

Across the Lanes

LMSC for North Carolina's Newsletter



In this September, 1998 Issue

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The Webmaster has changed some of the area codes from the original Newsletter and also has changed the date of the Anderson SC Meet to reflect the date change.



From The President's Lane by Don Gilchrist

Swimming, Family and Health

I recently became a father for the first time. Before our daughter's birth I promised not to burden her with expectations of what she should be or do in her life. My only desire was that she live a long, happy and healthy life. But in the delivery room, when I saw her spring into the world, both arms stretched above her head, my first thought was, "Wow! What an excellent push off!" Lynne and I named her Amelia, the "winning one," and her first fortune cookie predicted, "You will enjoy competitive sports." Has her fate already been determined, or is this the creation of another compulsive dad?

Over the years Masters swimming has become a shared family experience. Masters are bringing their kids to the pool and meets. I have seen baby strollers pass behind the starting blocks. Children and spouses do not have to be swimmers to enjoy the activities at the meets. Friendships are formed at the pool and at swim-vacations such as the Nationals as children and spouses enjoy the social benefits that come from attending. Often the meets are held at locations where other activities are suitable for children and spouses. Why shouldn't the whole family have the opportunity to enjoy the smell of chlorine and the cheers echoing off the walls.

There is much to gain by bringing your family to these events. Kids see their parents engaged in a healthy activity. The swimmer ends up with his or her own fan club. We have all seen and heard the kids on the deck or in the stands rooting for mom or dad. They enjoy the excitement. As one fellow observed, "Your children don't

know whether you win or lose; in their eyes you are always victorious." As a result, sideline participation often develops into recreational or competitive swimming.

Some children of Masters swimmers follow their parents into the sport, hopefully for the right reasons -- enjoyment and health:

Judy and Jim Greene's daughter is an outstanding swimmer and is nationally ranked. I reckon she learned about sacrifice from them. Jim, a former University of Maryland swimmer, Masters All American, and the oldest male to complete the 12.5 mile swim race around Key West evidently possesses some "crazy" genes.

Sandra Cathey's, Statesville Masters, daughter is an accomplished swimmer and is a member of the Naval Academy swim team. Likewise, Mom Sandra has achieved top 10 national rankings.

Joe Rhyne, a Winston-Salem Master, former NC State swimmer stand out, has a son that is pretty quick in the water.

And grandmother, Ceil Blackwell, has parented two collegiate swimming standouts, and now it is likely her grandchildren will be in the water soon.

The list of other Masters swimmers who have included and encourage family participation. is voluminous. Another recent event which also supports the theme of swimming, family and health, is the marriage of two Masters Bob Fleury and Linley Dougherty of Southern Pines Masters. I believe this is a first for two North Carolina Masters. There are some husband and wife Masters swimmers, but these two met in the pool, and perhaps married in the pool (I may be stretching the facts!).

We know how children often divert our attention away from practice and disrupt our focus on the more important things of life -- swimming faster. Now I find myself humming Winney the Pooh rather than counting swim strokes or estimating my repeats. I now appreciate the difficulties of maintaining a practice regime that many of my fellow swimmers with children have been telling me about. Nevertheless, swimming will be part of our family activities, either recreational or competitive, and I hope Amelia will enthusiastically cheer her father on as the other kids of Masters do.

Masters swimmers, particularly women and mothers, have had to stop swimming for a period due child bearing and rearing. I believe this is the reason why there is not as many 20 to 30 year old women swimmers as men. But female participation begins to increase in the older age groups as they make time to squeeze practices into their busy schedules. This is a great sport for those desiring to get back in shape after birth and child rearing. Masters later find swimming a necessity for mental and physical well being. One senior joined Masters at age forty-eight, for he believed "there was value in reaching retirement alive and in good health". There is and he did.

During the period when work, the constant daily personal and home disruptions, and the simultaneous paucity of time fragment our lives, swimming provides an adhesive to join two of the important facets, health and family. And for any Masters swimmer, our pursuit of well being has to have a very healthy effect upon those around us regardless of whether they swim competitively or not. So given this enlightened perspective, I wonder which stroke best fits the rhythm of "Mary Had a Little Lamb", and whether a four beat kick matches the beat of "You're My Little Potato".



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CORRECTIONS TO THE SPRING 98 NEWSLETTER

In the NC Masters Short Course Yards Championships Team Scores (page 5) the third place finishers were the Charlotte SwimMasters (CSM), not "CHM". Thanks to Marie Pauwels for bringing the mix-up to our attention.

