in North Carolina. Congratulations to all who made the list this year.

Special recognition to All-Americans Emily Brelsford-Namey, Shandra Johnson, Erika Braun, Razvan Petcu, John Blank, Fred Ferroggiaro, Jerry Clark, Dick Kitchell, John Kortheuer and Boyd Campbell who placed **first** in the nation for their age group in one or more events.

For more information on USMS Top Ten, visit the USMS web site at www.usms.org/comp/tt. Each person on this list is eligible to purchase a Top Ten patch with stroke segment. One stroke or relay segment comes with each patch, and a patch with a relay segment costs \$5.00. Additional stroke or relay segments cost \$1.25 each. Make checks payable to Lake Erie LMSC, and send your information and the check to: [Tom Gorman](mailto:Tom.Gorman@hewlett.com), P.O. Box 43824, Richmond Heights, OH 44143.

If your name or an event is missing from this list, please contact Henry Stewart at (919) 417-0512, or email to hstewart@hewlett.com.

Age Group	Swimmer	Place / Event / Time
18-24	Svitlana Kulakova	10th / 100 Bk / 1:03.61; 8th / 200 Bk / 2:17.13; 10th / 100 Brst / 1:12.34
25-29	Emily Brelsford-Namey	5th / 50 Fr / 24.64; 3rd / 50 Brst / 31.65; 1st / 100 Brst / 1:07.51 ; 3rd / 200 Brst / 2:28.86; 4th / 50 Fly / 26.84; 4th / 100 IM / 1:01.34
	Shandra Johnson	9th / 50 Fr / 24.75; 5th / 200 Fr / 1:59.12; 1st / 1650 Fr / 18:32.00 ; 8th / 100 Fly / 1:00.47
	Karen Fritchie	10th / 200 Brst / 2:36.08; 7th / 400 IM / 4:54.74
30-34	Erika Braun	4th / 50 Fr / 24.92; 1st / 100 Fr / 53.75 ; 5th / 50 Bk / 9.06; 5th / 100 Bk / 1:02.06; 6th / 100 Fly / 1:02.83; 2nd / 100 IM / 1:01.99
	Tanya Lane	8th / 50 Bk / 29.79; 6th / 100 Bk / 1:03.02; 5th / 200 Bk / 2:17.35; 9th / 100 IM / 1:05.76; 4th / 200 IM / 2:18.59
35-39	Heather M Hageman	8th / 50 Fr / 25.43
	Heidi Williams	9th / 1000 Fr / 11:31.76
40-44	Sue Walsh	5th / 50 Fr / 25.26; 2nd / 50 Bk / 29.10; 8th / 50 Fly / 27.84
	Elizabeth A Nowak	6th / 50 Brst / 33.26; 5th / 100 Brst / 1:12.23; 10th / 100 IM / 1:04.78; 6th / 200 IM / 2:19.37
50-54	Debbie Wilson	7th / 1650 Fr / 21:42.47
55-59	Jeannie R Mitchell	9th / 50 Bk / 36.31; 7th / 100 Bk / 1:17.97
65-69	Ceil Blackwell	10th / 50 Bk / 44.67
	Sally Newell	8th / 100 Bk / 1:34.71; 7th / 200 Bk / 3:21.37; 4th / 50 Brst / 43.88; 4th / 100 Brst / 1:36.50; 4th / 200 Brst / 3:30.48; 9th / 100 IM / 1:32.49;
70-74	Suzanne Robbins-Bonitz	4th / 50 Bk / 45.79; 3rd / 100 Bk / 1:43.81; 6th / 200 Bk / 3:54.98
80-84	Betsy Montgomery	6th / 1000 Fr / 24:09.32
Men		
18-24	Richard Long	2nd / 50 Fr / 21.56; 5th / 100 IM / 54.03
	Taras Kulakov	6th / 500 Fr / 5:03.80
30-34	Razvan Petcu	3rd / 50 Fr / 21.56; 3rd / 100 Fr / 47.47; 6th / 50 Fly / 23.65; 1st / 100 Fly / 50.95
	Ty Richardson	6th / 200 Brst / 2:18.05
	Jose Merino	3rd / 100 Fly / 51.78
35-39	Andrew J Farrell	10th / 200 Fr / 1:46.99; 6th / 500 Fr / 4:59.23; 10th / 1000 Fr / 10:39.46; 8th / 1650 Fr / 18:14.78; 8th / 100 Bk / 55.78; 6th / 200 Bk / 2:01.12
	Will Lane	7th / 50 Bk / 25.78
	Morten Andersen	10th / 200 Fly / 2:06.41
40-44	Henry Stewart	4th / 50 Fr / 22.24; 4th / 100 Fr / 49.02; 8th / 50 Fly / 24.57
45-49	Jonathan Klein	7th / 50 Fr / 22.79; 5th / 100 Fr / 49.71; 4th / 50 Bk / 26.19; 4th / 100 Bk / 6.48; 4th / 200 Bk / 2:03.31; 7th / 50 Fly / 24.66; 7th / 100 Fly / 55.69
	Peter G Hollett	3rd / 200 Fr / 1:51.02; 7th / 500 Fr / 5:04.14; 5th / 1000 Fr / 10:32.43; 10th / 200 IM / 2:09.37
	Fritz Lehman	8th / 50 Bk / 26.70
	Jon W Blank	1st / 50 Brst / 7.33; 1st / 100 Brst / 59.19; 1st / 200 Brst / 2:11.46 ; 6th / 50 Fly / 24.65; 3rd / 100 IM / 56.47; 2nd / 200 IM / 2:03.67
50-54	Fred Ferroggiaro	7th / 200 Fr / 1:55.02; 9th / 500 Fr / 5:21.93; 6th / 1000 Fr / 10:59.22; 3rd / 1650 Fr / 18:17.59; 6th / 100 Bk / 59.04; 1st / 200 Bk / 2:06.72 ; 7th / 200 Fly / 2:15.86
	Robert Schmitz	10th / 100 Brst / 1:06.76; 7th / 200 Brst / 2:29.95
	Donald B Gilchrist	4th / 200 Brst / 2:25.74; 4th / 200 IM / 2:10.92; 4th / 400 IM / 4:50.28

