

June 2010

Lane Lines

Ron and Ruth have a special attachment to swimming.



We have a special attachment to swimming... it is how we met 20 years ago, training with Space Coast Masters in Melbourne, Florida. Ruth first remembers Ron hanging his work suit and tie on the chain-link fence during workouts where he often wore his glasses during kick sets. Ron first remembers Ruth, always upbeat, smiling, and within arms reach of chocolate. After

and have been swimming with Crawfish Masters for 11 years.

We have competed in many swim meets over the years, most notably two FINA world championships and six USMS national championships. Our most recent national meet was held at the Georgia Tech pool, which hosted the 1996 Olympics. Returning to Atlanta held special significance for us as we

Ron and Ruth Niedrich

people who have taught and inspired us. For example: When we were in our thirties, we learned persistence and humor from a 65-plus mixed relay team, who joked they had six hip replacements between them. In our forties, we learned honor and humility from Tom Lane at USMS nationals at the University of Minnesota, who at the age of 103 and having recently lost his eyesight returned to his swimming alma mater to compete with the

aid of his 80 year-old daughter who tapped him with a tennis ball to signal turns.

Swimming has held a special place in our lives, it is how we met, where we feel at home, and although we do not expect to be around as long as Tom Lane, who passed at the age of 106, swimming is likely to be a part of our lives until the end.

Watch for Ruth and Ron to compete at your pool soon. Ron

training together for a couple of years, we began to see each other outside of the pool; we have been married now for 14 years

attended the 1996 Olympics for our honeymoon where we watched two days of swimming and one water polo match.

Swimming has been a constant in our lives; it has been important to both our physical and emotional well-being. We have also had some success in swimming with 13 USMS top-ten times, Ron with 8 and Ruth with 5. However, nothing has been more important to us than the wonderful friends we have met over the years. There is just something about training with a team that builds strong friendships and makes us feel as though we belong.

We have also been fortunate to have met so many amazing

and Ruth are consistent SMS traveling swimmers. Ruth is also well known for our team "Monster Cookies"-Crawfish Aquatic's team competition cookie.



Masters Swimmers We don't get old, we just age up.

Special Points of Interests:

- > Ron and Ruth Niedrich
- > Pictures from Nationals
- > Upcoming Events
- > Faye Lachney tips

SMS Leaders

Nan Fontenot- Chairman

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Upcoming Events

SMS Long Course Meters Championship—New Orleans August 27-29, 2010

Dixie Zone Championship— New Orleans UNO Natatorium December 3-5, 2010

2010 USMS Summer Nationals Long Course Meters

San Juan, Puerto Rico August 9-12, 2010

Faye Lachney—



My husband, Fred, attends all meets with me. He is my counter and my cheerleader. Without his encouragement, I would have never started swimming.

I started swimming Masters a few weeks shy of my 40th birthday. I started swimming Masters for the same reason I started swimming AAU – I was encouraged by my brother, Lee Vail. I also got tired of going to Elmwood, and not being able to get a lane. At swim practice, there is always a lane for all comers. After about 2 years, I started to have shoulder problems. In July 2003, I had surgery for a rotator cuff tear and shoulder impingement. After several months of physical therapy, and slowly building up strength,

I returned to swimming in March 2004. Dave Minor was coaching the team. It was a perfect fit for me. I am a distance swimmer, and Dave did lots of distance work. At first I was worried because I was doing less yardage than before my surgery, but in my first meet back after the surgery, all of my times dropped.

A turning point for me was when Dave made a rather innocuous statement. He told me that I only had a few more years in which I would be getting faster. It had not occurred to me that I wouldn't just keep getting better if I practiced. I decided to make a concerted effort to improve as much as possible before that "point of no return", usually around 50, hits me. I started swimming 4 or 5 times a week, and I pushed myself beyond what I thought I could do. My first National meet was in May 2005 in Fort Lauderdale. The meet was at the Hall of Fame pool. I felt very intimidated at first because I associated "Nationals" with only elite swimmers. Instead, what I saw inspired me in a way that I didn't expect. I saw men and women in

their 80's and 90's swimming the 100 fly! These swimmers were so full of life – so happy to see their friends that they only saw at the National swim meets. I saw a woman who was unable to complete a full rotation with one her arms swim the mile. Sure, there were lots of great swimmers at the meet, people that swim faster than I did as a teen-ager, but those aren't the ones that, to me, make Masters swimming such a great organization.

Since that time, I have traveled to Coral Springs, Florida, Seattle, Washington, Austin, and Houston for National Swim meets. My husband, Fred, attends all meets with me. He is my counter and my cheerleader. Without his encouragement, I would have never started swimming. Without his continued support, when life got tough, I may not have continued. Swimming has not only been my hobby and exercise, it has also been my stress reliever through a custody battle, loss of my father, Hurricane Katrina, and a very stressful job. We have used the swim meets as mini-vacations.

