

MONTANA MASTERS SWIMMING

January 2002

Welcome to a New Year of swimming opportunities for masters swimmers in Montana. It is our goal this year to increase the opportunities for masters swimmers throughout the state thus increasing our visibility and enhancing our growth and future. Encouraging opportunities for both fitness swimmers and competitive swimmers will enable us to share our passion for swimming not only with our peers but with the age group swimmers who will soon be our peers. The USMS motto for 2001 is "Swimming - A life's Passion" - let's share it.

Our local masters swim club (Montana) is part of the Northwest Zone including Alaska, Washington, Oregon, Idaho, Utah. The Northwest Zone recently elected Dan Frost from Oak Harbor, WA. as the new zone representative to United States Masters Swimming. Sally Dillon, also from Oak Harbor, was recently elected secretary of USMS. Zone information is available on the web at www.northwestzone.org. Schedules of events, LMSC news, and other interesting tidbits are worth the surf.

The **USMS National Convention** was held in November in Louisville, Kentucky. The Northwest Zone and Montana Masters sent Ann Gilbert to attend. There were **two major rule changes** decided at this convention. The FINA Bureau accepted the request for a variation to the butterfly rule to allow Masters swimmers to use a breaststroke kick for the period 20 September (when the Fukuoka amendment came into force) until 23 May (when the Masters Congress amendment will come into effect). This exception means that we return to the rules prior to September 20, which allowed the breaststroke kick to be used in the butterfly for all events. Records set during the intervening time will be acceptable with either kick as long as they otherwise qualify. The second rule change has changed the minimum age of membership to 18 effective November 18, 2001. Registrars may begin to accept member immediately. They must, however, insure that the registration form is dated on or after the potential member's 18th birthday. A form signed while the person is 17 cannot be accepted. Members can compete in USMS meets when they meet the requirements for being considered 19 for a given meet. For short course yard meets, a member can compete as long as their 19th birthday occurs on or prior to the last day of the meet. For both short course and long course meter meets, an 18 year-old member may compete in the year in which his/her 19th birthday occurs. In all cases, they will be competing as 19 year-olds for the purpose of individual and relay age group determination.

The USMS Championship Committee suspended the rule to permit only 3 extra events at **Short Course Nationals in Hawaii** this year and 4 events may now be swum beyond the events that time standards were met. They did this realizing the number of competitors may be lower due to the distance and expense of getting to Hawaii. May 14-17 at the University of Hawaii, Honolulu, Hawaii. patz@hawaii.edu

The bids for the **2003 National Meets**, both long course and short course, were reviewed at Convention and awarded to Tempe, Arizona and Rutgers, New Jersey. National Short Course Championships will be held in Tempe May 15-18. Long course will be held at Rutgers August 14-17.

The **USMS date book** that you normally record all your goals and events in will not be shipped to you automatically this year. It was decided the cost was too great and use was questionable. However, they are still available on a first come first serve basis from the National Office.

Convention Report: Committee reports from the convention are available on-line at www.usms.org. Attending the convention was truly inspiring. I ventured into it not knowing what to expect. A "rookie" label was immediately attached to my name card and I wasn't lost for long. I was encouraged to go to any and all committee meetings that seemed interesting. I arrived early to attend the coaches session put on by Michael Collins and Marty Hamburger. (These guys actually making a living coaching just masters swimming!!) We viewed USA Swimming videos of Olympic swimmers with some great underwater stroke analysis. These videos are available for rental from USMS. These coaches were also fundamental to the daily 0530 workouts at the University of Louisville pool. Friday, after the early workout, consisted of the House of Delegates meeting including nomination speeches from all the candidates. The Northwest supported an unusual amount of highly qualified candidates. That afternoon I attended the Coaches Committee where discussion centered around pursuing a masters coaching track at the American Swim Coaches Convention. The idea of monetary assistance from the national level was discussed. I would like to continue this discussion at our state meet in hopes of getting some Montana coaches to the convention. I also attended the Legislation committee that afternoon and the Officials Committee. USMS National Meets will be set up so that USA officials can use it toward their national certification. There was also discussion on how to get more masters officials by creating an option that doesn't require hanging out at 3 day age group meets to get certified. However, it will be a long time before that will be a viable option in Montana! We need to continue to integrate ourselves into the kids meets helping so that they will help us at ours. I also attended the Planning, Sports Medicine, and Fitness Committee meetings. Meeting folks who share a common love provided a wonderful resource base for future growth in Montana. The days were packed from 5 am to 10 pm. I have signed up to serve on several committees and am waiting to hear which ones want me! Hopefully we will be able to continue to send a delegate on a more regular basis to the annual convention. Thanks for the opportunity. - Ann

