

# Southern Masters Swimming

*We don't get old, we just age up*



## Lane Lines Dec 2013

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### SMS Swim Meets

Southern Masters Swimmers enjoyed three swim meets in the Greater New Orleans Area this fall. Charlie Hoolihan's third Pelican Athletic Club Swim Meet in Mandeville was attended by nine women and 16 men (25) SMS swimmers on Saturday September 28. A 10:30 start and sunny weather accounted for a good turnout of Elmwood Sharks and Slidell swimmers who competed in 28 individual events including the 1000 free, followed by sandwiches and fellowship.

Franco's Fin's 2nd Annual Turkey Leg Invitational Masters Swim Meet was run by Fin Master's coach Scott Fleming who awarded all the swimmers a medal just for participating. Two very competitive relays and twenty four individual events were swum by eight women and nine men (17, mostly from Francos) highlighted his low key unsanctioned developmental meet. Lunch included a large turkey leg, of course.

The 2013 Louisiana State Senior Olympics Games (LSOG) Dick Bower Memorial Swim Event was held on Sunday, October 20. Barbara Bower had a display of Dick's many swimming achievements. Bill Jennings got the meet sanctioned for SMS swimmers who made up 19 of the 32 LSOG swimmers (12 women and 20 men). State Senior Olympic medals were awarded and a lunch was served.

### 2014 SMS Masters Swim Meet Calendar

January 11 Petal Family YMCA Hub Fins Meet\* near Hattiesburg Ms  
March 22&23, SCY Championships\* Crawfish Aquatics Baton Rouge  
June 27-29, Dixie Zone/SMS LCM Championships Tupelo Ms

### SMS Officers

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**Barbara  
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at Lrg

**Doug Holmes,**  
Lane Lines  
Editor

# First SMS Swim Clinic Successful by Chris Frederic

*Saturday, August 24, the Southern Masters Swimming Board hosted a swim clinic with 2008 USMS Coach of the Year, Susan Ingraham. Susan coaches Masters of South Texas in San Antonio, site of 2015 USMS Spring Nationals, and she also competes, having won gold and silver medals at the national and world level. The swim clinic was sold out with 33 swimmers in the water and five coaches on deck, representing 10 teams from Louisiana and Mississippi. Six swimmers and coaches drove more than 100 miles to attend! Susan put on a phenomenal clinic for both swimmers and coaches. The clinic started on Friday evening with an optional underwater video clinic with Coach Thomas Clavier from Crawfish Lafayette. Twenty-one swimmers came out to have their stroke filmed and analyzed. Swimmers were amazed at how much they learned from seeing the underwater version of their stroke. Saturday morning began with a 90-minute in-water session on freestyle with four swimmers per lane swimming 25 yards after Susan explained the drills. At each end of the pool, swimmers received feedback from Susan and the 5 coaches on deck. Susan built on each drill until it became a full freestyle stroke. Lunch was served in the Renaissance Hotel next door to Crawfish pool, and Susan reviewed the video from Friday night and talked about technique. Swimmers returned to the pool for another 90-minute session of swim drills and techniques on Fly, Back and Breast, followed by a 30-minute Q&A session with Susan. Besides learning about drills and stroke technique, this swim clinic was a fun way to visit with fellow Master swimmers. Watching others do the drills led to improvement, conversation and amazement at how quickly some new swimmers picked up butterfly! The acoustics in the pool area were not ideal, but those participating agreed that the clinic was helpful and well worth the money and travel time. The SMS board will be deciding soon when we should have another SMS Swim Clinic. Please email your comments and suggestions and if your club would host it to [chris.frederic@cox.net](mailto:chris.frederic@cox.net).*

## **What did you like about the Clinic?**

Everything was relevant to me - and I think if I apply what I learned, I'd be faster and more efficient swimmer. I liked the video analysis and drills

That it was all day, emphasized stroke techniques with training exercises, excellent and personal instruction, low cost, separate from meet

1. Video, review...Eye opener 2. Stroke tech. & Critique... game changer. 3. Practice time and review.. a must 4. Extra Coaching per lane... Thank you Thank you! 5.Giving Back... Excellent... Need More Often!

Fun. Tips to improve all strokes. Good coaches. Well organized+

Everything was demonstrated, and the deck coaches gave us feedback on our performance.