Our favorite meet was the Short Course Nationals meet in Seattle. I only swam one event each day, which gave us time to sightsee. We spent one day in downtown Seattle. On another day, we traveled to Mount Rainier National Park. Work and family commitments have made it difficult for me to attend the National meets for the last two years, but I hope to attend a National meet next year.

Master swimmers We don't get old, we just age

Training Tips from Faye:

I am a big believer in everyone training at least one day of distance, even sprinters. Endurance training keeps swimmers from dying near the end of their races and allows them to finish strong.

200's on 3:00, 300s on 4:30, etc. The goal is to hold the pace and the interval for the entire set.

For endurance training, you need a set that lasts about 20 minutes. There should not be long rest period between the swims. It can be something like 9x200, or it can be mixed up with various lengths of swims. (3x300, 3x200, 3x100) If you swim 100's on 1:30, you would do

Ann's Corner:

A note to all teams.

Please submit an article from your team. Lets add success stories like Chris' each month.

Please submit articles to: aw10is@bellsouth.net

We will also feature a club coach in each issue. We will contact you for your personal information and team information.

Working on new stories for the future.

Your HOME WORK!!!

We need pictures of all SMS swimmers as a junior or baby swimming.

Submit your pictures as soon as you can to:

aw10is@bellsouth.net

Southern Masters Swimming organizes Masters swim teams from Louisiana and Mississippi. We are proud of all of our swimmers. We are constantly growing and improving. Check for teams in your area and join today.

Invite all unattached swimmers to affiliate with your team. We want all competitive swimmers to be attached to a club and Southern Masters Swimmers. We can build a stronger team for national and regional meets.

SMS Teams—contact them when you are traveling: (Cont. below)

CROS— Cross Gates Family Fitness Club
200 N Military Road Drive
Slidell, La 70461
Cece Dugas— 985-285-7946
985-626-3706
ceceswim@juno.com

ES—Elmwood Sharks
1200 S. Clearview Pkwy Suite 1200
Harahan, LA 70123
George Rucker— 504-994-9911

PAC— Pelican Athletic Club
1170 Meadowbrook
Mandeville, La 70471
Charlie Hoolihan—
Charlie@thepac.com

RRM— Red River Masters
620 Prospect #3
Shreveport, La 71104
Janet Martin—318-226

BTAC— Bengal Tiger Aquatic Club Masters
5261 Highland Road Suite 324
Baton Rouge, La 70808
Missy Wiseman—225-578-5078
office@swimtaq.com

CCSC— Crescent City Swim Club
964 Athania
Metairie, La 70001
Mike Falati—504-838-9384
ccsnola@aol.com

CRAQ—Crawfish Aquatics Masters
7150 Bluebonnet Blvd.
Baton Rouge, La 70810
Nan Fontenot—225-769-4323
masters@crawfishaquatics.com

FFF— Flowwood Fighting Flounders
1645 Piedmont St.
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Kate S. Eidt—601-355-5831

Franco's Fins Masters
100 Bon Temps Roule
Mandeville, La 70471
Robby Fritcher— 985-705-5597
rfritscher@myfrancos.com

Frank's Master Gators
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Houma, La 70361
Frank Shepard—985-851-7665
fswim@hotmail.com

RTM—Riptide Masters
116 Frenchmen Dr.
Mandeville, La 70448
Judith P. Kloepfer— 985-951-9331
coachjudith@riptideswimclub.org

Shockwave Masters
106 Andrew Circle
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www.southernmastersswimming.org

Southern Masters Swimming

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Pictures below labeled:

1. Alan Appley, Scott Snyder, Ron Niedrich
2. Ruth Niedrich, Jeanne and Chris Frederic (Dinner Friday Evening)
3. Chris Frederic, Rob Cambias (standing), Alan Appley
4. The Pool !!
5. Snap shot of the pool and competitors
6. Chris Frederic and Ron Niedrich holding their medals
7. Mixed Relay Team—Cecile Many, Chris Frederic, Scott Snyder, Alan Appley
8. Chris Frederic, Ron Niedrich, Rob Cambia, Alan Appley (seated)
9. Cecile Many, Pat Arnold, (front row) Alan Appley, Scott Snyder (back row)
10. Ron Niedrich, Scott Snyder, Alan Appley (Dinner Friday Evening)
11. Chris Frederic, Ron Niedrich (Jeanne has popped her head out behind Chris' shoulder)
12. Cecile Many, Richard Deichmann, Pat Arnold, Jeanne Frederic (in black shirt), Chris Frederic

