



Across The Lanes

The Chairman's Lane

By Joe Gosha

When I agreed to become the LMSC-NC President (now called the "Chairman") in October of 2005, then President Fritz Lehman told me that I should plan to occupy the chair for one term only rather than for the two he served. Having served our organization for twenty months now, I can understand the wisdom of Fritz' advice. Applying that advice, however, presents a very real problem for me, but even more so for our organization. That problem can be summed up in the simple question "Who's next?"

Another of our officers, knowing that I fully intend to end my service as LMSC Chairman at the end of this year recently asked me if I had recruited my successor yet. He said, "You know that's something you'll have to do." While in one sense I know that the other officer is right; in another sense I think it would be better for our organization if I recruit via this forum rather than by asking a specific individual or individuals to accept a leadership position. The reason is because when I look around I see an amazing wealth of leadership talent in our membership.

Look at the NC Masters who have contributed articles or information to *Across The Lanes*. To a person, I believe they would be great chairs for our LMSC. Read even further into the articles they have written, and you'll see even more names of people who could serve us extremely well.

Perhaps this is because, by definition, successful swimmers are over-achievers. Please don't get me wrong, I am not now and have never been a great swimmer. Rather, I have simply been around our sport long enough to recognize what it takes to be great. I have witnessed how the dedication and mind set required for swimming superiority often can and does carry over successfully into other areas of life as well. I know that examples abound throughout our LMSC, but here's one to illustrate my point. I recently read the *curriculum vitae* of one of our newer NC Masters swimmers and noted that not only was he an outstanding swimmer for his college team in the US, he was also his conference's male scholar athlete of the year even though English is not his native language.

Not to diminish this individual's accomplishments, but his story echoes the credentials of many of our Masters swimmers in North Carolina. (By the way, I am not citing this particular example to suggest that this gentleman should accept a leadership role in our organization at this time.) I believe there are many, many, many other women and men in our ranks whose dedication and leadership skills could and would be a tremendous asset to us all. And it will be an essential value-added enhancement to your career resume.

NC Masters, step up! We need your leadership!



The Secretary's Lane

By Elizabeth Nowak

**LMSC-NC Meeting
April 1, 2007 – 1:00 p.m.
Via Teleconference
Minutes**

Attendees: Joe Gosha (Chairman), Jerry Clark (Treasurer & representing CSM), Elizabeth Nowak (Secretary & representing THAT), George Simon (Registrar), Jim Enyart (Wilmington), Ruth Battle (AMS), Bill Davis (HARY), Seth Terndrup (MAC), and Greta Van Meeteren (TRYM)

Meeting was called to order at 1:00 p.m. Joe thanked everybody for their willingness to meet/conference call in today. Everybody introduced themselves to the group.

Minutes from the February 1, 2007 meeting were read and unanimously approved.

1) Amended / Restated Bylaws Presentation and Consideration (Joe)

- Prior to the call Joe distributed via email a draft of the revised May 1, 2004 NC LMSC bylaws both in red-lined as well as non-redlined format. A bylaws sub-committee (Jerry Clark, George Simon, and Elizabeth Nowak) shared the highlights of the major changes made to the 2004 version including:

1. Clarification of membership status – club vs. chapter vs. individual
2. Clarification of transferring between chapters

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3. Members to race as relays at meets
 4. Reimbursement clarification for national USAS convention
 5. Addition of a grievance procedure
- Two items were brought up that will need to be addressed in the next revision including 1) policy to certify the credentials of the chapter representatives, and 2) policy/procedure for the LMSC audit process.
 - Motion passed to approve the proposed bylaws

2) Proposed 2007 NC LMSC Budget Presentation and Consideration (Jerry/Joe)

- Prior to the call, Joe/Jerry distributed via email a revised draft of the 2007 NC LMSC Budget.
- Motion passed to approve the revised draft of the budget (attached)

3) Discussion of Convention Delegation (Joe)

- Discussion was had by the group on suggestions as to who from the Board of Directors would be interested in attending the 2007 USAS Convention in Garden Grove, CA September 24-30, 2007 (USMS convention is from September 26-30, 2007).
- Elizabeth will forward the convention package to Joe for distribution to interested individuals.
- Board of Directors would like to know who are the interested individuals ASAP at the next board meeting in order that a decision can be rendered as to who will attend on behalf of the NC LMSC.

Miscellaneous Items (All)

- Joe Gosha announced he will be assuming the newsletter editor position from Jim Enyart. Joe will work together with Jim on the next edition to learn the ropes. Thanks

again to Jim for everything he has done to make the newsletter a huge success!!! We are confident Joe will do a great job going forward. The meeting was adjourned at 2:20 p.m



This Editor's In The Last Lane

By Jim Enyart

The First Forty Issues Are The Easiest

Editing is easy; writing is hard;. I would like to thank all those contributors who have provided the content for *Across The Lanes* during the last ten years. While the LMSC officers and staff communicate essential information about the activities and vision of the organization, the NC Masters first-person reporting of their swimming experiences is the heart of each issue. Your experiences have chronicled interesting, informative and humorous glimpses into a myriad of aquatic venues and events in the U.S. as well as overseas.

