



## Greetings from the Deck

Hi All –

You should have all been receiving your SWIMMER magazine. Congratulations to Editor Bill Volckening the Editorial Board, all at Douglas Murphy Publishing.

The USAS Convention in September was held at the Joseph S. Koury Convention Center in Greensboro, North Carolina. Many rule changes are in effective as a result such as the new Breast stroke start. See USMS or Ohio LMSC website for details in PDF file.

The first half of this year has been an exciting time for our LMSC. Many aspects of our organization are under evaluation. The Core Objectives of service, education, and growth have allowed us to focus our efforts to benefit the members more effectively. This becomes clearly evident in the organization and content of our new national publication, USMS SWIMMER. The process is also under way in the new governance proposals. Change is difficult and exciting at the same time.

In the governance process, I congratulate the members of the Board of Directors for having the courage to focus on the health of the organization and not get caught up in protecting their turf simply “because it has always been that way.” Once again, change is often difficult. The movement to a more nimble organization will further all three aspects of the Core Objectives.

Our international activity is picking up with the 11<sup>th</sup> FINA Masters World Championships just 10 months way. Michael Moore and Anne Cribbs have made an excellent team and from all reports FINA is very pleased with the progress. I realize that the objections were great when we started the push following the 9<sup>th</sup> FINA World Championships in New Zealand to have USMS step up to the challenge of showcasing our wonderful organization. Participation in a World Championship is a highlight for all athletes.

Thanks again for all of your dedication and leadership. I hope all is well with you.

CJ

## Things That Are Happening...

OHIO

The Ohio LMSC had elections at the Milford Meet on March 13. The new board is as follows:

Chair	C.J. Rushman
Vice-Chair	Scott Boyer
Treasurer	Scott Goertemiller
Secretary	Lisa Rushman
Newsletter	Jim Monahan
Registrar	Laura Wright
Sanctions	Mag Wright
Webmaster	Martin Brann
Top Ten	Bill Hofacre

### The Ohio LMSC Meet Schedule:

All up-coming meets in the Ohio LMSC and surrounding LMSC's (Lake Erie, Indiana, KY, Michigan) can be found at [www.ohiolmsc.org](http://www.ohiolmsc.org) under the Up Coming meet section.

### Changes in OHIO;

Effective with the new registration period, you will note the GOST or Greater Columbus will no longer be a club in the LMSC. They have folded due to declining registration and the formation of new clubs. If you were a former swimmer on one of these clubs, please contact any club in the LMSC and sign up. I'm sure they would be glad to have you.

### Changes in registration Fee;

For the 2006 registration year the annual fee was reduced to be just \$20. With the way gas prices are, you need the money to get to meets.

### Paperback writers:

If anyone has articles or news that they want to share, please shoot them directly to our newsletter editor, Jim Monahan. We can include them in the winter edition of the newsletter. If we know about it we will print it for all.

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## International Meets

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### WORLD MASTERS GAMES XI FINA WORLD MASTERS CHAMPIONSHIPS

The dates of the XI FINA World Masters Championships have been established. Competition will be between August 4, 2006 and August 17, 2006.

The official web site for the championships is now up and running – <http://www.2006finamasters.org>. Information on the web site includes:

- Dates and Schedule of the XI FINA World Masters Championships
- The meet qualification times
- Hotel availability and on-line booking
- Visa information

Additional information about the XI FINA World Masters Championships will be posted on the website as it becomes available. You are encouraged to visit the web site to for all the current information.

### HOTELS

The XI FINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible, there are only a limited amount of hotel space near the hotel. You can make your reservations on line at the website or you can call 1-800-826-4630 toll free in the U.S.

To sign up for the FINA e-mail list, go to

<http://seven.pairlist.net/mailman/listinfo/finamasters>

Many thanks. We look forward to seeing you in 2006

*Michael Moore, Chairman  
2006 FINA Masters World Championships  
michael@2006FINAMasters.org*

## Pieter Cath Remembered

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Sad news from Lake Erie LMSC. On June 11, 2005, Pieter Cath died after a relatively short illness. Pieter was USMS Top Ten Chair and contributed many hours of time in that capacity. In Northeast Ohio, Pieter was a 25 year member of

USMS and past President of O\*H\*I\*O Masters Swim Club. He was the Meet Director for two national meets and approximately 115 local meets. He met Lilly Kron through swimming and they had been together for 20 years. Pieter was a nice man and he will be missed by many nice people.

Donations to the USMS Legacy Fund may be made by sending a check to Doug Church, 315 Chris Ct., Noblesville, IN 46060-8884. Checks should be made out to the USMS Endowment Fund.

## Places to Swim

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### Attention all Teams and Clubs!!!

Have you been to the Places to Swim page on the Ohio or USMS website? If so, are all the workout groups in your area up to date? Would you please check this information and let Scott Goertemiller know if there is a need to be updated?