Barbara Seaton reports that in the USMS Short Course Nationals results for North Carolina Relay Teams, page 7, the Mixed 55+ 200 Medley team of Seaton, Kort, Newell, and Murphy placed fourth with an excellent time of 2:28. Thanks Barbara.



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LMSC for NC - Officers and Staff

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From The Registrar's Lane by George Simon

Soon, the renewals for your 1999 Masters membership will appear in your mailboxes (about November 1st). There are several issues that I hope to receive feedback on prior to renewal time. I would certainly be appreciative if you would send me an e-mail expressing your opinion on these issues.

Several people have mentioned that they do not want to receive copies of SWIM Magazine nor this Newsletter because two or more people in the same house belong to Masters. I hope to implement a check block on the next renewal form for you to indicate that you do not need these publications. Others have requested that they be notified via e-mail when our Newsletters are published.

One thought for which I need feedback from the membership is 'Should important events within our LMSC be communicated to those of you who have e-mail?' I currently ask for an e-mail address on the registration form, both new and renewal, so that if I need to contact you because of a registration question, I can easily do so. However, I would like to be able to send an e-mail of only important events within the LMSC to all of you at once. Under no circumstances would your e-mail address be given to anyone else to send unsolicited e-mail (commonly called SPAM). However, you may get an e-mail from me representing the LMSC to remind you of a deadline to enter a swim meet, notification of swim meet information being posted on the web, etc. OPINIONS PLEASE to my e-mail.

The problems with e-mail are that (1) if your handwriting is bad on the Membership form, I cannot decipher your e-mail address (about 20% of the addresses I cannot read), and (2) if you change your Internet Service Provider (ISP), your address is no longer valid unless I am notified of the change. For those currently registered with USMS, the ability to get a free alias address that follows you should you change ISPs is as easy as visiting the USMS web site (<http://www.usms.org>) and requesting the alias address, my alias is Ncregistrar@usms.org, or george.simon@usms.org, whereas my current real address is george.simon@mindspring.com. Should I change, I would notify the USMS web site that my real address has changed, and when someone sends mail to Ncregistrar@usms.org, the mail actually goes to the USMS ISP and then gets redirected to my new real address. I did this when I changed from internet MCI to Mindspring last November. There is no delay in receiving e-mail if it is routed through an alias address first.



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PERFORMANCE APTITUDES AND ATTITUDES

Stepping Out of Your Comfort Zone
by Coach Emmett Hines

Every person has comfort zones within which he or she operates. Physical comfort zones are easy to identify. If your true AT pace for nekked phreesyle is 1:30 per hundred, any swim done at 1:40/100 would fall within your comfort zone. On the other hand swimming at 1:20/100 would quickly elevate lactic acid levels to the point of discomfort. Somewhere around 100 yards you would stray from your comfort zone.

Psychological comfort zones are a little harder to quantify. Most people find talking to a friend or a few friends at once to be no challenge at all. However, the thought of standing up in a room of twenty or thirty people to give a 5 minute speech, even if it is on a familiar topic, is enough to cause goose bumps and moist underarms for the majority of people. Giving a 45 minute speech in front of a live audience of 10 or 20 thousand (or a TV audience of several millions) is unthinkable for all but a tiny fraction of a percent of the human population.

The key to personal growth and increasing success in nearly every endeavor is the willingness to step outside of one's comfort zone. In swimming this might mean doing something physical like swimming a particular set of all fly instead of all free, or choosing to go on faster intervals or leading the lane instead of drafting off the leader. It might mean doing something more cerebral like deciding to enter your first meet or setting a goal to swim a personal best time and then training toward it.

Virtually everyone enjoys the feeling they get when leaving their comfort zone results in success. How about asking someone out for a date? This is out of the zone for most people. Yet how wonderful it is when the other person says "Yes."

Yet, fear causes most people to hesitate to step outside of their comfort zone. Fear of failure. And we all know, but rarely admit to ourselves, that the real "consequences" of failure are truly inconsequential and usually short-lived. It just doesn't seem that way at the moment of truth - the moment where we either decide to act or decide to remain quiescent. It is obvious that enlarging one's comfort zones pays off in many aspects of life. It is not as readily obvious that the persistent and consistent practice of "steppin' out," even a short distance, from the confines of a comfort zone can yield nearly unbelievable results over the long haul.

There is a story about an FFA live stock show where the older boys engaged in a calf lifting contest. Each boy would, in turn, select and lift off the ground a heavier calf than the previous boy. Once a boy failed he was out of the contest. When there was just one boy left and he was about to be awarded the prize, one of the younger, smaller boys that had been watching called out "Wait, I can beat that!" The other boys laughed at him, told him to be quiet and ruffled his hair. Undaunted, he walked over to his entry in the stock show, a nearly mature bull that weighed fully three times what the heaviest calf lifted weighed. He proceeded to lift that bull three inches off the ground and immediately was greeted with "Ooohs!", "Ahhhs!", applause and the prize.