Every NC Masters swimmer has an aquatic story to share. However, finding the time, organizing the particulars, composing a draft, and finalizing the article present a major challenge. I realize your efforts to compose a report, article, or a personal swimming experience is a significant investment of your time.

Even though recording your anecdote on a piece of paper is hard, the satisfaction of accomplishing the task and then having others enjoy it is more than worth any difficulty. This is by way of encouraging you to challenge yourself, as you do in the pool, to author at least one of your experiences for inclusion in *Across The Lanes*. I know Joe Gosha your new Newsletter Editor will appreciate your perspectives and vignettes as much as I have.

NC Masters Relay Team Sets World Record

Bob Schmitz and Jon Klein of the Tar Heel Aquatic Team joined Jon Blank and Tim Lehman of the Raleigh Area Masters at the Montgomery County Aquatic Center in Bethesda, Maryland on 24 March 07. The team lowered the 200-239 age group 200 SC Meter Men's Medley Relay World Record by almost three seconds set a year earlier by a Japanese team.

The team's splits were Jon Klein:29.56 (.26 seconds off the National record), Jon Blank: 30.51, Tim Lehman: 27.24, and Bob Schmitz: 26.61. Their new world standard is **1:53.92**.

Congratulations for an extraordinary team accomplishment. Team picture on page 8.

2007 USMS Short Course National Championships

Eighteen hardy swimmers representing NCMS trekked across the country to compete in the 2007 Short Course Yards National Championships in Federal Way, WA. The Pacific Northwest welcomed us with an unseasonably warm and sunny first day of the meet before settling into the light drizzle we were expecting. This fast pool has hosted many high profile meets including previous Masters Nationals, as well as the Goodwill Games in 1990.

Despite coming from a diversity of programs from around the state, at the meet the North Carolina team was united. We swam on relays together and cheered for our teammates. As a result of our combined efforts the team finished tenth overall with the women placing sixteenth and the men placing eleventh. Every NCMS swimmer had at least one top ten finish. Jon Blank, Heather Hageman, and Elizabeth Nowak won individual events.

Nine of our twelve relays scored in the top ten, and two placed first. The winning relays included the men's 45+ medley with Jon Klein, Jon Blank, Peter Hollett, and Bob Schmitz. The most exciting swim of the meet for NCMS was the women's 18+ medley relay team of Michelle Schwartz, Elizabeth Nowak, Erin Bonney, and Heather Hageman coming from behind to take the gold. (Additional perspectives on Heather's incredible swim are in the following Meet experiences.)

Filippo Porco, the 2006 USMS Long Distance All-Star, continued to drop his times and set personal bests in all his swims.

We all marveled at some phenomenal swimmers. There were recent Olympians, as well as many ageless 60-90 year olds who are still swimming times that boggle the mind. We enjoyed a great time at the meet and look forward to more NCMS swimmers joining us at future National and Zone meets. **(By Jon Klein, THAT)**

Relays ROCK!!!!

Competing in the USMS Short Course National Swimming Championships for the last three years has been the highlight of my winter swimming season. Not only has it been fun to see how you perform despite this thing called "aging" that continues to happen, but it's typically one of the very few times during the year you are able to swim on some fast relays with other North Carolina swimmers from across the state. I was fortunate this year to be on a

number of fast relays, but one in particular was something so special that I felt it should be shared with everyone.

It was Saturday, May 19th, day three at the Weyerhaeuser King County Aquatic Center in Federal Way, and the last relay of the day -- Women's 18+ 200 Medley Relay (age category is based upon the youngest swimmer on the relay who definitely was not me. In fact, I was the designated old lady of the group; sorry Suzanne!!).

Michelle Schwartz, MAC, led off the relay in her first Masters National meet ever swimming a great backstroke leg, followed by yours truly in the breaststroke, then Erin Bonney, RAM (our 24 year-old youngster!!) with the butterfly, and Heather Hageman, CSM, finishing with the freestyle.

We were seeded third going into the event. After the butterfly leg, we were in third place, 3.66 seconds behind first place. Then something unbelievable happened. Heather exploded off that block on a mission, a mission to swim down the first place Team Illinois swimmer, and by God she did!!!! Not to discredit the rest of my team members because they all did AMAZING, but I have not seen somebody swim so aggressively under such pressure.

Heather swam by the second place team and touched out the lead freestyler by .76!!! You would have thought we won the Olympics with all the celebration going on behind the blocks. It was CRAZY!!! And what is even more cool is that Erin's sister, Karen (camera woman extraordinaire!!), recorded it all on video. We all had fun watching it over and over at dinner that night while eating fresh King Salmon at Anthony's Restaurant at the Des Moines Yacht Club - a venue, by the way, that is replete with sunset views of Maury Island, the Olympic Mountains, and all the boating activity in South Puget Sound. Wish you all were there with us. It was a fabulous celebration!!!!