Go to the USMS website at [www.usms.org](http://www.usms.org) and click on Places to Swim. Filter out your LMSC and all the places currently listed will appear. If there is one that is out of date, click on "edit a place to swim", make the appropriate changes and click "submit" and then the information for that program will be up to date

## USMS/USA Swimming High Altitude Training Camp

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Our 8th camp was held February 12-16, 2005, at the Olympic Training Center in Colorado Springs. The camp was increased from 12 to 18 athletes this year and it worked out very well. Our nine women and nine men athletes came from CA, CO, FL, GA, IL, IN, KY, NC, NY, OH, TX, and WA and range from 35 to 68 years of age. The staff included coaches Bob Bruce (OMS), Mark Moore (MVN), and Rick Powers (DAM), Flexibility/ROM/Strength & Conditioning Steve Thompson MPT, CSCS, and Sports Psychology Consultant Scott Boyle, M.A. (in cooperation with USA Swimming). The USA Swimming staff was outstanding and John Walker provided excellent leadership. Without the generous support of The Olympic Club, the camp would not have been possible. Our other sponsor, H2O Velocity, did not fulfill its obligations.

Part of the responsibility undertaken by each athlete that is selected is to share the knowledge that they gained with others. This is a high priority for all of us

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as space is limited in the camp. Our athletes and coaches have taken this seriously and already have written articles, run stroke clinics, and given talks. Many of our applicants have heard about this opportunity from those who have experienced it. The OTC is a special place, the USA Swimming staff is at the cutting edge, and our Masters coaches are chosen for their excellence in stroke analysis and technique and their communication skills. It is a once in a lifetime experience that is a valuable asset to our USMS program.

## GREAT LAKES ZONE

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*Mike Lemke, Zone Chair*

### ACTIVITY SINCE LAST REPORT

Per action taken at the last convention, the Great Lakes Zone has developed a zone records database. Thanks to John Bauman this project is off to a great start. We also are pleased to have renewed activity in the Allegheny Mountain LMSC.

### DISCUSSIONS AND PROJECTS THAT HAVE TAKEN PLACE SINCE THE LAST CONVENTION:

#### **Lake Erie**

Lake Erie LMSC had 320 members at the end of February. This is an increase of 13% over last year at this same time. This is attributed in large part to the invoices/registration reminders sent to current and prior year members by our Registrar Margaret Bayless. Margaret is also USMS Controller.

There was a Workout Group Challenge Meet that produced a lot of excitement. It was attended by 140 swimmers which is a substantial number for a master's meet in Northeast Ohio. The next meet is the Ohio State Masters Championship Meet at Wooster, OH April 2nd and 3rd.

We just wrapped up the results of 2004 30-Minute Fitness Swim Challenge. 108 swimmers participated nationally. We are hosting that event again in 2005.

## **Indiana**

Greater Indiana Masters Swimming (**GRIN**) has had a great year so far! Following on the heels of the Orlando Convention, the **GRIN** Fall Classic (SCM) had record attendance with several individual and relay records set. The **NASTI/GRIN Fitness Series** followed soon with our best participation ever. **Ball State Masters** held their inaugural meet in January, followed by another successful **IU Masters** meet in Bloomington. **John Ford** held his 27<sup>th</sup> annual **Michiana Masters Meet** in South Bend, and **GRIN** provided a snooper video clinic before the meet to promote **GRIN** and USMS at this YMCA facility. The snooper clinic was enhanced by the implementation of the digital video recorder (DVR) to replace the VCR methods of old. The DVR was obtained using funds supplied by USMS for zone grants. **GRIN** is grateful to USMS and the Great Lakes Zone for acting favorably on our request for this upgrade. We believe that these clinics get us to the grass roots level adding value to USMS membership for competitive and non-competitive swimmers alike. The **State Meet** was a huge success, being held for its 6<sup>th</sup> straight year in the fantastic facility at Avon High School. At state, the annual GRIN business meeting was held. **Cheryl Gettelfinger** was elected to Chair, **Randy Crutchfield** was re-elected to Treasurer, and **Dick Sidner** stepped back to assume Vice Chair duties. Appointees to other positions remain the same with **Barbara Larsen**, registrar; **Nan Stager**, Sanctions; **Joel Stager**, Coaches Liaison, **Raena Alexis Latina** and **Dave Oplinger** remain as Newsletter Editor and Web Master, respectively. The Registrar's report was presented indicating that we are on track for increased enrollment. Our treasurer assured us that we are in good financial shape. **Doug Church** promoted the USMS endowment fund and recognized the return of the 1940 US Olympic Team swimmer **Patty Reels** (age 78). GRIN's highest honor, the **Irv Merritt Award**, was presented to **Jim Lewis** (Huntington; Team NASTI) and **Joel and Nan Stager** (Bloomington; Team DOC). Upcoming meets include **Cole Family YMCA** meet in Kendallville and **Y nationals at IUPUI**. This summer will feature the **Mile swim at**

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**Eagle Creek in June and the Firecracker Meet in July.**

## **Illinois**

The Central LMSC has approximately 1300 members as of the end of May. This is a little over 100 short of last year at this time when we had high interest in Illinois to attend USMS short course Nationals in Indianapolis.