Local Swim Meets: State meet is in Missoula set for the end of March. Bozeman, Billings, and Great Falls are planning local, informal, swim meets for February and March. Dates are yet to be determined but it's not going to happen without the local enthusiasm. Get your teams rolling and we'll publish the dates when we get them. Helena has teamed up with the age groupers and is offering masters events at the Sweetheart Meet (formerly known as the Helena Pentathlon) on February 9th-10th. This meet will be run in split sessions. Masters and 13 & over will compete in the afternoon sessions. A distance session, 1000 free, is scheduled for Saturday evening. Events available Sat afternoon are: 50 Free, 200 Back, 200 Breast, 100 Fly, 400 IM, 200 Free. Sunday session will include 100 Free, 100 Back, 100 Breast, 200 Fly, 200 IM, 500 Free. This masters meet is being held concurrently with the age group meet which means we don't have to be USA registered to compete. USMS registration is required. We will not mix heats with the kids. Please contact Ann Gilbert (agilbert@initco.net or 443-2259) for an entry form. Entry deadline is Feb. 1 at 9 pm.

Postal Events: The Tamalpais Aquatic Masters in California is hosting a postal mile. This mile must be swum in January or February. Entry form is included with this newsletter or available from Ann Gilbert. The 25th Annual Championship One Hour Postal Swim (great looking t-shirt on this one!) is sanctioned by the Florida LMSC. All Swims must take place during January 2002. Entry form included with the newsletter or available from Ann. The Tuallatin Hills Barracudas in Beaverton, Oregon are hosting a February Fitness Challenge. There are three challenges to this one: 1) Count your yardage for the month 2) count your days; and 3) count the number of people in your group. Entry form is available at the Barracudas web page www.barracudas.org.

WAVES AND WIND PUT EARLY END TO FLATHEAD LAKE SWIM

POLSON (AP) - Wind and waves put an early end to an attempt to swim the length of Flathead Lake Thursday. Ton Stevens, 42, of Whitefish, stopped swimming 39 miles short of his 45-mile goal. "I felt like a pair of socks in a washing machine," he said. Stevens started near Polson at about 6:30 a.m. and hoped to reach Bigfork by 5:30 p.m., swimming along the lake's east shore. Stevens said he stopped swimming at about 9:30 a.m., about six miles from where he started, because a north wind was blowing directly at him and he was fighting 3-4 foot waves.

Commentary from the Kalispell Masters: In January, Ron decided he wanted to train to swim the length of Flathead Lake (26 miles). He trained very hard all year by spending many hours in the pool and then in the lake. He got in shape physically and mentally and became a very strong swimmer. On August 16 he made the attempt to swim the lake but the lake gave him 4-5 foot waves. He lasted about 2 1/2 hours and had to call it quits. He is determined to try again and we are all behind him!

BARBARA JACKSON SETS TOP TEN TIME AT ZONES

Barb, swimming in the 70-74 age group, set a Top Ten time at zones in Parkrose, Oregon last April. Her 50 Back time of :42.32 got her in the big book. She also swam the 100 Back in a 1:34.62. Congratulations!!

MONTANA MASTERS HEADING TO FINA MASTERS WORLD CHAMPIONSHIPS

Charlotte Sandal and Flora Wong of Helena will head to **Christchurch, New Zealand** this March to compete at Worlds. Good luck!!

"NO MATTER WHAT OUR ATTEMPTS TO INFORM, IT IS OUR ABILITY TO INSPIRE THAT WILL TURN THE TIDES"

MONTANA MASTERS

CHAIR - Ann Gilbert, 721 Second St, Helena, Mt. 59601 406-443-2259 agilbert@initco.net

TREASURER - Paul Toennis, 2602 Olson Dr., Billings, Mt.

SANCTIONS/NEWSLETTER - Ellen Parchen, 1409 Sherwood St., Missoula, Mt. 59802

RECORDS/PR - Bob Mckinnon, 1608 7th St. South, Great Falls, Mt. 59405-4332

2002 MONTANA MASTERS SWIMMING MEMBERSHIP (USMS)

USMS FEE \$25.00

Last Name _____ First Name _____ Street _____ Apt _____

City _____ State _____ Zip _____ Phone _____

Date of Birth _____ Age _____ Sex _____ Today's Date _____

Club or Unattached _____ Email address _____

“ 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 that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to accept these risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY 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 TIME OF SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.”

Signed _____ Date _____

SEND TO PAUL TOENNIS 2602 OLSON DR., BILLINGS, MONTANA 59102

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MONTANA MASTERS SWIMMING
721 SECOND ST.
HELENA, MT. 59601