When asked how he managed such a feat, the boy explained that, ever since the calf was born, he would lift the calf off the ground once a day. He never missed a day as the animal grew. The boy's calf lifting ability grew into bull lifting ability. To do this he never had to step very far outside his physical comfort zone. Yet by consistently and persistently taking small steps, he managed to enlarge his comfort zone to immense proportions. I challenge you to define both your physical and psychological comfort zones in swimming (or any other aspect of your life for that matter) and then set upon a course of persistent and consistent forays, outward bound. © 2/94

This article first appeared in Schwimmvergnügen, the monthly newsletter of H2Ouston Swims. Coach Emmett Hines is the head coach of H2Ouston Swims, Teaching Pro for the Houstonian Club, and Senior Coach for Total Immersion. Coach Hines' new book, Fitness Swimming (Human Kinetics Publishers, \$17.95) is due out in September. He can be reached for questions or comments at (713) 748-7946 or e-mail emmett@csi.com.



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WORKING OUT

SUMMER WORK-OUT by Dan Forrester

Coach Forrester has been leading the Waves of Wilmington USS age group team for ten years. Dan has also been instrumental in revitalizing Wilmington Y Masters Swimming providing workouts and instruction to a

diverse group of swimming skill levels. Previous to his present position, Dan has coached in New Jersey, Louisiana, California, Pennsylvania, and Oklahoma. Coach Forrester attended West Liberty State College (B.A.) and Northeast Louisiana University (M.Ed), the US Swimming College in Colorado Springs, CO and has merited the American Swimming Coaches Association's Level 3 Certification.

The workout is a ladder swim 50 up to a 200 sprint swims and back down. Swim faster on the way back down by at least one second per 50.

WARM-UP: Develop a feel for the water

8 x 50 Catch-Up on 1:00

Touch hands out in front before starting stroke pull

8 x 50 Kick on 1:00 or at least 10-15 seconds rest between each kick

Make each kick faster than the previous one

400-800 swim focusing on distance per stroke (DPS) - 12-15 strokes per length

Streamline and kick off walls out pat flags before your first stroke

MAIN SET: Maintain stroke length in all swims

100 Easy / 50 Spring for time

100 Easy / 100 Sprint for time

200 Easy / 150 Sprint for time

300 Easy / 200 Sprint for time

400 Easy / 200 Sprint for time

Faster than previous 200

300 Easy / 150 Sprint for time

Faster than previous 150

200 Easy / 100 Sprint for time

Faster than previous 100

100 Easy / 50 Sprint for time

Faster than previous 50

WARM DOWN: 450 Easy

TOTAL: 3500-3900



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UPCOMING 1998 SWIM MEETS

Sept. 12/13	Hendersonville, NC	Smoky Mt. Meet	Sandra Kremer (704) 891-5053
Sept 26	Wrightsville Beach, NC	Length of the Island Challenge	Jim Enyart (910) 253-3333
Oct. 9/10/11	Orlando, FL	Dixie Zone SCM Champs	Larry Peck (407) 647-7793
Nov. 14/15	Anderson, SC	SCM Meet	Contact: Steve Wycoff (864)260-5170
Jan 30/31, 1999	Charlotte, NC	Sunbelt Regional Champs.	Jerry Clark (704) 366-2045



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NC MASTERS SWIMMING T-SHIRTS

Orders for the ash gray T-shirts may be placed with Krista Phillips. Please make your check out to LMSC for NC and mail to Krista Phillips, 9408 Hester Rd., Hurdle Mills, NC 27541. Prices include shipping/handling charges: L-XL \$11.00, XXL \$13.00 (remember to include your size along with your name/address/zip code and phone number).