USMS 2006 TOP TEN FOR SHORT COURSE YARDS
(Continued)

Age Group	Swimmer	Place / Event / Time
55-59	Richard S Bober	3rd / 50 Bk / 27.96; 3rd / 100 Bk / 1:02.17; 4th / 200 Bk / 2:18.16
	Terrence J Lee	9th / 200 Brst / 2:37.48;
65-69	Jerry Clark	2nd / 50 Fr / 26.52; 2nd / 100 Fr / 59.53; 1st / 200 Fr / 2:12.21 ; 3rd / 500 Fr / 6:12.95; 4th / 1000 Fr / 13:07.15
	Richard W Kitchell	1st / 200 Fly / 2:30.02 ; 8th / 50 Fly / 31.01; 1st / 100 Fly / 1:06.67 ; 4th / 400 IM / 5:55.25
70-74	Clarke Mitchell	4th / 50 Fr / 28.18; 2nd / 50 Bk / 32.96; 2nd / 100 Bk / 1:13.86; 2nd / 200 Bk / 2:49.88; 3rd / 50 Fly / 31.16; 6th / 100 Fly / 1:20.96; 10th / 100 IM / 1:16.64
	John Kortheuer	2nd / 50 Brst / 35.56 3rd / 100 Brst / 1:21.44;
75-79	John Kortheuer	2nd / 50 Fr / 29.63; 1st / 50 Brst / 35.64 ; 1st / 100 Brst / 1:22.18 ; 2nd / 100 IM / 1:18.75
	Dick Webber	6th / 50 Fr / 30.54; 6th / 100 Fr / 1:10.83; 10th / 200 Fr / 2:49.21; 3rd / 50 Fly / 37.50; 4th / 100 IM / 1:25.01; 8th / 200 IM / 3:23.75;
80-84	Ole Larson	9th / 500 Fr / 10:06.41; 6th / 1650 Fr / 34:01.40; 7th / 200 Brst / 4:38.65
85-89	Fred Holdrege	8th / 50 Bk / 57.86; 7th / 100 Bk / 2:09.55; 6th / 200 Bk / 4:41.68
95-99	Boyd Campbell	2nd / 50 Fr / 1:18.46; 1st / 100 Fr / 2:57.02 ; 1st / 200 Fr / 6:40.50 ; 1st / 500 Fr / 16:38.28 ; 1st / 50 Bk / 1:34.79 ; 1st / 100 Bk / 3:08.98

