

April 2010

# Lane Lines

**They never let me forget I was part of the Crawfish Aquatics team.**

March 17<sup>th</sup>, 2009 started out like any other Tuesday: I had a great swim practice, and went to work. I was excited about going to USMS Nationals in August because my sister Laura Hays from Michigan Masters finally agreed to join me there! But that evening my life changed dramatically. In a freak accident, I fell over a hurdle while

## Chris Frederic's Story



coaching my son's middle school track team, breaking my left arm in two

## Chris' story continued

tracted me from the pain long enough that I could eat something. Teammate Ruth Niedrich, a physical therapist who works with post-operative patients, became my angel. When my doctor came to discharge me from the hospital, Ruth stopped by to visit. I had confided in her how scared I was to go straight home, because I didn't know how to get out of the hospital bed by myself. I am convinced God sent Ruth at that moment, because my doctor decided a rehab hospital might be a

places, my right leg at the knee, and dislocating my left shoulder. I'm left-handed, and the injuries would severely complicate my life, putting me in a wheelchair for three months! But my biggest concern at that point was when I could get back to training for Nationals! My swimming goals would have to wait. I had five surgeries, and spent two and a half weeks in hospitals before I made it back to my home. Truly my life was in crisis, and thankfully I learned I had many true friends. Almost immediately I came to understand how important my teammates at Crawfish Aquatics were, and what their friendship would mean to my recovery.

When Coach Nan sent out the news, the team responded with genuine con-

cern, coming to my hospital room, bringing coffee, newspapers, fresh fruit, flowers, magazines, books, prayers, and cell phone cameras to take pictures of the stabilizer bar on my leg. At least 18 team members showed up at my bed, determined not to let my "hurdle" keep me from returning to the pool. They brought swim caps, teddy bears with goggles, shared stories and offered words of encouragement to remind me that I needed to get back into the water as soon as I could. I got e-mails from Southern Masters swimmers in Lafayette, New Orleans and Houston, all encouraging me to do the physical therapy and get back to swimming.

Thank goodness for Doug Kopp who visited during dinner. His stories dis-

mal! I didn't need to walk; I could swim. Truly the water helped me recover faster. A dumbbell-like bar used to teach kids to swim helped me get my left arm up over my head. I kicked as much as I could, hoping the effort would stop my very, very skinny right leg from atrophying any further. I sculled breaststroke and kept checking to see if I could get my left arm out of the water for freestyle. Everyday I went a little farther and could do a little



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

## Special Points of Interests:

- > Chris Frederic's story
- > 2009 Top Ten
- > Upcoming Events
- > Short Course Yards Championship results
- > Coach's Corner
- > Training Tips

## SMS Leaders

- Nan Fontenot- Chairman  
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Master swimmers, we don't get old, we just age up.

March 2010 Lane Lines



> "Teammate Ruth Niedrich, a physical therapist who works with post-operative patients became my angel".

Chris' story continued

more. I even found the courage to do one-legged flip turns. Coach Nan never let me forget I was part of the Crawfish team. She brought Crawfish apparel while I was in the hospital, and continually passed on updates of my progress to everyone. She rallied the team when I needed rides to physical therapy. She marveled at my progress and prayed more than anyone I know. She reminded

me that I might never understand God's plan, but that my injury would open a window, and my focus and hard work were an inspiration to the others. As my coach, she knew I needed to get back into the water where I could recognize what was possible, rather than dwell on my obstacles. She always saw me as a part of the team. When I rejoined them in the pool, she encouraged me to swim, even when I

couldn't properly stroke; and she never let me swim with real, physical pain. My Crawfish teammates continue to support me in my recovery. The encouragement they gave me kept me going, even on those days when I wanted to stay in bed and cry, or quit. When I got discouraged, they reminded me how far I had come. They congratulated me when I could finally do a backstroke pull. They remind me my

Chris' story continued

recovery has been amazingly quick, and tell me I'll be faster in the end. When I get scared and think I won't make it back to the national level, they encourage me to take baby steps. I could not have recovered so fast and so well without my family, my teammates and my faith. My doctor was impressed by my positive attitude, hard work

and dedication to getting my life back. While most people who break the tibial plateau are still using a cane after 11 months, I was able to walk on my own in less than four months. I have regained full range of motion in my leg, and more than 95% range with my arm. Because of my swimming background, I knew how to

work through fatigue and boredom; and my goals gave me something to work towards. And most importantly, I am a member of a team, and I know I can count on every one of my teammates to continue to inspire me in my recovery.