Great job women; can't wait to swim with you all again soon!!!! Congrats to everybody else on the North Carolina team for a job well done, and a special thanks to our coach, Griff Helfrich with THAT, who provided great motivation, coaching, and split taking for the entire team. I look forward to seeing everybody (plus many others) again next year in Austin, Texas!!! **(By Elizabeth Nowak, THAT)**

2007 USMS Short Course National Championships (Continued)

THAT Masters at USMS Nationals

Once in a while there is a mass gathering of those among us who are slightly crazed and seemingly addicted to submerging ourselves in chlorine for kicks. This convening goes by the official name of the United States Masters Nationals. This year, this odd and surly tribe chose the weekend of May 17th – 20th to congregate in the Pacific Northwest to collectively have it out at one of the finer aquatic facilities our nation has to offer, the Weyerhaeuser-King Aquatic Center in Federal Way, WA.

To the casual on-looker, this event probably looks like a bunch of washed up Michael Phelps wannabes in overpriced bathing costumes. But take a closer look, or perhaps listen to the always enthusiastic announcer shouting about the sixty-five year old in the pool who is on record pace. You will find that this bunch are a cross section of our culture who happen to be precociously fit and have the kind of positive and welcoming attitude that immediately endears the new-comers to the old-comers who hold national records in the 95 + age group. Sit there and watch this scene continue all weekend, and those who stay dry can't help but feel like they are missing out.

Into this scene, the Tar Heel Aquatic Team sent five athletes and a coach, a significantly diminished squad from years before due to the unfortunate distance of this year's venue. Jon Klein, Bob Schmitz, Elizabeth Nowak, Suzanne Robbins-Bonitz, and Filippo Porco joined a delegation from North Carolina that topped out at eighteen, down from a pre-meet total of twenty-one. The North Carolina Masters were few but strong, and their performance earned them tenth place overall. Their success stood out in a field that included many former Olympians as well as teams with participant numbers in the 70's, 80's and beyond.

As a team, the highlight of the meet came in the Women's 18 + 200 free relay, when Charlotte Masters athlete Heather Hageman flew from third place to first in the last 50 yards. With all the onlookers stunned, the ladies and gentlemen from the Tar Heel state converged behind the blocks to celebrate an awesome race.

Notable individual accomplishments included Elizabeth Nowak's victory in the women's 40-44 100 IM, which along with the rest of her swims made the trek out to the upper left corner of our nation more than worth it. Filippo Porco managed to drop time in every event he swam while

enjoying himself thoroughly and managing to befriend pretty much every one of the 1400-plus people attending the meet.

Although the training partners affectionately known as Bob and Jon had somewhat of an off meet by their stratospheric standards, their contributions to the relays and the overall NC Masters team atmosphere were significant. Additionally, Bob shared coaching insights over a beautiful seafood meal on the final night in Seattle. I would like to emphasize the phrase "beautiful seafood meal" as this points to one of the best things about Masters swimming -- the friends you make and the times you have not only in but also out of the pool.

The phrase "it is not about winning or losing" is said often enough to be trite and is appropriately applied here to the Masters Nationals experience. Masters swimming really does allow for the true scope of human ability to shine through and be recognized by all who find themselves on pool decks everywhere with that scantily clad and smiling tribe who are the Masters. Thanks to this year's squad and congratulations to all Masters swimmers. **(By Coach Griff Helfrich)**

Once again, the strong sense of team spirit among NCMS swimmers at a national championship meet flourished during the four days of the short course nationals in Federal Way, Washington. New names and faces were there, which was great, but we also missed the "regulars" who chose not to enter because of the distance.

Although sounding corny, it's a goose-bumpy experience to be part of such camaraderie. We were all elated with those who had fast times and shared the disappointment of those who didn't fare as well as they had hoped. A poor dive start, a missed turn, the fear of the proverbial piano descending on one's back if one goes out too fast, etc. are some of the risks we face when we get ready to mount the starting block. Sharing all these concerns with teammates makes it easier to walk over to the starting end of the pool and stand behind the starting block in your lane.

Special thanks are in order for Jon Klein, our relay coordinator extraordinaire. Immediately after the entry deadline passed, those who entered the meet received an email from Jon inquiring if we wanted to be on a relay team, and if so, which stroke(s) we'd prefer to swim and what sort of 50

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2007 USMS Short Course National Championships (Continued)

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yard time we expected to have in that stroke. After Jon sorts through the replies, he produces a first draft of teams for each relay event. He sends the proposed draft to us to review and respond. As it's sometimes hard to get people pinned down, it usually takes three drafts before finalizing the makeup of the teams. This process would drive most people mad, but Jon seems to accomplish this critical task with ease each year. His valued efforts produce excellent results because his stated goal is to create personnel combinations that will produce the most points for NCMS. THANK YOU JON! (By Jerry Clark)

There were two take home lessons in reality for me at the 2007 SCY Nationals in Federal Way WA.

First Lesson: Don't bet against Heather Hageman.

Ms. Hageman did not realize on the final leg of the 18+ women's 200 medley relay that the lead competitor was simply too far away (was it fifteen yards?) to be caught. Maybe Heather could catch the gal who was five yards ahead if she was lucky. It was beautiful to watch Heather catch (actually the correct words I think are "mow down") both and touch first. I don't think her

24.01 was luck. Way to go Heather and all the members of that National Championship relay.