The Treasurer's Lane By Jerry Clark
LMSC FOR NORTH CAROLINA

January 1, 2006 thru September 11, 2006 Treasury Report

Statement of Revenues and Expenditures 1/1/06 - 9/11/06		Statement of Assets, Liabilities, And Fund Balances as of 9/11/06	
<u>Revenues</u>		<u>Assets</u>	
Member Dues	\$ 10,182.00	Cash - Checking Account	\$ 3,685.99
USMS Coaches Clinics		CD Balance	<u>\$ 6,211.15</u>
		Total Assets	\$ 9,897.14
Total Revenue	<u>\$ 10,182.00</u>		=====
<u>Expenditures</u>		<u>Fund Balance</u>	
Convention Expense		Fund balance at 12/31/05	\$ 1,307.69
Awards	\$ 190.62	Net Excess of Expenditures	\$ 2,378.30
Merchandise (T-shirts & Caps)	\$ 223.64	Under Revenues	
		Fund Balance at 9/11/06	\$ 3,685.99
USMS - Members Dues & Misc.	\$ 4,583.50		
Relays - Worlds	\$ 512.00		
Relays - Short Course Nationals	\$ 180.00		
Reimb. Overpayment of Reg. Fees	\$ 90.00	Total Funds	
Newsletter		Balance	\$ 9,897.14
Meter Permit	\$ 160.00		=====
Postage	\$ 222.98		
Publishing Cost	\$ 1,324.17		
Office Expense	\$ 306.99		
Registrar Annual Payment			
Return Checks			
Bank Service Charges	\$ 9.80		
License - Hy-Tek LTD			
Total Expenditures	<u>\$ 7,803.70</u>		
Revenues over/under expenditures	<u>\$ 2,378.30</u>		

UPCOMING LOCAL 2006 / 2007 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
10/14/2006- 10/15/2006	South Carolina SCM Championships.	Columbia SC (Charles Drew Wellness Center)	Sports Timing & Software; 3432 Toomer Kiln Circle; Mt. Pleasant, SC 29466 entries@sportstiming.com
10/29/2006	Patriot Masters SCY Sprint Classic	George Mason University, Fairfax, VA	Cheryl Ward, 703-359-5366, www.patriotmasters.org/ GMUPOct2006SprintClassicEntry.pdf
12/02/2006- 12/03/2006	Turtle and the Blue Moon SCM Meet	College Park, MD	Michael Lee, 301-474-1178; www.terrapinmasters.org/Terrapin-SCM-06.pdf
12/09/2006- 12/10/2006	SCY: Holiday Hoot. Charlotte NC.	Mecklenberg Aquatic Club Charlotte, NC	Patty Waldron, 704.846.5335 ext. 109; pwaldron@justswimmac.org
12/09/2006- 12/10/2006	St. Nicholas SCM Invitational	Marietta GA	
1/27/2007- 1/28/2007	33rd Annual Sunbelt Short Course Championships	Mecklenberg Aquatic Center Charlotte, NC	
2/3/2007- 2/4/2007	George Fissette South Carolina SCY Championships.	Mount Pleasant SC	
3/17/2007 – 3/18/2007	Dynamo Masters St. Patrick's Day SCY Invitational.	Chamblee GA	
4/28/2007 – 4/29/2007	North Carolina SCY State Championships.	Raleigh NC	