2009 TOP 10

SHORT COURSE METERS:

- Women:
- 30-34 Age Group  
Alison Cascio
- 45-49 Age Group  
Fay Lachney
- 50-54 Age Group  
Stephanie Santini
- 70-74 Age Group  
Pat Arnold

SHORT COURSE METERS:

- Men:
- 35-39 Age Group  
Graham Ginn
- 50-54 Age Group

- Terry Jaynes
- 70-74 Age Group  
Bill Jennings

LONG COURSE METERS:

- Women:
- 25-29 Age Group  
Rebecca King
- Kendra Shapely
- 45-49 Age Group  
Fay Lachney
- 70-74 Age Group  
Pat Arnold

LONG COURSE METERS:

- Men:
- 50-54 Age Group  
Terry Jaynes
- Ron Niedrich

- 60-64 Age Group  
Thomas Proctor
- 70-74 Age Group  
Douglas Holmes

- 2009 Southern Masters Swimming Outstanding Swimmers
- Female—Chris Frederic
- Male—Douglas Holmes



## 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 Short Course  
Yards Nationals-  
Georgia Tech, Atlanta, GA  
May 20-23, 2010**

**2010 USMS Summer  
Nationals Long Course  
Meters  
San Juan, Puerto Rico  
August 9-12, 2010**

### Coach's Corner— Featured Coach—Thomas Clavier of Crawfish Aquatics Lafayette



Since he first swam in a pool at an early age coach Thomas Clavier has always had a love for the sport of swimming. A long time resident of the state of Louisiana, Thomas started his swimming career with the Hurricane Swim Club out of Slidell, Louisiana.

After winning multiple State titles and being named both captain of his club and high school team, Thomas went on to swim at the University of Tennessee. After spending two years at Tennessee, Thomas transferred universities and finished up his collegiate swimming career at Indiana University.

At Indiana, Thomas was chosen to be one of the team co-captains and helped lead Indiana to its first Big Ten championship in over 21 years. Thomas was also on a relay that set a Big Ten conference record and became an All-American that same year.

At the conclusion of his swimming career at Indiana, Thomas became a certified personal trainer and worked with people of all ages and abilities. One year after graduating from college, Thomas made a move back to Tennessee where he volunteered his time with the men's university swim team. While at Tennessee, Thomas worked with some of the best athletes in the world.

Thomas helped personally train European Gold medalist and Olympian Jonas Person and worked with Olympians Octavio Alesi and Andrew Bree. Aside from training both collegiate and Olympic athletes, Thomas was also one of the coaches for the university's Master swimming program.

In the summer of 2008 at Tennessee, Thomas coached a local summer swim team named the Robindale Racers where his swimmers had a 100% increase in personal best times. Now he has his eyes set on a new goal. That goal is to make Crawfish Aquatics the best in the state of Louisiana.

Thomas is a great asset to Crawfish Aquatics and Southern Masters Swimming.

Thomas can be contacted at:  
[thomaspclavier@gmail.com](mailto:thomaspclavier@gmail.com)

[www.crawfishaquaticslafayette.com](http://www.crawfishaquaticslafayette.com)

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

## Training Tip for March: Presented by Thomas Clavier

I often see swimmers working on the latest drill or new technique that is suppose to make them faster. I also see swimmers paying ridiculous amounts of money to buy tech suits to get the edge on the competition. The approach that I take to coaching is a simple one. It is always better to focus on the BASIC FUNDAMENTALS and perform them PERFECTLY in order to become a more efficient and faster swimmer. The FIRST and MOST important thing that I feel each swimmer should

work on is BODY POSITION. Below are a few simple tips to remember that will help you out with your body position:

- the face should be looking downward to the bottom of the pool
- The neck should be relaxed
- The body should be in a straight line
- The toes MUST be pointed
- When swimming the strokes should be long (Be sure to reach)
- The hips should be up on the surface not dragging behind you

- The water level should be on the center of the head not on the eyebrow

See training video link

<http://www.youtube.com/watch?v=aoZ56Lr5gHs>

The Best Race Ever:

<http://www.youtube.com/watch?v=nwi845-7uxk>

## 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](mailto:aw10is@bellsouth.net) We will also feature a club coach in each issue. We will contact you for your personal information and team information.

This is my first attempt at this newsletter. I hope that you enjoy it.

Thank you for allowing me to develop our monthly newsletter. This newsletter will eventually be published on SMS website. Be looking for it there in the near future. Our program is growing every day!

[http://www5.snapfish.com/thumbnaillshare/AlbumID=1186636028/a=2408249028\\_2408249028/otsc=SHR/otsi=SALBlink/COBRAND\\_NAME=bellsouth/](http://www5.snapfish.com/thumbnaillshare/AlbumID=1186636028/a=2408249028_2408249028/otsc=SHR/otsi=SALBlink/COBRAND_NAME=bellsouth/)

View pictures from Masters Short Course Yards Meet held at Crawfish Aquatics in March. The password is Russia.

Photographed by Marie Constantin member of Crawfish Aquatics Masters Team. Visit her website to view her works. [www.marieconstantin.com](http://www.marieconstantin.com)

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.

[www.southernmastersswimming.org](http://www.southernmastersswimming.org)

Southern Masters Swimming

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we just age up.

**SMS Teams—contact them when you are traveling:**

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

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

*ES—Elmwood Sharks*  
1200 S. Clearview Pkwy Suite 1200  
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***Southern Masters Swimmers competing at the Short Course  
Yards meet held at Crawfish Aquatics***

***March 5-7, 2010***

***The attached collage file can be printed on poster size 22" x 34"  
to display at your pool.***