Second Lesson: Know your suit size.

I arrived on Thursday and bought a new neck-to-knee racing suit. Guessing at my size I tried on a 32 which was tight and a 30 which was tighter. I figured the tighter the better as it would squeeze my old flabby body into a sleek shape. I bought the size 30. On the blocks for my first event, 50 breast, I thought "I'm set, I'm sleek, I'm fast". I bent over to take my mark. Then I thought "OMG my suit's so tight I can barely bend over. I hope my ass doesn't bust out." It didn't, but neither did I make my seed time. I thought I'd give the suit another go in the 200 free -- bad idea. The first 25 was OK until I arrived at the wall. I couldn't flip. The suit was so tight I couldn't tuck completely. I felt like I was lifting weights trying to flip. This went on for six more painful turns and a sub-par time. I pulled out my old suit to wear for the rest of the day's events and checked the size -- 34. Was I suit-stupid or what?

I hope we have a good turnout for the long course meet in Houston, and I will be in a size 34. (By Bob Schmitz)

Event	Place / Time	Team
Men 200 Free Relay	3rd / 1:33.65	Blank, Jon W, Hollett, Peter G, Klein, Jonathan E, Schmitz, Robertth,
Men 200 Free Relay	6th / 1:33.79	Goldman, Brian H, Porco, Filippo M, Terndrup, Seth P, Stewart, Henry D,
Men 200 Free Relay	15th / 1:44.61	Clark, Jerry, Ferroggiaro, Fred, Su, Billy, Mangrum, John W,
Men 200 Medley Relay	1st / 1:45.29	Klein, Jonathan E, Blank, Jon W, Hollett, Peter G, Schmitz, Robert,
Men 200 Medley Relay	10th / 1:45.05	Ferroggiaro, Fred, Goldman, Brian H, Stewart, Henry D, Terndrup, Seth P,
Men 200 Medley Relay	19th / 1:59.91	Mangrum, John W, Porco, Filippo M, Su, Billy, Clark, Jerry,
Mixed 200 Free Relay	2nd / 1:36.09	Klein, Jonathan E, Nowak, Elizabeth A, Blank, Jon W, Hageman, Heather M,
Mixed 200 Free Relay	14 th / 1:44.31	Porco, Filippo M, Lawrence, Kari C, Schwartz, Michelle L, Schmitz, Robert,
Mixed 200 Medley Relay	2nd / 1:48.08	Schwartz, Michelle L, Blank, Jon W, Stewart, Henry D, Hageman, Heather M,
Mixed 200 Medley Relay	8 th / 1:51.64	Klein, Jonathan E, Nowak, Elizabeth A, Bonney, Erin R, Terndrup, Seth P,
Women 200 Free Relay	2nd / 1:42.32	Nowak, Elizabeth A, Hageman, Heather M, Schwartz, Michelle L, Bonney, Erin R,
Women 200 Medley Relay	1st / 1:55.97	Schwartz, Michelle L, Nowak, Elizabeth A, Bonney, Erin R, Hageman, Heather M,