2006 / 2007 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
9/15/2006- 11/15/2006	USMS 3000/6000 Yard Postal Championships PST-LD		Max Veltman, 915-584-0227, max_veltman@yahoo.com
4/12/2007 - 4/15/2007	YMCA Masters National Championships.	Indianapolis IN	
5/17/2007 - 5/20/2007	USMS National SCY Championships.	Federal Way WA	
6/27/2007 7/2/2007	National Senior Games.	Louisville KY	
8/10/2007 - 8/13/2007	USMS National LCM Championships.	The Woodlands TX	

LMSC - NC Officers and Staff

Chairman Joe Gosha, NCMS 140 Lake Concord Rd Concord, NC 28025 (704) 425-9974 NCchairman@usms.org	Vice-Chairman Kemp Battle, AMS 10 Parkside Ave Asheville, NC 28804 828.251.0596 vicechairman@ncmasters.org	Past Chairman Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 fritzlehman@nc.rr.com	Secretary Elizabeth Nowak, THAT 2734 Sevier St. Durham, NC 27705 919.489.8328 Secretary@ncmasters.org	Treasurer Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
Registrar / Webmaster George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCregistrar@usms.org	Top Ten Chairperson Henry Stewart, RAM 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenfits.com	Newsletter Editor Jim Enyart, WYM 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCEditor@usms.org	Records Henry Stewart, RAM 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@hcwbenfits.com	



MAC Masters Holiday Hoot

December 9-10, 2006

Sponsor: Mecklenburg Aquatic Club Masters (MACM)

Sanctioned: By LMSC for NC for USMS Inc.,

Sanction #: 136-07

Meet Director: Patty Waldron (704)846-5335, ext: 109

Meet Referees: Marty Fehr

Facility: Mecklenburg Aquatic Club
9850 Providence Road
Charlotte, NC 28277
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 11 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system and 10-lane scoreboard. There is bleacher seating for 600 competitors and spectator. The meet will be conducted in a 25 yard course.

Rules: USMS rules govern the meet. You must attach a copy of your 2006 or 2007 USMS registration card to the entry form. No one event USMS registrations. Swimmers are limited to 5 individual events. You must sign a waiver. Your age as of 12/11/2006 determines your age group in the meet. Except for sprint lanes in warm-up and when competing, **ANY ENTRIES IN WATER MUST BE FEET FIRST.**

Deadline: Entries must be received before midnight November 30th, 2006. Entries may be emailed to pwaldron@justswimmac.org, or faxed to (704)846-5835. Entries, entry form and check should be sent to: **Patty Waldron, Hoot Holiday Swim Meet, 9850 Providence Road, Charlotte, NC 28277.**

Deck entries will be accepted on a first come, first served basis, based upon lane availability. No additional heats will be created. Athletes already in the meet will not be charged for deck entries. Athletes not in the meet will be charged \$23.00 for deck entries. **SWIMMERS ARE ENCOURAGED TO SIGN UP IN ADVANCE. All entries must be accompanied by a copy of the athlete's current 2006 or 2007 USMS registration. Entries may be emailed, but the check and USMS registration must be received by the deadline, midnight November 30th.**

Fees: \$18.00 participation fee. Maximum entry of 10 individual events for the meet, no more than 5 Events per day. No charge for relays.

Mail entry form and fee to:

Patty Waldron, Hoot Holiday Swim Meet, 9850 Providence Road, Charlotte, NC 28277

Checks need to be made out to the Mecklenburg Aquatic Club.

Awards: Custom awards

Scoring: Individual events will be scored 9-7-6-5-4-3-2-1, relays double the individual scores. Meet results will be posted on NCMASTERS.ORG to the NCMS records chairperson.