## **Swim Clinic Drills**

**Freestyle: Fingertip drag, focus on using your triceps to move your hand and arm forward on the freestyle recovery**

**Backstroke: Swim with arms going into the water at 9 o'clock & 3 o'clock. Then transition to 10 o'clock & 2 o'clock, instead of the normal 11:00 & 1:00**

**Butterfly: Drag the arms on the surface of the water to mimic the ease of the recovery. Keep body flat; no kicking or undulating**

**Breaststroke: Scoop your hands around and get them out in front before you begin your kick; kick with a pull buoy between your knees to mimic tight kick**

## Hub Fins Masters Host SMS Sat. Jan. 11th in Petal Ms.

Plan to swim in the first of two meets in Mississippi this year. Get your swimming year started off right by coming to the Petal Family YMCA just about 100 miles from New Orleans and Mandeville on I-59 just South of Hattiesburg. This one day meet will not start until 11 AM with warm ups at 10, for the convenience of those who choose to drive up and back that day. Coach Dewey Case scheduled 12 individual events including the 500 and 1650 yard free and two relays. The Hub Fins have come to SMS Championship meets in La. and masters from La. & Ms. need to support this first meet in Ms in a few years. Entry form on page 6.

### Meet Patricia Arnold, Sanctions Chair and Outstanding Female Swimmers

Pat has been swimming competitively as a member of Southern Masters for the past 32 years, and currently is the SMS Sanctions Chairperson. At age 74, she is looking forward to “aging up” in 2014. Pat ranked as high as fifth in the Top Ten USMS swimmers in the country for most of the past 27 years. Her most successful events are the 1650/1500/ 1000/800 free, 100/200 breast; 200 back and 200/400 IM. A special highlight was at the FINA (XI) World Masters Championships in 2006 in San Francisco when she finished twelfth in the World in the 200 m back. Even more impressive was winning five events in her age group at USMS National Championship in the 1500 free (twice), 200 m back, breast, and IM. She holds 18 SMS records in all three distances for her age 70-74 group being: SCY - 1000 free, 50, 100, 200 breast, 50 fly; LCM - 800, 1500 free, 50, 100, 200 breast, 50 fly; SCM - 800, 1500 free, 100, 200 breast, 50 fly.

Pat's incentive has been to earnestly chase her mother, Yvonne Frischhertz, master's records, but she has only been able to get a few over the years she says. Pat's first National championship event was in the 1500 m free at the same meet her mother won the 1500 m free in her age group! Pat missed her mother's 1650 yd SMS record in 2012 by only two seconds, and almost gave up chasing her mom's 70 - 74 SMS records, but persistence paid off and at USMS LCM National Championships this past August, Pat broke her mom's 1500 m free record by **two seconds** and her 1000 m free record by **three seconds**!

## 2013 USMS National Convention Report by Chris Frederic

Doug Homes and Chris Frederic attended the 2013 USAS Convention in Anaheim, California near Disney World, where about 400 USMS annual House of Delegates meet along with USA Aquatic swimming, diving, water polo, synchronized swimming and the Swimming Hall of fame meet and honor their Olympic and World Champion athletes. SMS has enough members to send two voting delegates to the annual convention. Each of the three days started with a 6 AM swim practice/clinic with top master coaches. Several former USMS Coaches of the Year, including Susan Ingraham, were on deck. Well known national top swimmers attended the convention, like Laura Val, and Rowdy Gaines, who was MC of the 2012 Hall of Fame induction ceremonies. This year's MC was Tom Boak, former USMS President who has attended many SMS Championships. During the day we attended House of Delegates, committee meetings, workshops and special presentations. Socials and award ceremonies were held in the evenings.

In the Dixie Zone meeting, Barbara Aguirre, the SMS Shockwave Masters coach and program director for the new Tupelo Aquatic Center, bid for and was awarded the 2014 Dixie Zone LCM Championships to be held this June 27-29. The House of Delegates voted to hold off on action on USMS dues increases until the 2014 convention, since any changes would not take effect until 2015. Doug learned that 17% of the USMS \$35 share of our \$46 dues goes towards insurance coverage as a result of increased premiums after the open water accident where a swimmer was injured by a motor boat. Doug attended committee meetings on finance, open water and distance swimming. Chris attended rules and officials committee meetings. See article in this *Lane Lines* on the new rule changes voted on by the USMS House of Delegates.

The Open Water Swimming workshop focus was on safety and what a coach need to know in open water meets from recommending medicines swimmers take for fish stings to knowing when a swimmer needs to be removed from the water. Other workshops focused on USMS Marketing, especially to the younger crowd, and swimmers serving as leaders. The Officials Committee recommended and USMS now requires two people to officiate a USMS meet. One must be certified and will serve as Referee while the second person can be the starter. Both can serve as stroke & turn judges.

U.S. Masters Swimming's Nadine Day (Illinois) was re-elected president, Ed Tsuzuki (New Jersey) vice president of administration, Chris Stevenson (Virginia) vice president of local operations, Chris McGiffin (New Jersey) vice president of programs, Jody Smith (Oregon) will continue to serve as vice president of community services, Chris Colburn (Illinois) as secretary, Phil Dodson (Illinois) as treasurer. Maria Elias-Williams (South Carolina), continues as Director of Dixie Zone.