We will elect officers for 2005-2007 at our April 16th meeting. Nominees are Mary Pohlmann, chair; Nadine Day, vice-chair; Barbara Delanois, treasurer; and Craig Johnson, secretary.

The 2005 CMSA State Championships were held April 14-17 at the University of Illinois - Chicago. We approximately had 400 participants.

Mark Urban of Mt. Greenwood Masters is currently writing a column titled SWIM BLOCK for Chicago Athlete Magazine. Chicago Athlete is a free monthly magazine that covers adult-amateur sports around the Chicago-land area. Mark hopes that by writing about Masters swimming and adult aquatics, more people will join Masters swimming programs.

We have several members recently inducted to Hall of Fames or who received other prestigious athletic honors outside of USMS: Marcia Cleveland was inducted into the Greenwich Aquatic Hall of Fame, Pam Smith was inducted into the Springfield Sports Hall of Fame, Kielo Sauvala and Brent Newcomb have been named CLIF BAR 2004 Athletes of the Year.

## **Kentucky**

Joanne Tingley, who has been the registrar in Kentucky as long as there have been Masters Swimmers in Kentucky, has retired from that position. The LMSC held their bi-annual meetings after the short course state meet in Lexington and the following were elected as officers:

Chair – Bill Tingley  
Vice Chair – Mike Lemke  
Secretary – Meg Smath

Registrar – Susan Ehringer  
Treasurer – Melinda Schmitt

## **Wisconsin**

Wisconsin has passed the "400" mark in registrations for the first time in history...and that in spite of a loss of ~100 non-renewals from 2004. Despite having to cancel one of our March meets, changing the date of our State Meet to the second weekend in April, and our meet attendance seems to be up.

This year we hosted a Mentor Coach Clinic - coming up next weekend (March 18-20). Michael Collins is putting on a Coach/Swim/Tri Clinic. They had 20 participants, 5 coaches, and two observers. This event is sanctioned so swim attendees have to be registered (OE or Full). Already a number of OE registrants have converted to full...without having their arm twisted. This is exciting! People in Wisconsin are excited this year. Must be the water.

## **Allegheny Mountain**

Has a new LMSC Chair, Joseph Skoski. Joe has brought some energy to the LMSC and plans to attend the Convention this fall.

This was the first time in over 5 years that the Allegheny Mountain LMSC (Western PA) had been to a convention.



# The Starting Block... from the State Office

## Registration

I must thank Esther Lyman for the data provided below. For those LMSCs trying to build their membership, our national office has detailed statistics available on our LMSC. For example, we can pinpoint by town within a 3-digit zip code from where you draw your members. Details are available ongoing over the past three years, but can easily be extended to cover five or even ten years of comparison of your membership by location or makeup.

The following table shows the shifts in membership between the eight zones between the past two full years:

Members (net)	Y2004		Y2003	
	Members	%USMS	Members	%USMS
Breadbasket	3660	8.7%	3313	7.8%
Colonies	8906	21.2%	8926	21.0%
Dixie	5032	12.0%	4838	11.4%
Great Lakes	4804	11.4%	4714	11.1%
Northwest	2600	6.2%	2657	6.3%
Oceana	9964	23.7%	10314	24.3%
South Central	2300	5.5%	3046	7.2%
Southwest	4777	11.4%	4599	10.8%
<b>All USMS</b>	<b>42043</b>	<b>100%</b>	<b>42407</b>	<b>100.0%</b>

Again courtesy of Esther, here are some more fun facts. The overall USMS male/female ratio continues to shift ever so slightly towards the women each year, starting with 40.4% female in 1994, the first year for which we have electronic records. Pretty interesting stuff.

Members (net)	Y2004				Y2003			
	Women	Men	%Women	%Men	Women	Men	%Women	%Men
Breadbasket	1950	1710	53.3%	46.7%	1730	1583	52.2%	47.8%
Colonies	3952	4954	44.4%	55.6%	3922	5004	43.9%	56.1%
Dixie	2181	2851	43.3%	56.7%	2131	2707	44.0%	56.0%
Great Lakes	2013	2791	41.9%	58.1%	1976	2738	41.9%	58.1%
Northwest	1314	1286	50.5%	49.5%	1324	1333	49.8%	50.2%
Oceania	4850	5114	48.7%	51.3%	5019	5295	48.7%	51.3%
South Central	1146	1154	49.8%	50.2%	1555	1491	51.1%	48.9%
Southwest	1995	2782	41.8%	58.2%	1841	2758	40.0%	60.0%
<b>All USMS</b>	<b>19401</b>	<b>22642</b>	<b>46.1%</b>	<b>53.9%</b>	<b>19498</b>	<b>22909</b>	<b>46.0%</b>	<b>54.0%</b>