2007 USMS Short Course National Championships (Continued)

Age Group	Swimmer	Place / Event / Time
18-24	Bonney, Erin R	15th / 100 IM / 1:09.60; 3rd / 100 Free / 56.26; 4th / 50 Free / 25.09; 5th / 50 Fly / 28.73
25-29	Lawrence, Kari C	17th / 100 IM / 1:07.16; 17th / 50 Back / 32.95; 31st / 100 Free / 59.97; 9th / 200 IM / 2:22.82; 15th / 50 Fly / 29.45; 12th / 100 Breast / 1:14.36
35-39	Schwartz, Michelle L	5th / 100 Fly / 1:06.78; 9th / 100 Back / 1:07.60; 11th / 100 IM / 1:09.38; 10th / 50 Back / 31.38; 7th / 200 IM / 2:29.35; 13th / 50 Fly / 30.37
	Hageman, Heather M	1st / 50 Free / 24.40 ; 7th / 50 Breast / 35.94; 3rd / 50 Back / 28.92; 4th / 50 Fly / 28.05
40-44	Nowak, Elizabeth A	1st / 100 IM / 1:04.10 ; 2nd / 50 Breast / 32.45; 7th / 200 Free / 2:06.32; 5th / 100 Free / 56.65; 4th / 200 IM / 2:21.19; 2nd / 100 Breast / 1:12.06
70-79	Robbins-Bonitz, Suzanne E	4th / 50 Breast / 1:01.25; 3rd / 100 Back / 1:49.43; 3rd / 50 Back / 48.06; 2nd / 200 Back / 3:55.28; 6th / 50 Free / 48.20; 3rd / 100 Breast / 2:18.31
25-29	Porco, Filippo M	5th / 1650 Free / 20:05.97; 18th / 50 Breast / 31.62; 14th / 400 IM / 5:23.81; 19th / 200 Breast / 2:35.84; 21st / 100 Breast / 1:09.88; 7th / 500 Free / 5:39.72
30-34	Terndrup, Seth P	14th / 200 Free / 1:55.36; 16th / 100 Free / 51.44; 10th / 50 Free / 23.22
	Su, Billy	5th / 1000 Free / 11:25.17; 20th / 100 Fly / 1:01.34; 24th / 100 IM / 1:05.81; 9th / 50 Back / 31.76
40-44	Goldman, Brian H	8th / 50 Breast / 30.77; 10th / 200 Free / 1:54.81; 13th / 100 IM / 1:01.42; 10th / 100 Free / 50.84
	Stewart, Henry D	6th / 100 Fly / 54.29; 9th / 200 Free / 1:50.80; 4th / 100 IM / 56.79; 6th / 100 Free / 49.32; 5th / 50 Free / 22.46; 4th / 50 Fly / 24.51
	Mangrum, John W	15th / 100 Back / 1:08.03; 12th / 400 IM / 5:27.03; 8th / 200 Fly / 2:51.93; 8th / 50 Back / 31.32; 14th / 200 Back / 2:26.53; 13th / 200 IM / 2:31.15
45-49	Blank, Jon W	1st / 50 Breast / 28.23 ; 1st / 200 Breast / 2:15.54 ; 1st / 100 Breast / 1:00.46 ; 5th / 100 Fly / 54.45; 2nd / 200 IM / 2:05.45; 2nd / 100 IM / 56.36
	Hollett, Peter G	2nd / 1000 Free / 10:54.85; 12th / 100 Fly / 57.81; 9th / 200 Free / 1:55.16; 9th / 100 Free / 51.73; 5th / 500 Free / 5:08.02
	Klein, Jonathan E	10th / 100 Fly / 57.11; 3rd / 100 Back / 57.94; 4th / 50 Back / 26.73; 7th / 100 Free / 51.15; 3rd / 200 Back / 2:05.44; 5th / 50 Fly / 25.03
50-54	Ferroggiaro, Fred	2nd / 1650 Free / 18:15.28; 16th / 200 Free / 1:59.73; 7th / 200 Fly / 2:16.96; 3rd / 200 Back / 2:09.06; 6th / 500 Free / 5:26.22
	Schmitz, Robert	8th / 50 Breast / 30.73; 20th / 200 Free / 2:00.79; 18th / 100 IM / 1:03.75; 9th / 200 Breast / 2:33.98; 30th / 50 Free / 25.33; 9th / 100 Breast / 1:08.05
65-69	Clark, Jerry	3rd / 1000 Free / 13:13.99; 8th / 50 Breast / 37.87; 2nd / 200 Free / 2:15.12; 3rd / 100 Free / 59.33; 3rd / 50 Free / 27.41; 2nd / 500 Free / 6:18.31

NC Masters' Lanes

2007 THAT Devil Spring Splash March 31, 2007 By Elizabeth Nowak

The First Annual THAT Devil Spring Splash was held at the Duke University Taishoff Aquatic Center on Saturday, March 31st. The Tar Heel Aquatic Team (THAT) hosted the event in conjunction with a Duke University alumni-swimming reunion. With over 100 participants representing eighteen different teams traveling from all corners of the country, the meet was a huge success!! Many swimmers who had hung up their cap and goggles 15+ years ago came for the event as well as a number of first-timers who were ready to give competitive swimming a try.

David McKee, THAT team member and first-time com-

petitor, captures the essence of what Masters swim meets are all about:

What it felt like to swim in my first Masters swim meet:

“Swimming in the THAT Devil Spring Splash a couple of weeks ago was awesome. I had not swum a timed lap since 1971. I resumed swimming for fitness a couple of years ago after a thirty-five year hiatus. This January I began participating in practices on Saturday mornings. Coach Jeff Dugdale told me that he would help me achieve any goal that I might have. Moreover, he said he could make me a more efficient swimmer if I’d follow his suggestions. He suggested and encouraged me to swim the 500 freestyle at the Duke meet. My reply to him, “Why not?”

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“Arriving at Duke at ten that morning was pretty overwhelming. I didn’t know what to expect. I saw teammates, Jerry and Margaret, as I walked in, and they were helpful. There were more people there than I anticipated. Since my heat was the first event I didn’t have time to think too much. I had a great time! Everyone was incredibly supportive. The encouragement I received from the team was powerful. I tried to do likewise for them.”

Congratulations to David and to everybody who swam in the THAT Devil Spring Splash!!! A big thank you to Duke University Swim Coach Dan Colella for all his help and for letting us take over his pool for the day. Hope to see everybody again next year!!!

Overall Team Scores:
THAT – 886.50
DAMA – 606.50
RAM – 430

Swimming in Europe **By John Mangrum, RAM**

I recently competed in Prague, Czech Republic and also in Guernsey, Channel Island, UK.

There were 134 swimmers competing in the Prague meet. I was the only American entered. There was also a lady from Australia as well as a couple of people from France and Switzerland. I have been to several countries competing for USMS before and have always felt right at home - both in English and non-English speaking countries. This swim meet was named the First Annual Neptune’s Cup and was the first international meet in which I competed where no one spoke English. It was wild being in a country and situation where you have no idea what people are saying.