Awards presented were Capt. Ransom J. Arthur M.D. Award, Patty Miller (Virginia), coach of the Year, Whitney Hedgepeth (South Texas) of Longhorn Aquatics, Dorothy Donnelly Service Award to 14 swimmers, Kerry O'Brien Coaches Award to 16 master coaches, Club of the Year Award, Blue Wave Aquatics (Pacific Northwest), Nationals Championship Meets Award to Ed Saltzman (Georgia in the Dixie Zone), June Krauser Communications Award, Sally Guthrie (Michigan), Open Water Service Award, a new award in 2013, goes to Bob Bruce (Oregon).and the Ted Haartz U.S. Masters Swimming Staff Appreciation Award recipient is Jeffrey Roddin (Potomac Valley). Inducted into the World Swimming Hall of Fame was Ted Haartz, first USMS President and holder of five world masters records and eleven American masters records, who received many awards for his 43 years of continuous service to USMS.

## FINA Changes to USMS Rules by Chris Frederic

Effective Sept 25, 2013, FINA changed a few rules that will immediately impact Masters swimmers. The new rules impact Breaststroke & Butterfly turns, Backstroke finishes and “Unattached” swimmers. The link below will take you to the full rule changes. A brief description of the new rules is listed here. If you have any questions about the new rules, please check with your coach or contact Chris Frederic, SMS Officials Chair.

Unattached Swimmers – Swimmers may no longer be designated “Unattached” if they do not wish to affiliate with a team. However, the rule does not say that a swimmer must be affiliated with a team. USMS has defined a club designation for non-affiliated swimmers that consists of the letters “UC” followed by your LMSC number. An unattached swimmer in SMS will have a club abbreviation and club name designation of UC24. Non-affiliated swimmers will continue to be ineligible for competing on relays or for a group of these swimmers to compete for team points.

Butterfly & Breaststroke Turns and Finish – Hands must be separated, or at least side-by-side at the touch. Hands may not one on top of the other. Fingers and/or thumbs may not be interlocked. Once you touch the wall, you may turn in any manner you want, as long as you are toward the breast when your feet leave the wall.

Backstroke Finish – The swimmer may no longer be completely submerged at the finish. Past wording said “prior to the finish” but that was too difficult to call. If you want to do a back dive finish, make sure your feet or knees break the surface of the water as you touch (e.g., kick your feet up). Officials will be looking for some bit of flesh to break the surface at the finish.

Swimwear – FINA and USMS have determined that power bands, compression bands and compression tape are no longer acceptable in meets; even if your doctor has requested that you use them. An example of compression tape is Kinesio-Tape.

Please see the link for the complete list of changes. If you have any questions, please ask an official, whose goal is for everyone to have a fun, safe meet. [http://www.usms.org/rules/20130915\\_unat\\_fina\\_changes.pdf](http://www.usms.org/rules/20130915_unat_fina_changes.pdf)

# YHF Masters Winter Sprint Meet Entry Form

**Saturday, January 11<sup>th</sup>, 2014**

**Sanction #: 244-S001**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Age (as of 11/9/13) \_\_\_\_\_ Sex \_\_\_\_\_ Team Abbreviation: \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

USMS# \_\_\_\_\_ Team Name \_\_\_\_\_

Please circle desired event numbers for all individual entries. List the best recent short course yards times in the space provided. Use "NT" if you have no time for an event. Please note that all relays must be swam by swimmers attached to the same team. Mixed relays must be swum by 2 men and 2 women. **Send entry to Dewey Case, The Family YMCA, 3719 Veterans Memorial Drive, Hattiesburg, Ms 39401** **Entries must be received by Monday January 6<sup>th</sup>, 2014. Late entries will not be reflected in the meet heat sheet.**

| <u>Women</u> | <u>Men</u> | <u>Event</u>     | <u>Time (yards)</u> |
|--------------|------------|------------------|---------------------|
| 1            | 2          | 200 Medley Relay | _____               |
| 3            | 4          | 200 Free         | _____               |
| 5            | 6          | 100 Back         | _____               |
| 7            | 8          | 50 Fly           | _____               |
| 9            | 10         | 100 Breast       | _____               |
| 11           | 12         | 100 IM           | _____               |
| 13           | 14         | 50 Free          | _____               |
| 15           | 16         | 50 Back          | _____               |
| 17           | 18         | 100 Fly          | _____               |
| 19           | 20         | 50 Breast        | _____               |
| 21           | 22         | 100 Free         | _____               |
| 23           | 24         | 200 Free Relay   | _____               |
| 25           | 26         | 500 Free         | _____               |
| 27           | 28         | 1650 Free        | _____               |

### **The Family YMCA Master's Swim Meet Liability Release Form:**

*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.*

SIGN NAME: \_\_\_\_\_ Date: \_\_\_\_\_