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NC SWIMMERS SUCCESSFUL AT 1998 LONG COURSE NATIONALS

North Carolina Masters Swimming was represented by ten male and seven female swimmers at the National Long Course Championship meet at the ISHOF pool in Ft. Lauderdale Aug 20-23, 1998. The men's side was initially composed of twelve, but John Murphy (70-74) had a minor (thank goodness) heart problem, and John Kortheuer (65-69) slipped and dislocated his shoulder the day before departure, so both had to scratch. The women's side had seven capable and prepared members who performed well, finishing just two points out of third place in the small teams division. The combined men's and women's teams finished fifth in the small teams division. It was really fun to watch our Mixed free relay team of Rachael Gunn, Heather Hageman, Grant Johnston and Jeff Murray just smoke the competition in the last event of the meet Sunday afternoon. Congratulations to them on their first place finish. Jerry Clark

Age Group	Name	Place / Events
Women		
60 – 64	Sally Newell	1 st / 100 breast (1:41.68*); 1 st / 200 breast (3:43.27*); 3 rd / 100 free 2 nd / 50 breast (:45.46*); 3 rd / 50 free
45 – 49	Sandra Cathey	7 th / 400 IM; 8 th / 200 breast; 7 th / 200 fly; 7 th / 200 back
	Mary Sansbury	8 th / 100 Breast; 9 th / 100 free; 7 th / 50 breast; 10 th . 50 free
40 – 44	Bev Amick	6 th / 50 fly (:35.98*); 10 th / 200 free (2:42.24*); 5 th / 400 IM (6:28.83*); 7 th / 200 fly (3:13.79*); 6 th / 400 free; 4 th / 100 fly (1:20.64*)
35 – 39	Karen Tallmadge	9 th / 100 breast; 12 th / 50 back; 11 th / 200 back; 7 th / 50 breast; 9 th / 100 back
25 – 29	Rachael Gunn	3 rd / 100 breast; 8 th / 50 fly; 9 th / 50 back; 5 th / 50 breast; 3 rd / 50 free
	Heather Hageman	2 nd / 50 fly; 4 th / 50 back (:33.44*); 3 rd / 100 free (1:02.56*); 8 th / 50 breast; 1 st / 50 free (:27.65*)
Men		
65 – 69	Clark Mitchell	3 rd / 50 fly; 2 nd / 50 back (:37.47*); 2 nd / 100 fly; 1 st / 200 back (3:08.84*)
60 – 64	Milton Gee	3 rd / 100 breast; 5 th / 200 breast; 4 th / 50 breast :38.94
	Jerry Clark	3 rd / 800 free (11:32.56*); 4 th / 200 free (2:29.65*); 3 rd / 400 free (5:23.73*); 2 nd / 100 free (1:03.90*); 5 th / 50 breast; 2 nd / 50 free (:27.88*)
55 – 59	Duff Dill	th th th

33 - 39	KOITS PINKERTON	8 th / 50 back; 7 th / 100 free; 6 th / 200 back
45 - 49	Rick Bober	2 nd / 50 back; 2 nd / 200 back (2:30.61*); 2 nd / 100 back
40 - 44	Hill Carrow	14 th / 50; 9 th / 200; 15 th / 100 fly; 14 th / 400 IM; 8 th / 50 free
	Doug Lee	9 th / 100 breast (1:16.90*); 14 th / 50 fly; 6 th / 200 breast; 17 th / 100 fly; 12 th / 50 breast
35 - 39	Joe Rhyne	2 nd / 800 free (9:26.77*); 2 nd / 400 free (4:31.16*); 3 rd / 200 fly (2:23.32*); 2 nd / 1500 free (18:09.41*)
25 - 29	Jeff Murray	2 nd / 50 fly (:26.20*); 1 st / 200 free (1:58.55*); 1 st / 50 back; 1 st / 100 free (:52.62*); 3 rd / 100 fly (:58.51*)
	Grant Johnston	5 th / 50 back; 7 th / 200 IM (2:24.19*); 6 th / 100 fly; 2 nd / 200 back

*Indicates new state record

NORTH CAROLINA RELAY TEAMS' RESULTS

Event **Place / Time / Team Members**

Women

120+ 200M Free	5 th / 2:08.44 / Hageman, Sansbury, Tallmadge, Gunn
160+ 200M Medley	6 th / 2:37.15 / Cathey, Newell, Amick, Hageman

Men

160+ 200M Free	3 rd / 1:47.15 / Murray, Carrow, Lee, Bober
160+ 200M Medley	7 th / 2:01.80 / Bober, Lee, Carrow, Murray
240+ 200M Medley	3 rd / 2:20.70 / Pinkerton, Gee, Mitchell, Clark

Mixed

100+ 200M Free	1 st / 1:45.97 / Gunn, Hageman, Murray, Johnston
200+ 200M Free	7 th / 2:07.68 / Clark, Newell, Sansbury, Pinkerton
120+ 200M Medley	5 th / 2:06.69 / Hageman, Gunn, Murray, Carrow
160+ 200M Medley	12 th / 2:31.42 / Bober, Gee, Sansbury, Tallmadge
200+ 200M Medley	13 th / 2:29.12 / Mitchell, Newell, Amick, Clark



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<http://www.NCmasters.org/atlsept98.html>