In France, Germany and Italy I understand the languages and can get by, but this was not the case in Prague. I tried to obtain a Czech language CD beforehand but could not find one. Consequently, I arrived blind to the language, and decided I was just going to try to figure it out while I was there.

The entire meet was conducted in Czech. My friends there translated for me, and the Meet Director also helped me. I had already made an English translation of my strokes beforehand. For example, I jotted a note that ‘100 m motýlek muži’ meant ‘men’s 100 butterfly’ in order that I would be ready. Since the heat sheets were posted on the wall, I knew when my events would occur. The Meet Director

gave me hand signals to show me which lane I was to swim. I would line up behind the block, and he would point when it was time for me to step up.

The pool was much like the Grimsley pool in Greensboro. Shallow!! And slick tiles.!!! (You can see the pool in the pictures.)

Because the starting blocks were two-foot by two-foot concrete squares there was nothing to grab for starting. Consequently, the starts were very much like standing on the pool deck and diving from the edge. Also, the backstroke bar was cemented into the block which made it very difficult to pull yourself up out of the water. I am 6’2” and used to pulling my body completely out of the water. Not being able to reach up made it difficult to say the least.

The meet referee ran the meet very quickly. It was “Demie Mar” (take your mark) and then the gun fire. I stepped up for the 50 Fly expecting the quick start, but then he held us. Unfortunately, I was leaning forward on the block and just could not pull myself back up. Nevertheless, I tried. Just as he fired the gun I fell flat in the water. “Darn It” – a dead ‘water’ start! I came in last in that race but did manage to catch up with the other “flyers” at the end.

There was a very nice social after the meet when the awards were given. My time in the 100 fly earned me a certificate/diploma. It was the third fastest time of the meet. The social consisted of lots of eating, drinking, and dancing. Even though I did not know the language, I made some very good friends, and they have asked me to return next year.

Prague is a very beautiful city to visit with lots of history and amazing buildings. If you are ever in the city and want to swim, you will be welcomed.

The other meet I competed in was the OCS 16th Open International Guernsey Masters Meet, in Guernsey, Channel Island, UK. I competed in this meet last year and made some really good friends. The Brits were looking forward to having the American come back again.

The Meet this year attracted over 180 swimmers from fifty clubs competing in over 1,000 swims plus relays. There were many of their regular supporters, other British traveling from England, Wales and Scotland, as well as those journeying from other countries, including the USA, France, Spain, and Switzerland. This is such a lovely and friendly event. The meet is spread over three days, and on

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Sunday after the Social luncheon you travel to Cobo to swim in the English Channel.

Last year the water was 9 degrees Celsius (48F) - VERY COLD! Even so, I could not let them have all that fun themselves. So I jumped right in with them. As a result, they had a good time with me afterwards. This year the water was much warmer - between 13 and 15 degrees Celsius. The water did not quite sting as much as last year. Nevertheless, the reward is the warm cognac waiting for you at the pub afterwards.

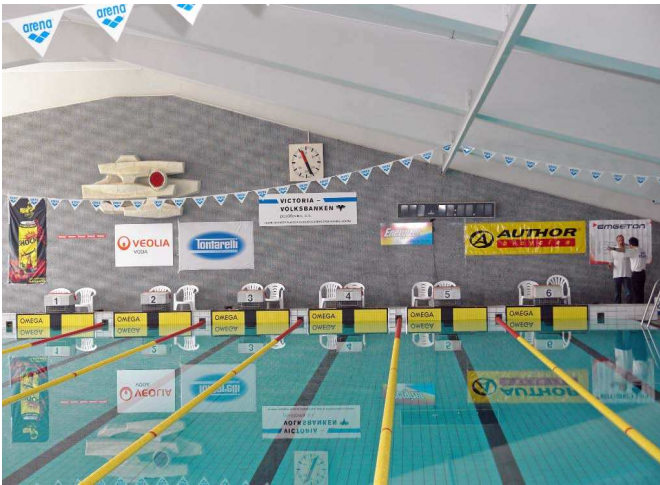
The meet participants are very sociable people. I receive emails from them once a week. Several will be traveling here to visit and compete in one of our meets. Swimming has provided me the chance to do what I love, see the world, and make new friends while representing our city, state, country and US Masters Swimming.

If anyone is interested in competing overseas please let me know. I have several links to European meets and contact info for them as well. We as a team need to start planning for the World Masters Meet in Perth, Western Australia in April 2008. You will have a great time over there. I will

be returning in October to compete in the 1st Australasian Masters Games.

The Perth meet is just about eleven months away, but in order to reserve good flights and rooms etc., we need to start organizing now. I am willing to take the helm obtaining rooms and flight deals. Perth just announced air travel arrangements with the Star Alliance fleet. Air New Zealand and United belong to the Alliance. Please reply to me if you are interested in entering the April 15th - 25th, 2008 World Meet. The open water event is the last day, Friday the 25th.