- Warm-up:** The pool will open for warm-up 12:00-1:00 a.m. on Saturday, December 9, 2006 and from 8:00am to 9:am on Sunday, December 10, 2006. Sprint lanes will be designated with diving allowed from 12:45pm-1:00pm on Saturday and from 8:45am-9:00am (25yards. one-way). Continuous warm-up/cool down lanes will be available throughout the meet.
- Seeding:** All events will be pre-seeded with the exception of the relays, which will be deck seeded. Deck entries will be added as space allows. Sexes may be combined if needed. All events will be swum slow to fast. Relays will follow USMS age groupings 76-99, 100-119, 120-159, etc. Relay teams may be women, men or mixed as designated by the event.
- Lodging:** **Hampton Inn Matthews**
9615 Independence Pointe Parkway
Matthews, NC 28105
(704)841-1155
\$69.00
Five miles from MAC @ Latin
- Directions to the Pool:** North from the intersection of Interstate 485 and NC rte 16 (Providence Rd) . Take a left onto Providence Road (16). Go to your second light, and look for the entrance to Charlotte Latin school on your left. Once entering the main drive, take your first left, then another first left. Go to the top of the little incline and you will see a 30,000.00 square foot building. There ample parking at the pool
- Meet Results:** Official Meet results will be available at <http://www.ncmasters.org/results.html> in pdf form.
- Other:** There are snack & drink machines and a snack bar. No food or drinks may be brought into the facility. Several excellent restaurants are nearby within a few miles north and south of the pool.

ORDER OF EVENTS FOR YOUR RECORDS

Ladies Events	Event in Yards	Mens Events
Saturday, December 9: Warmup starts at 12:00pm. Events start at 1:00pm		
1	400 IM	2
3	50 Backstroke	4
5	100 Butterfly	6
7	100 IM	8
9	200 Freestyle	10
11	100 Breaststroke	12
13	50 Freestyle	14
15	200 Backstroke	16
	10 Minute Break	
17-18	200 Mixed Med Relay	17-18
19	500 Freestyle	20
Sunday, December 10: Warmup starts at 8:00am. Events start at 9:00am		
21	200 Butterfly	22
23	50 Breaststroke	24
25	100 Backstroke	26
27	200 IM	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	50 Butterfly	34
	10 Minute break	
35-36	200 Mixed Free Relay	35-36
	10 Minute Break	
37	1000 Freestyle	38

**MAC Masters Holiday Hoot
December 9-10, 2006
Sanctioned by LMSC or NC for USMS Inc., Sanction # 136-07**

Name: _____ Street: _____

City/State: _____ Zip: _____ Phone: (____) _____

Age (as of 12/11/05): _____ Birth date: _____ Sex: M F

USMS Reg. Number: _____ (Copy of 2006 or 2007 USMS card attached to entry)

Team Name: _____

Saturday December 9, 2006. Warmup starts at 12:00pm Events begin at 1:00 p.m.

Ladies Events	Entry Time	Event in Yards	Mens Event	Entry Time
1		400 IM		2
3		50 Backstroke		4
5		100 Butterfly		6
7		100 IM		8
9		200 Freestyle		10
11		100 Breaststroke		12
13		50 Freestyle		14
15		200 Backstroke		16
		10 Minute Break		
17-18		200 Mixed Med Relay		17-18
		10 Minute Break		
19		500 Freestyle		20
Sunday, December 10: Warmup starts at 8:00am. Events start at 9:00am				
21		200 Butterfly		22
23		50 Breaststroke		24
25		100 Backstroke		26
27		200 IM		28
29		100 Freestyle		30
31		200 Breaststroke		32
33		50 Butterfly		34
		10 Minute break		
35-36		200 Mixed Fr Relay		35-36
		10 Minute Break		
37		1000 Freestyle		38

Number of events entered _____ (\$18.00 Participation Fee/10 event maximum individual entry, 5 per day limit)

Please read and sign:

I, undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Name (print) _____

Signature _____ Date _____