Here are some considerations for you who have never traveled there. It takes two days to fly there. You will need another two days just to adapt to the country time and atmosphere. You will have to apply for a visa for your travel there. You can do that online. I would strongly suggest you plan to be there for two weeks minimum; three weeks would be best. There are lots to see and do in the Land Down Under. I have been there five times and will be going again in October. It would be great if we could have twenty or more Masters to cross the big pond and have a nice showing there. Hope to hear from you soon.



World Record Setting NC Masters Relay Team

**Jon Klein,
Jon Blank,
Tim Lehman,
Bob Schmitz**

UPCOMING LOCAL 2007 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
July 1	Terrapin Masters Terrapin Cup	University of Maryland, College Park, MD	Jeff Strahota at (240) 472-1481; jstrahota@usms.org.
July 7	Eastern States 2-Mile Cable Swim	Chris Greene Lake, Charlottesville, VA	Dave Holland, 804-282-6224, Henry-DaFif@aol.com
July 7-8	Team Greenville Masters/South Carolina LCM Championships.	Westside Aquatic Club Greenville SC.	Karen Alexander; pix-abugg@bellsouth.com
July 22	Dynamo Masters LCM Invitational	Atlanta GA	
Sept. 15-16	Steve Barden Memorial Swim Meet ###	Asheville NC	Kitty & Joe Schmidt; 1 Hampton Drive, Weaverville, NC 28787
Oct. 27	North Carolina Autumn Splash. SCM ### ###	Hillsborough NC.	

Meet Information and Entry Forms are / will be available on www.NCmasters.org

2007 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
6/27/2007 7/2/2007	National Senior Games.	Louisville KY	www.nsga.com (225) 766-6316
8/10/2007 - 8/13/2007	USMS National LCM Championships.	The Woodlands TX	www.usms.org/comp/lcnats07
8/18/07 - 8/19/07	Colony Zone LC Championships	U of MD, College Park, MD	www.pvmasters.org/entry/terr0807.pdf

LMSC - NC Officers and Staff

Chairman Joe Gosha, NCMS 140 Lake Concord Rd Concord, NC 28025 704-294-2021 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 frittlehman@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@strategicbenefitsolutions.net	Newsletter Editor Jim Enyart, CFAC 1408 Emerald Dunes Dr. Sun City Center, FL 33573 (813) 633-5566 thenyarts@usms.org	Records Henry Stewart, RAM 5404 Killarney Hope Dr. Raleigh, NC 27613-1029 (919) 881-9916 hstewart@strategicbenefitsolutions.net	

**The Steve Barden Memorial Masters Swim Meet
& Open Water Competition
September 15-16, 2007**

- Sponsored by:** Asheville Masters Swimming
- Sanctioned by:** LMSC for NC, for USMS, Inc. Sanction # 137-05 and 137-05OW
- Date:** Saturday September 15th and Sunday September 16th, 2007
- Location:** Asheville School, Asheville North Carolina
- Directions:** Take I-40 West of Asheville to exit 44. Turn left onto Smokey Park Hwy, also 19/23. Proceed 1 mile straight ahead past hotels and shopping centers. Follow Asheville School signs to drive on right.
- Meet Directors:** Joe and Kitty Schmidt
- Meet Referee:** Joe Schmidt (USA Swimming Certified Referee)
- Facility:** Asheville School competition pool, 360 Asheville School Rd, Asheville, NC, is a 25-yard x 6 lanes with non-turbulent lane lines and electronic timing. Five lanes will be used for competition and the sixth lane will be for continuous warm-up/warm-down. Water depth ranges from 4 feet at the shallow end to 12 feet at the deep end. Women and men's locker rooms are available at Asheville School.
- Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS) for pool sessions at Asheville School and for Open Water at Biltmore Lake. Please attach photocopy of current 2007 registration card to entry. Deck entries will be available at the discretion of the Meet Director. The 2007 USMS rules shall prevail. Each swimmer limited to five events plus two relays per day. Relay swimmers must swim one individual event, which could be the open water event.
- Fees:** Ind. Events \$3, Relays \$4. Facility fee \$10. (See open water form for special fees) Fees must accompany entries and are non-refundable. Late and deck entries will be accepted, \$5 per event. A "No Time" (NT) will not be accepted; each entry must have a previous time. Please include estimated time for open water event if this is first time. **Make checks payable to Asheville Masters Swimming. Send entries to Kitty & Joe Schmidt; 1 Hampton Drive, Weaverville, NC, 28787**
- Deadline:** Entry deadline to be seeded is 5 PM EST, September 2nd, 2007.
- Awards:** Awards will be given for 1st- 6th place in each age group in each event. Team awards will be given to the 1st-3rd place teams.

Scoring: Scoring will be 7-5-4-3-2-1 for individual events and 14-10-8-6-4-2 for relays. There will be no scoring for the Open Water event.

Lodging: Ramada-Asheville @ River Ridge
800 Fairview Rd., Asheville, N.C. 28803
828-298-9141, \$79+ (includes breakfast)
www.ramadariverridge.com (9 miles, 15 min. from swim sites)
Room reservations should be made before Aug. 25th
After this date the block will be released.

Warm up: Saturday Lake Warm-up: 9.15 – 9.45 AM
Competition Begins: 10.00 AM
Saturday Pool Warm-up: 1.00 – 1.45 PM
Competition Begins: 2:00 PM
Sunday Pool Warm-up: 8:00-8:45 AM
Competition Begins: 9:00 AM

Order of Events
Saturday, Sept. 15

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	Open Water 1/2 mi.	2
3	Open Water 1 mi	4
5	200 Mixed Medley Relay	
6	100 Freestyle	7
8	200 Backstroke	9
10	50 Butterfly	11
12	200 Individual Medley	13
14	100 Breaststroke	15
16	200 Butterfly	17
18	50 Backstroke	19
20	200 Freestyle Relay	21
Sunday, Sept 16		
22	200 Mixed Freestyle Relay	
23	200 Freestyle	24
25	100 Individual Medley	26
27	200 Breaststroke	28
29	100 Butterfly	30
31	400 Individual Medley	32
33	100 Backstroke	34
35	50 Breaststroke	36
37	50 Freestyle	38
39	400 Freestyle Relay	40
41	200 Medley Relay	42
43	500 Freestyle	44

The Steve Barden Memorial Masters Swim Meet
Open Water Competition
Sanctioned by LMSC for USMS, Inc., Sanction # 137-05 OW

- Events:** 1/2 and 1 mile open Water Lake swims
- Date:** Saturday September 15th, 2007
- Location:** Biltmore Lake (formally Enka Lake) Asheville, NC
- Directions:** Take I-40 West of Asheville to exit 44. Turn right onto Smokey Park Hwy, also 19/23. 1 mile to Sandhill Rd., then left at stoplight. Go 1/4 mile through 1 traffic light to Lake Rd. on right.
- Entry fees:** USMS registered swimmers (\$10 entry fee + \$10 facility fee)
Note: \$10 facility fee covers open water event and pool swims. Facility fee still required if only swimming open water event.
- Note: The Open Water Competition will only take place with a minimum of 25 swimmers. If event is cancelled all monies will be refunded. Entry deadline: September 2nd at 5.00pm.
- Race day:** **Check In & Registration: 8.30 AM**
Warm-up: 9.15 – 9.45 AM
Race Start: 10.00 AM
- Course details:** Race start will be at small beach area in waist deep water. Triangular counter clockwise course (1 loop = 1/2 mile); (2 loops = 1 mile). There will be a 90-minute time limit for racers to complete either course.
- Finish:** Finish will be on land short distance from lake. Officials will guide swimmers into chute where they will be asked to leave numbered swim cap.
- Safety:** The safety of swimmers will be priority with sufficient kayak and rescue boats as well as EMS personnel available.
- Parking:** Parking only permitted at Colbond Inc., 5 minute walk from lake. No vehicles will be permitted to drop off swimmers. Shuttle service will be available.
- Facilities:** Portable rest rooms will be available but there is no proper changing facility.
- Awards:** Awards will be given to 1st – 3rd place in the men's and women's divisions. Age groups 18-24, 25-29, 30-34, 35-39
Times and award will be given out at Asheville School.

The Steve Barden Memorial Masters Swim Meet
Open Water Competition
 Sanctioned by LMSC for NC for USMS, Inc., Sanction # 137-05 and 137-05OW
Please Print Legibly

Name: _____ Club Affiliation: _____

Address: _____

City/State: _____ Zip: _____

Age (on Sept. 15th): _____ DOB: _____ Sex: M F

Daytime Phone :() _____ - _____ Email: _____

2007 USMS Registration Number: _____

Saturday, Sept. 15			
W	M	Event	Time
1	2	Open Water 1/2 mi.	
3	4	Open Water 1 mi.	
5	5	Mixed Medley Relay	
6	7	100 Freestyle	
8	9	200 Backstroke	
10	11	50 Butterfly	
12	13	200 Individual Medley	
14	15	100 Breaststroke	
16	17	200 Butterfly	
18	19	50 Backstroke	
20	21	200 Freestyle Relay	

Sunday, Sept 16			
W	M	Event	Time
22	22	Mixed Freestyle Relay	
23	24	200 Freestyle	
25	26	100 Individual Medley	
27	28	200 Breaststroke	
29	30	100 Butterfly	
31	32	400 Individual Medley	
33	34	100 Backstroke	
35	36	50 Breaststroke	
37	38	50 Freestyle	
39	40	400 Freestyle Relay	
41	42	200 Medley Relay	
43	44	500 Freestyle	

Facility Charge for USMS swimmers @ \$10 = \$ _____

The facility fee covers both pool and open water events Sept. 15 and 16.

Number of pool events: _____ @\$3 ea = \$ _____

Number of pool relays: _____ @\$4 ea = \$ _____

Open water event: _____ @\$10 = \$ _____

Total: = \$ _____

Entries payable to: **Asheville Masters Swimming.**

Mail to: **Kitty & Joe Schmidt; 1 Hampton Drive, Weaverville, NC, 28787**

I, the 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 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 OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: _____ Date: _____